Strength in Numbers

Minnesota Breastfeeding Coalition
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Carol Busman, CNS-BC, IBCLC
Linda Johnson, RN, CLC
Jeanette Schwartz, RNC, MA
Objective

Describe two processes toward Baby Friendly Hospital Initiative Designation that can be completed as a “system.”
HealthEast Acute Care System

St. John’s Hospital
Licensed Beds: 184
Employee Count: 1,612
Annual Admissions: 11,831

St. Joseph’s Hospital
Licensed Beds: 220
Employee Count: 1,786
Annual Admissions: 13,527

Woodwinds Health Campus
Licensed Beds: 86
Employee Count: 850
Annual Admissions: 7,622

HealthEast one of top 15 highest-performing health systems in USA - Truven Health Analytics 2014
HealthEast Maternity Care

- System-wide Nurse Practice & Physician Councils
- Shared nursing staff
- Shared medical staff
- OR on unit, also use main OR
- LDRP advantage
- PACU in LDRP
- LPI program
The LDRP Advantage

• LDRP model of care
• Rooming in is the rule not the exception
• Nursery is a storage, documentation, procedure room
• If cesarean, baby remains with mom/partner in OR, comes back to mom’s LDRP room in mom’s arms
• PACU is done in mother’s LDPR room with baby unless medically unable
Late Pre-term Infant Program

• 36 0/7-36 6/7 weeks gestational age, are included in NICU/SCN census

• Couplet care provided in mother’s room by NICU/SCN RNs, rather than separating mother and baby, we moved the NICU/SCN to the mother’s bedside.

• Opportunity to educate parents concerning premature issues: cue-based feeding, thermoregulation, hypoglycemia, jaundice, respiratory concerns, infections

• Opportunity for skin-to-skin at birth and throughout hospital stay
Baby Friendly Team

- Steering Committee-Interdisciplinary core team
- Baby Friendly Team → Infant Feeding Council
- Membership-Nursing Staff, Lactation Consultants, Nursing Leadership, Providers from all 3 sites
- Infrastructure - we worked as a system, learned from each other
Our Journey

Aug. 2011 **Discovery Phase**

Oct. 2011 **Development Phase**

Jan. 2012 Establish multidisciplinary team and charter

Sept. 2012 Purchasing formula / feeding equipment

Nov. 2012 Launch staff education

Dec. 2012 **Dissemination Phase**

Oct. 2013 **Designation Phase**

Feb. 2014 Readiness interview and request site survey

Summer 2014 **DESIGNATION!!!!**
Breastfeeding Duration - Baseline Survey

- Baseline survey, babies born in 2012, 2013
- Worked with research department
- Called moms after 1 year, could get initial, 3 months, 6 months and 1 year data
- Recall data
- Ongoing process
Healthy People Goal

2006
2020

Ever Breastfed
Breastfeeding 6 months
Breastfeeding 1 year
Breastfeeding Exclusive 3 month
Breastfeeding Exclusive 6 month

MICH 21.1
MICH 21.2
MICH 21.3
MICH 21.4
MICH 21.5

HE 2012
HE 2013

Healthy East Care System
System Work-BFHI

• WHO code alignment
  – Purchasing department-determined fair market value, purchased infant formula & feeding supplies
  – Developed vendor policy
  – WHO code communicated to all patients in patient handbook

• 10 Step/WHO Code Posters
System-BFHI 10 Steps

1. Written policy-“Everyone plays a role”
   -Radiology-patient handout developed & info incorporated into Radiology policy
   -Pharmacy-gave Thomas Hale books
   -Med-Surg Nurse Practice Council
   -Anesthesia
   -Dieticians
   -Emergency Department
   -Internal staff communication-system Intranet
System-BFHI 10 Steps

2. Education-Nursing Staff
   - Step 2 Online Didactic (20 c.h.)
   - Supervised Clinical Experience that included:
     -- 3 Step Counseling/Simulation
     -- Self-Led Clinical Activities
     -- Clinical time with LCs for competency validation
System-BFHI 10 Steps

2. Education - Providers, champion is essential, linked with credentialing, 4 options for completion

• 3 hour “live” course at HealthEast

• 3 online options:
  – University of Virginia course
  – Wellstart International online program
  – Lactation training.com
3. Inform all pregnant women of benefit and management of breastfeeding

- Handouts developed, made available to any clinic
- Championed BFHI clinic environment

10. Discharge support-Resources across system
System/Site-BFHI 10 Steps

Practices/Processes/Data/Documentation

4. Initiate breastfeeding within 1 hour of birth
5. Show mothers how to breastfeed, maintain lactation if separated
6. No food/drink unless medically indicated
7. Rooming in
8. Cue-based (aka demand) feeding
9. No artificial teats or pacifiers
System/Site-BFHI

- Dissemination phase
- Designation phase
- Facilities Data Sheet
- Readiness calls
- On-site Assessment
- Results
- Celebration!
Skin to Skin In OR
Questions