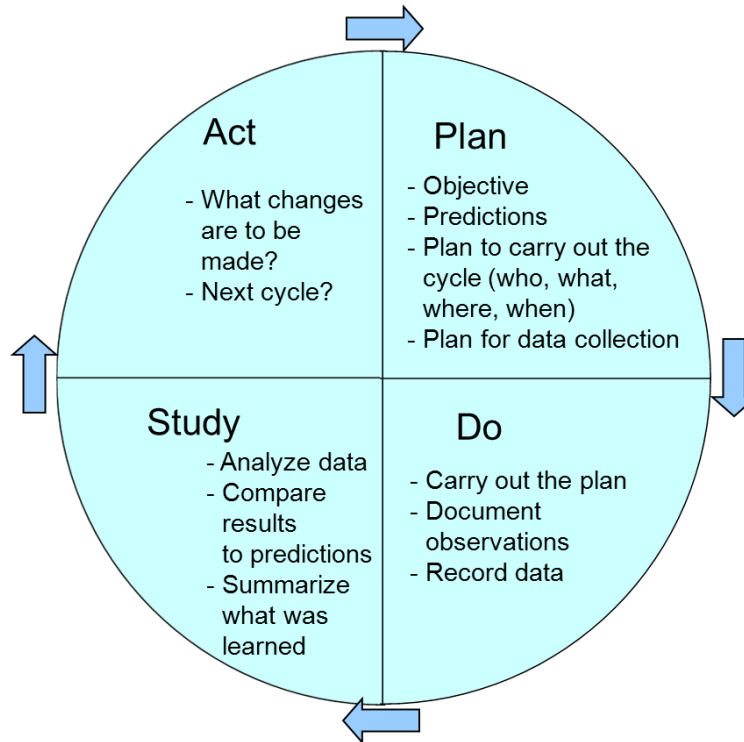


Improving Your Joint Commission Perinatal Care Core Measure of Exclusive Breast Milk Feeding Through Baby Friendly Implementation of Evidence Based Maternity Practices

Exercise 2

Performance Improvement: Using the PDSA process,

- Identify one potential strategy for improving exclusive breast feeding rates..... at your own facility.
- What changes can you make that will result in improvement in ONE aspect of exclusive breast feeding?
- Write your corresponding SMART GOAL on the back of this sheet.



S.M.A.R.T.	Questions...
Specific	Does your goal clearly and specifically state what you are trying to achieve? <i>If your goal is particularly large or lofty, try breaking it down into smaller, specific SMART goals.</i>
Measurable	How will you (and others) know if progress is being made on achieving your goal? Can you quantify or put numbers to your outcome?
Attainable	Is achieving your goal dependent on anyone else? Is it possible to reframe your goal so it only depends on you and not others? What factors may prevent you from accomplishing your goal?
Relevant	Why is achieving this goal important to you? What values in your life does this goal reflect? What effect will achieving your goal have on your life or on others?
Time-bound	When will you reach your goal? <i>Again, if your goal is particularly large, try breaking it down into smaller goals with appropriate incremental deadlines.</i>