

# Case study: Improve early initiation of maternal breast milk – Royal Bolton Hospital



## Programme aim:

- Contribute to the national ambition set out in [Better Births](#), to reduce the rates of maternal and neonatal deaths, stillbirths and brain injuries that occur during or soon after birth by 50% by 2025
- Contribute to the national ambition, set out in [Safer Maternity Care](#), to reduce the national rate of preterm births from 8% to 6% by 2025
- Improve the safety and outcomes of maternal and neonatal care by reducing unwarranted variation and provide a high-quality healthcare experience for all women, babies, and families across maternity and neonatal settings.

## What problem were you trying to solve?

- Improving early expression of maternal breast milk in preterm babies.

## What did you do?

- Set up a Multidisciplinary Team with neonatal, medical, nursing and midwifery teams.
- Used QI tools to understand, analyse and communicate ideas.

## What did you do continued...

- Education and training information for Mothers has been made available at antenatal counselling sessions.
- Education and training neonatal and midwifery staff along with written information on how to help Mothers express in the first 2 hours after birth.
- Help Mothers to express milk while on the delivery suite.
- Introduced colostrum mouthcare for preterm babies. (Guideline to follow)

## How did it go?

- Improvement in early breast feeding has been presented at both regional and national MatNeoSIP meetings.
- Rates of early breast milk delivery for preterm babies has improved from
- In quarter Jan/Feb/March 2021 we had no data recorded for breast milk as we had no documentation to show it and no processes in place. For the Jan/Feb/March quarter of 2023 we are at 81%. Through monthly data checking we are lower due to parents choosing formula as this is no a contra-indication to this outcome

## What did you learn?

- Training staff on how to help Mothers to express early has improved staff confidence.
- It is crucial to work as a team to drive improvement.
- Continually to educate and train staff and reminding staff of the importance of maternal breast milk.
- Taking into consideration factors that could inhibit our data results ie choosing formula
- Creating parent friendly leaflets and tools to help with expressing