Strengthening Lactation Support For Small and Sick Newborns

A global training curriculum for lactation, nursing, nutrition, and milk bank staff in maternal and neonatal units.

Evelyn Morris

UW Nutritional Sciences Program, MPH Student & Dietetic Intern

INTRODUCTION

PRIORITIZING PROVISION OF SKILLED LACTATION SUPPORT FOR SMALL AND SICK NEWBORNS.

- 98% of neonatal deaths happen in low- and middle-income countries (LMICs)
- Small and sick newborns (SSN) account for most neonatal deaths.¹
- SSN: infants born < 37 weeks gestation, small for gestational age,
 < 2,500 g birth weight, and require hospitalization¹
- World Health Organization (WHO) published guidance on unique nutrition and lactation needs for SSN and their parents, but not how to provide specialized care^{2,3}





Images source: PATH

OBJECTIVES

- 1. Develop a globally adaptable training program to increase providers' knowledge about lactation and feeding for SSN
- 2. Create evaluation checklists to verify staff skills and knowledge

METHODS

- Reviewed clinical protocols, WHO publications, and peer-reviewed research to choose module topics
 - i.e. Initiating Expression, Donor Human Milk,
 Psychological Support, and Direct Breastfeeding
- Researched change management strategies to optimize adoption
- Drafted 14 learning modules and evaluation checklists

PRODUCT DESCRIPTION

THE TRAINING CURRICILUM CONSISTS 14 ACTIVE LEARNING MODULES AND 14 COMPETENCY EVALUATION CHECKLISTS

Each module in the training guide consists of five main components:

- 1. Overview of learning objectives, key concepts and lesson time
- 2. Content section with video, text, and graphics
- 3. Links to additional resources for staff and parents
- 4. Activity to practice key concepts and protocols
- 5. Evaluation checklist to verify staff knowledge and competency

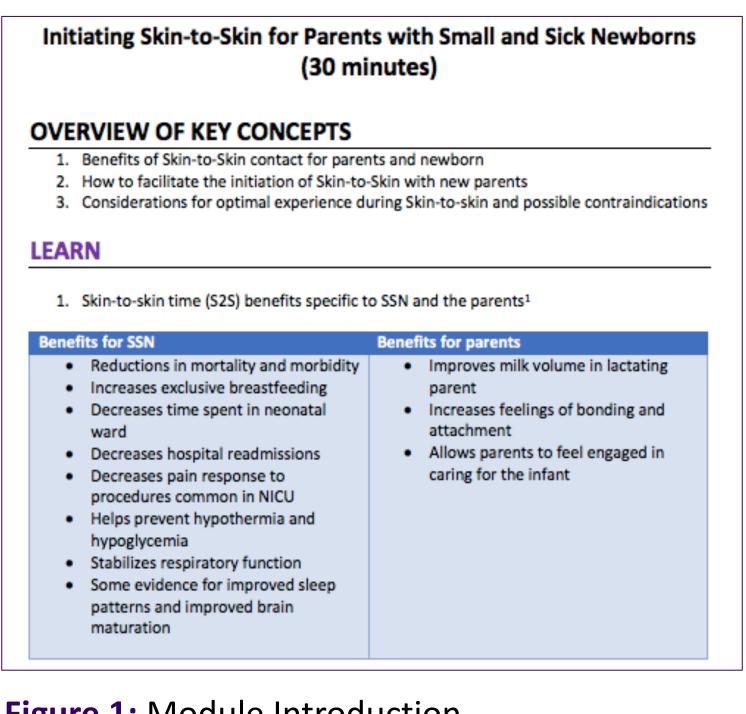


Figure 1: Module Introduction

 IVITY	lay scenario
	Choose a partner
	One of you will play the health care provider and the other will be the parent
	If you are the health care provider, counsel
	the parent through the steps of initiating
	skin-to-skin (holding techniques, positioning,
	securing) and describe the four categories of
	observations the parent should look out for
	during skin-to-skin
	If you are the parent, provide feedback at the end of the demonstration on the
	clarity of instructions and your confidence as a parent to recognize signs of
	distress in the infant
	Switch roles and repeat

Figure 2: A role play scenario activity to practice skills from module

Performance Indicator and expected answers	National	Competent	Needs
	options		improvement
Discuss the importance and management of breas	tfeeding spec	ific to SSN w	ith pregnant
vomen and their families			
explain at least 3 reasons why immediate and	Question		
uninterrupted skin-to-skin time is important for the			
nfant			
 Reductions in mortality and morbidity 			
☐ Increases exclusive breastfeeding			
 Decreases time spent in neonatal ward 			
 Decreases hospital readmissions 			
 Decreases pain response to procedures 			
common in NICU			
☐ Helps prevent hypothermia and			
hypoglycemia			
☐ Stabilizes respiratory function			
 Some evidence for improved sleep 			
patterns and improved brain maturation			
	0		
explain at least 2 reasons why immediate and uninterrupted skin to skin time is important for the	Question		
parents			
☐ Improves milk volume in lactating parent			
☐ Increases feelings of bonding and attachment			
 Allows parents to feel engaged in caring for 			
the infant			
afely transfer intubated infant to the parent's chest	Observation		
and explain the four main observations the parent will			
need to conduct throughout skin-to-skin to maintain			
nfant safety			
☐ Follows either facility protocol (if applicable)			
or the appropriate steps in attached			
guidelines to place intubated infant in skin-to- skin time			
Discusses four key observation areas and			
warning signs with parent			
o Breathing			
o Temperature			
o Color			
o Activity			

Figure 3. Competency evaluation checklist

DISCUSSION

IMPROVED HUMAN MILK FEEDING AND HEALTH OUTCOMES FOR SSN DEPEND ON APPROPRIATELY TRAINED STAFF

- One barrier to successful breastfeeding is staff who are misinformed and/or practice without evidence-based protocols¹
- Trainings educate staff and help establish new protocols
 - WHO Baby Friendly Hospital Initiative training positively impacted nurses' knowledge, attitudes, and confidence about breastfeeding support⁴
- Training participants will receive advanced-practice skills and knowledge specific human milk feeding for SSN & parents
- Next steps: expert panel review, implementation in Kenya

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