Breastfeeding and Diabetes: A Change in Practice.

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INTRODUCTION

Prior to change of practice in 2011—Routine separation of mothers and babies of diabetic mothers due to babies’ admission to neonatal.

Objective: to care for diabetic mothers and their babies together on postnatal ward.

RATIONALE

Breastfeeding is associated with reduction in incidence of diabetes mellitus.

Facilitating skin to skin contact and non-separation of mother and baby support early initiation of breastfeeding.

METHOD

• Consultations with multidisciplinary team
• Revision of clinical guideline on “Prevention and Management of Hypoglycaemia in the Newborn”
• Education sessions at ward level.
• Group education sessions, commenced by CMS Diabetes for antenatal women with Diabetes include information on supportive practices to facilitate breastfeeding.

RESULTS

From the end of February 2011 to beginning of November 2011, 77 babies of mothers with Diabetes are recorded.

CONCLUSION

Previously 100% of these babies were admitted to SCBU unit, during this period only 17% were admitted for reasons associated with mothers’ diabetes.

Change of practice has been maintained.