Maryland
Hospital Breastfeeding Policy Recommendations

Hospital Self-Reassessment

September 2014

Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, M.D., Secretary

DIRECTIONS:

- Please review the **Maryland Hospital Breastfeeding Policy Recommendations** on the following pages.

- Please include the **hospital name** at the top of each page of the self-reassessment.

- **Complete the self-reassessment comparing current practices with the policy recommendations.** Indicate if your hospital is currently meeting the criterion listed under each of the 10 Recommendations. If your hospital is currently **not** meeting the criteria, please provide a brief description of difficulties encountered, barriers, and any changes or initiatives underway or planned. The summary page contains questions regarding progress being made by your facility. Please complete this section as thoroughly as possible.

- Please submit a copy of the completed self-reassessment **no later than September 30, 2014** to:
  Sherri Sabol
  Maryland Department of Health and Mental Hygiene
  201 W. Preston Street
  1st Floor – Unit 110
  Baltimore, MD 21201-2399

- If you have any **questions**, please contact Sherri Sabol at sherri.sabol@maryland.gov.

Summary of Maryland Hospital Breastfeeding Policy Recommendations

The "Maryland Best Practices Hospitals" will:

#1: Have a written breastfeeding policy that is routinely communicated to all hospital staff.

#2: Train all hospital staff in the skills necessary to implement this policy.

#3: Inform all pregnant women about the benefits and management of breastfeeding.

#4: Help breastfeeding mothers initiate breastfeeding within 1 hour of birth.

#5: Encourage breastfeeding on demand.

#6: Practice "rooming in" – encourage breastfeeding mothers and infants to remain together 24 hours a day.

#7: Show breastfeeding mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.

#8: Give breastfed infants no food or drink, other than breast milk, unless medically indicated.

#9: Give no pacifiers or artificial nipples to breastfeeding infants in the hospital, unless medically indicated.

#10: Foster the establishment of breastfeeding support groups and refer breastfeeding mothers to them on discharge from the hospital.

Name of hospital completing the self-reassessment: _____

#1 – Does the hospital have a written breastfeeding policy that is routinely communicated to all hospital staff?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Create an interdisciplinary team (e.g. hospital administrators, physician and nursing staff, lactation consultants and specialists, nutrition staff, other appropriate staff, and parents) to develop and review breastfeeding policies annually.	☐	☐	
b. Communicate policy to all hospital staff who provide care for breastfeeding mothers and their infants.	☐	☐	
c. Post breastfeeding policy in appropriate form, as per established hospital guidelines.	☐	☐	
d. Create a comprehensive breastfeeding policy addressing all UNICEF/WHO Ten Steps to Successful Breastfeeding, consistent with the International Code of Marketing of Breast Milk Substitutes. Link: www.who.int/nutrition/publications/infantfeeding/9241541601/en/	☐	☐	

Name of hospital completing the self-reassessment: _____

#2 – Does the hospital train all hospital staff in the skills necessary to implement this policy?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Designate at least one hospital staff member, who is trained in breastfeeding physiology and management, to be responsible for ensuring the implementation of an effective breastfeeding training program based on resources provided by DHMH or curriculum developed by the facility.	☐	☐	
b. Require all hospital staff with primary responsibility for the direct care of mothers and their infants during the neonatal period to complete training on breastfeeding physiology and management, with annual updates. Curriculum developed by the facility or resources provided by DHMH may be used.	☐	☐	
c. Require all providers who have privileges to provide care to new breastfeeding mothers and/or newborn infants to complete training with annual updates in breastfeeding promotion and lactation management. DHMH will provide information on training resources or curriculum developed by the facility may be used.	☐	☐	
d. Employ at least one hospital maternity staff member who is an International Board Certified Lactation Consultant (IBCLC) with designated time to focus on breastfeeding.	☐	☐	
e. Expect hospital staff (including support staff), who come in contact with pregnant women, breastfeeding mothers, and newborns, to provide positive messages about breastfeeding.	☐	☐	

Name of hospital completing the self-reassessment: _____

#3 – Does the hospital inform all pregnant women about the benefits and management of breastfeeding?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Assure the availability of prenatal childbirth education classes that provide structured breastfeeding information, taught by an International Board Certified Lactation Consultant (if possible), for all women pre-registered to deliver at the facility.	☐	☐	
b. Provide pregnant women with complete and commercial-free information about the benefits of breastfeeding for mother and baby, contraindications to breastfeeding, and management of breastfeeding so an informed feeding decision can be made.	☐	☐	
c. Recommend exclusive breastfeeding as the ideal nutrition for newborns, unless medically contraindicated.	☐	☐	

Name of hospital completing the self-reassessment: _____

#4 – Does the hospital help breastfeeding mothers initiate breastfeeding within 1 hour of birth?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Promote and support early breastfeeding (within 1 hour of birth) in the delivery room and/or recovery area.	☐	☐	
b. Encourage babies to be placed skin-to-skin on breastfeeding mother's chest as the preferred source of body warmth, unless medically contraindicated. Delay the administration of vitamin K and eye ointment and the measurement of weight and length for the first hour after birth to support uninterrupted mother-infant contact and breastfeeding, if possible.	☐	☐	
c. Encourage breastfeeding mothers to exclusively breastfeed throughout the hospital stay, unless medically contraindicated.	☐	☐	
d. Inform a breastfeeding mother when breastfeeding is medically contraindicated including: the specific contraindication, whether she can save expressed breast milk during that time for her infant or if she should discard it and what criteria need to be met before she can resume breastfeeding.	☐	☐	

Name of hospital completing the self-reassessment: _____

#5 – Does the hospital encourage breastfeeding on demand?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Encourage and support breastfed infants to be fed on demand. The frequency and duration of breastfeeding should be infant-led, based on each infant's early feeding cues, at least 8 times in 24 hours after the first day of life. Emphasize the normalcy of frequent night feedings.	☐	☐	
b. If medical condition of both mother and baby allows, make every effort to arrange for a separated mother and infant to be together for feedings.	☐	☐	
c. Teach breastfeeding mothers feeding cues and encourage each mother to feed as soon as her infant displays early infant feeding cues.	☐	☐	
d. Document all feedings in the infant's medical record.	☐	☐	
e. Have a visitation policy that allows a baby to be a visitor in the breastfeeding mother's room when the mother is a patient outside of the maternity area.	☐	☐	

Name of hospital completing the self-reassessment: _____

#6 – Does the hospital show breastfeeding mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Provide instruction and assistance to each breastfeeding mother to facilitate lactation.	☐	☐	
b. Provide breastfeeding mothers with information on how to obtain help from a hospital staff member trained in breastfeeding support and breast milk expression.	☐	☐	
c. When feeding at breast is not possible, make every effort to have the baby receive his/her mother's expressed milk until medically able to breastfeed.	☐	☐	
d. If a breastfeeding mother or baby is re-hospitalized after the initial delivery stay, make every effort to continue to support breastfeeding.	☐	☐	
e. Ensure that at least one hospital staff member, trained in breastfeeding management, is available at all times to assist breastfeeding mothers.	☐	☐	

Name of hospital completing the self-reassessment: _____

#7 – Does the hospital practice "rooming in" – encourage breastfeeding mothers and infants to remain together 24 hours a day?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Establish rooming-in for each breastfeeding dyad throughout the hospital stay, unless medically contraindicated.	☐	☐	
b. Perform medical procedures in the mother's room when possible and practical.	☐	☐	

Name of hospital completing the self-reassessment: _____

#8 – Does the hospital give breastfed infants no food or drink, other than breast milk, unless medically indicated?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Do not give sterile water, glucose water or formula to a breastfeed infant without a healthcare provider's order or the mother's request after education. Discuss the potential negative impact sterile water, glucose water, formula or feeding these with a bottle nipple may have on breastfeeding success.	☐	☐	
b. Document a woman's desire to breastfeed in her medical record, her infant's medical record, and on her infant's bassinet.	☐	☐	
c. Provide and document education about the use of supplementation and its possible negative impact on the establishment of breastfeeding so breastfeeding mothers can make an informed decision about supplementation. After making an informed decision, the breastfeeding mother's choice will be respected and supported by the hospital staff.	☐	☐	
d. Do not accept free formula, advertisements, or formula coupons for use in the hospital or distribution to breastfeeding mothers.	☐	☐	
e. Store formula and supplies for formula feedings in a medication cart or separate storage space out of view to patients.	☐	☐	

Name of hospital completing the self-reassessment: _____

#9 – Does the hospital give no pacifiers or artificial nipples to breastfeeding infants in the hospital, unless medically indicated?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Do not offer pacifiers or artificial nipples to healthy, full-term breastfeeding infants in the hospital while breastfeeding is being established.	☐	☐	
b. Inform breastfeeding mothers that the use of pacifiers and artificial nipples in the hospital could have a negative impact on the establishment of breastfeeding. After making an informed decision, the breastfeeding mother's choice will be respected and supported by the hospital staff.	☐	☐	
c. Use skin-to-skin contact and breastfeeding during procedures requiring soothing and pain relief.	☐	☐	
d. Do not accept free or low-cost pacifiers.	☐	☐	

Name of hospital completing the self-reassessment: _____

#10 – Does the hospital foster the establishment of breastfeeding support groups and refer breastfeeding mothers to them on discharge from the hospital?			
Criteria	**YES**	**NO**	**Please explain progress or difficulties since initial assessment.**
a. Provide breastfeeding mothers with information about breastfeeding resources in their communities, including information on availability of breastfeeding consultants, support groups and breast pumps, if applicable.	☐	☐	
b. Refer current participants and potential income-eligible women to the Supplemental Nutrition Program for Women, Infants and Children (WIC) for additional breastfeeding support.	☐	☐	
c. When indicated, provide the family with a written feeding plan, developed in collaboration with the health care team, with appropriate follow-up recommended.	☐	☐	

Name of hospital completing the self-reassessment: _____

Hospital Reassessment Summary
1. Please list your successes in this quality improvement process.
2. Please list your challenges in this quality improvement process.
3. Please list the next steps your organization has identified to move this quality improvement process forward.

Name of hospital completing the self-reassessment: _____

4. List 1 - 3 goals for the next year in this quality improvement process.

Completed by: _____ Date: _____

Contact information: _____