BEHIND CLOSED DOORS:

THE IMPACT LOCKING UP FORMULA HAS ON BREASTFEEDING EXCLUSIVITY RATES

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BACKGROUND

The benefits of exclusive breast milk feeding are well documented. Similar to other hospitals, Northside Hospital Forsyth has endeavored to improve exclusive breastfeeding rates.

In January 2017, a downward trend occurred in the exclusive breastfeeding rate. Rates continued to plummet to 24% despite multiple initiatives: staff education, marketing assistance, family teaching tools and new crib cards. A new strategy was conceived—LOCK UP THE FORMULA!

PURPOSES

- Increase breastfeeding exclusivity rates
- Decrease overall formula usage by understanding why and when formula was being provided
- Increase staff accountability
- Track reasons formula was removed, time, by whom, and to ensure parent education provided prior to supplementation

METHODS

- Breastfeeding Taskforce discussed PDSA/implementation challenges
- Leadership considered operational challenges and ensured overall leadership buy-in
- Unit manager introduced idea during staff meeting and reviewed implementation plan
- Collaborative pharmacy decision to store formula in a locked nursery cabinet with the key accessible through the Accudose
- Log created to track formula removal and included key data information **See** Figure A
- Updates given during subsequent staff meetings to review progress

BARRIERS

- Non-compliance completing the log.
- Initial staff concerns related to educating families requesting formula
- Staff perceptions of “big brother” watching and repercussions
- Cabinet locking issues

RESULTS

- Exclusive breastfeeding rates have climbed as high as 57% with an ongoing upward trend-a 33% increase from January 2016 **See** Figure B
- 10% decrease in newborns receiving more than 3 bottles of formula
- A boost in staff-led PDSAs to improve breastfeeding rates
- Increased staff satisfaction and confidence educating families and providing breastfeeding assistance

CONCLUSION/NURSING IMPLICATIONS

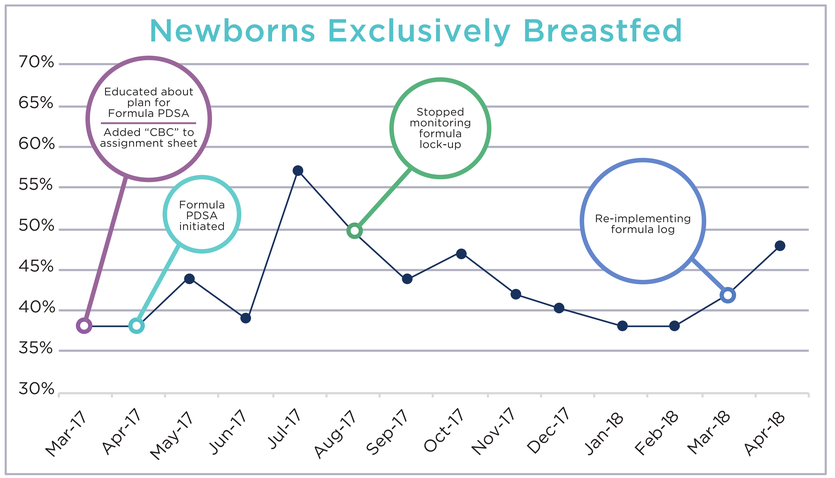
In conclusion, locking up formula has had a significant positive impact on overall breastfeeding rates. Using a method to track formula distribution with a simple log sheet can increase staff awareness and accountability. These low-cost, simple strategies can significantly assist with improving exclusive breastfeeding rates.

FIGURE A

REASONS FOR FORMULA FEEDING

	Name/Rm #		FORMULA FEEDING ONLY	MATERNAL REQUEST (Please enter initial to indicate reason for giving formula)		FORMULA REQUIRED - GUIDELINES (Please enter initial to indicate reason for giving formula)	MD ORDER (Please enter initial to indicate reason for giving formula)
DATE	Baby's Last Name - Girl/Boy - Mother's Name -	Rm #	Enter number of bottles given	Mother is **T**ired or in **P**ain (**T** or **P**)	Baby is **H**ungry or **N**ot getting enough (**H** or **N**)	**L**BW/**S**GA/**H**ypoglycemia (**L** or **S** or **H**)	**P**hototherapy or **W**eight Loss (**P** or **W**)

FIGURE B



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