

Breastfeeding Update

Information for Health Professionals

WINTER 2017

The 411 on Donor Human Milk in Saskatchewan

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NorthernStar Mother's Milk Bank (NMMB) Calgary

Saskatchewan assists with the collection of milk from NMMB donors and also purchases pasteurized donor human milk for the NICUs in the province. NMMB is a not for profit community milk bank operating as a charity to deliver pasteurized donor human milk to 38 communities across the country. The milk is triaged for sick and fragile preterm infants but currently 10-15% of all donated milk is used by families in the community.

What Milk Banks Do

- Milk banks screen potential donors with excess milk through a verbal screen, a medical history and lifestyle questionnaire, forms completed by their health care professional, blood tests (HIV, Syphilis, Hepatitis B & C and Human T-lymphotropic virus), and frequent communication.
- Approved donors send their excess frozen milk and the milk bank handles pasteurizing, testing and dispensing. The donor human milk is pasteurized using the Holder Method. Pasteurization eliminates bacteria while retaining the majority of human milk's beneficial components.
- Milk is poured in bottles, frozen and dispensed.

Benefits of Pasteurized Donor Human Milk

- In preterm infants, the use of human milk is associated with a decreased risk of necrotizing enterocolitis, sepsis, retinopathy of prematurity, feeding intolerance and diarrhea. Its use promotes the growth and maturation of the digestive tract and decreases the length of stay in hospital.
- In infants not in the neonatal intensive care unit, the use of human milk is associated with decreased incidence of upper respiratory tract infections, gastrointestinal illness and food allergies.

Clients interested in Becoming a Human Milk Donor

- Refer them to the NMMB website at www.northernstarmilkbank.ca . Click on the Give/Donate tab
- Potential donors must complete verbal and written questionnaires, have their family physician complete paper work, and submit results from a blood test.

Saskatchewan Milk Drops

Milk drops are locations approved by NMMB as collection sites for donor human milk. Approved donors may drop off their frozen milk at any of the following Saskatchewan locations:

Regina

Regina General Hospital Milk Drop 1440 14th Avenue 306-766-6161

Saskatoon

Saskatoon Milk Drop City Centre Family Physicians 306-244-3016

Yorkton

Yorkton Milk Drop Yorkton Regional Health Center 306-786-0886

Useful Resources

Northern Star Mothers Milk Bank www.northernstarmilkbank.ca

Canadian Pediatric Society Position <http://www.cps.ca/documents/position/human-milk-banking>

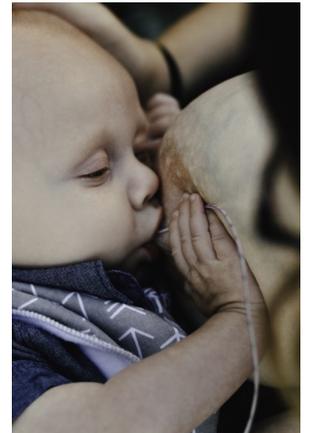
Health Canada <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/human-milk-don-lait-maternel-eng.php>

How can clients access donor milk for their babies?

Families require a prescription from a midwife, nurse, or physician before calling NMMB and placing an order. Clients will be charged per bottle and for shipping.

Informal Milk Sharing

There are various online/Facebook groups active in Saskatchewan including Human Milk 4 Human Babies and Eats on Feets where families can post their need and be connected with a family who has a surplus of breast milk. There are no assurances regarding the proper and safe expression, storage, handling and transport of informally shared breast milk which can lead to potential for milk to be contaminated with viruses or bacteria or to contain trace amounts of prescription and non-prescription drugs.



Breastfeeding
Committee
for Saskatchewan

Jim Pattison Children's Hospital: Why being Baby Friendly Matters
Written by Julie Smith-Fehr RN, BScN, MN

Within one year of moving into the Jim Pattison Children's Hospital (JPCH) our senior leadership within the Saskatoon Health Region has committed that the facility will achieve a Baby Friendly designation. This commitment will offer the highest standard of care to all mothers and babies.

Why does this matter so much? This prestigious Baby Friendly designation means that the facility and its staff has undergone a rigorous quality improvement process. This process involves ongoing assessments to ensure our staff have increased knowledge of infant feeding and greater skills and commitment to assisting and helping with breastfeeding. A Baby Friendly designation ensures that mothers' informed choice of infant feeding is respected, encouraged and supported. Through this process we will create an environment that encourages and supports best practice while improving the health of our newborns and future generations.

With this goal in mind, in early 2016 a strategic action plan was developed. Lean methodologies were used and included the development of a senior steering committee and four subcommittees to represent maternal services, NICU, pediatrics and physicians. The clinical teams each completed their self- assessments and then used the ten steps of the Baby Friendly Initiative (BFI) to complete an action plan. This plan will be reviewed every few months and will drive the work for the next few years.

In 2017, we are working on ensuring clinical areas going into the JPCH understand why BFI is so important. As a starting point, the clinical areas are currently receiving standard education on massage and hand expression. The staff on the maternal unit also received a one hour education session on the "Evidence behind skin-to-skin" at their education days. We are busy collecting data and ensuring it is visible for staff. More information about the process of the Baby Friendly Initiative can be found here <http://breastfeedingcanada.ca/BFI.aspx>



Resources

Health E-Learning
<https://www.health-e-learning.com/>

iLactation
<http://www.ilactation.com/>

Breastfeeding Committee of Saskatchewan—Fact Sheets
<http://www.thebcs.ca/>

Academy of Breastfeeding Medicine—protocols
<http://www.bfmed.org/>

Do you have content you'd like to see here?
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