

The BFHI 10 Steps Constant Vigilance Check List

(Updated Dec. 18, 2012)

Step 1: Have a written breastfeeding policy that is routinely communicated to all health care providers and volunteers.

Policy Statement: We are committed to the promotion, protection and support of breastfeeding and to following the “Ten Steps to Successful Breastfeeding” as developed by WHO and UNICEF.

*NPL: Nursing Practice Leader *SCN: Special Care Nursery *FBC: Family Birthing Centre (L&D and Postpartum) *MNC: Maternal Newborn and Child department

BF Policy review	Due: April 2010 by NPL and FBC Council	<input type="checkbox"/> Date done June 2012
Hypoglycemia Policy review	Due: March 2009 by NPL and FBC Council	<input type="checkbox"/> Date done June 2012
Postpartum Patient Care Summary for Vag/C/S Birth	Due: prn	<input type="checkbox"/> Date done. 2007 A hand expression check box will be added to the Pathway in the near future
Newborn Patient Care Summary	Due: prn	<input type="checkbox"/> Date done 2009
Our Promise to Families (The Breastfeeding Policy posted in all patient care areas on FBC and SCN)	Check every place to ensure postings are in place. <ul style="list-style-type: none"> a) Family Lounge J7 b) Triage Bedsides and at Nurses desk c) Outside Admin. Assist Office d) On wall in FBC in top languages e) At each FBC bedside f) On Peds 2 locations g) In SCN (revised edition) 2 locations 	Check for placement Jan/April/July/Oct: <ul style="list-style-type: none"> <input type="checkbox"/> If this poster is missing get more printed from the CD by printing dept. FBC NPL has the CD SCN NPL has Promise on her computer

Step 2: Ensure the training of all birthing centre personnel to institute this policy. Ensure all health care providers have the knowledge and skills necessary to implement this policy.

All personnel within the Maternal, Newborn & Child Health Service will have twenty hours of instruction on breastfeeding including three hours of clinical training. There will also be a continuing education program to maintain competency. Staff will also be provided with up-to date information concerning breastfeeding.

Staff List of all MNC Nurses who have completed a Breastfeeding Course as per BFHI requirement.	NPL for SCN/Peds and FBC to keep spreadsheet with this info	<input type="checkbox"/> 80% as of Nov 30 th 2008 <input type="checkbox"/> 80% as of Nov 30 th 2009 <input type="checkbox"/> 80% as of Nov 30 th 2010 <input type="checkbox"/> 80% as of Nov 30 th 2011 <input type="checkbox"/> 80% as of Nov 1, 2012
Support Staff In-service 1 page info sheet	Due: Before re-assessment Sept. 2012	<input type="checkbox"/> Date done Nov. 2012
MD's OBS, GP, MW, PEDS: List of MD's who have completed the Rounds	List: NPL has it Annual Policy Update and or Breastfeeding Topic	<input type="checkbox"/> Done: "Evidence" Spring 2008 by MD to Peds Rounds <input type="checkbox"/> Done: "Evidence" Fall 2008 by MD to OBS Rounds <input type="checkbox"/> Update's for MD/MW's: OB Rounds Oct 24 th , Paeds Rounds Nov. 8 th 2012 PPP by L.C. Attendance Sheet in BFHI Binder located in Manager's office
Residents, Medical Students, Family Practice Residents	Packages (Residents Sheet, BF Policy, Pediatrics article) to be given out by OBS: MD Nursing Students : FBC NPL PEDS: MD Family Medicine Residents:	<input type="checkbox"/> Info for Family Medicine Residents given to <input type="checkbox"/> Coordinator June 2012 <input type="checkbox"/> This info given to MD's for their Residents and Students

20 Hr. Breastfeeding Course to be done every year in the Fall.	NPL and LC's to plan & facilitate	<input type="checkbox"/> Done: Fall 2008, 09, 10, 11, 12 <input type="checkbox"/> Done Fall 2009 <input type="checkbox"/> Done Fall 2010, 2011, <input type="checkbox"/> To be done Jan. 2013
TEGH General Orientation Sessions on BFHI needs revision	Done as needed by the new hospital staff - needs a review	<input type="checkbox"/> Date completed
2 Hr. Annual Breastfeeding Update: Every Fall	Topic based on Staff needs Facilitated by LC/NPL's	<input type="checkbox"/> Dates completed for Fall 08/Winter 09, 2010 Skin to Skin on line i-care (intranet) Learning Modules for Staff and 2012 BFHI Update on i-care

Step 3: Inform all pregnant women and their families about the importance and process of breastfeeding.

Maternal, Newborn & Child Health Service is committed to providing information on breastfeeding in the pre-registration package distributed to all families at their physician or midwives' office. We are also committed to having resources accessible during visits to prenatal support services.

New Beginnings Book (prenatal, birth and postpartum information)	Kept up to date prn	<input type="checkbox"/> Done: Jan. 2006, updated Feb. 2012
Childbirth Ed	Update handouts annually	<input type="checkbox"/> Done
Dear Mom to be letter and Pre: registration package Updates	To be done prn by FLC RN, Admin Assists and Unit Clerks Staff especially if any changes	<input type="checkbox"/> Done: letter to new expectant mom updated May 2012
Prenatal Breastfeeding Class: offered twice a month and taught by LC	Curriculum as per BCC Outline in Outcome Indicators	<input type="checkbox"/> Done: Feb 2012
Antenatal patients who are in hospital 32 weeks or more Visit in lieu of Prenatal BF Class	LC's to keep track of admissions by checking with FBC daily by checking the "Board"	<input type="checkbox"/> Done: LC's routinely check the board for new admissions
MNC Reception BF Display: info sheets for parents	LC sets up Permanent BFHI Display and National Breastfeeding Week display and keeps Health Canada Breastfeeding info handouts	<input type="checkbox"/> Done every month

	available in pamphlet racks.	
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Step 4: Place babies in uninterrupted skin to skin contact with their mothers immediately following birth for at least an hour or until completion of the first feeding or as long as the mother wishes; encourage mothers to recognize when their babies are ready to feed, offering help as needed.

Help new mother initiate breastfeeding within an hour after birth. The mother who has just given birth is encouraged to hold her baby shortly after birth: the baby is placed on the mother's abdomen except if there is a medical contraindication, to facilitate skin to skin contact and the initiation of breastfeeding.

Skin to Skin Vag. Delivery		<input type="checkbox"/> Date done
Skin to Skin C/S in OR/RR		<input type="checkbox"/> Date done
Skin to Skin Posters in OR And in Pt. Rooms	NPL/FBC has originals Check for posters bi- annually Jan. and July	<input type="checkbox"/> Date done Spring 2012 s2s poster on J7 doors
“Nursing Care During 4 th Stage of Labour” Policy review	Due: October 2008	<input type="checkbox"/> Date done: June 2012
Skin to Skin Posters in FBC Rooms	LC to check 4 times a year Jan, Apr, Jul, Oct	<input type="checkbox"/> Date done: Aug 2012 <input type="checkbox"/> Jan, Apr, Jul, Oct

Step 5: Assist mothers to breastfeed and maintain lactation should they face challenges including separation from their infants.

The instruction and support given during the hospital stay allow mothers to acquire the knowledge and ability to breastfeed their babies, such as positioning and latching onto the breast. In special cases, the mother is encouraged to maintain lactation by expressing her milk.

“Maintaining Lactation During Maternal Infant Separation” Policy review	Due: July 2009	<input type="checkbox"/> Done updated in Breastfeeding policy June 2012 <input type="checkbox"/> Roll out Best Start poster in other languages in the FBC Classroom done: Sept. 2012
“Breast Pump” DRAFT Policy review	Due: Aug 2009	<input type="checkbox"/> Done June 2012
“Hand Expression” Policy review	Due: July 2009	<input type="checkbox"/> Done See: Breastfeeding Policy June 2012
Hand Expression and Latch Posters on every FBC	LC makes them available. Boards checked every Jan,	<input type="checkbox"/> Done: Sept 2012 <input type="checkbox"/> Jan, Apr, Jul, Oct

Room bulletin board	Apr, Jul, Oct Original copies in possession of FBC NPL	
Storage of EBM Posters on Peds in every Room	LC to check that posters are displayed in pt. rooms	<input type="checkbox"/> Date Done Nov 2012 <input type="checkbox"/> Jan, Apr, Jul, Oct

STEP 6: Support mothers to exclusively breastfeed for the first 6 months, unless supplements are *medically* indicated.

At Toronto East General Hospital, newborns only receive breast milk, unless there is a medical indication to receive supplementation, as stipulated by the WHO/UNICEF (BFHI). Acceptable medical indications for supplementation include:

1. Infants whose mothers are severely ill (e.g. psychosis, eclampsia or shock).
2. Infants with inborn errors of metabolism (e.g. galactosemia, phenylketonuria, maple syrup urine disease).
3. Infants with acute water loss, for example during phototherapy for jaundice, whenever increased breastfeeding cannot provide adequate hydration.
4. Infants whose mothers are taking medication which is contraindicated when breastfeeding (e.g. cytotoxic drugs, radioactive drugs, and anti-thyroid drugs other than propylthiouracil)
5. Infants with potentially severe hypoglycemia or who require therapy for hypoglycemia, and who do not improve through increased breastfeeding or by being given breast milk.

OR

there is an informed choice to formula feed.

If supplementation is necessary, health care providers follow the Procedure for Supplementation, as outlined in this document

Monthly Exclusive Breastfeeding Stats Chart Audit and data collection	Done monthly by dedicated R.N. who collects data using BORN	<input type="checkbox"/> Done every month and sent to all Staff and the BFHI Committee
Decanting of Formula for supplementation: Station in FBC Clean Utility Room	NPL and BFHI Committee	<input type="checkbox"/> Date: done and is up in FBC Clean Utility Room

Step 7: Facilitate 24 hour rooming-in for all mother-infant dyads: mothers and infants remain together.

Mother and baby are not separated during their hospital stay unless the baby requires specialized nursery care. The nurse will provide care to the family in the same room.

“Bed Sharing” Policy review	Due: Sept. 2009	<input type="checkbox"/> Date done June 2012
“Positioning Infants” Policy review	Due: Sept 2009	<input type="checkbox"/> Date done June 2012

Step 8: Encourage baby-led or cue-based breastfeeding. Encourage sustained breastfeeding beyond six months with appropriate introduction of complementary foods.

We encourage breastfeeding on demand. The frequency and duration of breastfeeding is determined by the need of the infant. Mother receives support and teaching so that she can recognize the hunger and satiety cues of her baby.

Best Start Poster and other breastfeeding teaching tools on all FBC Room Bulletin Boards	Ensure that these are available. Boards checked every Jan, Apr, Jul, Oct	<input type="checkbox"/> Dates Sept. 2012

Step 9: Support mothers to feed and care for their breastfeeding babies without the use of artificial teats or pacifiers (dummies or soothers).

To facilitate the initiation of breastfeeding, we advise parents of well, full-term infants to avoid pacifiers and bottles in the first weeks after birth.

Ensure that pacifiers are not given to baby post SCN stay or post discharge from Circ observation period and post Car Seat O2 Sat check	Done by Primary SCN Nurse	<input type="checkbox"/> Done

Step 10: Provide a seamless transition between the services provided by the hospital, community health services and peer support programs. Apply principles of Primary Health Care and Population Health to support the continuum of care and implement strategies that affect the broad determinants that will improve breastfeeding outcomes.

The Maternal, Newborn & Child Health Service is committed to providing all mothers with a list of breastfeeding support services in our community. All mothers are encouraged to visit our Breastfeeding Centre for Families. The Maternal Infant Service at Toronto Public Health is committed to providing all mothers who are experiencing breastfeeding challenges a telephone call and a follow-up home visit by a Public Health Nurse.

La Leche League Canada brochure to be available on the MNC Reception desk. Info also available in <u>New Beginnings</u> booklet.	LC will keep these at the MNC Reception display.	<input type="checkbox"/> Done Sept 2012
Individual Breastfeeding Plan to be completed and given to patient on discharge if having unresolved breastfeeding	Done by Primary Nurse. Use is taught in 21 hr. BF Course	<input type="checkbox"/> Done (see Breastfeeding Policy) June 2012

problems that need follow-up in Breastfeeding Clinic the next day		
Postpartum Follow-Up Phone Call		Done daily by dedicated Nurse

WHO Code Compliance Hospital wide where women and children are cared for.

Code Walkabout: Check all areas of the hospital and check for Code compliance	To be done every 6 months by LC	<input type="checkbox"/> Done Jan & July <input type="checkbox"/> Done Nov 2012
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