

The opinion of family medicine residents in Saudi Arabia on breastfeeding education in their curriculum: A qualitative study using focus groups

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Abstract

Background: Breastfeeding is the natural way of feeding babies; it has many health benefits for both mothers and their babies. Mothers can face some challenges during the process of breastfeeding, which, if not addressed by a physician with specific knowledge and expertise, could lead to the cessation of breastfeeding. Globally, breastfeeding education in the Family Medicine residency curriculum receives minimal attention for several reasons; some are related to the residents and other stakeholders, and some to financial aspects. The objective of this study is to explore the Family Medicine residents' opinions regarding the potential introduction of breastfeeding education to their curriculum.

Methods: In this exploratory qualitative study, data were gathered using focus groups of Family Medicine residents working within Primary Health Care centers in Saudi Arabia. Data were analyzed using an iterative thematic approach.

Results: Thirteen Family Medicine residents currently enrolled in the residency program agreed to participate in the focus group. Three main themes were generated: Breastfeeding background and experience, the experience of learning about breastfeeding, the introduction of breastfeeding medicine that aligns with resident's opinions about breastfeeding education.

Conclusion: Residents acknowledge the lack and the inconsistent implementation of breastfeeding education in their curriculum; they acknowledge its importance. Residents are open to learning about breastfeeding to improve their practice, provided clear methods of teaching and evaluation exist. Residents highlighted the challenges that can face the implementation of such a program and possible solutions from their perspective.

Biography

Razaz Wali is a Family doctor specialized in Women and child care, Lactation consultant, Assistant Professor Family Medicine, currently working at king Abdul Aziz Medical City.



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