



# Collaborating with Hospitals To Advance the Ten Steps to Successful Breastfeeding

Training - Please Review STEP 2 in Keystone 10 Toolkit

“Train all health care staff in the skills necessary to implement the policy”

## Direct Care Staff:

- 15 hours (very specific topics) plus competencies (see page 2)
- Provide Keystone 10 documentation of training and training dates for each staff person

## Training Options:

### Keystone 10 Training

- Offered several times a year
- No fee
- CMEs/CEUs
- Contact Dottie Schell for more information: [dschell@paaap.org](mailto:dschell@paaap.org)

### Recognized Trainings

- Healthy Children
- 20 hour, 3 day Interdisciplinary Breastfeeding Management Course by Nikki Lee

### Recognized Online Trainings:

- First Latch: <http://www.firstlatch.net/>
- Step 2: <http://step2education.com/>
- Jones Bartlett learning:  
<http://www.jblearning.com/catalog/Details.aspx?isbn13=9781284082029>

### Other Trainings

- Show objectives, outline, topics covered and length of time
- Some hospitals develop their own – must show objectives, outline, topics covered and length of time

## Previous Training:

**Trained in the last 3 years (from March 15, 2015) – documentation needed**

### Trained 3-5 years ago

- Bridge training may be needed
- If CLC or IBCLC show us your continuing education credits to maintain certification
- May need competencies
- Longer than 5 years to be determined (please contact Keystone 10)



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**Competencies: 3-5 hours taught in class/skills lab or one to one or small groups or separate class. Staff need to complete competencies that apply to their position.**

1. Awareness and understanding of breastfeeding policy
2. Communicating with the mother prenatally and post partum about infant feeding
3. Milk Expression & Storage
  - a. Hand Expression
  - b. Use of Breast pump
  - c. Storage
4. Assisting with Breastfeeding & Alternative Feeding Methods
  - a. Skin to skin
  - b. Positioning and Latch
  - c. Alternate feeding methods
5. Safe formula preparation, storage and feeding

**Medical Staff: Physicians, nurse practitioners and physician assistants, certified nurse midwives:**

- 3-4 hours
- Competencies are recommended
  - Clinicians could complete the competencies that apply to their role with the mother and baby

**Training Options:**

1. Wellstart offers a free 3 hour module for doctors but no CMEs: <http://wellstart.org/>
2. AAP course (residency curriculum-no fee) <http://www.2aap.org/breastfeeding/curriculum/>
3. School of Public Health University at Albany State University New York (no fee) [http://www.albany.edu/sph/cphce/preventionagenda\\_breastfeeding.shtml](http://www.albany.edu/sph/cphce/preventionagenda_breastfeeding.shtml)
4. Northeastern (no fee) <http://www.northeastern.edu/breastfeedingcme/>
5. First Latch: <http://firstlatch.net/>
6. Step 2: <http://step2education.com/>
7. Jones Bartlett learning: <http://www.jblearning.com/catalog/Details.aspx?isbn13=9781284082029>
8. University of Virginia: <http://www.breastfeedingtraining.org>



## **Collaborating with Hospitals To Advance the Ten Steps to Successful Breastfeeding**

**Ancillary Staff: Administrative staff, custodial staff, dietary staff, and non-maternity departments:** In service on 10 steps, hospital policy and staff person's role in supporting the initiative

Examples of training for staff outside of maternity include:

Pharmacist - importance of exclusive breastfeeding, medications acceptable for breastfeeding

Social worker, discharge planner - importance of exclusive breastfeeding, community resources that support breastfeeding

Anesthesiologist - importance of exclusive breastfeeding, importance of immediate skin-to-skin contact

Radiology - importance of exclusive breastfeeding, where to find out about safe medications for use during lactation, where to find appropriate information on use of radioisotopes during lactation

Dietary - importance of exclusive breastfeeding, practices that support breastfeeding

Housekeeping staff - importance of exclusive breastfeeding, practices that support breastfeeding, the facility's philosophy on infant nutrition, who to call when a mother needs help

### **Train the Trainer for those breastfeeding experts who wish to conduct 15 hour training**

1. Must attend Keystone 10's 15 hour training (given by Keystone 10)
2. Meet with Keystone 10 staff and/or participate in conference call/webinar or face to face meeting. Please contact Dottie Schell at [dschell@paaap.org](mailto:dschell@paaap.org). This will be determined on an individual basis.
3. All must follow training scheduling process of Keystone 10 and maintain fidelity to the curriculum. If process is followed you will be able to give Continuing Education Credits.