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## AIM

Increase the percentage of infants receiving mom's own milk (MOM) at discharge or transfer from 83% to 90% by Dec 31, 2024

- Among infants admitted at <7 days of life and discharged at <120 days of life who are eligible for enteral feeds

## BACKGROUND & IMPORTANCE

SickKids is an exclusively outborn children's hospital with challenges to breast milk feeding due to:

- Separation of mothers in the initial days after delivery
- Medical complexity of patients that often prevent early initiation of enteral feeds

## IMPLEMENTATION

Participation in the Children's Hospital Neonatal Consortium (CHNC) QI Project "Home on Milk Every Time (HOME)" increased support and engagement of local teams

Best practices to promote breast milk communicated by email and education but low compliance and/or poor documentation in EMR

Initial improvement after start of project but worsening of rates over time

Identified need for new interventions to

1. Improve practices
2. Improve documentation

**Got Milk Rounds** implemented July 30, 2024

## GOT MILK ROUNDS

Weekly rounds at bedside for patients <7 days old



**Duration:** one hour maximum

**Participants:** Lactation consultants, Dietitian, QI Leader, Nurse Educators, Physician/Neonatal Nurse Practitioner, Nurse Manager (optional)

Items included in the checklist below were discussed and reviewed where to document them on EMR

Note time period to complete measures

## HOME PROCESS MEASURES (for babies <7 days of age at admission)

Human milk education by MD/NP, RN & LC within 72 hours of admission

	Admission (Current) from 29/4/2023 to 30/1/2024	1522	1504	1527/2023	1300
<b>Breastfeeding Decision Tree</b>					
Will mother provide any breast milk?	Y	Y			
Lactation education provided?		Y			
Lactation education reviewed by?			RN/LC		
Parent/family received SK pump kit package (one p...)	Y	Y	Y	MD/NP	
Will the infant be feeding at the breast?	Yes, partially	Yes, partially	RN/LC		
Does parent have a hospital-recommended breast pu...	Yes	Yes			
Parent educated on how to use SK pump?		Yes			
Educated on target volumes and proper handling/ator.		Yes			
Does parent need any lactation support?		Yes			
Parent referred to lactation consultant?		Yes			
Parent has low milk supply or risk factor for low milk...		Yes			

Oral care (OIT) completed within 4 days of admission



First oral feed attempt at breast (up to 120 days)



Skin to Skin within 14 days of admission



Milk volumes available, especially daily volume trends  
Knowledge of target volumes by end of first week

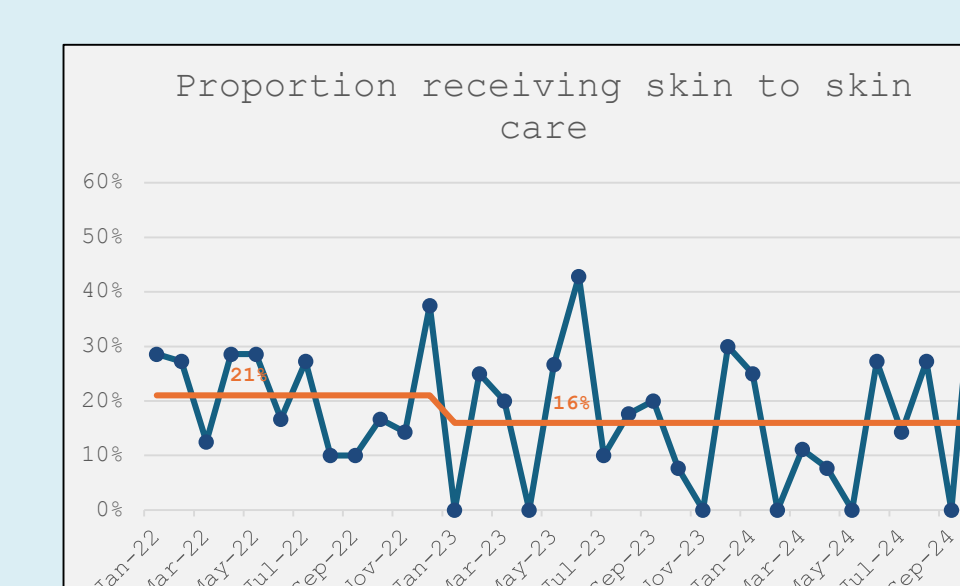
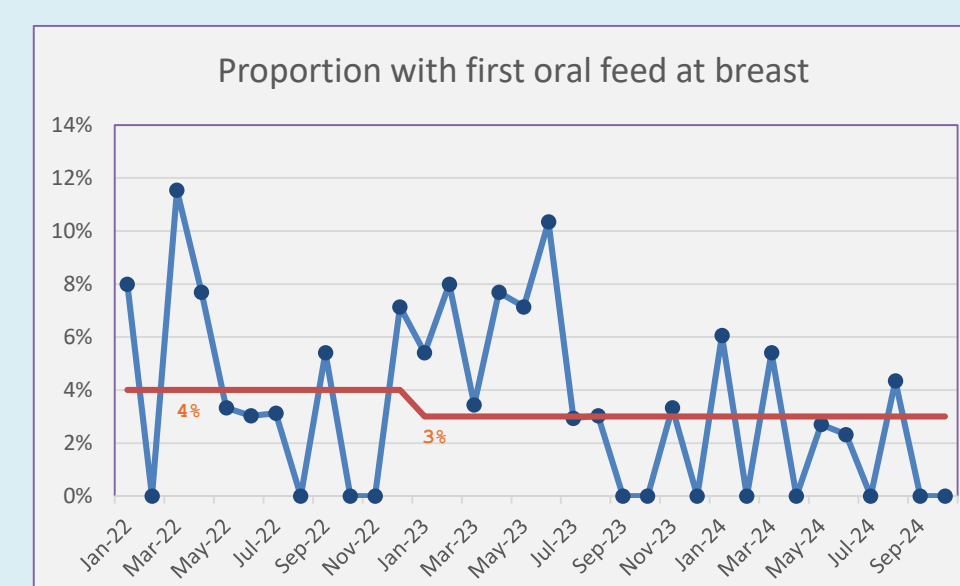
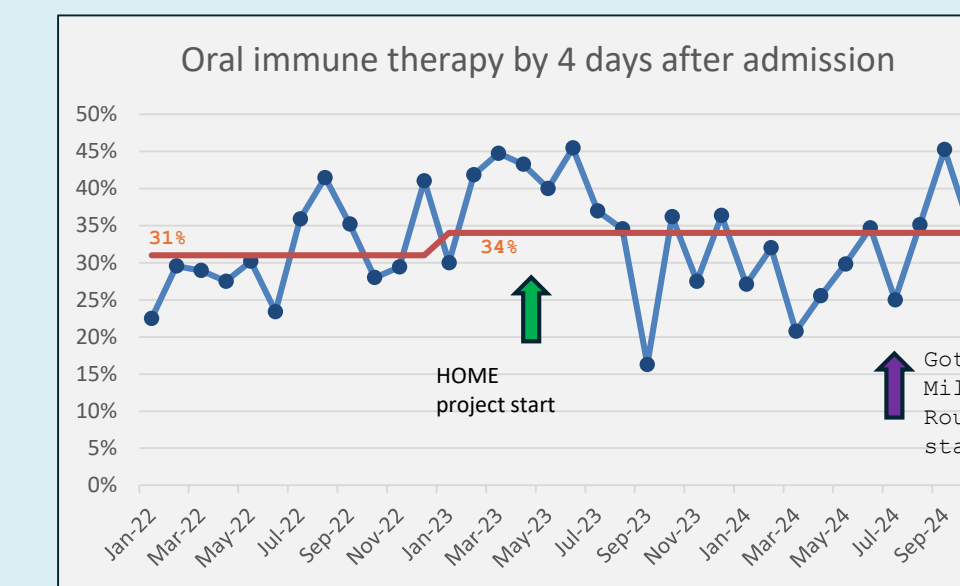
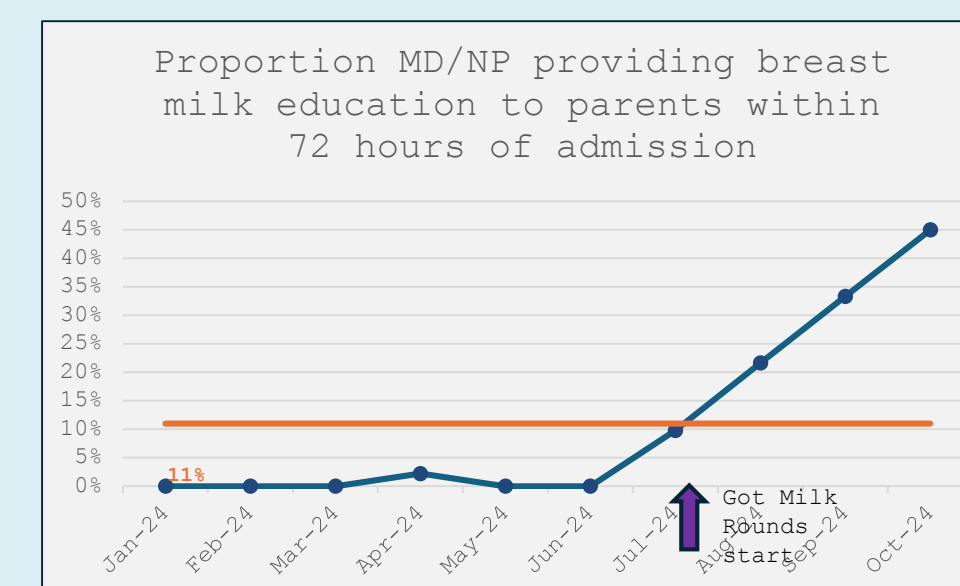
### Goal/Expected Milk Volumes

- Drops to a few mL per pump session in the first few days
- 350 mL by day 7 of life for premature infants
- 500 mL by day 7 of life for term infants
- 750 mL by day 14 of life for all infants

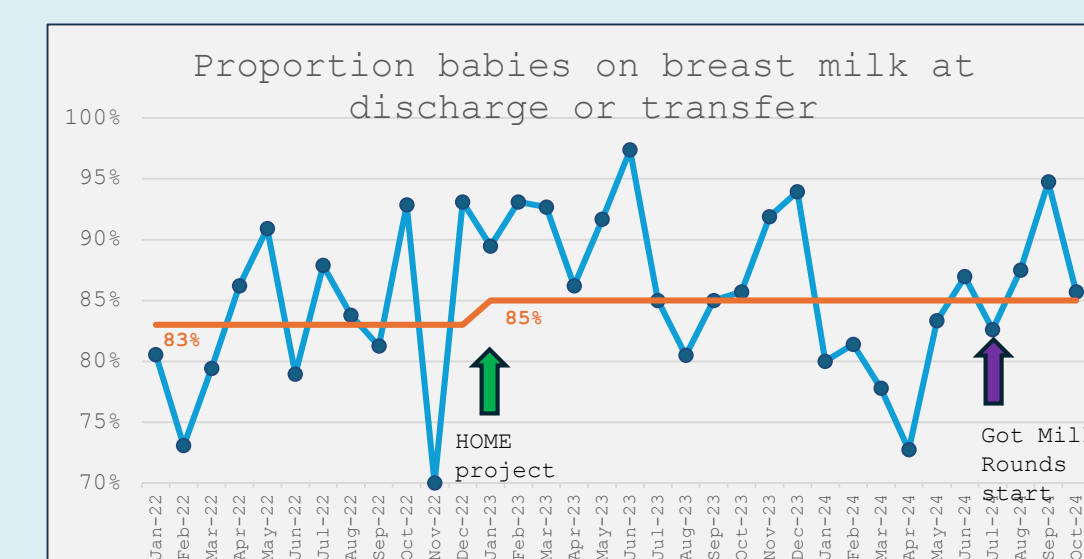


## RESULTS

### Process Measures



### Primary Outcome



## LESSONS LEARNED DURING MILK ROUNDS Screensaver

Lessons Learned during **got milk?** Rounds

1. Medical & Nursing teams: during the first 3 days of admission, **PROVIDE** education to parents on importance of breast milk and **DOCUMENT** that this education was provided in the flowsheets under 'Breastfeeding Tree'.
2. Administration of OIT for **ALL** babies 'fresh not frozen'. Includes babies who are NPO especially babies in the first 3 days of life when there is minimal EBM/colostrum.
3. Skin to Skin (STS) holding rather than holding while still clothed is the gold standard. Whenever possible aim for parental holding to be STS and **DOCUMENT** that it was 'STS' (rather than 'held') in flowsheets under 'Treatments/Daily Cares > Activity'

## FINDINGS & NEXT STEPS

- Improvement in MD/NP providing breast milk education
- Trend for improvement in oral immune therapy and breast milk at discharge
- Need for improvement to increase skin to skin care and first oral feed at breast
- Skin-to-skin guidelines updated to be more inclusive
- Launch of Skin-to-Skin Rounds in January 2025 modelled on format of Got Milk Rounds