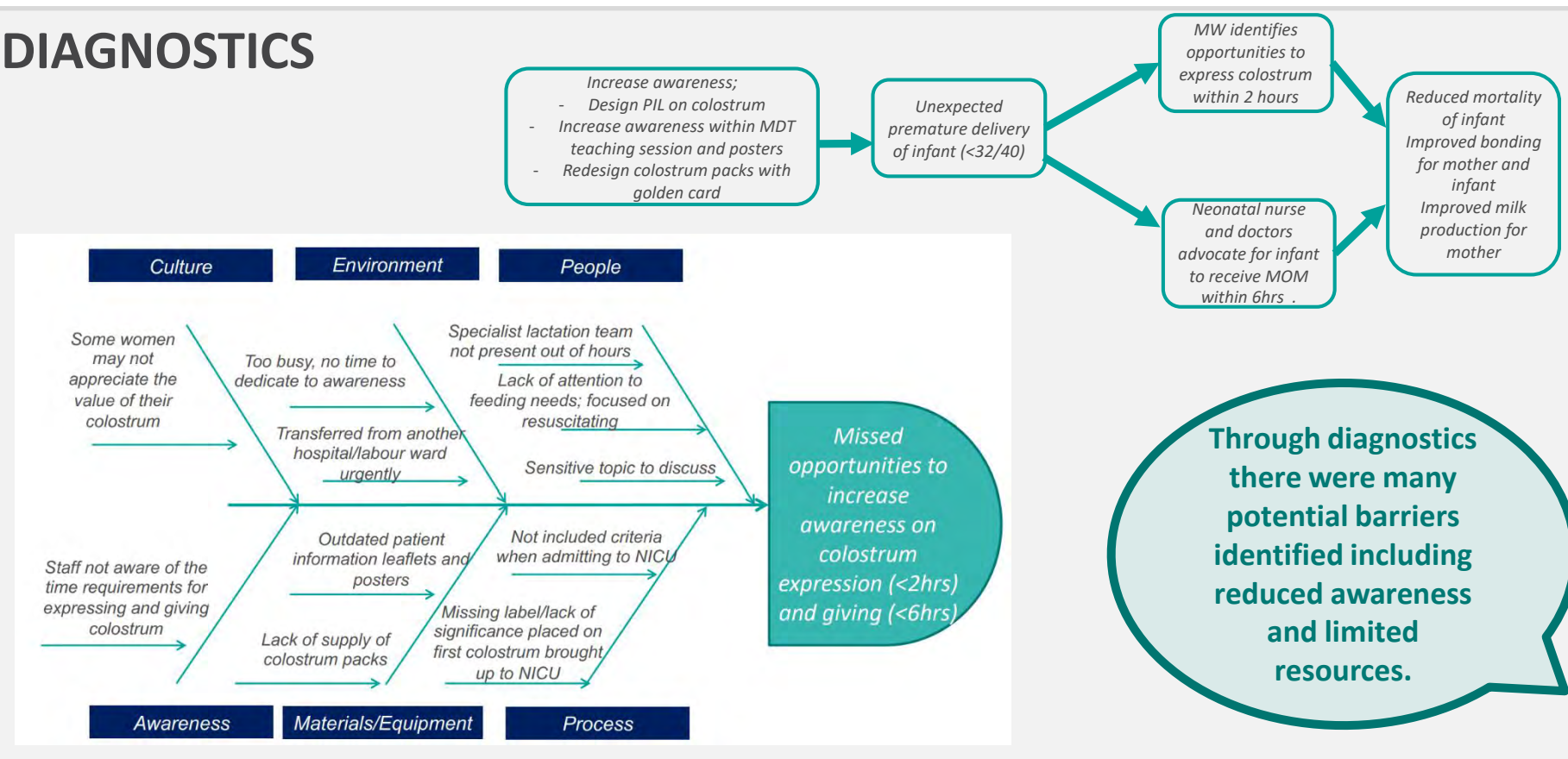


BACKGROUND

It is recommended that all infants <34/40 weeks should receive colostrum within 6 hours of life.

When mothers miss out on vital moments to express and give colostrum to their premature infants they are left overwhelmed and powerless. And the infant is left at risk of life-threatening complications such as necrotising enterocolitis.

DIAGNOSTICS



AIM & MEASUREMENT DEFINITION

Aim → To ensure at least 80% babies <34 weeks receive colostrum within <6 hours of birth.

Chosen measure

- Number of babies <34 weeks admitted to unit who have received colostrum <6hrs of birth

Inclusions

- High risk deliveries (<34 weeks) on antenatal unit, delivery suite and labour ward.
- Mother available for colostrum

Exclusions

- Babies transferred from external units
- Babies with mother who have substance abuse, chemotherapy, HIV
- Mother is COVID +ve



CHANGE IDEAS

- Meeting with team** (consultant, lactation consultant, feeding specialists, dietician) to discuss ways to improve colostrum uptake in premature infants on the unit.
- Reminder for medical team** to discuss importance of early colostrum during counselling for high risk deliveries; handover reminder or email showing contents of colostrum packs and goals
- Improve design and supply of current colostrum packs;** to include new handout and colostrum golden card
- Teaching sessions** for MDT including medical team, midwives, health care assistants and NICU nurses
- Posters** in the delivery and medical areas to remind staff/parents/carer to encourage early colostrum harvesting and feeding.



PDSA cycle 1: Meeting with infant feeding team

1.1	Discuss ideas of improving our units rates of early colostrum delivery to high risk infants.	Arrange meeting with lactation consultant, dietician, NICU consultant and infant feeding co-ordinator. Review the current golden colostrum posters and resources and discuss ideas to improve.	Agreed to make some editing changes to poster in terms of wording and QR code for breast feeding pump video.	Prepare, print and distribute updated posters.
1.2	Discuss ideas of improving our units rates of early colostrum delivery to high risk infants.	Discuss logistics of arranging face to face teaching sessions to increase awareness on early colostrum delivery.	Planned for 3 teaching sessions to be attended by MDT.	Proceed with arranging MDT teaching sessions.

PDSA cycle 2: Colostrum posters (delivery rooms, NICU, birth centre)

2.1	Create eye catching poster highlighting importance of early colostrum delivery aimed at mothers and their families.	Designed yellow themed posters with clear and concise explanations on what colostrum is and its important benefits for newborns. Initially put up in corridor room and meeting rooms.	Agreement with team it would be useful to have in the delivery rooms including in birth centre and postnatal ward. Agreement to have QR code to access breast feeding pump videos.	Ensure all delivery rooms have posters including birth centre.
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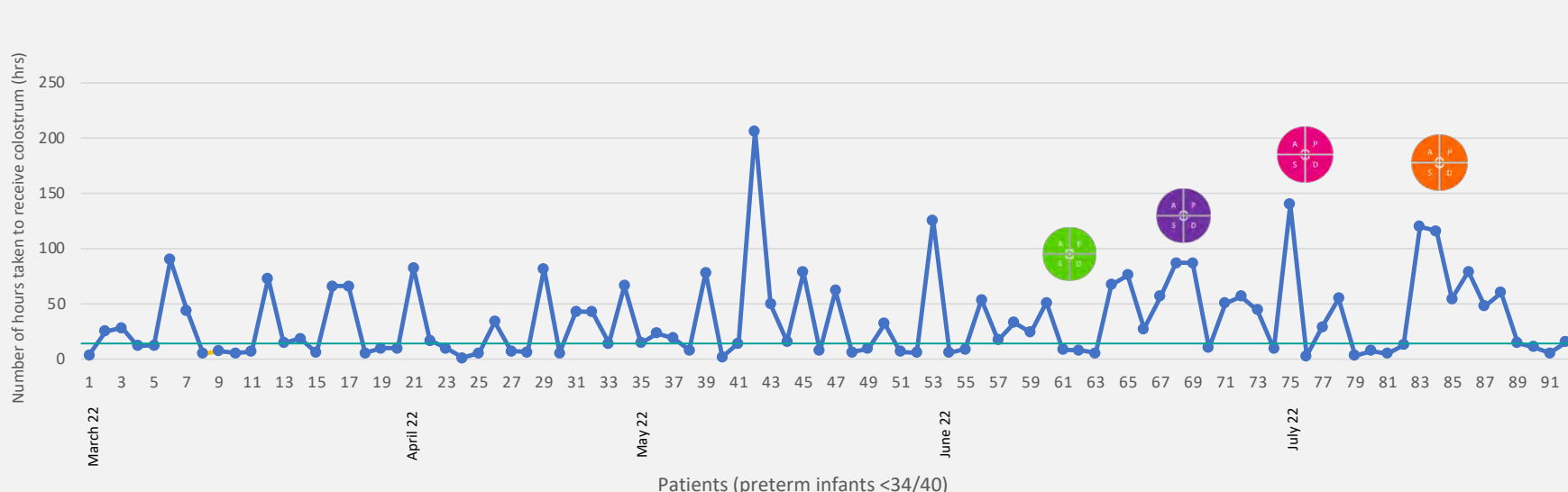
PDSA 3: Education sessions for MDT

3.1	Organising education sessions; bitesize face to face teaching on timing for colostrum delivery.	Advertised teaching sessions via email alerts to nursing team and medical team, posters in MDT rooms, whats app group message alerts and word of mouth.	There was increased awareness of the sessions.	Proceed with the teaching sessions.
3.2	Delivery of education sessions; bitesize face to face teaching on timing for colostrum delivery.	Organised 3 teaching mornings starting at handover 30 minute bitesize across 2 hospital sites.	Through early discussions we were able to identify some possible barriers; lack packs, difficult to find packs, lack of time to get mums started on the breast pumps and unfamiliarity with breast pump.	Prepare and update colostrum packs to ensure there are good supply available for staff (liaise with infant feeding team to facilitate this).
3.3	Education session with Mandela rep (breast feeding pump specialist)	Co-ordinated teaching sessions with mendela rep with useful handouts and using the breast pump.	Staff felt more confident after attending the session especially with knowledge on the 2 settings of the breast pump.	Ensure breast pumps are easily accessible and frequently used to support mothers.

PDSA 4: New colostrum packs with leaflet and certificate

4.1	Ensure updated posters on colostrum delivery and newly created certificates (used by parents to bring up first colostrum to newborn on NICU) are included in colostrum pack.	Work together with infant feeding team to ensure packs include new additions.	Colostrum packs were readily available for staff, sometimes difficult to locate.	Continue supplying colostrum pack. Improve identification of colostrum packs within store room.
4.2	Colostrum packs to be stored in yellow trays in store room to allow easy identification.	Colostrum packs stores in yellow trays, photos taken and distributed via email to spread awareness amongst the MDT.	Team agree there is easy access to colostrum packs.	Continue supplying colostrum packs with storage in yellow trays.

RUN CHART



REFLECTIONS & LEARNING

- It would be useful to raise more awareness within the medical team for early discussion on colostrum harvesting during antenatal counselling.
- Often due to staff shortages and busy shifts, there can be missed opportunities to support mothers with early expression.
- There were issues with documentation on badger system with timing of when colostrum was first given; likely there were more babies who received colostrum earlier than documented.
- Better support with midwifery team/ MSWs for mothers to express within 2 hours of delivery – use the Initiate Medela program, colostrum packs to be handed out earlier.