



## Service Priorities and Programmes Electronic Presentations

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### **Promoting early expression of breast milk for sick baby: project on a future feasibility study**

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#### **Keywords:**

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#### **Introduction**

A one--month programme in the private obstetric ward was carried out to collect preliminary data for twelve mothers on the early expression of breast milk regarding the feasibility of future study and effects on the milk volume in the mother of the sick infant.

#### **Objectives**

To promote service improvement by identifying the need of change. To measure the effectiveness of midwives' supervision in order to design the feasibility study on the future service enhancement. To build quality culture for best evidence-based practice.

#### **Methodology**

A review of nearest 10 records of mothers who had separation with her sick babies since birth was performed. Record of milk volume was checked by scanning through the corresponding clinical management sheets. Programme objective was set through gap analysis. There was need identified, to achieve regular breast milk expression of mother with new-born separation, through collaborated support from midwives in terms of resources offering. 12 pregnant women were recruited as convenient sample for this programme in private obstetric ward. Measurement of 24-hour milk volumes were obtained on days 1 to 3. As this was a programme for future feasibility study with a small sample size (N=12), simple data analysis without statistical significance could be performed.

#### **Result**

The convenient sample for this project consisted of 12 women who had separation with their babies cared in neonatal special care unit. Supervision from a team of 3 midwives was given, covering morning, evening and night shifts, for initial early and regular expression of breast milk. Project group had in total one third of women (n=4) below 5 ml of breastmilk per 24 hours at 72 hours after delivery. Their average times of expression ranged from 2 to 3 per day. The 50th centile (median) or average of expression of project group per day 1, 2 and 3 were 1.5, 5 and 6. Only two women

who had 25.5 ml ending at 68 hours and 80 ml at 72 hours had followed the minimum requirement of milk expression, that were 8 per 24 hours once, on day 2 or 3 after delivery respectively. Conclusions: This project showed a need of change to study and source remedial measures to promote regularity of breast milk expression. Reviewing log of milk expression and provide the appropriate solution from staff help foster personal accountability. Current practice fails helping women causing a delay of milk production period.