

Wednesday Webinar: November 2018

Safe Formula Preparation Education: Who Needs It and When to Talk About It

Presented by

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Press *6 to mute your line, #6 to unmute. Please do not press hold.

You can use the chat box for questions during the presentation.

Upcoming CHAMPS 4-Hour Clinical Skills Trainings

- (4- hour) North Mississippi Medical Center- West Point
 - Friday, **January 11th**, 2019 (morning and afternoon)
- Trainings are open to all CHAMPS hospitals and CHAMPS community partners. You can register for the trainings at CHEERequity.org/trainings



Upcoming Wednesday Webinars

Webinars are held in collaboration with the Mississippi State Department of Health and are scheduled on Wednesdays from 12-1p CST

Fall 2018 Schedule

- **December 5th:** *BFUSA Discusses Updates to the Ten Steps*
 - *Presented by Baby-Friendly USA*

Spring 2019 Schedule

- To be announced!

For log-in information or for slides and recordings of past webinars, visit: cheerequity.org/webinars.html

If there are topics you would like covered, please email CHAMPSbreastfeed@gmail.com or talk to your CHAMPS hospitals coach about your ideas.



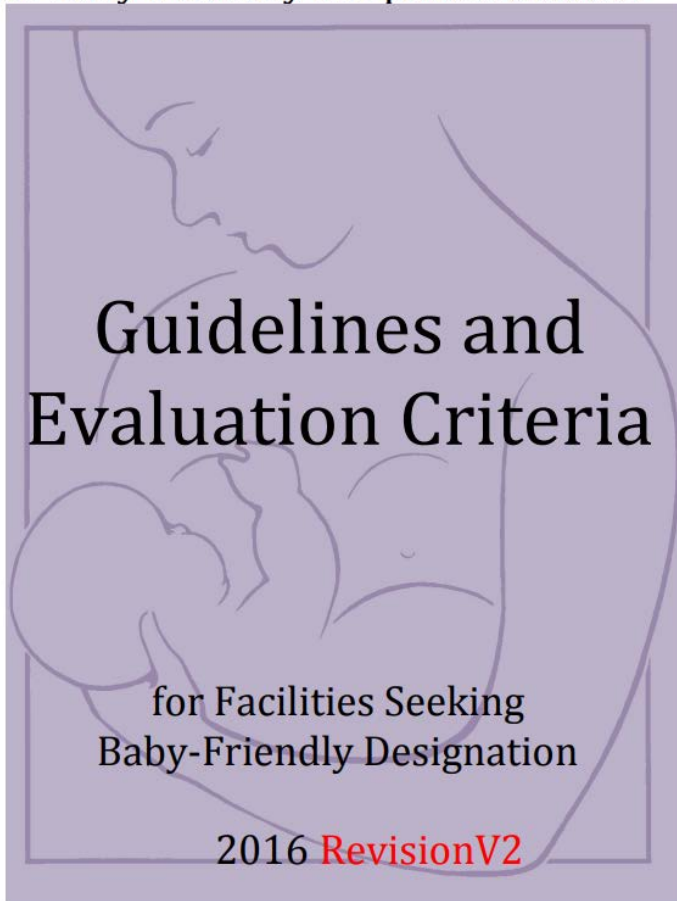


Safe Formula Prep Education

Who Needs it and When to Talk about It

Baby-Friendly Guidelines and Evaluation Criteria

The Baby-Friendly Hospital Initiative



Baby-Friendly USA, Inc.

- 5.3 Guideline: Mothers who feed formula should receive **written instruction**, not specific to a particular brand, and **verbal information** about **safe preparation, handling, storage, and feeding of infant formula**. Staff should document completion of formula preparation instruction and safe feeding in the medical record. This information should be given on an individual basis only to women who are feeding formula or mixed feeding their infants.

Safe Formula Prep Education Standards

- BFUSA bases their standards on CDC Guidance, which state:
 - *If your baby is very young (younger than 3 months old), was born prematurely, or has a weakened immune system, you may want to take extra precautions in preparing your infant's formula to protect against Cronobacter*



If your baby gets powdered infant formula, there are things you can do to protect your baby from sickness from many germs.

Safe Formula Prep Education Standards

- CDC Guidelines to Protect Babies from Cronobacter:
 - *Prepare powdered infant formula safely. Keep powdered formula lids and scoops clean and close containers of infant formula or bottled water as soon as possible. The best way to prepare formula is to follow the steps below:*
 - *Warm water to at least 158 °F /70 °C and pour it into the bottle.*
 - *Add formula, and carefully shake, rather than stir the bottle.*
 - *Cool the formula to ensure it is not too hot before feeding your baby by running the prepared, capped bottle under cool water or placing it into an ice bath, taking care to keep the cooling water from getting into the bottle or on the nipple.*
 - *Before feeding the baby, test the temperature by shaking a few drops on your wrist.*

Safe Formula Prep and the BFUSA Onsite Assessment

- 80% of postpartum mothers interviewed who plan to feed formula once home must confirm that someone discussed with them how to prepare and feed formula to their infants and that they were given written information about this
 - They also need to be able to describe what they were taught
- 80% of staff audited need to be able to describe what mothers are taught about feeding formula
 - This should include the step of adding hot/boiled water to the powdered infant formula



Michelle Smith, RN Nurse Educator

South Sunflower County Hospital

Indianola, MS



South Sunflower County Hospital

- South Sunflower County Hospital is a 48 bed community hospital. SSCH provides general medical surgical primary care to the patients of our community.
- SSCH inpatient service lines include pediatric and geriatric care, a High Acuity Unit, and Labor and Delivery unit that offers well baby care.
- SSCH also provides Swing Bed services and an extensive outpatient therapy program that includes occupational and speech therapy.

Teaching Safe Formula Preparation In-Patient

- On admission mothers are assessed for their feeding plan.
- After delivery safe formula preparation education is presented verbally by L&D staff.
- Nursery staff provide new mothers with a written hand out during their hospital stay
- At discharge new mothers are again provided with written documentation.

Baby-Friendly Process

- Prior to the Baby-Friendly Process there was very little focus on a formal education plan.
- No reference material was provided to the mother.

Development Process

What Worked

- Staff buy in
- Staff involvement
- Positive feedback

What didn't

- Not setting hard deadlines
- Not having a culture of change

Next Steps

- Maintain Baby-Friendly Status
- Increase Breast Feeding Rates



Lou Ann Wall, RN, IBCLC
Ashley Rawls, RN, IBCLC



KING'S DAUGHTERS

M E D I C A L C E N T E R

Brookhaven, Mississippi



COMMUNITIES AND HOSPITALS
ADVANCING MATERNITY PRACTICES

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KING'S DAUGHTERS

M E D I C A L C E N T E R

KDMC has provided 104 years of excellent service to Brookhaven and the surrounding communities and is currently licensed for 99 beds.

Our facility boasts the very first fully dedicated labor, delivery, recovery, and postpartum suites in the state of Mississippi. Our LDRP unit delivers, on average, 700 babies yearly. We have 9 LDRP suites, 3 observation rooms, and 5 mini-suites for postpartum overflow. Our nursery is classified as a level 2 stabilization nursery.



KING'S DAUGHTERS MEDICAL CENTER

A Grade Hospital Safety
Score Spring/Fall 2016-
2017 and Spring 2018



Women's Choice Award for
Obstetrics 2013-2017



2017
WOMEN'S CHOICE AWARD®
AMERICA'S BEST HOSPITALS
OBSTETRICS

Modern Healthcare
Best Places to Work
2012-2015, 2017, 2018



Top 10% for Patient
Satisfaction 2012-2017



PATIENT SATISFACTION
Top 10% Hospital in Nation

- OVERALL HOSPITAL CARE
- OVERALL MEDICAL CARE
- OVERALL SURGICAL CARE

Prior to starting the Baby-Friendly Hospital Initiative we minimally taught safe formula preparation and feeding...

- Moms were instructed to read formula packaging and labels on discharge
- Education mainly pertained to inpatient formula feeding
- Feedings were scheduled, not cue based, every 4 hours
- Safety measures included holding infant for feedings, discarding unused formula after an hour, and not heating bottles in the microwave

Since beginning the BFHI process our policies
and our education practices have changed
dramatically!

Formula Feeding

Dear New Parent,

Thank you for letting us be a part of your baby's first days. Our job is to provide you with proper information and support to help you meet your parenting goals. This handout is to inform you about the risks of feeding your baby formula. If you decide to formula feed, this handout will give you the information to do so safely.

Risks of Formula

- Breastfeeding is the safest and healthiest way to feed a baby. Learning to breastfeed can be difficult, but our staff is here to help you.
- Infant formula is NOT sterile. The bacteria found in powdered formula are especially dangerous for premies. The risk of infection from formula can be reduced by following the steps in this handout. The only way to avoid the risk is to exclusively breastfeed.

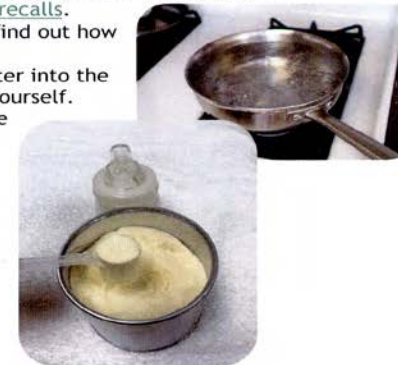
Preparing a Bottle



- Wash your hands with soap and water. Disinfect the surface you will use to prepare the bottle. Rinse and dry the formula container.
- Wash bottles, nipples, and any other utensils with soap, water, and bottle brush. Boil in water for 5 minutes to sterilize. You may use a bottle sterilizer if you have one.
- Boil, for one minute, enough fresh, cold tap water for the amount of formula you plan on preparing. Let the water cool for no longer than 30 minutes. The water must be no cooler than 158°F (70°C).

Mixing the Formula

- Make sure the expiration date on the container has not passed. You may also wish to check for recalls at www.foodsafety.gov/recalls.
- Read the instructions on the formula package to find out how much water and powder you need.
- Pour the correct amount of boiled and cooled water into the sterilized bottle while being careful not to burn yourself. Add the exact amount of powdered formula to the water in the bottle. Your baby can get sick by adding too much or too little formula.
- Place the nipple, ring, and top on the bottle. Shake the bottle to mix the formula and water thoroughly.





- To cool the bottle temperature, with the top still on, hold the bottle under cool tap water, or you can place it in a bowl of ice water. Drip a little bit on the inside of your wrist to check the temperature. It should feel warm, not hot. If it is too warm, continue to cool it under the cool water or ice bath. Once it is cool, use a clean cloth to dry the outside of the bottle.
- If sat at room temperature, throw away any formula that has not been eaten within two hours.
- Use formula or discard within one hour after feeding begins.

Making and Storing Formula for Later Use

- If you must prepare formula in advance, be sure to put the prepared bottles in a refrigerator immediately. The refrigerator must be 35-40°F. If refrigerated formula has not been used within 24 hours, throw it away.
- Re-warm formula within 15 minutes of taking it out the refrigerator. You can re-warm it by putting the bottle in a cup of warm water, shaking occasionally for even temperature.
- Just like fresh bottles, throw away any unused formula within two hours of removing it from the refrigerator.
- Follow the instructions on the container about how to store unused formula.

NEVER use a microwave to prepare or re-warm baby formula bottles. Formula is heated unevenly in microwaves. This may cause a "hot spot" that could badly burn the baby's mouth.

Feeding From a Bottle

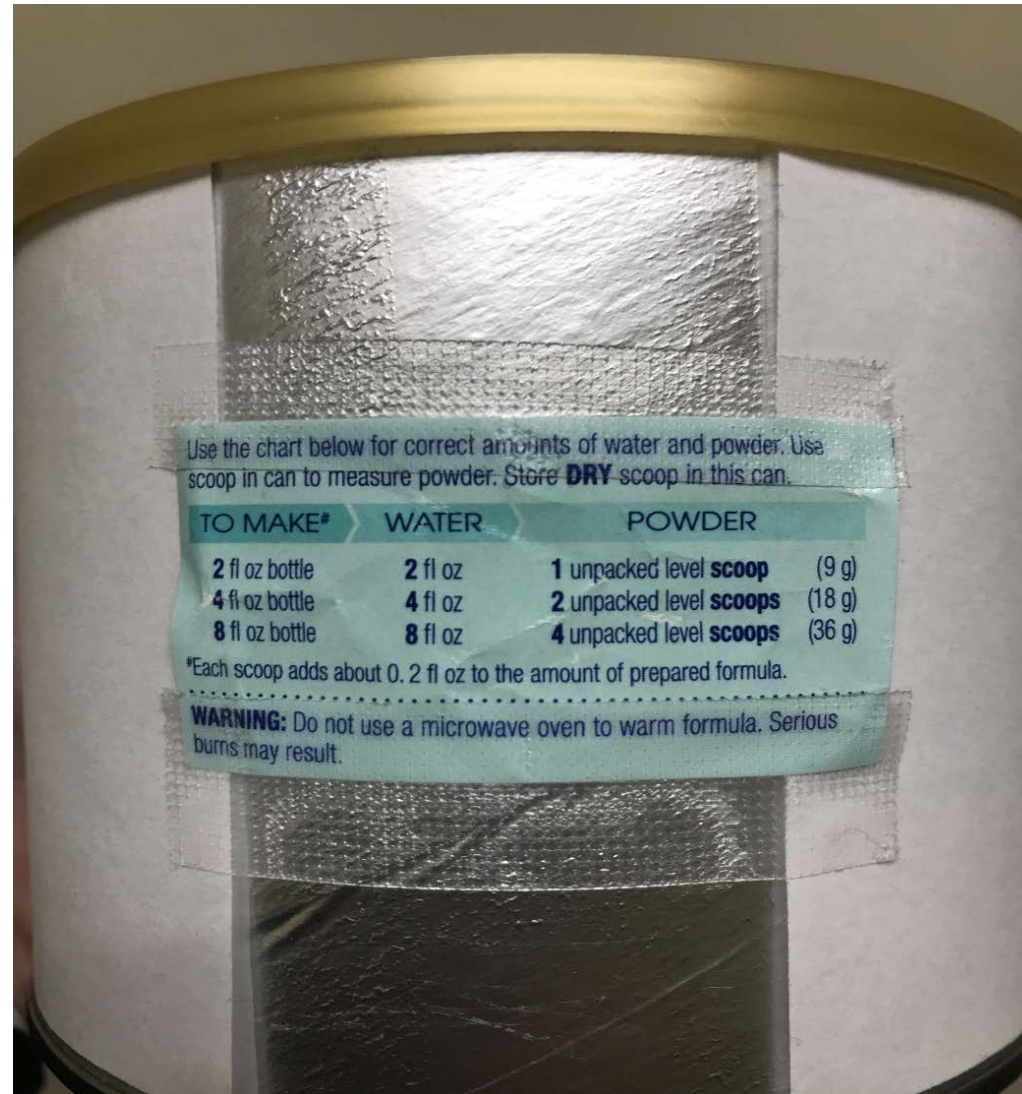
- Hold your baby close. Use feeding as an opportunity to slow down and bond.
- Hold your baby's head higher than the chest so that your baby can swallow safely.
- Follow your baby's cues. Your baby may want to drink slower or faster.
- Let your baby stop sucking often. Taking breaks during a meal is normal. During and after every feeding, burp your baby.
- Babies may turn their heads away, fall asleep, or stop sucking when they are full. Respect these signs. Never force a baby to finish a bottle.
- Never prop a baby bottle, leave a bottle in bed with a baby, or leave a baby alone with a bottle. They may choke, spit up, get ear infections, and even rot their teeth.



Rene demonstrating paced bottle feeding.



Our visual showing the instructions on how to mix the proper proportion of powdered formula to water



Some of our visuals we use to help emphasize adding powdered formula to hot water.





KING'S DAUGHTERS

M E D I C A L C E N T E R

At KDMC, our goal is to provide the best education to new families on the benefits and fundamentals of breastfeeding. We will also provide education on safe formula preparation and feeding for the families that make an informed decision to formula feed or for infants that have a medical indication requiring formula.

We are excited about our future at KDMC, hoping to become the next CHAMPS hospital to be designated as Baby Friendly!



UNIVERSITY OF MISSISSIPPI MEDICAL CENTER

Implementing Postpartum Education on Safe Formula Preparation

presented by Marci Robbins, RD, IBCLC

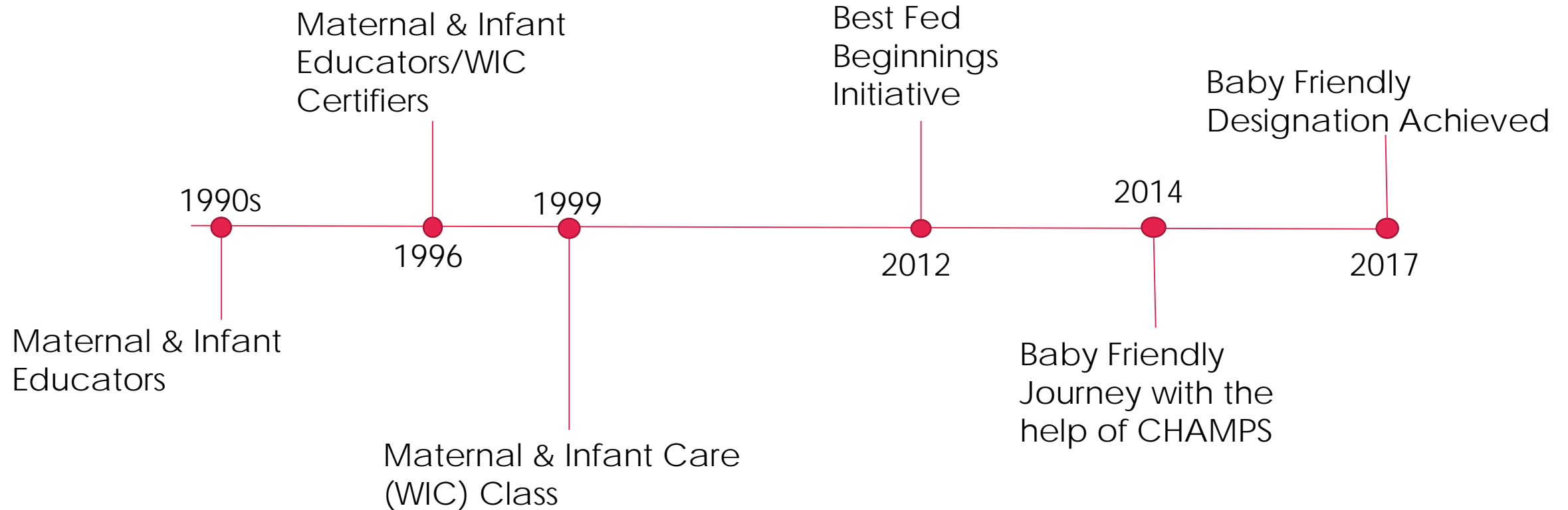
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BACKGROUND & PAST PRACTICES

- WIC/Lactation & Maternal/Infant Educators
- Postpartum Unit
- Newborn Nursery Unit
- Handouts and Discharge Bags provided by Formula Companies

TIMELINE



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CHANGES IN PREPARATION OF BABY FRIENDLY DESIGNATION

- Removing Mother & Infant (WIC) Education Class and Formula Company Provided Bags
- Changing from Postpartum & Nursery Units to Mother/Baby Unit (couplet)
- Educating Mother/Baby Unit RNs
- Changes in Educational Handouts to align with WHO Code Regulations/Formula Bags


MATERNAL/INFANT (WIC) EDUCATION

Group Education

- One Staff Member can educate many Mothers
- Class demonstration with props
- Mothers can learn from one another in a classroom setting.
- Hospital interpreter can be used for a Spanish speaking class.

Individual Education

- Mothers may feel more comfortable asking questions one on one.
- Individual education catered to that particular mother.
- Individual interpreter via iPad that translates many different languages.



STAFF EDUCATION & COUPLET CARE

- Group teaching for staff
- Infant Feeding and Newborn Care Classes
- Culture change for mothers & infants to not be separated
- Baby Friendly 5 hrs hands on training: 1x/month
 - Breastfeeding
 - Pumping Demonstration
 - Formula Preparation
- Planning for staff completion of competencies



EDUCATIONAL HANDOUT

- Development of Formula Preparation Guide
 - Infant Feeding Guide
 - Manufacturer's Guidelines
 - WHO Code
 - WIC education
 - Children's of Mississippi Collaborative



LESSONS LEARNED & THE FUTURE

- Change is hard
- Ask Questions
- Adaptation
- Use of props and pictures