

Milk expression initiative

Cork University Maternity Hospital

Aim: Increase awareness of the value of hand expression of milk amongst staff and parents.

Action: Audit existing staff skills in assisting expression using a tool; provide staff education sessions/skills w'shop; develop DVD; audit knowledge and skills of mothers.

Evaluation and outcomes of the plan: Project was an effective and appropriate use of staff time. Staff participated particularly in short lunchtime "blitz" sessions (sandwiches provided). Mothers on realising the importance of hand expression for all reasons are now happy to become competent in the skill. Staff are now more aware of the value of this skill. It was empowering both for staff and mothers. A DVD is to be launched in Oct 2016.

This project provided evidence of implementing National Standards for Safer Better Healthcare under various Themes.

Published in BFHI Link Issue 58, Sept 2016 <http://www.babyfriendly.ie/newsletter.htm>