

Colostrum is precious, So don't delay!

Colostrum gives babies a great start in life

Rasha Haggag

Epsom and St Helier University Hospitals NHS Trust

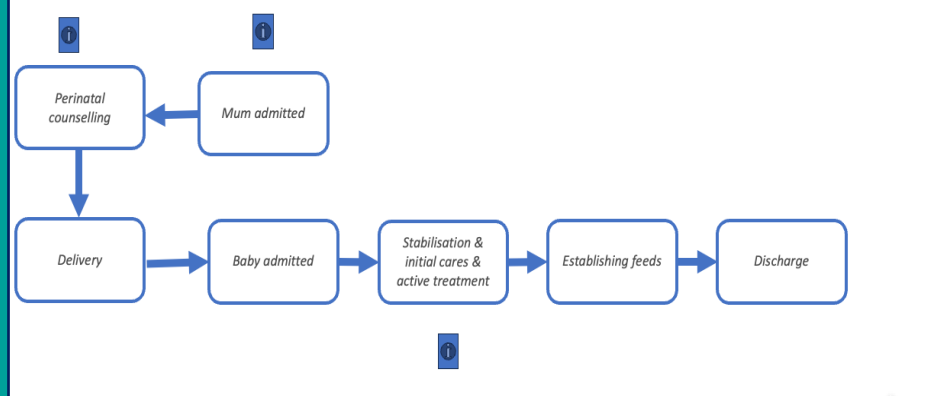
PROBLEM
Delays in giving maternal milk to newborn babies in hospital puts them at high risk of complications - especially the tiny ones. And it leaves mothers feeling less empowered.

BACKGROUND

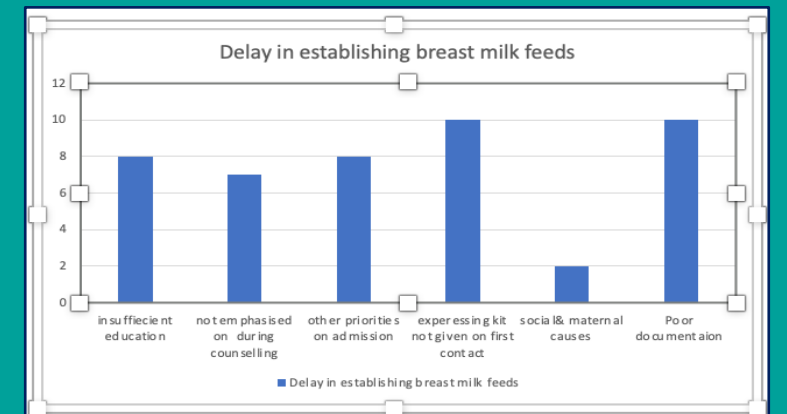
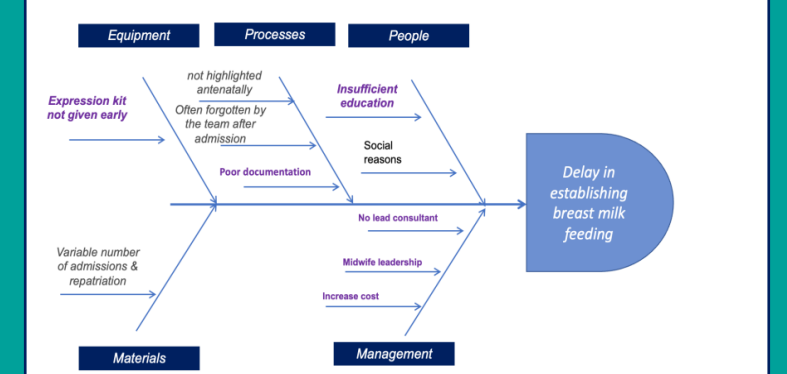
Giving Colostrum (Maternal breast milk) is one of the national indicators of optimal perinatal care in neonatal units. British Association of Perinatal Medicine, UNICEF UK and the National neonatal audit programme are all supporting early feeding of breast milk for better outcomes.

DIAGNOSTICS

High level Process map



Fishbone diagram



AIM & MEASUREMENT DEFINITION

AIM: Increase the percentage of babies receiving colostrum mouth care with in the first 24 hrs of birth on the NNU from 4 out of 10 to 8 out of 10 by the end of February 2024

CHOSEN MEASURE: Badger system - number of babies receiving colostrum within the first 24 hrs of life

Inclusions: Admission with in the first 24 hrs of life

Exclusions: Admission after 24 hrs of life

- Repatriations

-maternal reasons for not breast feeding

Sampling method and frequency : Weekly follow up on badger net documentation

CHANGE IDEAS

List all the ideas we **could** test...

- 1- Raising awareness between doctors, nurses and midwives about the importance of colostrum mouth care
- 2- Breast milk expression kit to be included in the admission box .
- 3- The unit is moving to electronic system in March and the consultants agreed for colostrum to be on the generic admission orders list
- 4- address problems with documentation eg Label each breast milk expression kit with a sticker indicating when the first milk was expressed and when it was given to baby , adding colostrum to pathway to discharge sheet
- 5- Assign a lead consultant
- 6- Collaborate with the national EBM QI
- 7- Allocate 2-3 teaching slots for this topic per rota
- 8- collaboration with the team responsible for badger net about cases admitted after 24 hrs and repatriated cases

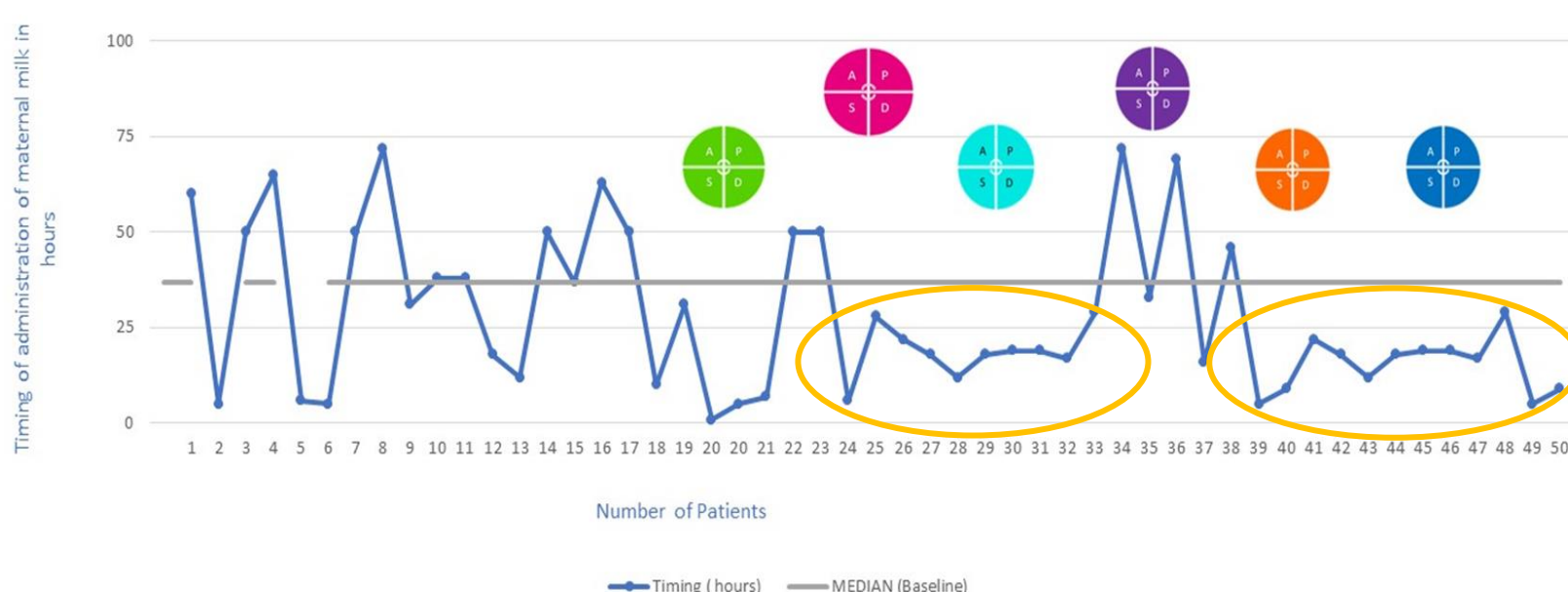
PDSA cycles

PDSA Test #	PLAN	Do	STUDY	ACT
1.1	Discuss the project with Stakeholders	Collect baseline data and present the project in the unit meeting	Ideas for change	Prioritise improvement ideas
1.2	Involve breast feeding lead	Email	Obtain feedback	Breast feeding team will participate in educational activities and checking documentation
1.3	involving lead consultant for the project	Discussed with consultants		Assigned consultant lead for UNICEF Babby friendly initiative
2.1	Teaching sessions doctors	Arrange with breast feeding team to deliver a session	Good impact	Assign 2 morning teaching sessions per rota for this
2.2	Integrate UNICEF baby friendly initiative	Email doctors to complete the online teaching	Resulted in increase awareness between doctors	The course certificate to be emailed to breast feeding lead & lead consultant

PDSA Test #	PLAN	Do	STUDY	ACT
3.	Introduce breast milk expression kit	Create expression packs	Very good impact	Add the kit to the admission pack
4.1	Documentation on badger	Assign someone to check and follow up	Less cases are missed	Breast feeding lead to check weekly documentation
4.2	Documentation on pathway to discharge			
5	Involve nurses	Discussed with in charge nurses		To be mentioned during nurses handover
6	Involve Midwifery team		Increased awareness between midwifery team	Mention during morning huddles

RUN CHART (Oct 23 – Feb 24)

Colostrum in the first 24 hrs age



REFLECTIONS & LEARNING

- Regular teaching and reminders are very helpful in increasing awareness and improving performance
- Early involvement of stakeholders is very is crucial in achieving success and sustainability
- The run of 12 data points below the median shows >90% of admissions received colostrum within 24hrs after the changes
- Going forward we need to address issues such as repatriated cases and situations where the mother decided to formula feed .

Acknowledgements:

Harriet Kinsman, Infant feeding team lead

Jane Runnacles, QI C Mentor

Lukas Karafiol, QI C Mentor

