GAPS & SUCCESSES BREASTFEEDING

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Newborn Nursery: Breastfeeding Goals

- Increase to 100% number of breastfeeding mothers who receive appropriate, effective support and counseling
  - 100% of infants put to breast in 1st hour
  - 100% of infant charts document 2 formal evaluations
  - 100% of infant charts document
    - counseling to breastfeed 8-12x/day
    - referral information provided
Newborn Nursery GAPS

- Staff buy-in and education
- Hospital policies
  - Maternal: Cesarean Section & Episiotomies
  - Infants: Vitamin K, eye ointment, transfers
- Staff overwhelmed
  - Many patients - little time to document
  - Short stays - rapid turn-over
Newborn Nursery GAPS Continued

- Maternal education and buy-in
- Confusing or inconsistent information
  - Rest while you can
  - You only have colostrum; your milk isn’t in yet
  - Baby is hungry - supplement
  - Wake the baby - Don’t wake the baby
- Mothers overwhelmed
  - Visitors, testing, short stays, pain
NBN Survey Results

- Breastfeeding assessment
  - Most rely on LCs; some nurses

- Breastfeeding counseling
  - Nurses and LCs provide
  - Some have minimum standards
  - Handouts
  - Documentation not addressed

- Referrals
  - Community resources (WIC, LaLeche)
  - Local LCs (? Insurance coverage)
Primary Care: Breastfeeding Goals

- Increase to 100% number of breastfeeding mothers who receive appropriate, effective support and counseling
  - 100% of infant charts document frequency and adequacy of breastfeeding
  - 100% of infants’ charts document mother provided with contact information for
    - Qualified person for questions and support
    - Licensed health provider with knowledge and skill in breastfeeding management
    - Community or peer support groups
Primary Care Office GAPS

- Office management issues
  - Scheduling within 48-72 hours - formula and breastfed?
  - Appropriate triage with concerns

- Physician training
  - Recognize problems
  - Evaluate latch – technical issues and comfort
  - Management of problems time consuming
  - Referrals
PCP Survey

- Assess breastfeeding first office visit
  - Feeding patterns, weight, elimination
  - Doctor observes latch (n=1); LC to clinic
  - No systematic tools

- How counsel women
  - Discuss importance, self-care, frequency, duration
  - Handouts

- Referral to BF resources
  - Variety of local resources - ? prepared list
Solutions

- Identify the GAP(s) you want to address
- Plan – include key players, including patients/families
- Do – implement using tools, reminders, systems approaches
- Study – did it actually get implemented, as hoped, did it have the right impact
- Act – make refinements, what’s next?