

Our Lady's Children's Hospital, Crumlin
Nursing Careplan 4: Breastfeeding

(If performed in conjunction with expressing breast milk, please refer to Care Plan 4 a: Expressing Breast Milk)

| Care plan 4 | | Goals | Issue date: June 2013 Review date: June 2016 |
|-------------------------------------|-----------|---|---|
| Is being breastfed | | <ol style="list-style-type: none"> mother will receive consistent and appropriate breastfeeding advice and support mother will be cared for while breastfeeding will continue to breastfeed will be introduced to complementary foods safely mother is aware of the community breastfeeding support available prior to discharged | |
| Commenced, date, time and signature | No | Nursing Intervention (in conjunction with OLCHC's Guideline on Breastfeeding (2013)) | Discontinued, date, time and signature |
| | 1a | Breastfeeding advice and information (Tick when performed√) | |
| | | Explain the benefits of providing breast milk to infants Give mothers -'Breastfeeding Log' <input type="checkbox"/> - Written Breastfeeding Information <input type="checkbox"/> Teach mother how to: - Stimulate the milk ejection reflex <input type="checkbox"/> - Perform Kangaroo Care <input type="checkbox"/> - Recognise the infants feeding cues <input type="checkbox"/> - Position the infant for feeds <input type="checkbox"/> - Recognise a good latch <input type="checkbox"/> - Recognise a good suck <input type="checkbox"/> - Release the infants latch <input type="checkbox"/> - Recognise that infant is feeding well <input type="checkbox"/> - Hand express <input type="checkbox"/> | |
| | 1b | Breastfeeding support | |
| | | Support mothers in their choice of feeding Advise mothers on the importance of their own health and nutrition Facilitate where possible that mothers have access to meal breaks, water, sleep and rest | |
| | 2a | Breastfeeding Facilities (Tick the facilities used by the mother√) | |
| | | Single cubicle <input type="checkbox"/> , Screen <input type="checkbox"/> , 'Do Not Disturb' Sign <input type="checkbox"/> , Curtains <input type="checkbox"/> , Bed for mother <input type="checkbox"/> , Expressing Room <input type="checkbox"/> | |
| | 2b | Minimising disturbance to breastfeeding | |
| | | Do not interrupt the infant and mother when breastfeeding Arrange all procedures, examination etc around breastfeeding where possible | |

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| 2c | <p>Use of artificial bottles, teats or soothers</p> | |
| | <p>Avoid the use of artificial bottles, teats or soothers, unless clinically indicated</p> <p>Inform parents of the impact of soothers on breastfeeding -Yes <input type="checkbox"/> - No <input type="checkbox"/></p> <p>Document if parents wish their infant to use a soother in the nursing assessment sheet</p> <p>Avoid giving infants food or drink other than breast milk, unless medically indicated.</p> <p>Document if alternative feeding methods are clinically indicated:</p> <p>Cup <input type="checkbox"/>, Bottle <input type="checkbox"/>, Enteral feeding tubes <input type="checkbox"/> ...Document Type..., Syringe <input type="checkbox"/>, Dropper <input type="checkbox"/>, Other:</p> | |
| 2d | <p>Frequency</p> | |
| | <p>Mothers should breastfeed:</p> <ul style="list-style-type: none"> - If newborn: 8-10 times in 24hrs, 5-6hrly (night) at least and 'On demand' <input type="checkbox"/> - If not a newborn: at usual breastfeeding times, and 'On demand' <input type="checkbox"/> - If (re)establishing breastfeed: continue expressing until breastfeeding established <input type="checkbox"/> <p>'Rooming-in' should be facilitated where possible</p> | |
| 3 | <p>Introducing complementary/solid foods</p> | |
| | <p>Commence the introduction of complementary /solid food from 6 months onwards while continuing to breastfeed</p> <p>Mothers can continue to breastfeed until infants are at least 2years of age</p> | |
| 4 | <p>Discharge Supports</p> | |
| | <p>Inform the Public Health Nurse of all breastfeeding infants on discharge</p> <p>Inform mothers of :</p> <ul style="list-style-type: none"> - Voluntary Breastfeeding Support Networks at: www.breastfeeding.ie/ <input type="checkbox"/> - Private Lactation Consultant Supports at: www.alcireland.ie/ <input type="checkbox"/> | |
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