

Maternity Practices in Infant Nutrition and Care In Washington —2009 mPINC Survey



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This report provides data from the 2009 mPINC survey for Washington. It describes specific opportunities to improve mother-baby care at hospitals and birth centers in Washington in order to more successfully meet national quality of care standards for perinatal care.

Breastfeeding is a National Priority

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

Maternity practices in hospitals and birth centers can influence breastfeeding behaviors during a period critical to successful establishment of lactation.³ Abundant literature, including a Cochrane review, document that institutional changes in maternity care practices to make them more supportive of breastfeeding increase initiation and continuation of breastfeeding.⁴

Breastfeeding Support in Washington Facilities

Strengths



Provision of Breastfeeding Advice and Counseling

Staff at 91% 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.



Documentation of Mothers' Feeding Decisions

Staff at 97% of 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.

Needed Improvements



Appropriate Use of Breastfeeding Supplements

Only 36% 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 10% 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 39% 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 28% 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.

Every two years, CDC administers the national Maternity Practices in Infant Nutrition and Care (mPINC) survey to all hospitals and birth centers in the U.S. that provide maternity care.

Data from this survey can be used to establish evidence-based, breastfeeding-supportive maternity practices as standards of care in hospitals and birth centers across the US. Improved care will help meet *Healthy People 2020* breastfeeding objectives and will help improve maternal and child health nationwide.



Washington Summary —2009 mPINC Survey

Survey Method At each facility, the person who is the most knowledgeable about the facility's maternity practices related to healthy newborn feeding and care completes the CDC mPINC survey.

Response Rate 91% of the 74 eligible facilities in Washington responded to the 2009 mPINC Survey. Each participating facility received its facility-specific mPINC benchmarking report in March 2011.

Washington's Composite Quality Practice Score* **75**
(out of 100)

Washington's Composite Rank† **7**
(out of 52)

mPINC Dimension of Care	WA Quality Practice Subscore*	Ideal Response to mPINC Survey Question	Percent of WA Facilities with Ideal Response	WA Item Rank†
Labor and Delivery Care	82	Initial skin-to-skin contact is ≥30 min w/in 1 hour (vaginal births)	70	5
		Initial skin-to-skin contact is ≥30 min w/in 2 hours (cesarean births)	56	4
		Initial breastfeeding opportunity is w/in 1 hour (vaginal births)	72	6
		Initial breastfeeding opportunity is w/in 2 hours (cesarean births)	72	2
		Routine procedures are performed skin-to-skin	40	9
Feeding of Breastfed Infants	85	Initial feeding is breast milk (vaginal births)	90	-
		Initial feeding is breast milk (cesarean births)	79	9
		Supplemental feedings to breastfeeding infants are rare	36	6
		Water and glucose water are not used	77	25
Breastfeeding Assistance	88	Infant feeding decision is documented in the patient chart	97	-
		Staff provide breastfeeding advice & instructions to patients	91	-
		Staff teach breastfeeding cues to patients	84	21
		Staff teach patients not to limit suckling time	69	5
		Staff directly observe & assess breastfeeding	88	15
		Staff use a standard feeding assessment tool	73	11
Contact Between Mother and Infant	93	Mother-infant pairs are not separated for postpartum transition	94	-
		Mother-infant pairs room-in at night	95	-
		Mother-infant pairs are not separated during the hospital stay	85	1
		Infant procedures, assessment, and care are in the patient room	19	2
		Non-rooming-in infants are brought to mothers at night for feeding	83	22
Facility Discharge Care	57	Staff provide appropriate discharge planning (referrals & other multi-modal support)	28	22
		Discharge packs containing infant formula samples and marketing products are not given to breastfeeding patients	60	11
Staff Training	48	New staff receive appropriate breastfeeding education	14	9
		Current staff receive appropriate breastfeeding education	12	29
		Staff received breastfeeding education in the past year	35	33
		Assessment of staff competency in breastfeeding management & support is at least annual	39	35
Structural & Organizational Aspects of Care Delivery	68	Breastfeeding policy includes all 10 model policy elements	10	32
		Breastfeeding policy is effectively communicated	75	22
		Facility documents infant feeding rates in patient population	58	37
		Facility provides breastfeeding support to employees	55	33
		Facility does not receive infant formula free of charge	28	6
		Breastfeeding is included in prenatal patient education	85	43
		Facility has a designated staff member responsible for coordination of lactation care	64	33

* 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 "Composite Quality Practice Score" is made up of subscores for practices in each of 7 dimensions of care.

† Ranks range from 1 to 52, 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.

References

- 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.
- 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>
- DiGirolamo AM, Grummer-Strawn LM, Fein S. Effect of maternity care practices on breastfeeding. Pediatrics 2008;122, Supp 2:S43-9.
- 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.

Improvement is Needed in Maternity Care Practices and Policies in Washington.

Many opportunities exist to protect, promote, and support breastfeeding mothers and infants in Washington.

Take action on this critical need—consider the following:

- Examine Washington regulations for maternity facilities and evaluate their evidence base; revise if necessary.
- Sponsor a Washington-wide summit of key decision-making staff at maternity facilities to highlight the importance of evidence-based practices for breastfeeding.
- Pay for hospital staff across Washington to participate in 18-hour training courses in breastfeeding.
- Establish links among maternity facilities and community breastfeeding support networks in Washington.
- Identify and implement programs within hospital settings—choose one widespread practice and adjust it to be evidence-based and supportive of breastfeeding.
- Integrate maternity care into related hospital-wide Quality Improvement efforts across Washington.
- Promote Washington-wide utilization of the Joint Commission's Perinatal Care Core Measure Set including exclusive breastfeeding at discharge in hospital data collection.

Questions about the mPINC survey?

Information about the mPINC survey, benchmark reports, scoring methods, and complete references are available at: www.cdc.gov/impinc

For more information:
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