Health Nexus-Community
Breastfeeding Projects, Round 2
Internet Refresher Course for Staff to Teach Mothers How to Establish and Maintain a Breast Milk Supply

February, 2016

Target populations- Mothers as Identified by Best Start

- Poor maternal health
- Diabetes (gestational, type1 or 2)
- High blood pressure during pregnancy or before
- Cesarean Section
- Obesity
- Poor mental health
- Smokes, substance abuse or alcohol during pregnancy
- Diabetes (gestational, type1 or 2)
- Single
- Aboriginal
- Teenager
- Poor social support
- Stress
- High blood pressure (during pregnancy or before)
- Pregnancy complicated by
- Teenager
- Single
- Aboriginal
- Poor social support
- Stress
- High blood pressure (during pregnancy or before)
- Obesity
- Diabetes (gestational, type1 or 2)
- Cesarean Section
- Poor mental health
- Smokes, substance abuse or alcohol during pregnancy

MOTHER NEEDS LACTATION SUPPORT

- Receives formula supplement in hospital
- Infant is premature and admitted to NICU
- Infant is critically ill
- Lives in neighborhood with high unemployment
- Mom isolated from family for long periods
- Lower educational level
- Do not have an attachment oriented approach to parenting
- Lower income
- Low breastfeeding intentions/confidence

KNOWLEDGABLE STAFF

What was the Catalyst for this Project

There was a recognized need for further education and support for front line staff to gain more knowledge for supporting the hospitalized breastfeeding dyad in establishing lactation within the current face of Health Care.
Barriers for the hospitalized breastfeeding dyad

- Maternal/Infant separation at birth
- Complexity of baby's medical condition
- Geographical nature of patient population
- Competing family and financial responsibilities
- Cultural practices and beliefs
SickKids Background

Staff
Approximately 1500 nurses and many other Health Care Professionals (HCP)

Education
General Orientation for all nurses:
1hr classroom “Introduction to breastfeeding at SickKids”
1hr hands-on education “How to establish and maintain a breast milk supply”

Patient Population
Level 3 NICU
High acuity medical/surgical

Needs Assessment to Identify Gaps

- Focus Groups
- Survey

Focus Groups

- 6 Focus Groups were held by an independent facilitator
- 47 HCP took part
- Formalized questions were asked to establish common themes:
Common Themes Identified

What do you feel are the biggest challenges to supporting breastfeeding mothers in the hospital?

- Lack of Time/Staffing Resources
- Lack of Knowledge/confidence in providing support and using the equipment

What could be put in place to overcome these challenges?

- Champion program
- Training, courses, simulation
- I-learn, video
- Script

What education would help you with this aspect of your practice?

- I-learn
- Video
- Modular learning

Survey Results

Respondents rated their learning priorities to 15 topics related to breastfeeding

- 69 surveys completed
- Top learning priorities:
  - teaching mothers how to express breast milk using a hospital recommended pump
  - availability of resources for teaching mothers how to establish and maintain a breast milk supply

Advantages of Internet (I-learn) Education

- Accessible
- Less expensive than traditional class based education
- Mobile
- Shorter bursts of learning
- Interactive
- Primary or Refresher
Research- Literature Search

- Literature search related to Breast Mls using key words
  - Breast milk/ Prematurity/ Critically ill infant/ Breast expression
  - Breast milk/ Hospital storage / Handling breast milk
  - Nipple care/ Breast Pumping
  - Kangaroo care and Breast Milk Production
  - Mobile Apps and Breast Milk Volumes

Benchmarking- Breast Pumping Protocols

- Benchmarking - Paediatric Hospitals in Canada and US
  - Questions asked relating to the content of I-Learn
    - Breast pumping protocols
    - Storage of breast milk
    - Breast pumping equipment
    - How do mothers track their breast milk volumes
    - Breast/ Nipple Care
    - Lactation Education

Project Outcomes

- a video to educate families and staff
- I-Learn to educate HCP
Collaboration

SickKids Library- literature search
Project Management
Administrative Staff
Nurse and Nurse Specialists
Health Care Professionals
Volunteer mothers
Creative Services – medical photography/filming
Learning Institute
Breastfeeding Program
REDCap - data/survey analysis

Video

Available on YouTube at:
“How to establish and maintain a breast milk supply for your hospitalized baby”
https://www.youtube.com/watch?v=LgLunORv8dA

Also available at SickKids website “Breastfeeding”

The pump used is the Ameda Platinum Breast Pump

Promoting Skin to Skin Care

FACT:
Diatom is encoded into the brain regions of the lactating mother.
Teaching Modified Skin to Skin Care

If you are viscous to hold your baby, ask about modified skin to skin care such as hand-holding.

Teaching Breast Massage

Teaching How to Put the Pump Kit Together

You will need:
- Infant bottle
- Sterile field
- Sterile gloves
- Sterile lubricant
- Sterile gloves
- Sterile bottles
- Sterile gloves
- Sterile cups
- Sterile gloves
- Sterile bottles
- Sterile gloves
Teaching How to Use the Breast Pump

Teaching Storage and Handling of EBM

Access our I-Learn

“Supporting mothers to establish and maintain a breast milk supply”

- Available at:

- Supporting mothers to establish and maintain breast milk supply

- Sectioned by Topic for easy navigation
Supporting mothers to establish and maintain a breast milk supply

Learning Objectives
1. Review the physiology of breast milk production.
2. Identify features, functions, and use of the Armoirs Platinum Breast Pump.
3. Recognize the effectiveness of combining breast massage, hand expression, and pumping to establish and maintain a breast milk supply.
4. Apply safe guidelines for storage & transport of breast milk.

How the breast works...
Prolactin:
There is a circadian rhythm with prolactin levels higher at night.
Mothers should try to pump at least once between midnight and 6:00 am.

Features of the Breast Pump

Speed (cycles per minute)
Sets speeds from 0 to 22
Speed can be increased or decreased by increments of 1 or 10.
You are about to set up the SickKids Ameda Platinum breast pump...

Tip: Set the flow from 1 to 50% and press the button quickly in 1s, or press and hold to go up to 50%.

Hand Expression
Test Your Knowledge

Look at this breast pump log.

Does this mother have an adequate milk supply for her term baby on day 18 of life?

Yes ✓ No ✗

Click submit when done.

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How should breast milk be stored for hospitalized babies?

Heat

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Transport FNEP milk in well-insulated coolers. Do not add ice packs as it will freeze the milk.

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Breast pumping resources

Next

Breastfeeding Resources

Important resources to provide mothers

In addition to a pump kit, give mothers a copy of the pamphlet "Breast Milk: Expressing for Your Hospitalized Baby" from odw.kidshealth.ca (Available in 8 languages).

Print off the pamphlet "Expressing breast milk for your hospitalized baby" from odw.kidshealth.ca.

Let mothers know there are information cards attached to the pump.

Testimonials

Learn more about the benefits of breastfeeding & breast milk

Dr. Peter Wong
Testimonial

Hear from Carrie
Combine ANPE
Evaluation

- REDCap survey
- # hits/views of YouTube video
- # completed i-Learn courses
- Paper survey for staff and parents to provide feedback
- Evaluation feedback form on our breastfeeding/lactation website
- Review of primary referrals to the Breastfeeding Program

Sustainability

Used for Orientation/Refresher and Breast Pump Champion

Updated yearly

First in a series of breastfeeding/lactation modules

Marketing

- Daily News
- Email
- Breastfeeding Week
- Posters
- Breastfeeding Website

Resource

- Pamphlet with video link in NICU parent package
- iPads have been requested for pump rooms