



The Keystone 10 Initiative

Step 5: Show mothers how to breastfeed and maintain lactation even if they should be separated from their infants.

Breastfeeding is a technique that is enhanced by practice and support. Regardless of prior experience, all mothers of newborns should be provided practical infant feeding-skills and information about how to achieve effective positioning and attachment of infant at the breast. Educational information should include identification of hunger and satiety cues, principles of infant-led feeding, infant stomach capacity, building and sustaining milk supply, and determining how and when to access help. The need for support and education begins soon after delivery and continues beyond the hospital stay.

The goal of step five is to provide practical support so that effective breastfeeding can be established and continued. The application of evidence-based concepts combined with support provided by knowledgeable staff enables families to achieve their breastfeeding goals. A thorough assessment of mother and infant while breastfeeding and the provision of individualized support improves breastfeeding outcomes and helps each family experience the benefits of breastfeeding.

Staff should be knowledgeable, offer consistent support to breastfeeding families, and know when to refer to a lactation professional. In keeping with Step two, maternity care staff should have received training on the appropriate methods to support breastfeeding. The facility will determine which staff members fall into the maternity care nurses category discussed below.

Maternity care nurses should offer all families assistance with breastfeeding within three to six hours of birth. Maternity care nursing staff is expected to support mothers/families in identification of effective position latch for breastfeeding, determination of when the services of a lactation professional are needed, hunger and satiety cues, infant-led feedings, and infant stomach capacity. Mothers who have never breastfeed or who have previously encountered problems with breastfeeding should receive special attention and support at all contact points with the healthcare facility. For the purposes of Keystone 10, documentation should prove (in the four months prior to submission of the application) **80%** of families were offered breastfeeding assistance within three to six hours of infant birth.

Hand expression is a simple skill that should be taught to all mothers prior to hospital discharge. Hand expression is a tool that is always available and requires no electricity or special equipment. Breastmilk that has been hand expressed can be used if the mother becomes separated from her child or if the infant is unable to directly breastfeed. Maternity care nurses are expected to teach all mothers how to hand express their milk. Emphasis should be on hand-expression techniques so mothers are not dependent on a pump or other equipment, but care staff should not discourage use of a pump. Nursing staff should be knowledgeable about the use of breast pumps and able to educate mothers on how to use a pump and how to use a pump when appropriate. For the purposes of Keystone 10, documentation should prove (in the four months prior to submission of the application) **80%** of mothers have been taught to hand express their milk and use a breast pump.

Families who have made the informed choice to formula-feed either as supplementation or exclusively should also be provided with information and assistance needed to effectively feed their infants within Pennsylvania Keystone 10 Designation Application



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three to six hours of delivery. Maternity care nurses are expected to teach all partially or fully formula-feeding families how to safely prepare and feed breastmilk substitutes, identification of hunger and satiety cues, principles of infant-led feeding, and infant stomach capacity. In the four months prior to submission of this application, documentation should prove **80%** of partially or fully formula-feeding families have been provided (within three to six hours of delivery) information and assistance needed to effectively feed their infants.

The Keystone 10 Toolkit provides step five implementation strategies on pages 69 - 76. Tab 11 in the toolkit, Resources for Each Step, provides resources for implementation and a facility impact worksheet for step five.

For completion of this step, the facility should ensure:

- Staff can assist families in effectively and confidently breastfeeding
- Mothers/families have been taught to prevent, detect, and address common difficulties that may occur with breastfeeding, are knowledgeable about how to maintain lactation, and where/when to seek help
- Partially or fully formula-feeding families have been educated with evidence-based information on how to safely and effectively feed their infants
- All families are taught how to identify infant hunger and satiety cues, principles of infant-led feeding, and infant stomach capacity.



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Application Form for Step 5:

Show mothers how to breastfeed and maintain lactation even if they should be separated from their infants.

Birth facility name: _____

Address: _____

City, Zip: _____

Name of the person completing this application: _____

Position: _____

Email Address: _____

Telephone Number: _____

Validation of completion of Step 5

5.1 What percentage of breastfeeding mothers/families are offered assistance with breastfeeding their infants within three to six hours of delivery by a maternity care nurse that has completed at least 18-20 hours of breastfeeding training?

a. Provide your facility's percentage here:

b. What was the percentage based on?

Chart review

Other (please describe in the box below):



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- c. In the box below, please describe the system/procedure for ensuring women/families receive this information and assistance within the three to six hour timeframe?

5.2 What percentage of partially or fully formula-feeding families received information and assistance with feeding their infants (within three to six hours of delivery) from a maternity care nurse that has completed at least 18-20 hours of breastfeeding training?

- a. Provide your facility's percentage here:

- b. What was the percentage based on?

- Chart review Other (please describe in the box below):



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c. What is the system/procedure for ensuring families receive this instruction?

5.3 What percentage of breastfeeding mothers receive instruction from maternity care staff on how to hand express their milk or are given information on expression and advised of where they can get help, should they need it?

a. Provide your facility's percentage here:

b. What was the percentage based on?

- Chart review Other (please describe in the box below):

c. What is the system/procedure for ensuring hand expression instruction is given? Please specify in the box below.



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5.4 Does your facility ensure that mothers who have never breastfed or who have previously encountered problems with breastfeeding receive special attention and support from the maternity care staff?

a. Yes No

b. How are mothers needing support identified? Please describe in the box below.

c. What is the system for ensuring those identified for extra support actually receive support?



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5.5 In the box below, explain how maternity care staff actively engage mothers/families in discussions regarding their infant feeding plans.

**Thank you for completing this application.
Please refer to the application instructions page for submission guidance.**