

**Baby-led Weaning: Quality Improvement Paper**

Whisper Brown

Lakeview College of Nursing

N434: Evidence-Based Practice

Eleni Key, MSN-Ed RN

June 1, 2024

## **Baby-led Weaning: Quality Improvement Paper**

Systematic efforts to improve patient outcomes, optimize the overall quality of care given by healthcare organizations, and enhance the delivery of healthcare services are collectively referred to as quality improvement in the healthcare industry. Achieving quantifiable improvements in healthcare quality and safety entails identifying problem areas, implementing evidence-based solutions, and monitoring performance (QSEN Institute, 2020). Readers need to understand that continual quality improvement is the norm in the healthcare environment and that this situation is ever-changing (QSEN Institute, 2020). This article is a qualitative study to determine if baby-led weaning effectively introduces solid foods to a child (Fernández-Medina et al., 2023). Incorporating solid foods into a child's diet is essential for growth and development. This article is essential when it comes to looking at different methods to incorporate solid foods and the benefits and disadvantages of baby-led weaning.

### **Article Summary**

This article covers the experiences and opinions of baby-led weaning by healthcare professionals (Fernández-Medina et al., 2023). This article describes a different approach to introducing solid foods than spoon-feeding, which is baby-led weaning, or BLW. The study aims to characterize and comprehend physicians' and pediatric nurse specialists' experiences and perspectives on applying the BLW strategy (Fernández-Medina et al., 2023). According to this study, BLW is an ideal way to introduce solid food, and healthcare professionals view this method as a safe and natural weaning process (Fernández-Medina et al., 2023). Throughout the weaning process, quality improvement can boost growth, encourage chewing, and foster the development of fine motor skills.

## **Introduction**

This article is a qualitative study on baby-led weaning and the advantages and disadvantages of using baby-led weaning to introduce solid foods to a child (Fernández-Medina et al., 2023). The article highlights the opinions and experiences of healthcare professionals when it comes to baby-led weaning. This article is related to quality improvement because baby-led weaning could be another safe and natural weaning approach that boosts growth, encourages chewing, and fosters the development of fine motor skills.

## **Overview**

The article about baby-led weaning can affect many people, including mothers and healthcare professionals. New information that comes from this article can significantly affect the healthcare system and patients of the healthcare system. This article discusses using a descriptive qualitative research design study. It explains that this study will allow the reader to look more in-depth at healthcare professionals and their opinions on baby-led weaning (Fernández-Medina et al., 2023). The convenience survey used in this research study assesses QSEN competency in quality improvement and employs skill (QSEN Institute, 2020). Additionally, the QSEN competency of the attitude in this research article is that the study's participants comprised a small fraction of individuals, including physicians, pediatric nurse specialists, pediatric residents, and pediatric nursing residents (QSEN Institute, 2020; Fernández-Medina et al., 2023). Based on this small percentage of medical professionals, the researchers concluded that BLW is a safe, natural weaning method with many benefits. Families must be taught about the foods that will be introduced and safe meal preparation techniques. The primary obstacles to BLW implementation are the parents' social and familial environment, the absence

of training, and the lack of agreement on recommendations for supplemental feeding (Fernández-Medina et al., 2023).

## **Quality Improvement**

This research article primarily discusses the advantages and disadvantages of baby-led weaning (Fernández-Medina et al., 2023). Change to baby-led weaning would cause a pre-implementation stage of educating new mothers and healthcare professionals about the benefits and disadvantages of baby-led weaning. The intra-implementation stage could include documenting the effectiveness, effort, and outcomes the new mothers experience during the process. A post-implementation stage could include sending out surveys to the new mothers who have gone through the process of baby-led weaning and having them describe their thoughts about the experience. This survey could contribute to the quality of care concerning the process of introducing solid foods to a child. New mothers' satisfaction should increase regarding having more information about baby-led weaning and the advantages and disadvantages of the experience. Implementing baby-led weaning will cause an increase in child safety due to baby-led weaning promoting the child to develop skills such as taking food into their mouths and swallowing the food safely (Fernández-Medina et al., 2023). Financially, baby-led weaning can positively affect families because the children eat similar food to what their family is eating, which would cut down on having to buy separate food for the child. This could also financially affect the ones sending out the surveys to the families who have gone through the process of baby-led weaning. Nursing satisfaction can be reduced due to the extra time for education. Nursing safety will increase because there will be more information the nurse can supply mothers with, which will result in fewer questions and accusations about how mothers should feed their children.

## References

Fernández-Medina, I.M., Márquez-Díaz, R.R., Arcas-Rueda, M., Ruíz-Fernández, M.D., Ortíz-Amo, R., & Ventura-Miranda, M.S. (2023). Experiences and opinions towards baby-led weaning by healthcare professionals. A qualitative study. *Journal of Perinatology*, 94, 1784–1788. <https://doi.org/10.1038/s41390-023-02694-z>

QSEN Institute (2020). QSEN competencies.

[https://qsen.org/competencies/pre-licensure-ksas/#quality\\_improvement](https://qsen.org/competencies/pre-licensure-ksas/#quality_improvement)