

Measuring Breastfeeding Rates

Pamela Heggie, MD, IBCLC

Nichole Sandberg, RNC, IBCLC

University of Minnesota

Amplatz Children's Hospital

Perinatal Leadership Hospital
Summit

May 7, 2013

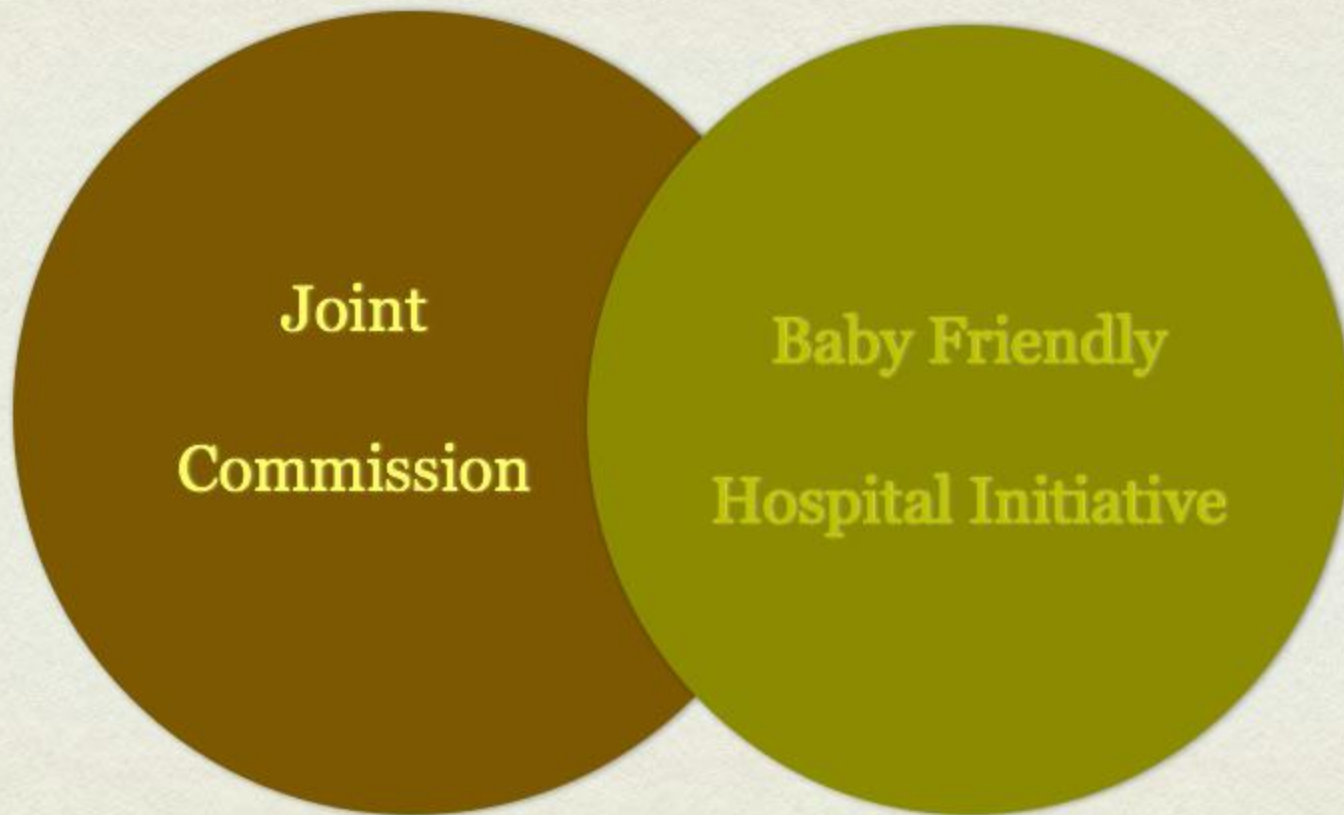


WHY and HOW to MEASURE BREASTFEEDING RATES?

***Breastfeeding is
a low cost, low
tech, high yield
public health
intervention***



MERGING OF THE TWO



**Joint
Commission**

**Baby Friendly
Hospital Initiative**

BABY FRIENDLY HOSPITAL INITIATIVE:

Baby Friendly,

Mother Friendly,

Family Friendly

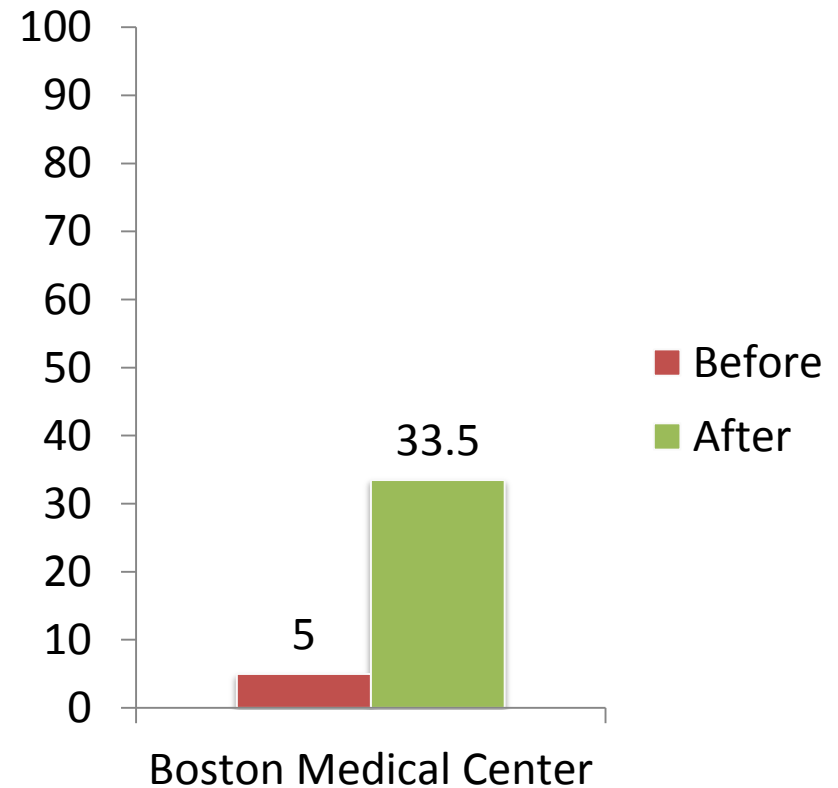
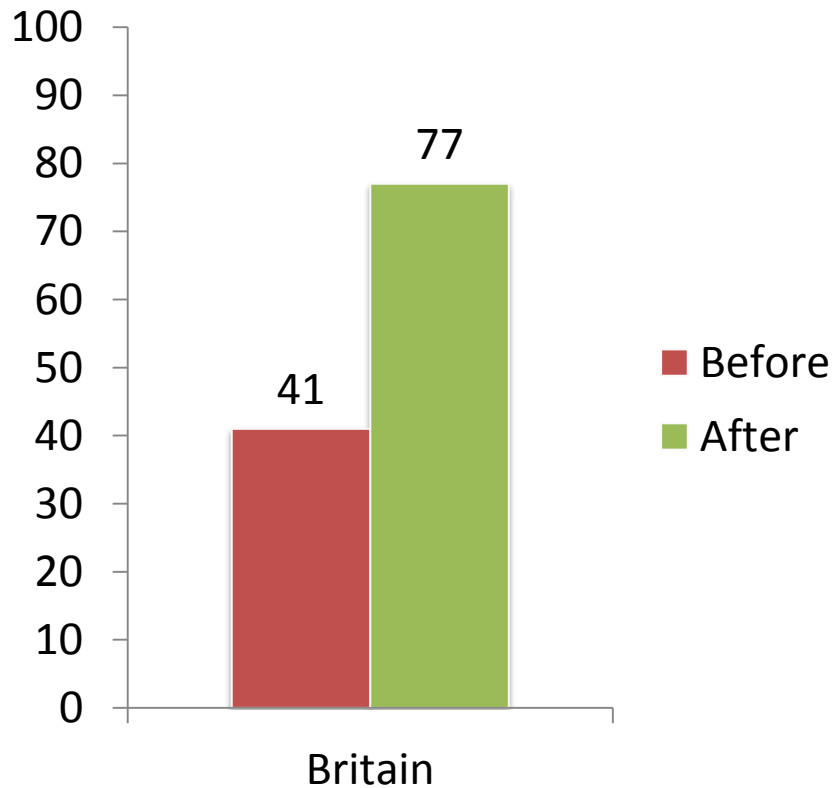


...helping ALL families reach their infant feeding goals

Effects of Baby Friendly: *exclusive breastfeeding rates*

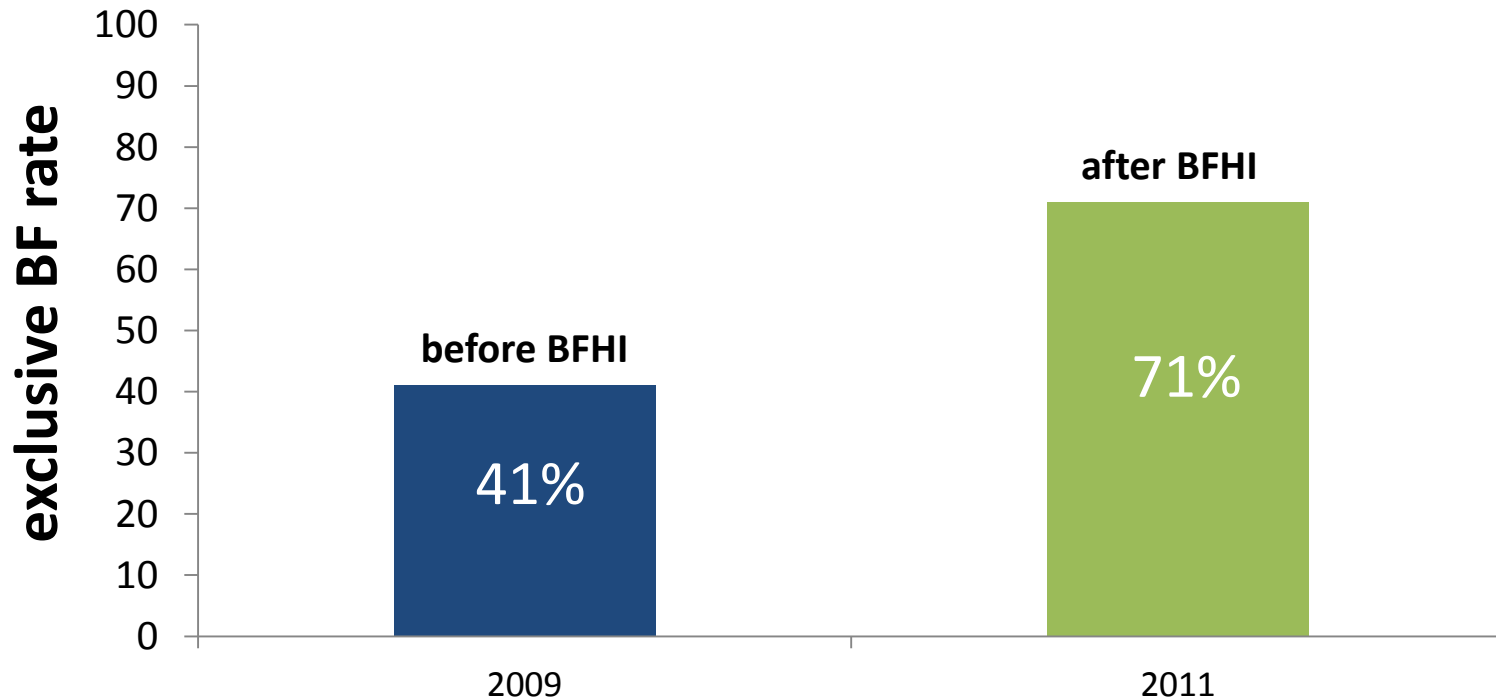
Cattaneo A, Buzzetti R. *BMJ* 2001, 323:1358-1362

Philip et al. *PEDIATRICS* 2001,108:677 -681



Exclusive Breastfeeding : U of M Amplatz

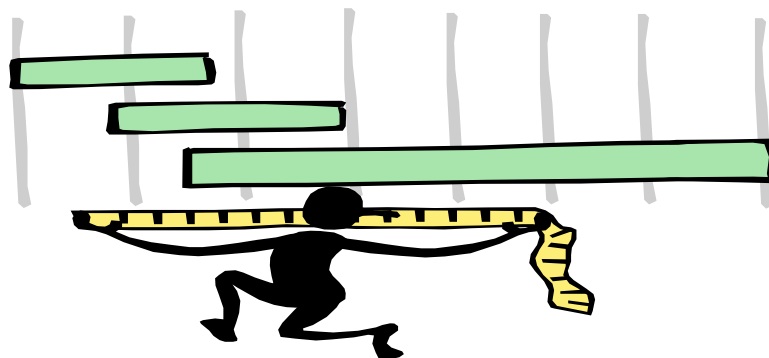
Baby Friendly (BFHI) and exclusive Breastfeeding Rates at Discharge



Data collection

Data and documentation drive change!

- Breastfeeding rates (initiation, exclusive, duration)
- Time to first breastfeeding
- Formula tracking and documentation
- Long term BF rates after discharge- 3, 6, 12 months



How we Collected our Data

- We reported rates per BFUSA 2010 guidelines

- Our Exclusive Breastfeeding Rate :

babies fed only breast milk

breastfed babies

- Joint Commission....exclusive breastfeeding rate:

babies fed only breast milk

single term infants discharged minus exclusions

How we Collected our Data

- Manual chart audits (before and after 10 Steps)
- Counted all babies discharged from newborn nursery per month
- Reviewed infant feeding record and all feedings

How we Collected our Data

- 3 categories:
 - Exclusive Breastfeeding
 - Partial Breastfeeding
 - Exclusive Formula Feeding
- Lots of tedious work . . .
- Needed more efficient (yet still accurate) system
- Created “Infant Feeding Summary” at discharge

Infant Feeding Summary

INFANT FEEDING SUMMARY:

*Choose one to reflect infant feeding during entire hospital stay.
Complete this section as baby is being discharged.*

- Exclusive breastfeeding or breast milk feeding
- Partial breastfeeding: (breastfeeding /breast milk AND formula)
- Exclusive formula feeding

Date/Time: _____

RN Signature : _____

Epic Infant Feeding Summary

Mushroom, G1 S...
MRN: 0029759549

Room: N502
Age: 2 week old

Date of Birth: 4/2/20...
GA: None
Hx: None
EDD: None

Blood Type: None
Allergies: Unknown: N...
Code: None
Attend Prov: AADALEN, K

Isolation: None
Infection: None

Discharge

? Resize

Patient Summary

Chart Review

Results Review

Synopsis

History

Allergies

Medications

Immunizations

Doc Flowsheets

Intake/Output

MAR

Notes

Discharge

BestPractice

Unresulted Labs

LDA Removal

Patient Belongings

Order/Med R...

Orders

Orders

Progress Note

Discharge Profile

Infant Feeding

Summary - Requir...

Plan of Care

Care Plan

Patient Education

Discharge Planning

Summary - Required - Infant Feeding Summary At Discharge

Time Taken:

Date: 4/20/2013

Time: 1203

Values By Create Note

To flag data as significant, right click on the row name

Infant Feeding at Discharge

[R] Choose one to

reflect infant

feeding during entire

hospital course

Exclusive breastfeeding/breastmilk feeding

Partial breastfeeding or any attempt (any combin ...

Exclusive formula feeding

[R] NICU or SCN stay

Yes

No

[R] Gestational Age at Birth

Less than or equ ...

greater than or ...

Restore

Close F9

Cancel

Previous F7

Next F8

Care Plan

Go to Care Plan

Epic Formula Documentation

The screenshot displays the Epic EMR interface. At the top, the patient information for 'Radish, Sally' is shown, including Room: 0513, Date of Birth: 3/26/1..., Hx: G1P1, Blood Type: None, Code: None, Allergies: Unknown: N..., and Attend Prov: ADAM, G. The 'Notes' section is active, showing a 'New Note by CRONK, BETH F' window. The note content includes the title 'DOCUMENTATION OF REASON FOR FORMULA USE', the date and time 'April 20, 2013 / 12:18 PM', and the heading 'Reason(s) For Giving Baby Formula'. Below this heading, there are three lines of text: '{reason for giving formula documentation: 304030086}', 'Parental indications: {Parental Indications: 304030089}', 'Maternal medical indications: {FORMULA MATERNAL MEDICAL CONDITIONS: 304030091}', and 'Infant medical indications: {FORMULA INFANT INDICATIONS: 304030090}'. A red arrow points to the first line of text. The interface also shows a sidebar with navigation options like 'Patient Summary', 'Chart Review', and 'Notes', and a taskbar at the bottom with various application icons.

Hyperspace - UR 5A0B - POC10 ezwpied PROD 20120614 - BETH C.

Epic

L&D Manager ORs at a Glance Pregnancy Wheel CPM Reports Patient Lists Unit Census Patient Station My Reports Today's Pts

Mushroom, G1 Sally Radish, Sally

Radish, Sally
MRN: 0029563987
Room: 0513 Age: 22 year old
Date of Birth: 3/26/1... GA: None
Hx: G1P1 EDD: None
Blood Type: None Code: None
Allergies: Unknown: N... Attend Prov: ADAM, G
Isolation: None Infection: None

Notes

Radish, Sally - New Note by CRONK, BETH F

Type: [] Service: [] Date: 4/20/2013 Time: 12:11 PM

Cosign Required

Arial 11 B I U S A

DOCUMENTATION OF REASON FOR FORMULA USE

April 20, 2013 / 12:18 PM

Reason(s) For Giving Baby Formula

{reason for giving formula documentation: 304030086}

Parental indications: {Parental Indications: 304030089}

Maternal medical indications: {FORMULA MATERNAL MEDICAL CONDITIONS: 304030091}

Infant medical indications: {FORMULA INFANT INDICATIONS: 304030090}

Pend Sign Cancel

BETH C.

12:18 PM

Formula Documentation: Parental Choice

- Mother/Family choosing to exclusively formula feed infant
- Mother/Family request formula bottle for breastfed baby
- Reason given in mother/family's words
“ _____ ”
- Mother/Family educated about impact of formula supplements and bottles on Breastfeeding when not medically indicated
- Mother/family informed about best practice recommendation not to use formula bottle for breastfed baby.
- Mother/Family verbalizes understanding and would like to supplement with formula bottle

Formula Documentation:

Maternal Indications

- Maternal illness, ICU care, active untreated TB, active untreated Varicella, Active Herpes Simplex breast lesions, HIV
- Maternal Substance Abuse/Alcohol Abuse
- Maternal Medications contraindicated for breastfeeding
- Maternal Radiologic/medical procedure contraindicated in breastfeeding
- Prior breast surgery/pathology resulting in poor milk production

Formula Documentation:

Infant Indications

Hypoglycemia

and infant unable to breastfeed ; mother unable to express colostrum

Late preterm infant and excessive (5-10 %) weight loss

and mother unable to express adequate amount EBM for age

Term infant > 10% weight loss and delayed lactogenesis II

delayed "milk coming in"

Hyperbilirubinemia and Phototherapy

if low maternal milk supply, poor milk transfer, dehydration

Clinical evidence of dehydration

high sodium, urate crystals >72 hrs of age, dry MM, output < BF log

Infant Metabolic disorder

galactosemia, PKU

Infant unable to feed at the breast

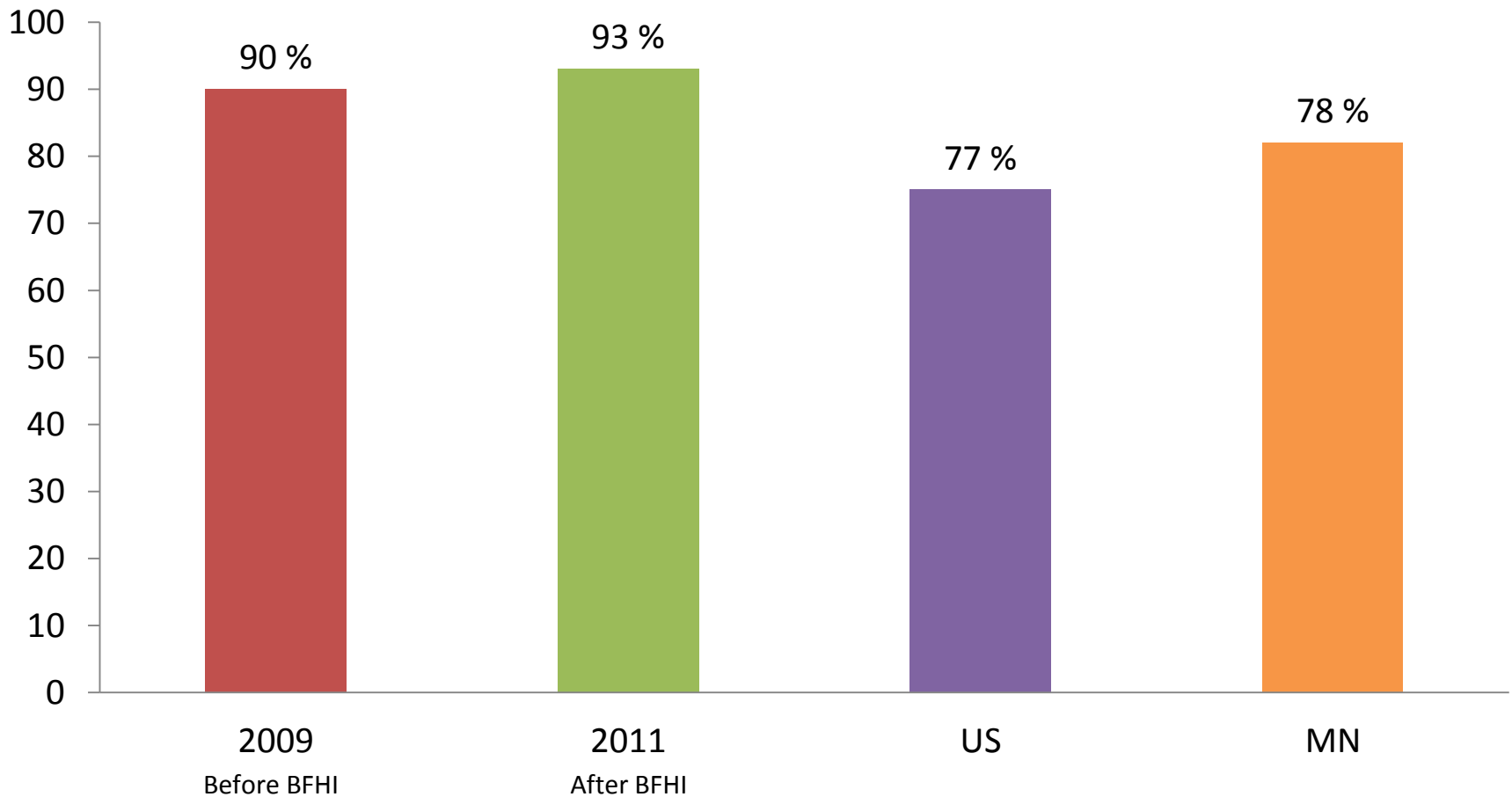
not latching after 24 hrs of age, congenital malformation, infant illness

Adoption/Foster Care of infant

Breastfeeding Initiation Rates

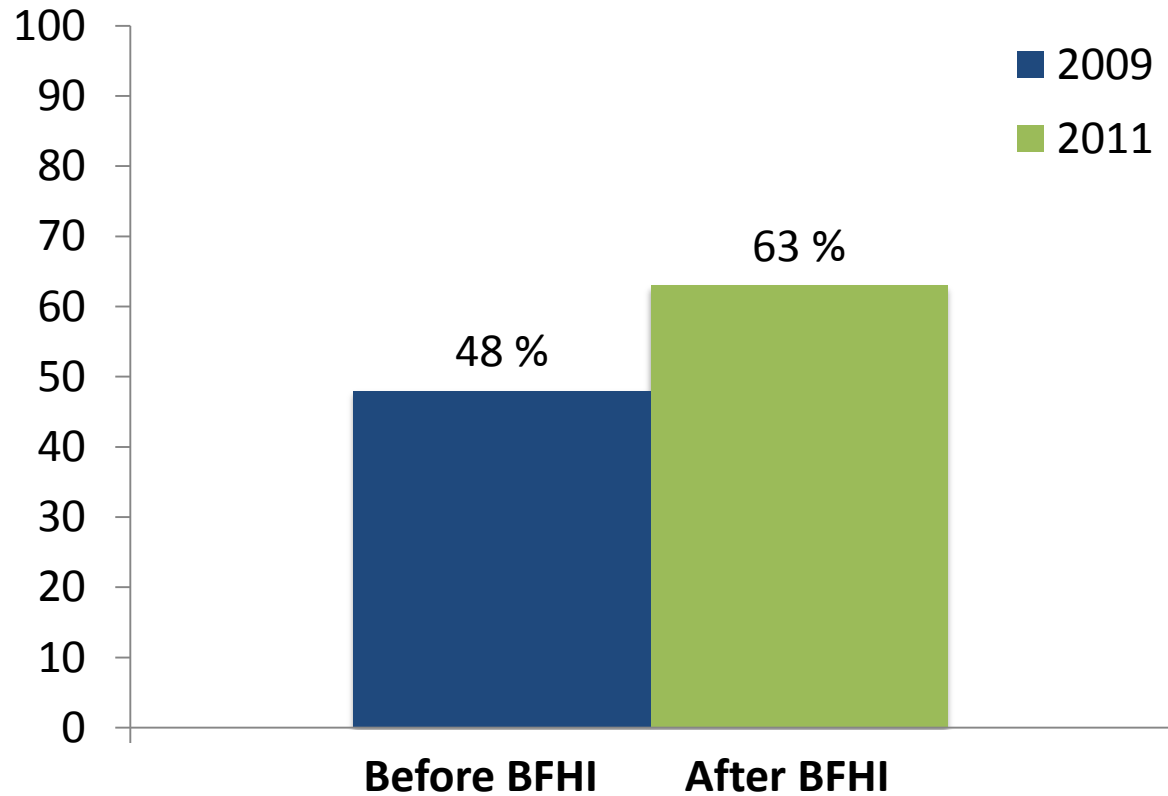
U of M before and after BFHI

US and MN 2012



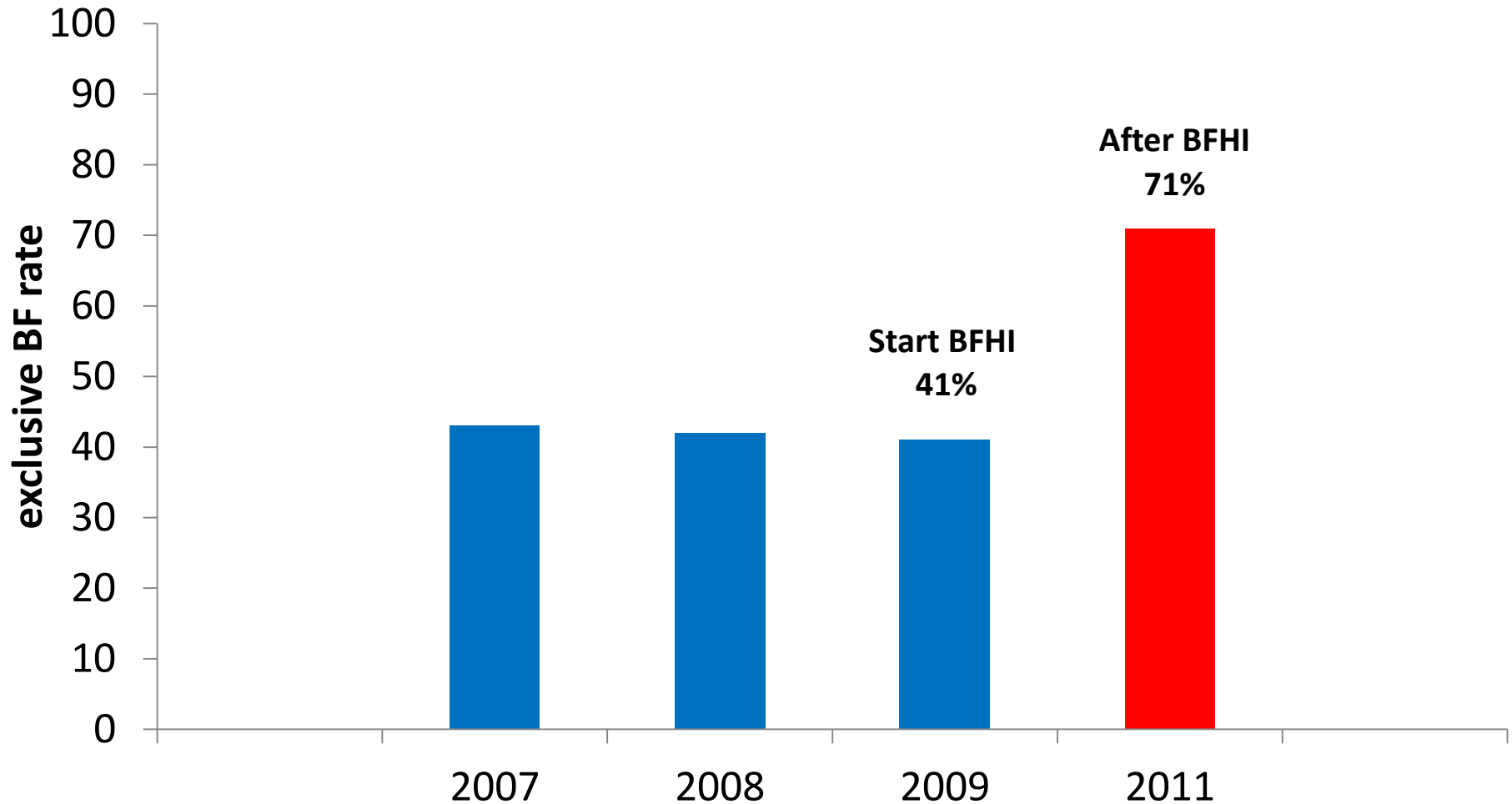
Time to First Breastfeeding: U of M Amplatz

% Breastfeeding within 1 hour



Exclusive Breastfeeding : U of M Amplatz

Exclusive Breastfeeding Rates at discharge: before and after BFHI



Infant Feeding Survey – 1 yr follow up

INFANT FEEDING SURVEY

Was your baby ever breastfed or fed breast milk?

YES / NO

If YES, How old was your baby when he/she was first fed formula ?

- In Hospital
- After hospital but less than 3 months
- Between 3 and 6 months
- Greater than 6 months
- Never fed formula

How old was your baby when he/she completely stopped breastfeeding or being fed breast milk?

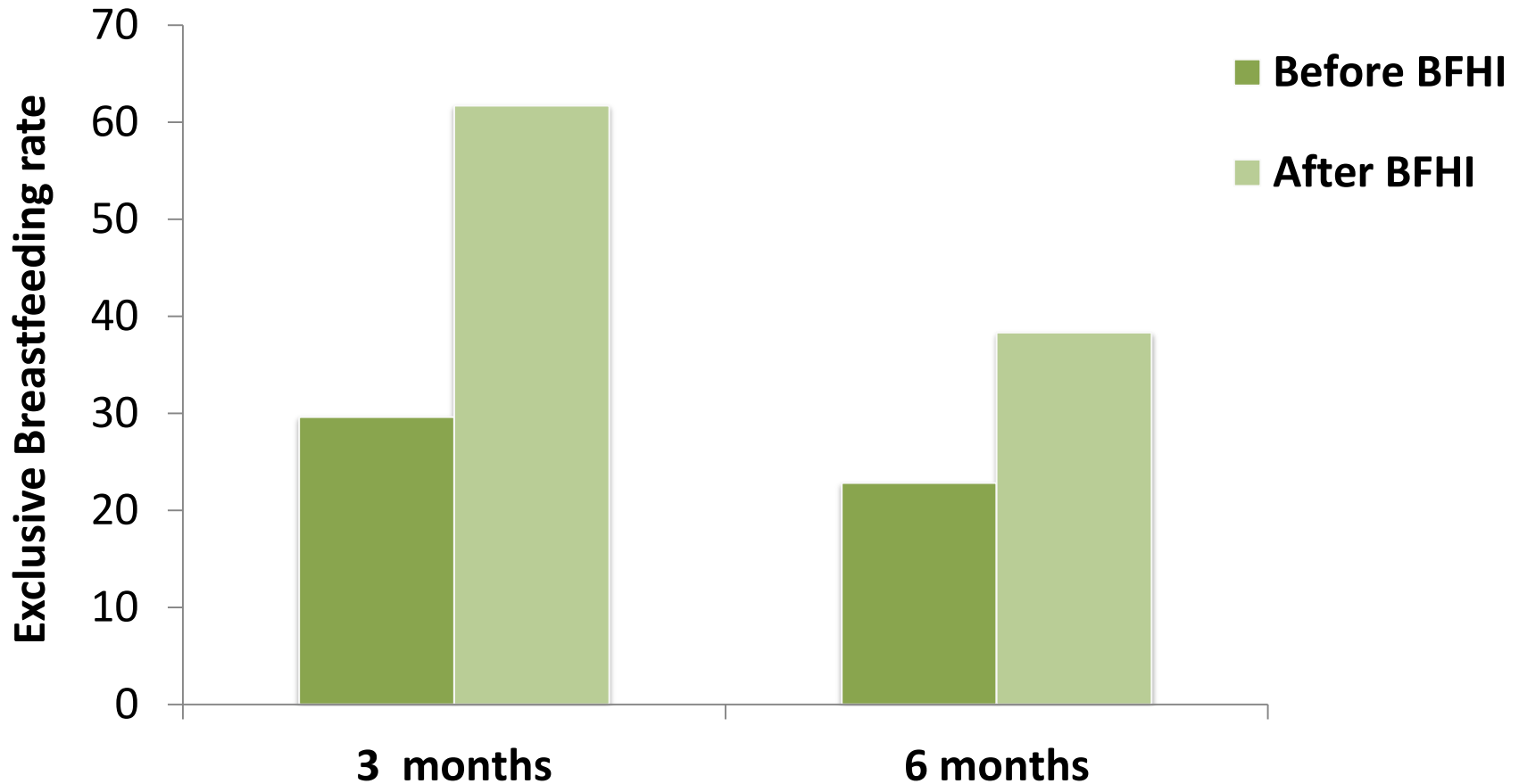
- In Hospital
- After hospital but less than 3 months
- Between 3 and 6 months
- Greater than 6 months
- Greater than 12 months

How old was your baby when he/she was first fed formula?

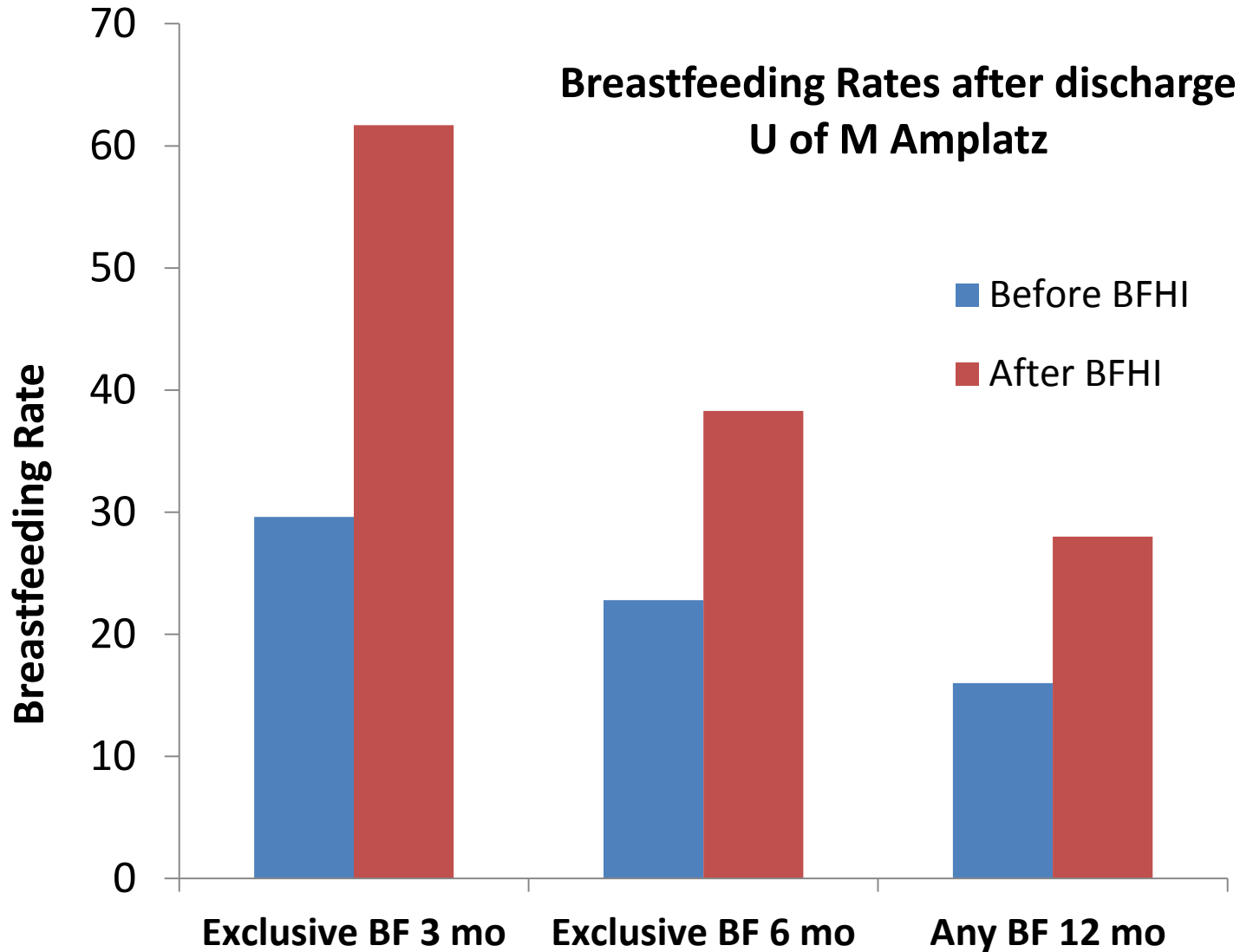
Timing and age of baby	Before BFHI	After BFHI
In Hospital	45.5%	6.4%
After Hospital < 3 months	25.0%	31.9%
3 - 6 months	6.8%	23.4%
6 - 12 months	9.1%	23.4%
Never Fed Formula	11.4%	14.9%

Long Term Breastfeeding Rates: U of M Amplatz

Exclusive Breastfeeding Rates after discharge: 3 and 6 months



Effect of 10 Steps: Long Term Rates



Lessons Learned



Lessons Learned

- ✓ Rates only as good as collection process
- ✓ *Chart audits are time consuming*
- ✓ EMR helps or hinders...it depends
- ✓ *Helps to hardwire best practice*
- ✓ Makes you proud of outcomes
- ✓ *Or concerned about outcomes so...*
- ✓ Helps to drive change
- ✓ *.....Is required by TJC* 😊

Measuring Breastfeeding Rates: The “4 D’s”

- Data Collection
- Documentation
- Determination
- “Do it” !

