

Baby-led Weaning: Quality Improvement

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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 (Quality and Safety Education for Nurses [QSEN], 2020). Readers need to understand that continual quality improvement is the norm in the healthcare environment and that this situation is ever-changing (QSEN, 2020). This article is a qualitative study to determine if baby-led weaning, or BLW, 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 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, or BLW, 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, 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, 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.

Application to Nursing

The need for baby-led weaning education within healthcare teams tends to prevent the best practices. Education is available in nursing practice to lessen false information resulting from a lack of understanding regarding baby-led weaning. Education is necessary to reduce the number of parents who lose faith in medical staff and turn to social media for information, where the reliability of the advice is questionable, as well as the number of families that return home misinformed. If there is a connection between families' lack of confidence in the baby-led weaning process and the healthcare teams' lack of knowledge, a more extensive research study must be conducted.

Practice

The article discussed throughout this paper reveals a report on the advantages and disadvantages of baby-led weaning (Fernández-Medina et al., 2023). One of the components of baby-led weaning involves proper education for the families and the healthcare teams (Fernández-Medina et al., 2023). The best nursing practice for this specific component is that education regarding baby-led weaning needs to be provided to the healthcare teams in the healthcare field. This will lower the chance of the clients being misinformed.

Education

The absence of education among the healthcare teams is the reason families are uninformed and beginning to lose faith in professionals (Fernández-Medina et al., 2023). Parents lose faith in healthcare providers and turn to social media to obtain information, where the advice provided is questionable due to a lack of recommendations to the family and a lack of agreement

amongst various healthcare professionals (Fernández-Medina et al., 2023). Educating medical professionals is the best method to fight families' lack of awareness and feelings of ignorance regarding baby-led weaning. In terms of baby-led weaning and enhancing general client health, this education can help both the nurses and the clients.

Research

The baby-led weaning study aimed to characterize and comprehend doctors' and pediatric nurse specialists' experiences and viewpoints about using the baby-led weaning technique (Fernández-Medina et al., 2023). Finding out if education within the healthcare system can benefit clients and nurses will be one of the top priorities moving forward. It would aid in future studies if a different survey method were required. All clients who use baby-led weaning should share their positive and negative experiences. Examining the adverse patient outcomes associated with nurses who lack knowledge about baby-led weaning should be part of future studies.

Conclusion

The healthcare industry is always evolving in terms of quality improvement. Healthcare also requires quality improvement because lives are at stake in this industry. Improving quality will significantly contribute to achieving the highest standard of healthcare, which every healthcare professional should strive for. Data on results and treatments are used in quality improvement to raise patient standards and safety (QSEN, 2020). Understanding that there are several perspectives on how to care for children can be demonstrated by knowledge of quality improvement (QSEN Institute, 2020; Fernández-Medina et al., 2023). Expertise in enhancing quality through instruments like questionnaires and interviews, as presented in this study (QSEN Institute, 2020; Fernández-Medina et al., 2023). The idea that quality improvement is a dynamic process is emphasized by quality improvement (QSEN, 2020). Insufficient instruction on baby-

led weaning makes patients ignorant and lose faith in medical personnel (Fernández-Medina, 2023). Improving quality is essential to addressing this education gap. A shift utilizing quality improvement can lead to better patient outcomes and a greater understanding of baby-led weaning among nurses. Quality improvement in nursing practice, education, and research is essential to counteract misinformation and mistrust.

References

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