

Optimising Early Maternal Breast Milk for Preterm Infants
A Quality Improvement Toolkit

Overview

The key focus of this toolkit is supporting the implementation of the five Perinatal Core Elements to optimise early MBM for preterm babies:

| Perinatal core elements that support the optimisation of early MBM | |
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| 1 | Parents as equal partners in their baby's care: Parents are empowered to take part in all elements of their baby's care, facilitating strong close and loving attachments |
| 2 | Antenatal education: Educating families about the value of MBM in prematurity, importance and process of early expressing |
| 3 | Initiation of expressing soon after birth (aim within 2 hours): With easy access to support, training and equipment |
| 4 | Early Colostrum (ideally within 6 hours of birth and always within 24 hours): MBM to be the first enteral feed given to baby, wherever possible |
| 5 | Early and regular parental physical contact with their baby: Delivery room contact, skin-to-skin early and often |

This toolkit is aimed at you if you are leading quality improvement around MBM or you are part of an improvement team:

- If you have the resources to undertake a full change management QI project but have little knowledge or experience you may want to read this toolkit in its entirety
- If you have some QI experience from other projects but know a limited amount about improving MBM you may wish to focus on the [evidence](#) and [success stories](#) resources
- If you know a lot about MBM and supporting mothers but lack QI knowledge you may choose to focus on understanding the [QI journey](#) and [resources](#)
- If you are tasked with collecting/ understanding or interpreting data and don't know where to start look out for the [data tools](#)
- If your QI project team is a mix of all of the above there should be something in this toolkit for everyone to get your project started

This toolkit will provide your team with the following resources:

- The rationale for Maternal Breast Milk QI when you and your team, or those supporting the project at executive level, require to know the [evidence for change](#)
- Easy to use [QI tools](#) to understand where you are now and what you need to commence your project without any prior QI experience
- Guidance about how to [build your team](#) and secure buy-in for your project
- [Examples of QI](#) that have been shown to be successful in improving MBM for preterm babies, including [improvement stories from high performing units](#)
- Tools to help you [measure and understand](#) the impact of your changes
- Examples of how to [embed change and sustain momentum](#) including parent experience stories.