Background

• In December, 2015, Johns Hopkins Hospital (JHH), was designated as a Baby-Friendly hospital.
• BFHI is a global initiative of the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF).
• Baby-Friendly Hospital Initiative (BFHI) in the United States is predicated on the fact that human milk fed through the mother’s own breast is the normal way for infants to be nourished. There is an abundance of scientific evidence that points to lower risks for certain diseases and improved health outcomes for both mothers and babies who breastfeed. Breastfeeding is the natural biological conclusion to pregnancy and an important mechanism for the continued normal development of the infant.
• The primary aspect of the project was concentrated on the quality of breast milk storage and management, throughout the Bloomberg Children’s Center.
• The project than advanced to promoting proper implementation of Kangaroo Care, also known as, skin-to-skin. The hope of the project is to standardize Kangaroo Care as an intervention in the NICU.

Methods

• The project was initiated by designing an audit tool that addressed pertinent policies of breast milk storage. For example, every bottle must have the correct hospital label, that includes name, MRN, and pumped date/time, and every patient must have a designated bins for the bottles with the correct label on the front.
• After the audit tool was finalized, each unit storing breast milk was audited randomly throughout the year.
• The results were synthesized and feedback was provided to the units. Then a follow-up audit was conducted.
• Currently the focus of the project is to implement Kangaroo Care.
• The Plan, Act, Study, Do (PASD) method is being utilized for implementation.
• Patient and nurse education tools were compiled to increase awareness of the importance and significance of Kangaroo Care.
• These educational tools will be distributed and applied by the NICU staff.

Results

The results were synthesized and attention was focused on lacking areas. The area requiring the most improvement was labeling the bottles and bins of multiples. Multiples are required to have each baby’s MRN number on the bin or bottle; however, many units placed the label of only one baby on the bin or bottle. Another lacking area was out of hospital labels. The units were then re-audited and once again protocols were reinforced. There was significant improvement in all the breast milk storing units.

Future Directions

The policies and protocol for Kangaroo Care are uniquely NICU policies. The hope for this project is that policy regarding breastfeeding and Kangaroo Care can become standardized among all the pediatric units.

References

2. http://hopkinsworklife.org/family_support/breastfeeding_support/