

Competency 5: Engage in antenatal conversation about breastfeeding (Step 3).

Performance Indicators: 15, 16, 17

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
<p>Prepared for the consultation</p> <ul style="list-style-type: none"> Staff aware of engaging in meaningful conversations that ENCOURAGES* the patient and family members. 			
<p>Established rapport</p> <ul style="list-style-type: none"> Introduced self and supervisor. Explained reason for communication. Asked permission to continue. 			
C5 PI 15: Engage in a conversation with a pregnant woman on 3 aspects of the importance of breastfeeding.			
<ul style="list-style-type: none"> Global recommendations on early initiation of breastfeeding and skin-to-skin immediately following birth and for at least one hour. Global recommendations on exclusive breastfeeding for first 6 months. Global recommendations on breastfeeding until 2 years old or more. Risks of non-breastfeeding for both mother and baby. <p>For baby:</p> <ul style="list-style-type: none"> ✓ Microbiota of non-exclusively breastfed infants is different from exclusively breastfed ones. ✓ Artificial milk supplementation significantly alters the intestinal microflora. ✓ Higher risk of the following: Acute diseases (respiratory infections, diarrheas, otitis, dermatitis); Allergies and infections; Chronic diseases (asthma, diabetes, obesity); Cancers during infancy, leukemia; Death before 2 years old from all causes; Necrotizing enterocolitis; SIDS (sudden infant death syndrome); Decreased cognitive development. <p>For mother, using formula means:</p> <ul style="list-style-type: none"> ✓ Offering unneeded supplements may endanger adequate milk production. ✓ Higher risk of the following: Postnatal depression; Breast cancer; Ovarian cancer; Hypertension; Type 2 diabetes. 			

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C5 PI 16: Assess at least 3 aspects of a pregnant woman's breastfeeding knowledge in order to fill the gaps and correct inaccuracies.			
<ul style="list-style-type: none"> Used Foundational Skills to discuss additional information on breastfeeding according to needs and concerns including: advantages of exclusive breastfeeding; how to initiate and establish breastfeeding after birth; importance of skin-to-skin contact immediately after birth; typical breastfeeding patterns; responsive feeding and feeding cues; rooming-in; importance of colostrum; healthcare practices and help mother will receive after birth. Support in a respectful manner a woman who may not be considering breastfeeding to make an informed decision about feeding her infant. 			
C5 PI 17: Engage in a conversation with a pregnant woman about at least 4 care practices a dyad will experience at the birthing facility that will support breastfeeding.			
<ul style="list-style-type: none"> Used Foundational Skills to discuss the following: <ul style="list-style-type: none"> Importance of a positive childbirth experience. Immediate and uninterrupted skin-to-skin. Breastfeeding initiation within the first hour. Recognition of feeding cues. Prompt response to feeding cues Basics of good positioning and attachment. How breastfeeding functions. Milk expression (why, how, practice touching breast, get familiar with massage etc.) 			
Ensured mother had sufficient information about breastfeeding <ul style="list-style-type: none"> Covered ALL information on Checklist, sharing evidence-based information accurately. 			
Completed documentation as appropriate			

Adapted from the Baby-Friendly USA, Inc. "Guidelines and Evaluation Criteria for Facilities Seeking Baby-Friendly Designation, Sixth Edition" and the WHO competency verification toolkit, ensuring competency of direct care providers to implement the baby-friendly hospital initiative Web annex A Competency verification form (sorted by domain and competency). *ENCOURAGES = Empathize, Non-judgmental, Confirm, Open-ended questions, Use competent skills, Responsive care, Affirm, Give evidence-based information, Empower, and Support.



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