

FACT:
Almost all breastfeeding mothers at SickKids will need to pump at some time to maintain a good milk supply.

Next 

4 February 23, 2016 Healthier Children. A Better World. 



5 February 23, 2016 Healthier Children. A Better World. 

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

6 February 23, 2016 Healthier Children. A Better World. 

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



 Healthier Children. A Better World.

7 February 23, 2016

Needs Assessment to Identify Gaps

- Focus Groups
- Survey



 Healthier Children. A Better World.

8 February 23, 2016

Focus Groups

- 6 Focus Groups were held by an independent facilitator

47 HCP took part

- Formalized questions were asked to establish common themes:



 Healthier Children. A Better World.

9 February 23, 2016

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

10 February 23, 2016 Healthier Children. A Better World. 

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

11 February 23, 2016 Healthier Children. A Better World. 

Advantages of Internet (I-learn) Education

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

12 February 23, 2016 Healthier Children. A Better World. 

Research- Literature Search

Literature search related to Breast Milk 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

13 February 23, 2016
Healthier Children. A Better World.


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

14 February 23, 2016
Healthier Children. A Better World.


Project Outcomes

- a video to educate families and staff
- I-learn to educate HCP

15 February 23, 2016
Healthier Children. A Better World.


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 analysts

16 February 23, 2016

Healthier Children. A Better World.



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 web site "Breastfeeding"

The pump used is the Ameda Platinum Breast Pump

17 February 23, 2016

Healthier Children. A Better World.



Promoting Skin to Skin Care



18 February 23, 2016

Healthier Children. A Better World.



Teaching Modified Skin to Skin Care

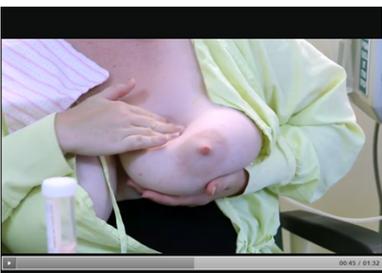




If you are unable to hold your baby, ask about modified skin to skin care such as hand-hugging

19 February 23, 2016 Healthier Children. A Better World. 

Teaching Breast Massage



20 February 23, 2016 Healthier Children. A Better World. 

Teaching How to Put the Pump Kit Together



You will need:
 2 breast pump kits in sterile packaging
 2 collection bottles and storage bottles

21 February 23, 2016 Healthier Children. A Better World. 

Teaching How to Use the Breast Pump



SickKids
THE HOSPITAL FOR
SICK CHILDREN

22 February 23, 2016 Healthier Children. A Better World.

Teaching Storage and Handling of EBM



SickKids
THE HOSPITAL FOR
SICK CHILDREN

23 February 23, 2016 Healthier Children. A Better World.

Access our I-Learn

"Supporting mothers to establish and maintain a breast milk supply"

Is available at:

https://learn.sickkids.ca/skh-shared/learningstudio/index.cfm?fuseaction=player.play&user_item=421344&inst_id=&item_type=SCORM2004&item_id=1404&preview=false

[Supporting mothers to establish and maintain breast milk supply](#)

Sectioned by Topic for easy navigation

SickKids
THE HOSPITAL FOR
SICK CHILDREN

24 February 23, 2016 Healthier Children. A Better World.



Supporting mothers to establish and maintain a breast milk supply

25 February 23, 2016 Healthier Children. A Better World. **SickKids** THE HOSPITAL FOR SICK CHILDREN

Learning Objectives

1. Relate the physiology of the breast to breast milk production.
2. Identify features, functions and use of the **Ameda 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



26 February 23, 2016 Healthier Children. A Better World. **SickKids** THE HOSPITAL FOR SICK CHILDREN

How the breast works...

Next 

27 February 23, 2016 Healthier Children. A Better World. **SickKids** THE HOSPITAL FOR SICK CHILDREN

Prolactin



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.

Next 

28 February 23, 2016 Healthier Children. A Better World. **SickKids** THE HOSPITAL FOR SICK CHILDREN

Features of the Breast Pump

Next 

29 February 23, 2016 Healthier Children. A Better World. **SickKids** THE HOSPITAL FOR SICK CHILDREN

Speed (cycles per minute)



Ameda

%Speed%
CPI

Comes on at 80 cpm (range: 30-80 cpm)

Speed can be increased or decreased by increments of 1 or 10.

Try it. Decrease the speed to 50cpm

30 February 23, 2016 Healthier Children. A Better World. **SickKids** THE HOSPITAL FOR SICK CHILDREN

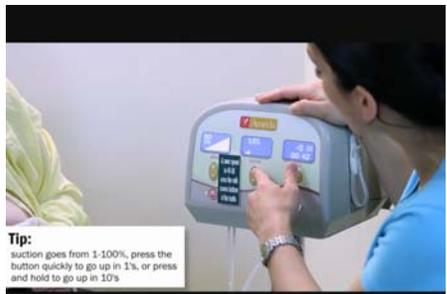
Click to add text

You are about to set up the SickKids Ameda Platinum breast pump...



Next 

31 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN



Tip:
suction goes from 1-100%, press the button quickly to go up in 1%, or press and hold to go up in 10%

32 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN

Hand Expression

PLAY 

33 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN



Hand Expression:
 hold breast between finger and thumb about 3-4cm / 1.5" from the nipple (edge of areola)
 your fingers, nipple and thumb should be opposite each other in a straight line

34 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN

Teach a mother how to care for her breasts and nipples

PLAY ▶

35 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN



Skin Care:
 after expressing, gently apply some breast milk to your nipples and allow to air dry

36 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN

How should breast milk be labeled?

PLAY ▶

37 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN

Tip:
print the date and time on the label provided
place that label on **TOP** of the paper label on
the bottle

38 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN

What are considered normal volumes of breast milk?

Next 

39 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN

Test Your Knowledge ?

Look at this breast pump log.

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

Yes ✓ No ✗



Click SUBMIT when done

q

40 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN

How should breast milk be stored for hospitalized babies?

Next

q

41 February 23, 2016 Healthier Children. A Better World. SickKids THE HOSPITAL FOR SICK CHILDREN



Transport **FROZEN** breast milk with frozen gel packs in an insulated cooler. **Do not add ice cubes** as it will thaw the milk.

ids THE HOSPITAL FOR SICK CHILDREN

42 February 23, 2016 Healthier Children. A Better World.

Breast pumping resources

Next 

43 February 23, 2016 Healthier Children. A Better World. 

Breastfeeding Resources

Important resources to provide mothers

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

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

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

44 February 23, 2016 Healthier Children. A Better World. 

Testimonials

Learn more about the benefits of breastfeeding & breast milk

Dr. Peter Wong
testimonial



PLAY 

Hear from Carrie
Cardiac ANPE



PLAY 

45 February 23, 2016 Healthier Children. A Better World. 

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

46 February 23, 2016

Healthier Children. A Better World.



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
- I-pads have been requested for pump rooms

47 February 23, 2016

Healthier Children. A Better World.