

**NURSING CARE PLAN No 4a**  
**EXPRESSED BREAST MILK AND EXPRESSING**

Use in conjunction with Careplan 1

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

Care Plan No 4a Problem	EXPRESSED BREAST MILK (EBM) AND EXPRESSING Goals	Issue Date: December 2018	Review Date: December 2025																		
..... is receiving breastmilk	<ul style="list-style-type: none"> <li>Their expressing parent will be supported with support to establish and continue expressing breast milk for their infant</li> <li>Their EBM will be handled and stored safely and appropriately</li> <li>They will receive EBM (with additions) in a safe manner</li> <li>Their expressing parent will be supported to (re)establish breastfeeding their infant when clinically indicated/ if that is their feeding intention</li> <li>Their expressing parent will be supported to wean expressing if they so wish</li> <li>Their expressing parent has support on expressing and breastfeeding when discharged</li> </ul>																				
<b>1</b>	<b>NURSING INTERVENTION</b> (Tick when performed <input checked="" type="checkbox"/> )	Commencement Date Signature Grade	Discontinued Date, time, Signature, grade																		
<b>1A</b>	<b>EXPRESSING ADVICE AND INFORMATION</b>																				
<p><b>Explain</b> the benefits and importance of providing breast milk to hospitalised infants <input type="checkbox"/></p> <p><b>Give</b> the expressing parent:</p> <ul style="list-style-type: none"> <li>- 'Expressing Assessment Tool Parent's Version' <input type="checkbox"/> 'Expressing EBM Log' <input type="checkbox"/></li> <li>- HSE booklet 'Breastfeeding and expressing for your premature or sick baby'</li> <li>- Breastfeeding Information if applicable (<a href="http://www.olhc.ie/Children-Family/Breastfeeding">www.olhc.ie/Children-Family/Breastfeeding</a>) <input type="checkbox"/></li> <li>- A Guide for Washing and Sterilising Expressing Breast Milk Equipment <input type="checkbox"/></li> </ul> <p>The above will help parents learn about the following: Kangaroo Care <input type="checkbox"/> Hand express <input type="checkbox"/></p> <p>Express using hands-on-pumping technique <input type="checkbox"/> Clean equipment <input type="checkbox"/> Store EBM <input type="checkbox"/></p> <p><b>Teach</b> parent how to: Assemble expressing equipment &amp; complete EBM Labels <input type="checkbox"/></p> <p>Perform Mouth Care with EBM <input type="checkbox"/></p> <p><b>Complete</b> the expressing assessment tool on admission and as per guidance on tool thereafter <input type="checkbox"/></p> <p><b>Perform</b> Breast Shield Assessment: Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p><b>Expression type chosen</b> by mother: - Hand Expressing <input type="checkbox"/> - Breast pump expressing <input type="checkbox"/></p> <p>- Single Pumping <input type="checkbox"/> - Double Pumping (recommended) <input type="checkbox"/></p>																					
<b>1B</b>	<b>SUPPORTING THE EXPRESSING PARENT</b>																				
Facilitate that the parent who is expressing has access to meal breaks, meal vouchers, water, sleep and rest																					
<b>2</b>	<b>EXPRESSING FACILITIES</b> (tick the facilities used by the parent <input checked="" type="checkbox"/> )																				
Screen <input type="checkbox"/> Bed for expressing parent <input type="checkbox"/> Expressing Room* <input type="checkbox"/> *It is best practice to express at the baby's bedside																					
<b>3</b>	<b>SAFE HANDLING, STORAGE, TRANSPORT OF EBM</b>																				
<ul style="list-style-type: none"> <li>Store EBM in individual labelled trays in the fridge/freezer.</li> <li>EBM bottles should only be opened once and decanted at this time if needed.</li> <li>Label syringes with decanted label.</li> <li>If defrosting EBM: document on label when milk removed from freezer and when defrosted. Note: EBM is defrosted when free of ice crystals, not when taken out of the freezer.</li> <li>Do not re-freeze EBM once thawed.</li> <li>Discard any heated EBM that is not used.</li> </ul>																					
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4	<b>FEEDING INFANTS EBM (FRESH/ DEFROSTED/ WITH ADDITIONS)</b>	Commencement Date Signature Grade	Discontinued Date, time, Signature , grade
	<p><b>Order of EBM usage: 1<sup>st</sup>:</b> Colostrum (Day1-5), <b>2<sup>nd</sup>:</b> Fresh EBM <b>3<sup>rd</sup>:</b> Defrosted EBM (use in order of date)            2 checkers* must check the EBM at fridge &amp; bedside to ensure the following:            • Infant's name      • Infant's DOB      • HcRN      • EBM within date      • ID band  <b>*one must be a registered nurse; second checker can be a parent/ registered/student nurse/ HSCP/ doctor</b></p> <ul style="list-style-type: none"> <li>• Add additions as per directions on dietitian diet sheet to room temperature EBM – 2 checkers required.</li> <li>• Agitate gently prior to decanting and 1-2hrly during continuous feeds</li> <li>• Place enteral feeding syringes vertically in pump</li> <li>• Document in infant's Intake &amp; Output Sheet</li> </ul>		
	<p><b>5      MATERNAL MEDICATION</b></p> <ul style="list-style-type: none"> <li>• Ask parent if they are taking medication (either recreational, 'over the counter' or prescribed) and ensure they are aware to document same on EBM label.</li> <li>• Determine Medication/EBM compatibility with the Pharmacy Department &amp; identify safer alternative if required. Consult with medical team as needed.</li> </ul>		
	<p><b>6      PUMP/EQUIPMENT MAINTENANCE</b></p> <ul style="list-style-type: none"> <li>• Kit and Pump Cleaned as per Expressing &amp; Infection Control Guidelines</li> </ul>		
	<p><b>7      MISAPPROPRIATION OF EBM</b></p> <ul style="list-style-type: none"> <li>• Stop feed immediately, and aspirate the enteral feeding tube if possible (if one in situ)</li> <li>• Notify the CNM and relevant medical teams</li> <li>• Notify the parents/guardians involved</li> <li>• Infection control recommend following the occupational blood exposure guideline for the screening of both mothers and the infant who received the incorrect breast milk</li> <li>• Document in nursing notes &amp; complete an Incident/Near Miss Report Form</li> </ul>		
	<p><b>8      TRANSITION FROM TUBE FEEDING/ EXPRESSING TO BREASTFEEDING DIRECTLY</b></p> <p>Use the 'Transition from tube feeding to breastfeeding guide' to facilitate same      <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      <input type="checkbox"/></li> <li>• Performing mouth care with EBM      <input type="checkbox"/></li> </ul> <p>Give opportunities for non-nutritive sucking (NNS) e.g. gloved finger, soother, 'empty breast', if clinically indicated</p>		
	<p><b>9      WEANING THE EXPRESSING PROCESS</b></p> <p>Wean gradually by a combination of reducing the length of each pumping session and/or dropping pumping sessions every 2-3 days and only expressing to comfort.            Give mother: 'How to prepare your baby's bottles' leaflet if needed      <input type="checkbox"/>  <a href="https://www.fsai.ie/faq/bottle_feeding_safely.html?adlt=strict">https://www.fsai.ie/faq/bottle_feeding_safely.html?adlt=strict</a></p> <p>In the event of the death of a baby whose mother is expressing advise on:            EBM storage: Discard <input type="checkbox"/> / Bring home <input type="checkbox"/>      EBM donation <input type="checkbox"/></p>		
	<p><b>10      DISCHARGE SUPPORTS</b></p> <p>Inform the Public Health Nurse of all infants receiving EBM on discharge.            Inform parents of any EBM in the fridge/freezer that must be transported home and how to do transport so safely (consider use of Blood Bikes)            Inform mothers of:            National Voluntary Breastfeeding Support Networks at:  <a href="https://www2.hse.ie/services/breastfeeding-support-search/">https://www2.hse.ie/services/breastfeeding-support-search/</a>      <input type="checkbox"/>            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"/>            CHI at Crumlin breastfeeding information      <input type="checkbox"/>            How to source a breast pump if needed      <input type="checkbox"/></p>		