

Training for The Baby Friendly Hospital Initiative

Presented by Lactation Education Resources

Learning Plan for Providers

Learning Objectives:

At the end of the 3 hours of online training, the learner will be able to:

- Explain the Baby Friendly Hospital Initiative's 10 Steps to Successful Breastfeeding
- Recommend prenatal educational activities to prepare for breastfeeding
- Assist mothers in initiating breastfeeding during their hospital or birth center stay
- Troubleshoot common breastfeeding problems
- Instruct mothers in continued breastfeeding according to the recommendations of the U.S. Surgeon General
- Interact successfully with the Baby Friendly Hospital Initiative assessment team

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CMEs: LifeBridge Health designates this educational activity for a maximum of 3 *AMA PRA Category 1 Credit(s)*TM.

Section I Introduction

35 minutes

- Introduction to the Baby-Friendly Hospital Initiative
 - 10 Steps
 - Benefits to hospitals who implement Baby-Friendly
 - Benefits of breastfeeding families from the concepts of Baby-Friendly
- History of the Baby-Friendly Hospital Initiative
 - Innocenti Resolutions
 - World Health Organization, UNICEF
- Benefits of breastfeeding
 - For infants
 - For mothers
- Risks of formula feeding
 - For infants
 - For mothers
 - For premature infants
- Importance of prenatal education for prospective mothers

Section II Physiology

19 minutes

- Anatomy & physiology of lactation
 - Structure of the breast
 - Structure of the nipple
 - Hormonal control of lactation
- Composition of breastmilk
 - Protein
 - Carbohydrates
 - Fats
 - Foremilk/hindmilk
 - Immunological properties, anti-inflammatory agents
 - GI biome

Section III Birth and First feedings

27 minutes

- Importance of skin-to-skin contact
- Importance of first feeding
- Positioning the infant for breastfeeding
 - Laid-back breastfeeding
 - Traditional holds (Cross cradle, football, cradle, side-lying)
- Latch
 - Angle of mouth on breast
 - Deep latch
 - Assess discomfort for mother
- Monitoring milk transfer (Sucking, swallowing, duration of feeding)
- Rooming in
 - Importance of maintaining mother-infant contact

Section IV Infant Conditions

40 minutes

- Hypoglycemia
 - Asymptomatic and symptomatic
- Excessive weight loss
 - Over-hydrated infants
 - Poor feeding
 - Frequency of feeding
- Jaundice
- Late preterm infants
- Birth trauma
- Inborn errors of metabolism
- Down Syndrome
- Tongue tie
- Cleft lip and palate
- Maternal substance abuse
- Case studies

Section V Maternal Conditions

45 minutes

- Breast surgery (augmentation, reduction, nipple, biopsy)
- Maternal diseases
 - Diabetes, hypothyroidism
 - Tuberculosis
 - Human T-cell lymphotropic virus (HTLV)
 - HIV/AIDS
 - CMV
 - MRSA
 - Polycystic ovarian syndrome
 - Obesity
 - Retained placenta
- Case studies
- Medications during lactation
 - Avoid
 - Use with caution
 - Acceptable
 - Reference sources

Section VI Follow-up

15 minutes

- Breastfeeding support follow-up after discharge
- Promoting long term breastfeeding
- Normal stages of weaning