

Step 5 - Show Mothers How To Breastfeed and How to Maintain Lactation, Even If They Are Separated From Their Infants

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- 2011 – before Baby Friendly our policy was: initiate pumping within 12 hours of delivery – we were able to accomplish this for 72 % of our mothers but only 41% initiated within 6 hours of delivery.
- 2012 - BFHI –our policy changed to initiate pumping within 6 hours of delivery and we only increased to 51% (the year we were designated) and this remained stagnant into 2013

Step 5

- 2013 – Nurse practice council was engaged to help improve our pumping initiation rates.
- Newborn admission order set was changed to initiate pumping within 6 hours but preferably within 1 hour

Assess

Routine, EFFECTIVE NOW starting Today at 1845 Until Specified

IF breastfeeding and separated from infant at delivery, initiate pumping as soon as possible, ideally within the first hour following delivery, but no more than 6 hours following delivery.

Breast pump

Routine, PRN starting Today at 1843 Until Specified

IF mother requests for assistance with breast feeding during inpatient stay.

Breast pump

Routine, PRIOR TO DISCHARGE First occurrence Today at 1845 Until Specified

IF needed, obtain personal use breast pump to be sent with mother on day of discharge. "ICD-9 Diagnosis Code V24.1 (Postpartum Care and Examination of Lactating Mother)"

Step 5

- Breast pumps and kits stored in L&D and our PACU – it became the expectation that pumping was initiated prior to transfer to the post partum floor.
- Initiation rates (within 6 hours) then increased to 86% (so far this year).
- First pumping and subsequent pumping is charted in EPIC.



Step 5

Mothers are taught hand expression.

Stanford videos are bookmarked on patient room computers.

- <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- <http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

From Breastfeeding Medicine of Northeast Ohio (not book marked)

- <http://www.bfmedneo.com/BreastMassageVideo.aspx>

Step 5

NICU lactation consultants see mothers within 24 hours or so of delivery and give them an admission folder reviewing pumping guidelines:

- Pump every 2-3 hours for a total of 8-10 times per 24 hours – both breasts for 15 minutes (initially)
- NICU provides milk containers for pumping mothers.
- Breast pumps are dispensed to mothers prior to hospital discharge by NICU LC or post partum RN.
- Hospital grade rental for infant born less than 34 weeks, PIS for greater than 34 weeks.