

Combining Health Care Disciplines In the Early Postpartum Period To Improve Breastfeeding Outcomes: A Multidisciplinary Approach



Objectives

Participants will be able to understand the value of combining disciplines in the maternal child healthcare setting to improve breastfeeding rates.

Participants will be able to recognize that removing barriers to breastfeeding in the early postpartum period is crucial for successful breastfeeding outcomes.

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Daily Newborn Clinic
Pediatric and Lactation Appointment

Reasons for a Change

- ▶ Baby Friendly certification in 2010
- ▶ Continuity of care for breastfeeding dyad
- ▶ Make it easier for mother by combining multiple appointments into one
- ▶ Streamline lactation services
- ▶ Remove potential breastfeeding barriers
- ▶ Encourage a multidisciplinary approach

Barriers to Breastfeeding in the United States

Surgeon General's Call to Action 2011

- Lack of knowledge
- Social norms/cultural
- Poor family and social support
- Embarrassment
- Lactation problems
- Employment and child care
- Barriers related to health services

AAP Guidelines For Newborn Visit

4. Every infant should have an evaluation within 3 to 5 days of birth and within 48 to 72 hours after discharge from the hospital to include evaluation for feeding and jaundice. ***Breastfeeding infants should receive formal breastfeeding evaluation, and their mothers should receive encouragement and instruction, as recommended in the 2012 AAP statement “Breastfeeding and the Use of Human Milk”***

http://www.aap.org/en-us/professional-resources/practice-support/Periodicity/Periodicity%20Schedule_FINAL.pdf

AAP Guidelines For Newborn Visit

5. Newborn infants discharged less than 48 hours after delivery must be examined within 48 hours of discharge, per the 2010 AAP statement “Hospital Stay for Healthy Term Newborns”

http://www.aap.org/en-us/professional-resources/practice-support/Periodicity/Periodicity%20Schedule_FINAL.pdf

AAP Assessment Guidelines for 1st Postpartum visit

NUTRITIONAL ADEQUACY

- Feeding success (weight gain), feeding strategies (holding, burping), hydration/jaundice, hunger/satiation cues, feeding guidance (breastfeeding, formula)
- Exclusive breastfeeding during the first 4-6 months provides ideal nutrition, supports best growth and development;
- Iron-fortified formula is recommended substitute

AAP ASSESSMENT GUIDELINES CONT'D

- Recognize signs of hunger, fullness
- Adequate weight gain = 6-8 wet diapers a day
- No extra fluids; cultural and family beliefs
- How do you know if your baby is hungry?
Had enough to eat?
- ***How is breastfeeding going? What concerns do you have?***

Early Breastfeeding Concerns

- ▶ Lack of knowledge
- ▶ Perceived breast milk insufficiency
- ▶ Delayed lactogenesis
- ▶ Painful latch
- ▶ Cracked and abraded nipples
- ▶ Sleepy baby

Early Breastfeeding Concerns

- ▶ Jaundiced infant
- ▶ Engorgement
- ▶ Maternal condition affecting mother's ability to breastfeed
- ▶ Concern regarding maternal medication
- ▶ Breast surgery
- ▶ Conflicting advice (medical and family)

Physicians Role in Breastfeeding Management

“Clinicians report feeling that they have insufficient knowledge about breastfeeding and that they have low levels of confidence and clinical competence in this area. A recent survey of pediatricians showed that many believe the benefits of breastfeeding do not outweigh the challenges that may be associated with it, and they reported various reasons to recommend against breastfeeding.”

First Week Newborn Visit Traditional Appointment

- ▶ Appointment with pediatrician for exam
- ▶ Weight loss and bilirubin level assessed
- ▶ Breastfeeding assessed verbally by interviewing mother
- ▶ Supplementation possibly advised and lactation follow up recommended. Mother supplied with LC contact numbers
- ▶ Infant may need blood draw at a lab in different location

Breastfeeding intervention delayed

First Week Newborn Appointment LAMC

- ▶ Appointment with pediatrician and lactation consultant scheduled consecutively
- ▶ Lab visit scheduled 1 hour prior to appointment. Lab located in same building
- ▶ Pediatric exam followed by lactation consultant assessment
- ▶ Pediatrician/LC develop plan of care for dyad
- ▶ Nurse visit available for maternal F/U.

Maternal Assessment at Newborn Visit With Lactation Consultant

- ▶ Full maternal hx
- ▶ Reaffirm prior breastfeeding hx
- ▶ Discussion of breastfeeding progress since discharge
- ▶ Discuss newborn feeding patterns and comfort of infant latch
- ▶ Examine breasts and nipples for signs of breast fullness, engorgement and nipple integrity
- ▶ Observe mother's mood and affect

Infant Assessment at Newborn Visit with Lactation Consultant

- ▶ Review infant birth weight and current weight
- ▶ Oral exam
- ▶ Observe infant feeding readiness
- ▶ Observe mother breastfeeding or assist mother to position and latch baby
- ▶ Observe breast milk transfer
- ▶ Maternal comfort
- ▶ Assess need for lactation follow up



Pediatric Follow Up

Pediatrician follow up appointments can be scheduled



Ongoing Lactation Support

Lactation appointments can be scheduled for follow up care of breastfeeding dyad

Outcome 4 years later

- ▶ All breastfeeding couplets scheduled newborn visit at time of discharge
- ▶ 60 appointments available every week
- ▶ Multidisciplinary approach has improved provider knowledge and interactions between disciplines. All disciplines have benefited
- ▶ Improved long term breastfeeding outcomes

References

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Thank You

Any Questions?