



What is the mPINC Survey? The Maternity Practices in Infant Nutrition and Care (mPINC) Survey is a national survey from the Centers for Disease Control and Prevention (CDC) that assesses infant feeding care processes, policies, and staffing expectations in maternity care settings.

What is in this report? This report summarizes results from all Washington facilities that participated in the 2013 mPINC Survey and identifies opportunities to improve mother-baby care at hospitals and birth centers and related health outcomes throughout Washington.

Who participates in the mPINC survey? All hospitals with maternity services and all free-standing birth centers in the United States are invited to participate in CDC's mPINC survey every two years.

Washington's mPINC Score:

82

In Washington, 82% of 74 eligible facilities participated in CDC's 2013 mPINC Survey.

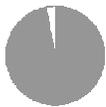
Washington Highlights: Strengths



Documentation of Mothers' Feeding Decisions

Staff at all (100%) facilities in Washington consistently ask about and record mothers' infant feeding decisions.

Standard documentation of infant feeding decisions is important to adequately support maternal choice.



Provision of Breastfeeding Advice and Counseling

Staff at 97% of facilities in Washington provide breastfeeding advice and instructions to patients who are breastfeeding, or intend to breastfeed.

The American Academy of Pediatrics (AAP) recommends pediatricians provide patients with complete, current information on the benefits and methods of breastfeeding to ensure that the feeding decision is a fully informed one. Patient education is important in order to establish breastfeeding.

Washington Highlights: Opportunities for Improvement



Appropriate Use of Breastfeeding Supplements

Only 48% of facilities in Washington adhere to standard clinical practice guidelines against routine supplementation with formula, glucose water, or water.

The American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists (ACOG) Guidelines for Perinatal Care recommend against routine supplementation because supplementation with formula and/or water makes infants more likely to receive formula at home and stop breastfeeding prematurely.



Inclusion of Model Breastfeeding Policy Elements

Only 17% of facilities in Washington have comprehensive breastfeeding policies including all model breastfeeding policy components recommended by the Academy of Breastfeeding Medicine (ABM).

The ABM model breastfeeding policy elements are the result of extensive research on best practices to improve breastfeeding outcomes. Facility policies determine the nature of care that is available to patients. Facilities with comprehensive policies consistently have the highest rates of exclusive breastfeeding, regardless of patient population characteristics such as ethnicity, income, and payer status.



Adequate Assessment of Staff Competency

Only 46% of facilities in Washington annually assess staff competency for basic breastfeeding management and support.

Implementing comprehensive assessment of staff training and skills for basic breastfeeding management and support establishes the foundation for quality infant feeding care. Adequate training and skills assessment are critical to ensure that mothers and infants receive care that is consistent, evidence-based, and appropriate.



Provision of Hospital Discharge Planning Support

Only 33% of facilities in Washington provide hospital discharge care including a phone call to the patient's home, opportunity for follow-up visit, and referral to community breastfeeding support.

The American Academy of Pediatrics (AAP) clinical practice guidelines recommend examination of the newborn by a qualified health care professional within 48 hours of hospital discharge in order to assess breastfeeding. Ensuring post discharge ambulatory support improves breastfeeding outcomes.

Breastfeeding is associated with decreased risk for infant morbidity and mortality as well as maternal morbidity,¹ and provides optimal infant nutrition. *Healthy People 2020*² establishes breastfeeding initiation, continuation, and exclusivity as national priorities.

Changes in maternity care practices improve breastfeeding rates.

There are many opportunities to protect, promote, and support breastfeeding in Washington. Opportunities such as those listed below can help Washington bring ideal maternity care practices to all Washington hospitals.

Change opportunities:

- Examine Washington regulations for maternity facilities and evaluate their evidence base.
- Sponsor a Washington-wide summit of key decision-making staff at maternity facilities to highlight the importance of evidence-based practices for breastfeeding.
- Encourage and support hospital staff across Washington to be trained in providing care that supports mothers to breastfeed.
- Establish links among maternity facilities and community breastfeeding support networks in Washington.
- Implement evidence-based practices in medical care settings across Washington that support mothers' efforts to breastfeed.
- Integrate maternity care into related hospital-wide Quality Improvement efforts across Washington.
- Promote utilization of the Joint Commission's Perinatal Care Core Measure Set including exclusive breast milk feeding at hospital discharge in Washington hospital data collection systems.

Washington's 2013 Survey Results

82

Washington's State mPINC Score
(out of 100)*

Washington's State mPINC Rank
(out of 53)[†]

8

mPINC Care Dimension	Care Dimension Subscore*	Ideal Response to mPINC Survey Question	Percent of WA Facilities with Ideal Response	Item Rank [†]
Labor and Delivery Care	88	Initial skin-to-skin contact is at least 30 min w/in 1 hour (vaginal births)	88	9
		Initial skin-to-skin contact is at least 30 min w/in 2 hours (cesarean births)	64	22
		Initial breastfeeding opportunity is w/in 1 hour (vaginal births)	74	11
		Initial breastfeeding opportunity is w/in 2 hours (cesarean births)	73	12
		Routine procedures are performed skin-to-skin	58	9
Feeding of Breastfed Infants	90	Initial feeding is breast milk (vaginal births)	89	10
		Initial feeding is breast milk (cesarean births)	77	17
		Supplemental feedings to breastfeeding infants are rare	48	7
		Water and glucose water are not used	93	---
Breast-feeding Assistance	90	Infant feeding decision is documented in the patient chart	100	---
		Staff provide breastfeeding advice & instructions to patients	97	---
		Staff teach breastfeeding cues to patients	93	---
		Staff teach patients not to limit suckling time	61	20
		Staff directly observe & assess breastfeeding	89	23
		Staff use a standard feeding assessment tool	80	9
		Staff rarely provide pacifiers to breastfeeding infants	57	13
Contact Between Mother and Infant	96	Mother-infant pairs are not separated for postpartum transition	93	---
		Mother-infant pairs room-in at night	100	---
		Mother-infant pairs are not separated during the hospital stay	95	---
		Infant procedures, assessment, and care are in the patient room	28	3
		Non-rooming-in infants are brought to mothers at night for feeding	97	---
Facility Discharge Care	70	Staff provide appropriate discharge planning (referrals & other multi-modal support)	33	22
Staff Training	64	Discharge packs containing infant formula samples and marketing products are not given to breastfeeding patients	84	11
		New staff receive appropriate breastfeeding education	16	26
		Current staff receive appropriate breastfeeding education	36	12
		Staff received breastfeeding education in the past year	54	34
Structural & Organizational Aspects of Care Delivery	74	Assessment of staff competency in breastfeeding management & support is at least annual	46	43
		Breastfeeding policy includes all 10 model policy elements	17	39
		Breastfeeding policy is effectively communicated	84	14
		Facility documents infant feeding rates in patient population	77	27
		Facility provides breastfeeding support to employees	74	23
		Facility does not receive infant formula free of charge	41	11
		Breastfeeding is included in prenatal patient education	78	49
Facility has a designated staff member responsible for coordination of lactation care	67	36		

* Quality Practice scores range from 0 to 100 for each question, dimension of care, facility, and state. The highest, best possible score for each is 100. Each facility and state's "Total Score" is made up of subscores for practices in each of 7 dimensions of care.

† Ranks range from 1 to 53, with 1 being the highest rank. In case of a tie, both are given the same rank. State ranks are not shown for survey questions with 90% or more facilities reporting ideal responses.

Questions about the mPINC survey?

Information about the mPINC survey, results, reports, scoring, and history is at: www.cdc.gov/mpinc

For more information:

Centers for Disease Control and Prevention
Division of Nutrition, Physical Activity, and Obesity
Atlanta, GA USA

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References

- ¹ Ip S, Chung M, Raman G, et al. Breastfeeding and maternal and infant health outcomes in developed countries. Rockville, MD: US Dept of Health and Human Services, Agency for Healthcare Research and Quality; 2007.
- ² US Dept of Health and Human Services. *Healthy People 2020 Summary of Objectives: Maternal, Infant, and Child Health*. Available at <http://www.healthypeople.gov/2020/topics/objectives/2020/pdfs/MaternalChildHealth.pdf>
- ³ DiGirolamo AM, Grummer-Strawn LM, Fein S. Effect of maternity care practices on breastfeeding. *Pediatrics* 2008;122, Supp 2:S43-9.
- ⁴ Fairbank L, O'Meara S, Renfrew MJ, Woolridge M, Snowden AJ, Lister-Sharp D. A systematic review to evaluate the effectiveness of interventions to promote the initiation of breastfeeding. *Health Technology Assessment* 2000;4:1-171.