What do “we” do when baby admitted? Collaborative with Women’s Staff

- Initiate pumping within 6 hours (*1 hour*)
- Encourage pumping “8 times in 24 hours, including the night”
- Demonstrate breast massage and hand expression, reinforce teaching
- Use hospital grade pump (rental or from WIC) Essentials (562) 933-2744 for appt.
- Colostrum for oral care

- Donor milk for babies < 32 weeks until 32 weeks corrected gestational when mom’s own milk is not available
- Donor milk for 1st SEVEN days of life if 31+ weeks
- Donor milk shortage will/can affect use
What do I do as the RN caring for the small baby?

- Check in for milk supply daily
- Increasing volume day 3, 5, 7, 14
- Encourage regular pumping, esp. noc
- Document volumes in the nursing notes

IDEAL goal
24 ounces in 24 hours at day 14

Skin to Skin Holding

- Every eligible baby
- Every day
- Goal of 1+ hours
  “Wire the brain”
  Regulate, stabilize vital signs
  Increase milk supply
  Mimic the perfection of the womb

Encourage Non-nutritive Feeding

- Need MD order
- Goal of practicing pre-feeding behavior
- Look, Lick, Latch
- Mom to pump before session
- Document outcome
- Learning for mom and baby
- Breastmilk drops to mouth
• Goal of breastfeeding for 3 days before initiation of the bottle
• Best Practice for improved outcomes
• Use nipple shield for breastfeeding premature babies (34-37 weeks) to increase milk transfer by 40%, decrease effort and energy use
• Pre and post feeding weight to ensure intake
• Supplement by corpak

When should I call the Lactation Specialist?
• Mom has pain with pumping that is not resolved using a larger flange and applying lanolin before pumping
• Mom has significant engorgement not resolved with increased/regular pumping, breast massage and use of ice packs
• Mom has decreased milk supply and has been advised

What are RN Lactation Milestones during babies NICU stay?
• Colostrum for Oral Care
• Skin to Skin holding
• Non-nutritive feeding
• Adequate milk supply
• Breastfeeding
• Pre and post feeding weight
Quality Goals

- Exclusive breastmilk feeding through discharge home
  - Decreased NEC rates
  - Improved growth at discharge
  - Decreased length of stay
  - Improved long-term developmental outcomes

We remember...

The 24 week baby is a different human than the 29 week baby and the 32 week baby. We choose goals to support the fragile premie, involving parental interaction and learning, looking toward discharge and competence at home.

Breastfeeding environment should be safe and pleasureable!

Discharge Plan

- Breastfeeding 2-3 times a day
- Follow-up with PMD
- Outpatient Lactation Support
  (562) 933-2744
- Increase breastfeeding over the next month + considering mom’s desires, babies growth
- Lactation discharge instructions
**TIPS**

- Recommend a Hands-Free pumping bra
- Pumping kit for home and for NICU
- Breast massage and hand expression prior to pumping
- Optimal time to contact Essentials is Monday – Friday @ 562-933-2744 for supplies and pumps (Leave a voice message for staff)

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**Highlights**

- 24 in 24 at 14 days
- Skin 2 Skin q day
- Non-nutritive feeding
- Breast feeding before bottle feeding
- Pre and post feeding weight
- Exclusive breastmilk feeding through discharge home

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**NICU Lactation**

Office 562-661-1901
Cisco Jody (and other LCs) 85155
Cisco Gisele 82110
Essentials (supplies and rentals) 562-933-2744

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You aspire to great things?
Begin with small ones!
St. Augustine