

**NURSING CARE PLAN No 4  
 BREASTFEEDING**  
 Use careplan in conjunction with careplan 1

Full Name: .....  
 Address: **Addressograph** .....  
 HCR

Care Plan No 4 Problem	<b>BREASTFEEDING</b>		Issue Date: December 2018 Review Date: December 2025
..... is being breastfed	<ul style="list-style-type: none"> <li>• Their breastfeeding parent will receive consistent and appropriate breastfeeding advice and support</li> <li>• Their breastfeeding parent will be cared for while establishing and maintaining breastfeeding</li> <li>• Their breastfeeding parent will be supported to (re)establish breastfeeding their infant when clinically indicated</li> <li>• Their parent is aware of the community breastfeeding support available prior to discharged</li> </ul>		
<b>1</b>	<b>NURSING INTERVENTION</b> <i>(in conjunction with OLCHC's Guideline on Breastfeeding (2018))</i>	Commencement Date Signature Grade	Discontinued Date, time, Signature, grade
<b>1A</b>	<b>BREASTFEEDING ADVICE AND INFORMATION</b> <i>(Tick when performed <input checked="" type="checkbox"/>)</i>		
<p><b>Give</b> the parent:</p> <ul style="list-style-type: none"> <li>- 'Breastfeeding Assessment Tool Parent's Version' <input type="checkbox"/></li> <li>- HSE booklet 'Breastfeeding – a good start in life' <input type="checkbox"/></li> </ul> <p><b>Inform</b> parent of the breastfeeding information available on:  <a href="http://www.olchc.ie/Children-Family/Breastfeeding">www.olchc.ie/Children-Family/Breastfeeding</a> <input type="checkbox"/></p> <p>The above information will help parents learn about the points below. Please support the parent as needed if any queries.</p> <ul style="list-style-type: none"> <li>- How to hand express <input type="checkbox"/></li> <li>- How to recognise the infants feeding cues <input type="checkbox"/></li> <li>- Different feeding positions and how to latch the baby <input type="checkbox"/></li> <li>- How to recognise when baby is feeding well <input type="checkbox"/></li> </ul> <p><b>Complete</b> the breastfeeding assessment tool</p> <ul style="list-style-type: none"> <li>- on admission and as per guidance on tool thereafter <input type="checkbox"/></li> <li>- link with a breastfeeding champion if indicated <input type="checkbox"/></li> </ul> <p><b>Avoid</b> the use of artificial bottles, teats or soothers, unless clinically indicated</p>			
<b>1B</b>	<b>SUPPORTING THE BREASTFEEDING PARENT</b>		
Facilitate that the breastfeeding parent has access to meal breaks, meal vouchers, water, sleep and rest			
<b>2A</b>	<b>BREASTFEEDING FACILITIES</b> <i>(tick the facilities used by the parent <input checked="" type="checkbox"/>)</i>		
Screen <input type="checkbox"/> Bed for breastfeeding mother <input type="checkbox"/> Expressing Room* <input type="checkbox"/> <i>*It is best practice to express at the baby's bedside</i>			
<b>2B</b>	<b>MINIMISING DISTURBANCE TO BREASTFEEDING</b>		
Arrange all procedures, examinations etc around breastfeeding where possible.			

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3	<b>TRANSITION FROM EXPRESSING TO BREASTFEEDING DIRECTLY</b>	Commencement Date Signature Grade	Discontinued Date, time, Signature, grade
	<p><b>Use</b> the 'Transition from tube feeding to breastfeeding guide' to facilitate this <input type="checkbox"/></p> <p>Other practices that will facilitate this include:</p> <ul style="list-style-type: none"> <li>- Supporting parents to do skin to skin</li> <li>- Performing mouth care with EBM</li> </ul> <p>Give opportunities for non-nutritive sucking (NNS) e.g. gloved finger, soother, 'empty breast', if clinically indicated</p>		
	<p style="text-align: center;"><b>4 DISCHARGE SUPPORTS</b></p> <p>Inform the Public Health Nurse of all breastfeeding infants on discharge.</p> <p>Inform parents of:</p> <ul style="list-style-type: none"> <li>- Voluntary breastfeeding support networks (eg Cuidiú, LLL, Friends of Breastfeeding) at:  <a href="https://www2.hse.ie/services/breastfeeding-support-search/">https://www2.hse.ie/services/breastfeeding-support-search/</a> <input type="checkbox"/></li> <li>- CHI at Crumlin breastfeeding information at  <a href="http://www.olchc.ie/Children-Family/Breastfeeding">www.olchc.ie/Children-Family/Breastfeeding</a> <input type="checkbox"/></li> <li>- HSE lactation consultant live chat &amp; e-mail advice service available 7 days a week  <a href="https://www2.hse.ie/services/ask-our-breastfeeding-expert/">https://www2.hse.ie/services/ask-our-breastfeeding-expert/</a> <input type="checkbox"/></li> </ul>		

Created by Elaine Harris CPC, NDPU Jan 2016. 2<sup>nd</sup> Edition: May 2018

Updated by Catherine Carroll Lactation Specialist. 3<sup>rd</sup> Edition October 2022

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