

Appendix 3. QI tools, standards and guidelines

BAPM Quality Webpages

Specific BAPM resources at www.bapm.org/pages/2-quality

Other QI resources at BAPM QI Signpost: www.bapm.org/resources/category/Quality%20Resources

Institute for Healthcare Improvement

<http://www.ihl.org/resources/Pages/default.aspx>

UNICEF Baby Friendly Initiative

<https://www.unicef.org.uk/babyfriendly/>

EFCNI European Foundation for the Care of Newborn Infants

<https://www.efcni.org/health-topics/in-hospital/breastfeeding-and-nutrition-of-preterm-babies/>

GLANCE Global Alliance for Newborn Care

<https://www.glance-network.org/>

La Leche League GB

<https://www.laleche.org.uk/successfully-breastfeeding-premature-baby/>

Maternity and Neonatal Health Safety Collaborative

<https://improvement.nhs.uk/resources/maternal-and-neonatal-safety-collaborative/>

https://www.england.nhs.uk/wp-content/uploads/2020/08/20190308_Optimisation_v2.1.pdf

Breastfeeding Network

<https://www.breastfeedingnetwork.org.uk/>

British Dietetic Association handling breast milk guideline

<https://www.bda.uk.com/uploads/assets/913a1f78-c805-42c1-8d85e37ca75e0fc0/2019sfuguidelines.pdf>

Drugs and Lactation Database (LactMed)

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

Appendix 4. Resources

BLISS resources on expressing and maternal milk

<https://www.bliss.org.uk/parents/about-your-baby/feeding>

Bliss Baby Charter

<https://www.bliss.org.uk/health-professionals/bliss-baby-charter>

The Bliss Baby Charter is designed to standardise high quality family-centred care across the UK, enabling units to audit their practices and develop meaningful plans to achieve changes that benefit babies and their families. The aim of Principle 6 'Feeding' is that breast milk expression and breastfeeding are actively promoted, and mothers receive appropriate information and practical support to achieve successful lactation. This principle aligns with best practice standards, including those outlined in BFI.

PERIPrem Early Breast Milk for Preterm Babies - Patient Information Leaflet

<https://www.weahsn.net/our-work/transforming-services-and-systems/periprem/periprem-bundle-early-breast-milk/>

Media produced by West Midlands Neonatal Network

- Buccal colostrum Leaflet: <http://swmnodn.org.uk/wp-content/uploads/2020/04/Buccal-Colostrum-leaflets-2020-v1.pdf>
- Buccal colostrum guideline: <http://swmnodn.org.uk/wp-content/uploads/2017/11/guideline-for-buccal-colostrum-finalsept2017-EF.pdf>
- Colostrum poster: <http://swmnodn.org.uk/wp-content/uploads/2020/01/Buccal-colostrum-2020.pdf>

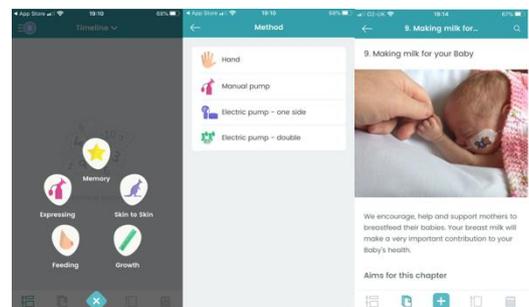
Edinburgh "Golden Drops": An early expressing initiative to improve first day provision of mother's own milk to preterm babies: <https://www.bapm.org/resources/302-qi-storyboard-golden-drops>

Scottish Improvement Science Collaborating Centre Evidence into Practice: Breastfeeding and kangaroo skin-to-skin care for babies & families in neonatal units

<https://siscc.dundee.ac.uk/wp-content/uploads/2018/05/MCH-Final-Report-v7.pdf>

The Integrated Family Delivered Neonatal Care (IFDC) App

is a parent supporting mobile application developed by Imperial College NHS Healthcare Trust, available both on IOS and Androids. Parents can log their expressing volumes easily in the diary then discuss with the neonatal team. There is also a chapter on lactation in the parent education materials.



<https://www.nhs.uk/apps-library/integrated-family-delivered-neonatal-care-ifdc/>

UNICEF Baby Friendly Expressing Assessment Form

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2016/10/Assessment-of-breastmilk-expression-checklist-2017.pdf>

- a. **Example of BFI audit tools** - Overview of areas covered in UNICEF BFI audit process for mothers with a baby receiving neonatal care
- The questions are broken down into 3 sections linked with 3 new Neonatal standards
 - Mothers are asked how they were encouraged to get to know their baby in the early days and if they understood why this was important. Early skin to skin contact is also mentioned.
 - Mothers are asked if anyone has explained the importance of their breastmilk to them and then more detail about what expressing support they have had: when, how and then on-going support. There are questions about what help they have had with breastfeeding, how they know that their baby is feeding well and getting enough milk, and if they were able to stay in the hospital before taking baby home along with responsive feeding and how to get support at home.
 - There is also a lot of emphasis on how involved parents have felt in their baby's care: eg decision making, feeling in control and doing the care tasks and if they were made to feel welcome and comfortable and be with their baby at all times.
- b. **Example of BFI checklist for early MBM for preterm babies** - (this checklist can be incorporated into stabilisation and Golden Hour checklists) <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2016/10/Assessment-of-breastmilk-expression-checklist-2017.pdf>