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CDC National Survey of Maternity Practices in Infant Nutrition and Care (mPINC)

2011
Birth Center Survey

Example Only
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Conducted for

Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity
Atlanta, GA

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CDC National Survey of Maternity Practices in Infant Nutrition and Care (mPINC)

What is this survey about:

The Centers for Disease Control and Prevention (CDC) is inviting you to participate in a national survey of infant feeding practices at hospitals and birth centers in the United States and Territories that provided maternity care in the past year. The survey is being conducted for CDC by the Battelle Centers for Public Health Research and Evaluation. We need the response of every facility providing maternity care to make this study representative of all maternity care facilities in the United States and Territories. If your facility provides maternity care at multiple locations, please only report data for the specific location listed on the cover letter.

How long will the survey take to complete:

On average, the survey will take about 30 minutes to complete.

How will this information be used:

The purpose of this study is to find out about infant feeding practices at hospitals and birth centers in the United States and Territories. Information obtained from this survey will assist CDC with program planning. After data collection is complete, your facility will receive an individualized report containing a summary of survey results. Your name, facility name and other personal identifiers will not be shared with any other facility.

Your responses will be treated in a secure manner and will not be disclosed unless required by law. Your name, facility name, and any other personal identifiers will not be included in either oral or written presentation of study results. Responses will be reported only in summary form so individual responses cannot be identified. Data may be released for additional approved research purposes and may be shared with state health departments for the development of public health programs. Your participation in the study is completely voluntary. Data collection will be managed by Battelle, Centers for Public Health Research and Evaluation, a national survey and research organization with extensive experience in collection of health data.

Who do I call if I have questions about how to complete the survey:

Jaime Liesmann Dohack, M.S., R.D., Battelle, toll-free at 1-866-826-4176

Who do I call if I have questions regarding my rights as a study participant:

Chairperson of Battelle IRB
1-877-810-9530 x 500

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Thank you very much for taking the time to complete this survey

SECTION A: CENTER PRACTICES

A1. Are prenatal classes offered at your center, either by center staff or contracted personnel?

❑ Yes → Is breastfeeding covered as part of the class content in the prenatal/childbirth preparation class?

❑ Yes

❑ No

Does your center offer a separate prenatal breastfeeding class?

❑ Yes

❑ No

❑ No

❑ Not sure

A2. Approximately how many women (pregnant or postpartum) are asked by center staff about their newborn feeding plans?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

A3. How often is the mother's infant feeding decision recorded on a center record? *(either hers or her infant's center record)*

Rarely (0%–9%)	Sometimes (10%–49%)	Often (50%–89%)	Almost always (90%+)	Not Sure
❑	❑	❑	❑	❑

For Uncomplicated Vaginal Births:

A4. Are routine newborn procedures (*e.g. newborn assessment including Apgar, and cord clamping, identification including foot printing*) after uncomplicated **vaginal** births done while the mother is holding the **healthy full-term** infant skin-to-skin?

Rarely (0%–9%)	Sometimes (10%–49%)	Often (50%–89%)	Almost always (90%+)	Not Sure
❑	❑	❑	❑	❑

A5. Approximately, how many mothers are encouraged to hold their **healthy full-term** infants skin-to-skin for at least 30 minutes within an hour of birth for uncomplicated **vaginal** births?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

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A6. Approximately what percentage of **healthy full-term breastfed** infants are put to the breast for the first time during the specified period after delivery for uncomplicated **vaginal** births?

Within 1 hour after delivery	_____%
More than 1 hour - 2 hours after delivery	_____%
More than 2 hours - 4 hours after delivery	_____%
More than 4 hours after delivery	_____%
Total	100%

A7. Approximately what percentage of **healthy full-term breastfed** infants are given the following as a first feeding after uncomplicated **vaginal** births?

Breast milk	_____%
Water	_____%
Glucose water	_____%
Infant formula	_____%
Total	100%

A8. Following uncomplicated **vaginal** births, are **healthy full-term breastfed infants** routinely taken to the nursery or other separate area for transition (e.g. processing as a pediatrics patient, vital signs, first bath)?

❑ Yes → On average, how long is the infant in this transition period?

_____ **minutes**

❑ No

A9. Are cesarean births performed at your birth center?

❑ Yes

❑ No → **Skip to Question A15**

For Uncomplicated Cesarean Births:

A10. Are routine newborn procedures (*e.g. newborn assessment including Apgar and, cord clamping, identification including foot printing*) after uncomplicated **cesarean** births done while the mother is holding the **healthy full-term** infant skin-to-skin?

Rarely (0%–9%)	Sometimes (10%–49%)	Often (50%–89%)	Almost Always (90%+)	Not Sure
❑	❑	❑	❑	❑

A11. Approximately how many mothers are encouraged to hold their **healthy full-term** infants skin-to-skin for at least 30 minutes within **two hours** after delivery for uncomplicated **cesarean** births?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

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A12. Approximately what percentage of **healthy full-term breastfed** infants are put to the breast for the first time during the specified period after delivery for uncomplicated **cesarean** births?

Within 2 hours after delivery	_____%
More than 2 hours – 4 hours after delivery	_____%
More than 4 hours after delivery	_____%
Total	100%

A13. Approximately what percentage of **healthy full-term breastfed** infants are given the following as a first feeding after uncomplicated **cesarean** births?

Breast milk	_____%
Water	_____%
Glucose water	_____%
Infant formula	_____%
Total	100%

A14. Following uncomplicated **cesarean** births, are **healthy full-term breastfed infants** routinely taken to the nursery or other separate area for transition (e.g. processing as a pediatrics patient, vital signs, first bath)?

❑ Yes → On average, how long is the infant in this transition period?

_____ **minutes**

❑ No

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For All Births:

A15. Of mothers who are breastfeeding, or intend to breastfeed, approximately how many do you teach breastfeeding techniques (e.g. comfortable positioning, holding infant, how to express milk, assessing the effectiveness of breastfeeding)?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

A16. Approximately how many mothers are taught to recognize and respond to first signs of baby's hunger?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

A17. How often do maternity care staff advise breastfeeding women to limit the length of suckling at each feeding (e.g. nurse for 5, 10, or 15 minutes on each breast)?

Rarely (0%–9%)	Sometimes (10%–49%)	Often (50%–89%)	Almost always (90%+)	Not Sure
❑	❑	❑	❑	❑

A18. Of mothers who are breastfeeding, approximately how many mother-baby couples are directly observed and assessed by staff for breastfeeding effectiveness during the maternity care center stay?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

A19. Do staff at your birth center use a tool to assess breastfeeding effectiveness?

❑ Yes → Center uses either a validated tool such as LATCH or IBFAT or a tool independently developed for use by maternity care staff.

❑ No

A20. Approximately what percentage of **healthy full-term breastfed** infants are supplemented with something other than breast milk? (*If your center does not formally track this information, please provide your best estimate.*)

_____% **If healthy full-term breastfed infants are never supplemented, record "0" → Skip to Question A24**

For Supplemented Healthy Full-Term Breastfed Infants:

A21. Are **healthy full-term breastfed** infants who are supplemented ever given the following types of supplementary feedings?

	Yes	No
Infant Formula	❑	❑
Water	❑	❑
Glucose water	❑	❑

A22. Of the **healthy full-term breastfed** infants who are supplemented with **<u>infant formula</u>,** what percentage are supplemented for the following reasons?

Doctor's orders	_____%
Nurse's recommendation	_____%
Mother's choice	_____%
Other (*please specify*) _____	_____%
Total	100%

A23. Of the **healthy full-term breastfed** infants who are supplemented with **<u>water or glucose water</u>,** what percentage are supplemented for the following reasons?

Doctor's orders	_____%
Nurse's recommendation	_____%
Mother's choice	_____%
Other (*please specify*) _____	_____%
Total	100%

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For All Healthy Full-term Breastfed Infants:

A24. Approximately how many **healthy full-term breastfed** infants are given pacifiers by maternity care staff? *Please do not include the use of pacifiers for medical procedures (e.g., circumcision) in your response.*

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

A25. Does your center receive free infant formula?

❑ Yes
❑ No
❑ Not sure

A26. Does your birth center have a well-baby nursery?

❑ Yes
❑ No

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For All Births:

A27. What is the typical length of stay at your center for the mother and infant following an uncomplicated vaginal birth?

❑ 4 hours or less → **Skip to Question A32**
❑ 5 – 12 hours → **Skip to Question A32**
❑ 13 – 24 hours → **Skip to Question A32**
❑ 25 – 48 hours
❑ More than 48 hours

For Center Stays Longer Than 24 Hours:

A28. Are **healthy full-term breastfed** infants routinely taken from the mother's room at night?

❑ Yes→ On average, how many hours is baby away from mother at night?

_____ **minutes** ***OR*** _____ **hours**

❑ No

A29. Among mother-infant couplets that do not room-in at night, approximately how many **healthy full-term breastfed** infants are brought to their mothers at night for feedings?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure	Not Applicable (All couplets room-in at night)
❑	❑	❑	❑	❑	❑

A30. Approximately how many **healthy full-term breastfed** infants are taken from the mother's room for:

	Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
Pediatric rounds	❑	❑	❑	❑	❑
Change of shift	❑	❑	❑	❑	❑
Visiting hours	❑	❑	❑	❑	❑
Hearing test	❑	❑	❑	❑	❑
Heel stick	❑	❑	❑	❑	❑
Infant photos	❑	❑	❑	❑	❑
Infant's bath	❑	❑	❑	❑	❑
Mother bathing	❑	❑	❑	❑	❑
Mother out of room	❑	❑	❑	❑	❑

A31. Approximately what percentage of **healthy full-term** infants, regardless of feeding method, remain with their mothers for at least the following number of hours per day?

8 or fewer hours per day	____%
9–15 hours per day	____%
16–23 hours per day	____%
more than 23 hours per day	____%
Total	100%

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For All Center Stays:

A32. Are discharge packs/bags containing infant formula samples given to breastfeeding mothers?

❑ Yes
❑ No

A33. What support does your center routinely (most of the time) offer to breastfeeding mothers at discharge? (*check all that apply)*

a. Postpartum telephone call by center staff ❑
b. Telephone number for patient to call ❑
c. Postpartum follow-up visit at center after discharge ❑
d. Home follow-up visit after discharge ❑
e. Referral to center-based breastfeeding support group ❑
f. Referral to other breastfeeding support groups ❑
g. Referral to lactation consultant/specialist ❑
h. Referral to WIC (for those eligible) ❑
i. Referral to an outpatient lactation clinic ❑
j. List of resources for breastfeeding help ❑
k. Breastfeeding assessment sheet ❑
l. Other *(please specify)* _____ ❑

A34. What is the highest level of neonatal care provided at your center?

- ❏ Healthy newborn → **Skip to Question B1**
- ❏ Special care (Level 1 or Level 2 NICU)
- ❏ Intensive care (Level 3 NICU)

For Level 1, 2 or 3 NICU:

A35. Is banked donor milk ever used in your NICU?

- ❏ Yes
- ❏ No

A36. Among NICU infants receiving milk feedings, approximately how many are routinely provided human milk?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❏	❏	❏	❏	❏

Please continue →

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SECTION B: TRAINING, PERSONNEL, AND POLICY

B1. On average, how many hours do birth attendants spend in breastfeeding education **as new employees**?

None	<1 hour	1-3 hours	4–7 hours	8–17 hours	18 or more hours	Not Sure
❑	❑	❑	❑	❑	❑	❑

B2. On average, how many hours do each of the following types of maternity care staff spend in breastfeeding education **as new employees**?

	None	< 1 hour	1-2 hours	3 or more hours	Not Sure	Not Applicable
Physicians employed by the center, residents, interns	❑	❑	❑	❑	❑	❑
Certified Nurse Midwives, advance practice nurses	❑	❑	❑	❑	❑	❑

B3. How often are birth attendants assessed for level of competency in breastfeeding management and support?

At least once a year	Less than once a year	Not Assessed
❑	❑	❑

B4. How many birth attendants received breastfeeding education **in the past year**?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure
❑	❑	❑	❑	❑

B5. On average, how many hours did birth attendants spend in breastfeeding education **in the past year**?

None	<1 hour	1-2 hours	3–4 hours	5 or more hours	Not Sure
❑	❑	❑	❑	❑	❑

B6. On average, how many hours did each of the following types of maternity care staff spend in breastfeeding education **in the past year**?

	None	< 1 hour	1-2 hours	3 or more hours	Not Sure	Not Applicable
Physicians employed by the center, residents, interns	❑	❑	❑	❑	❑	❑
Certified Nurse Midwives, advance practice nurses	❑	❑	❑	❑	❑	❑

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B7. Which of the following health care providers deliver infants at your center? (*check all that apply*)

- Obstetrician/Gynecologists ❑
- Family Practice Physicians ❑
- Certified Nurse Midwives ❑

B8. Does your center employ a designated lactation coordinator (a person who is trained in breastfeeding physiology and management and is responsible for ensuring the implementation of a breastfeeding program)?

❑ Yes → What are his/her credentials? *(check all that apply)*

- ❑ Registered Nurse (RN)
- ❑ International Board Certified Lactation Consultant (IBCLC)
- ❑ Registered Dietician (RD)
- ❑ Certified Nurse Midwife (CNM)
- ❑ Other Lactation consultant/specialist
- ❑ Other *(please specify)*_____

❑ No

B9. How many full time equivalents (FTEs) are dedicated exclusively to in-patient lactation care?

_____**FTEs** (*If less than 1 FTE, please record as a decimal.*
For example, 40 hours per week = 1 FTE,
20 hours per week = .5 FTEs,
and 10 hours per week = .25 FTEs.)

B10. How often is a lactation specialist available to provide hands-on breastfeeding support to mothers during their center stay?

	Always	Sometimes	Never
Weekday days	❑	❑	❑
Weekday nights	❑	❑	❑
Weekend days	❑	❑	❑
Weekend nights	❑	❑	❑

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B11. Does your center have a written policy addressing…

	Yes	No	Not Sure
a. formal in-service training programs for center staff	❑	❑	❑
b. prenatal classes informing mothers about breastfeeding	❑	❑	❑
c. asking about mothers' feeding plans	❑	❑	❑
d. initiating breastfeeding within 60 minutes after uncomplicated vaginal birth	❑	❑	❑
e. initiating breastfeeding after recovery for births by uncomplicated cesarean section	❑	❑	❑
f. showing mothers how to express breast milk and maintain lactation should they be separated from their infants	❑	❑	❑
g. giving breastfed infants food or drink other than breast milk	❑	❑	❑
h. 24-hour/day rooming-in	❑	❑	❑
i. breastfeeding on-demand and duration and frequency of individual feedings	❑	❑	❑
j. use of pacifiers by breastfed infants	❑	❑	❑
k. referral of mothers with breastfeeding problems to appropriate resources (e.g. lactation consultant/specialist, community support group, medical provider, WIC Program)	❑	❑	❑
l. referral of mothers to appropriate community breastfeeding resources upon discharge	❑	❑	❑

B12. How are staff informed about these policies? (*check all that apply*)

a. In-service training ❑
b. Policy is posted (paper, intranet, policy and procedures binder) ❑
c. Newsletter ❑
d. New staff orientation ❑
e. New staff training ❑
f. Staff meeting ❑
g. Word of mouth ❑
h. Other *(please specify)* _____ ❑

B13. Does your center provide any of the following to **center staff** who are also mothers?

	Yes	No
a. A designated room to express milk	❑	❑
b. On-site child care for dependents of center staff	❑	❑
c. Electric breast pump for center staff use	❑	❑
d. Permission to use existing work breaks to express milk	❑	❑
e. Breastfeeding support group for center staff	❑	❑
f. Lactation consultant/specialist available for consult	❑	❑
g. Paid maternity leave (other than accrued vacation or sick leave)	❑	❑

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SECTION C: CENTER CHARACTERISTICS

C1. How many total live births took place in the past calendar or fiscal year at your center?
_____ **live births**

C2. Approximately what percentage of live births in the past calendar or fiscal year were by cesarean section (*total cesarean sections*)? (*If your center does not formally track this information, please provide your best estimate.*)

_____**% If cesarean births are not performed at your center, record "0"**

C3. Approximately what percentage of laboring women in the past calendar or fiscal year were given epidurals at your center? _____%

C4. Approximately what percentage of patients received pharmacological agents (*e.g. oxytocin, prostaglandins, misoprostol, mifepristone, relaxin*) to initiate or speed up labor onset at your center in the past calendar or fiscal year? _____%

C5. Approximately what percentage of patients received mechanical or surgical approaches (*e.g. amniotomy, stripping or sweeping membranes, balloon or Foley catheter dilation*) to initiate or speed up labor onset at your center in the past calendar or fiscal year? _____%

C6. When does your center record (keep track of) the number of mothers breastfeeding? (*answer all that apply*)

❑ At admission→	What percentage of women intended to breastfeed **at admission**, in the past calendar or fiscal year? _____%
❑ At some point during the center stay →	What percentage of women were breastfeeding **during their center stay**, in the past calendar or fiscal year? _____%
❑ At discharge →	What percentage of women were breastfeeding **at discharge**, in the past calendar or fiscal year? _____%
❑ Beyond discharge→	What percentage of women continued breastfeeding **after discharge** from the center in the past calendar or fiscal year? _____%

❑ Our center does not record the number of mothers breastfeeding

❑ Not sure

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C7. Please select the positions or titles of the people who have worked on responding to this questionnaire.

	Your Position	Other people contributing information to survey (*check all that apply*)
Mother-Baby Unit manager/supervisor	❑	❑
Birth Center director	❑	❑
Labor and Delivery unit manager/supervisor	❑	❑
Maternity care services director/manager	❑	❑
Lactation services coordinator	❑	❑
Clinical nurse specialist	❑	❑
Director of obstetrics and gynecology	❑	❑
Director of perinatal care	❑	❑
Director of pediatrics	❑	❑
Medical Director	❑	❑
NICU nurse manager	❑	❑
Staff physician	❑	❑
Staff midwife	❑	❑
Staff nurse	❑	❑
Database manager/coordinator	❑	❑
Other (please specify) _____	❑	❑

❑ No other person worked on responding to this questionnaire

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Thank you very much for your participation in this survey.

Comments:_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

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Please return by mail to:

CDC National Survey of Maternity Practices in
Infant Nutrition and Care (mPINC)
Battelle Centers for Public Health Research and Evaluation
10420 Old Olive Street Road, Suite 300
St. Louis, MO 63141