

# Protocol for a Breastfeeding Support Intervention for Women with Hypertensive Disorders of Pregnancy: the sheMATTERS Trial

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For more information on the sheMATTERS study, click [HERE](#)

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## Background:

- Hypertensive disorders of pregnancy (HDP) affect 5-10% pregnancies and are associated with increased risk for premature cardiovascular disease (CVD)<sup>1</sup>.
- Although breastfeeding can lower blood pressure (BP) and other CV risk factors<sup>2</sup>, women with HDP have lower rates of breastfeeding duration and exclusivity<sup>3</sup>.
- Tailored interventions to enhance maternal breastfeeding self-efficacy (BSE) can improve breastfeeding outcomes<sup>4</sup>, but have yet to be tested among women with HDP.

## Objective:

- To assess the impact of a nurse-led breastfeeding self-efficacy intervention (BSEI) on BP and breastfeeding outcomes among women with HDP.

## Methods:

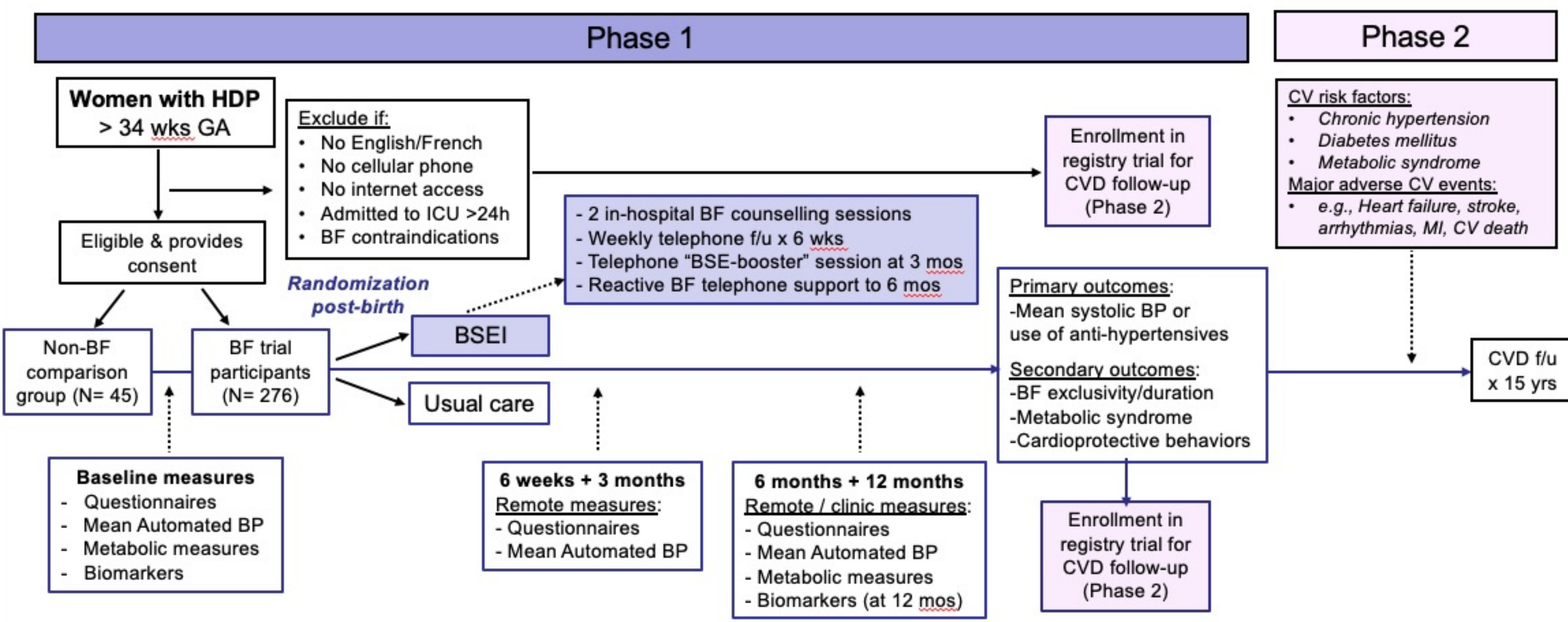
- Multi-site, open-label, randomized-controlled trial ([#NCT04580927](#))
- BSEI delivered by trained lactation consultants
- Data collection at baseline (post-partum hospitalization), 6 wks, 3 mos, 6 mos, 12 mos via electronic self-report questionnaires, physical measures, and medical record review
- 15-yr follow-up for CVD via health record data linkage

## Conclusion:

- We expect that the BSEI will increase breastfeeding duration and exclusivity and improve CV outcomes among women with HDP.



## sheMATTERS study schemata



**Abbreviations:** CV cardiovascular; CVD cardiovascular disease; BP blood pressure; BF breastfeeding; BSE breastfeeding self-efficacy; BSEI breastfeeding self-efficacy intervention; HDP Hypertensive disorders of pregnancy; GA gestational age; MI myocardial infarction

References: <sup>1</sup>Garovic VD et al (2020). Incidence and long-term outcomes of hypertensive disorders of pregnancy. [DOI: 10.1016/j.jacc.2020.03.028](#) / <sup>2</sup>Tschiderer L et al (2022). Breastfeeding is associated with a reduced maternal cardiovascular risk: Systematic review and meta-analysis involving data from 8 studies and 1,192,700 parous women. [doi:10.1161/JAHA.121.022746](#) / <sup>3</sup>Burgess A et al (2021). Lactation patterns in women with hypertensive disorders of pregnancy: An analysis of Illinois 2012–2015 Pregnancy Risk Assessment Monitoring System (PRAMS) Data. [DOI: 10.1007/s10995-020-03069-0](#) / <sup>4</sup>Brockway M et al (2017). Interventions to improve breastfeeding self-efficacy and resultant breastfeeding rates: A systematic review and meta-analysis. [DOI: 10.1177/0890334417707957](#) / <sup>5</sup>Dennis, CL. (2003). The breastfeeding self-efficacy scale: Psychometric assessment of the short form. [DOI: 10.1177/0884217503258459](#) / <sup>6</sup>Wheeler BJ, Dennis CL (2013). Psychometric testing of the modified breastfeeding self-efficacy scale (short form) among mothers of ill or preterm infants. [DOI: 10.1111/j.1552-6909.2012.01431.x](#)

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