



## **HSE National Breastfeeding Implementation Group**

### **The Mapping Project 2017**

#### **Report of the review of breastfeeding resources in Maternity Hospitals/Units and Community Health Organisations**





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## Executive Summary

This Breastfeeding Mapping Project was undertaken for the HSE's National Breastfeeding Implementation Group which is mandated to implement the breastfeeding action plan 'Breastfeeding in a Healthy Ireland - Health Service Breastfeeding Action Plan 2016-2021' (HSE, 2016). The aims of this project were to:

- a) To explore the breastfeeding resources and supports available across the Maternity Hospitals and the Community Health Organisations (CHOs) in the Republic of Ireland;
- b) To highlight gaps and use the data gathered to plan future services.

The objectives of this project were to:

- a) To explore the geographical location of breastfeeding specialist posts in maternity hospitals and CHOs;
- b) To investigate the availability of Health Care Professional (HCP) breastfeeding education and skills development in maternity hospitals and CHOs;
- c) To investigate the methods of data collection on breastfeeding rates and the presence of breastfeeding committees in maternity hospitals and CHOs;
- d) To explore the services provided for pregnant and breastfeeding mothers including: education, support, referral pathways to support, and access to breast pumps, in maternity hospitals and CHOs.

There are 19 maternity hospitals in the Republic of Ireland and data was collected via structured telephone interviews with the key HCPs with responsibility for breastfeeding within these hospitals. There was a total response rate of 95% (18 of 19) from the maternity hospitals.

There are nine Community Health Organisations (CHOs) in the Republic of Ireland comprising in turn a total of 31 Local Health Organisations (LHOs) within these CHOs. The 31 Directors of Public Health Nursing (DPHNs) were identified as the target respondents in the LHOs and the questionnaire was emailed to them through the Chairperson of the DPHN Forum with a response rate of 80%.

The report is structured as follows:

Section 1 outlines the importance of breastfeeding, reports comparative breastfeeding rates for Ireland and details the relevant policy context.

Section 2 outlines the methodology employed in the project.

Sections 3 (Maternity Hospitals) and 4 (Community Health Organisations) comprise the main body of the report and the detailed analysis of the data from our surveys. In both sections we report on:

- Antenatal education. Of note in this regard is that 83% of hospitals provide separate antenatal breastfeeding classes and 21% (5) LHOs reported that they provide such classes.
- Breastfeeding support. We report that 39% of maternity hospitals provide a post discharge breastfeeding support group and 88% of LHOs provide PHN led breastfeeding support groups.

- Referral pathways, in particular for mothers who experience any difficulties with breastfeeding. A total of 14 hospitals (78%) have a pathway of referral from the community to the hospital. Just over half of LHOs (55%) reported that they had such referral pathways in place.
- Breastfeeding committees, they play an important role in bringing together different stakeholders with a view to protecting, promoting and supporting breastfeeding. A total of 16 hospitals (89%) have a breastfeeding committee in place, however only seven LHOs (29%) reported having a breastfeeding committee.
- Training and skills development, the various programmes provided (20 hour courses, refresher courses, short teaching sessions), the frequency of uptake of such development opportunities, and record keeping with regard to training uptake.
- The various channels for the provision of breast pumps to mothers. It is noted that there appears to be extremely limited access in the LHOs to the provision of breast pumps for discharged mothers of hospitalised sick or premature babies. The only access available appears to be for the mother to rent or to purchase a breast pump themselves.
- Collation of statistics and staff responsibility in this regard.

A key focus of the project has been an appraisal of current and required staffing to support breastfeeding initiation and continuation. Across all of the Community Health Organisations in the Republic of Ireland there are only 4 Whole Time Equivalent (WTE) dedicated PHNs with an IBCLC qualification<sup>1</sup>. Five maternity hospitals have no specialist in lactation in post while the only provision in three hospitals (Kilkenny, Sligo and South Tipperary) is 0.5 of an acting WTE. The four large tertiary hospitals - which each have an average large birth rate of 8,500 births per hospital and which deal with many complex clinical challenges - have only a combined total of 6.1 WTE dedicated specialist posts in lactation. In total across the Irish hospital sector there are only 13.2 full time dedicated posts - comparisons with international models of lactation support and staffing suggest that there is a significant requirement for additional posts dedicated to lactation support.

The report concludes with recommendations in five key areas:

- (1) increasing staffing to international norms to ensure that mothers have access to an adequate level of support, education and appropriate pathways when challenges present;
- (2) training and skills development;
- (3) more widespread establishment of breastfeeding committees (a key feature of such committees is that they allow best practice to be coordinated, shared and disseminated nationally) and that comprise both representatives from the multidisciplinary teams and the voluntary breastfeeding groups;
- (4) provision of breast pumps to discharged mothers of hospitalised babies; and
- (5) collation of statistics in a consistent manner (especially in the context of the opportunity provided by the roll-out of the Maternal and Newborn - Clinical Management System).

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<sup>1</sup> Across the Community Health Organisations who replied to our survey there are only 2 WTE dedicated PHNs with an IBCLC qualification; in addition there are a further 2 more WTEs in the non responding CHOs.



## 1. Introduction

This Breastfeeding Mapping Project was undertaken for the HSE's National Breastfeeding Implementation Group which is mandated to implement the breastfeeding action plan 'Breastfeeding in a Healthy Ireland - Health Service Breastfeeding Action Plan 2016-2021' (HSE, 2016). Data was gathered to explore the breastfeeding resources and supports available across the Maternity Hospitals and the Community Health Organisations (CHOs) in the Republic of Ireland.

### *Report Structure*

This report is structured as follows. In this Introduction section we highlight the importance of breastfeeding, and current breastfeeding rates in Ireland at birth and at the first and three month visit by the PHN are detailed. Key policy documents in Ireland are discussed and we examine how breastfeeding is incorporated within these strategies. Section 2 of the report outlines the methodology employed in this study and the following sections report on the analysis of the data gathered from the maternity hospitals (Section 3) and the CHOs (Section 4).

### *The Importance of Breastfeeding*

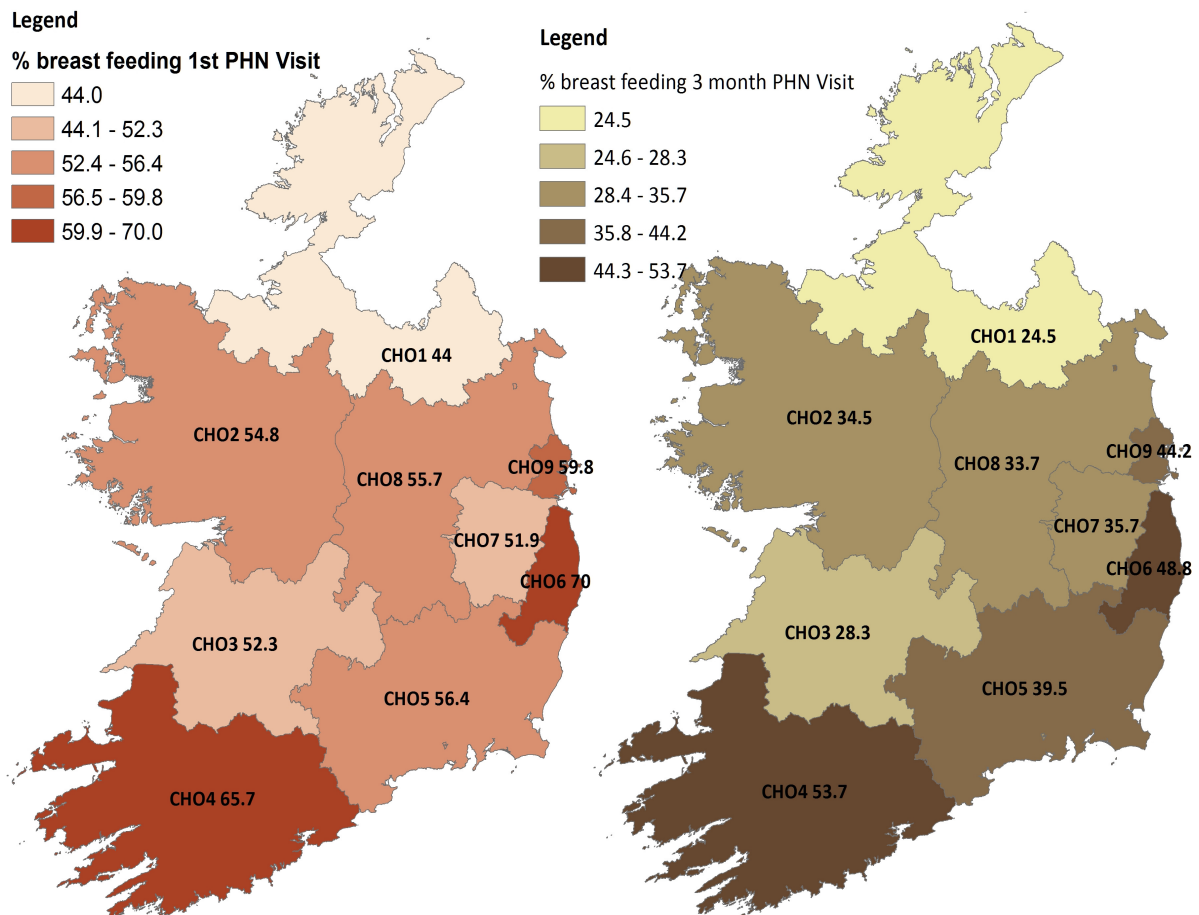
The Global Strategy for Infant and Young Child Feeding (WHO/UNICEF, 2003, p.8) supports exclusive breastfeeding for six months from birth *'with timely adequate, safe and appropriate complementary feeding, while continuing breastfeeding for two years and beyond'*.

Breastmilk is the most natural first food because of its unique properties that cannot be replicated in other milks. *'Breastfeeding is one of the few interventions where survival benefits span the entire continuum of childhood: newborn, infancy and early childhood'* (Sankar *et al* 2015, p.6). Children who are not breastfed have a higher incidence and severity of many illnesses including respiratory tract infection, gastroenteritis, otitis media, diabetes and SIDS (Victora *et al*, 2016).

The protective effects of breastfeeding may extend into later life, with prolonged breastfeeding being directly related to a decreasing risk of obesity (Yan *et al*, 2014). Longer breastfeeding is associated with higher performance on intelligence tests among children and adolescents, controlling for maternal IQ (Victora *et al*, 2016).

### *Breastfeeding Rates in Ireland*

The most recent Perinatal Statistics Report (HSE, 2017) indicates that 57.9% of babies were breastfed in Ireland in 2015, compared to 93% in New Zealand (Ministry of Health, 2015), 81% in the UK (Mc Andrew *et al*, 2012), and 81% in the United States (Centers for Disease Control and Prevention, 2016). European breastfeeding rates are lowest in Ireland, France, Cyprus and Malta according to the European Perinatal Health Report (Europeristat, 2013). Two Key Performance Indicators (KPIs) are tracked with regard to continuity of breastfeeding in Ireland (Figure 1.1) - percentage of babies breastfeeding exclusively (and not exclusively) at the first visit of the PHN (national target in 2016 was 56% - actual performance was 56.8%); percentage of babies breastfeeding exclusively (and not exclusively) at the PHN three month visit (national target in 2016 was 38% - actual performance was 38.8%).



**Figure 1- The % breastfeeding at the first and three month PHN visit per CHO.**

### *Key National Policies*

Breastfeeding is incorporated into many current policy documents in Ireland. The vision of *Healthy Ireland - a Framework for Improved Health and Wellbeing 2013-2025* (DoH, 2013) is 'a healthy Ireland where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone's responsibility'. That document highlights the importance of addressing risk factors and promoting protective factors at every stage of life including the period from the prenatal stage through childhood, to support health and wellbeing. The obesity strategy *A Healthy Weight for Ireland - Obesity Policy and Action Plan 2016-2025* (DoH, 2016) supports breastfeeding having a significant protective factor against obesity in children. That strategy actions the implementation and monitoring of our forthcoming breastfeeding action plan 'with investment in whole time equivalent posts across acute and primary care settings in addition to enhanced training, provision of supports to mothers and social marketing' (HSE, 2016, p.47).

The strategy *Creating a Better Future Together - National Maternity Strategy 2016-2026* (DoH, 2016) following public consultation identified areas of concern in breastfeeding. These concerns included lack of breastfeeding support in the hospital and the home setting, inconsistent and sometimes contradictory information from health care professionals, limited support on the postnatal wards, and little or no access to an IBCLC. The strategy emphasised a clear focus necessary to improve support for breastfeeding both within the

hospital and the community. The strategy also identified the need for training and skills development of all staff caring for the breastfeeding mother and her baby.

The vision of the recently published HSE Breastfeeding Action Plan (HSE, 2016,p. 8) is to *'achieve a society where breastfeeding is the norm for individuals, families and communities in Ireland resulting in improved child and maternal health outcomes and where all women receive the support that they need, to enable them to breastfeed for longer'*. The overarching aim of the Breastfeeding Action Plan is to increase breastfeeding initiation and duration rates, by supporting and enabling more mothers to breastfeed (HSE, 2016).

The National Breastfeeding Implementation Group was established to progress the actions of the Breastfeeding Action Plan.

Priority actions include

- implementation of policies at hospital and community level;
- investment in breastfeeding training and skills development for health care staff;
- the provision of additional lactation specialist posts (CMS / CNS Lactation); and
- partnership working to promote a culture that accepts and supports breastfeeding' (HSE, 2016, p. 6).

This Mapping Project will provide information on the breastfeeding resources and supports available across the maternity hospitals/units and the Community Health Organisations (CHOs) in the Republic of Ireland and will inform the National Breastfeeding Implementation Group who are tasked with the implementation of the HSE Breastfeeding Action Plan.



## 2. Methodology

The aims of this Breastfeeding Mapping Project were to:

- a) To explore the breastfeeding resources and supports available across the maternity hospitals/units and the Community Health Organisations (CHOs) in the Republic of Ireland;
- b) To highlight gaps and use the data gathered to plan future services.

The objectives of this project were to:

- a) To explore the geographical location of Breastfeeding specialist posts in maternity hospitals and CHOs;
- b) To investigate the availability of Health Care Professional (HCP) breastfeeding education and skills development in maternity hospitals/units and CHOs;
- c) To investigate the methods of data collection on breastfeeding rates and the presence of breastfeeding committees in maternity hospitals/units and CHOs;
- d) To explore the services provided for pregnant and breastfeeding mothers including: education, support, referral pathways to support, and access to breast pumps, in maternity hospitals and CHOs.

### *Questionnaire*

The questionnaire was developed in February 2017 by Rebecca O'Donovan (Assistant National Breastfeeding Coordinator) and Siobhán Hourigan (National Breastfeeding Coordinator) (Appendix 1). The questionnaire comprised eight sections; two slightly different versions of the questionnaire were developed comprising questions specifically focused to maternity hospitals and CHOs respectively. The population of interest for this study was defined as key informants in relation to breastfeeding in the maternity hospitals and the CHOs. The questionnaire targeted to the maternity hospitals was pilot tested with an Acting CMS at CUMH and feedback on the questionnaire targeted to the CHOs was received from the National Lead for Public Health Nursing.

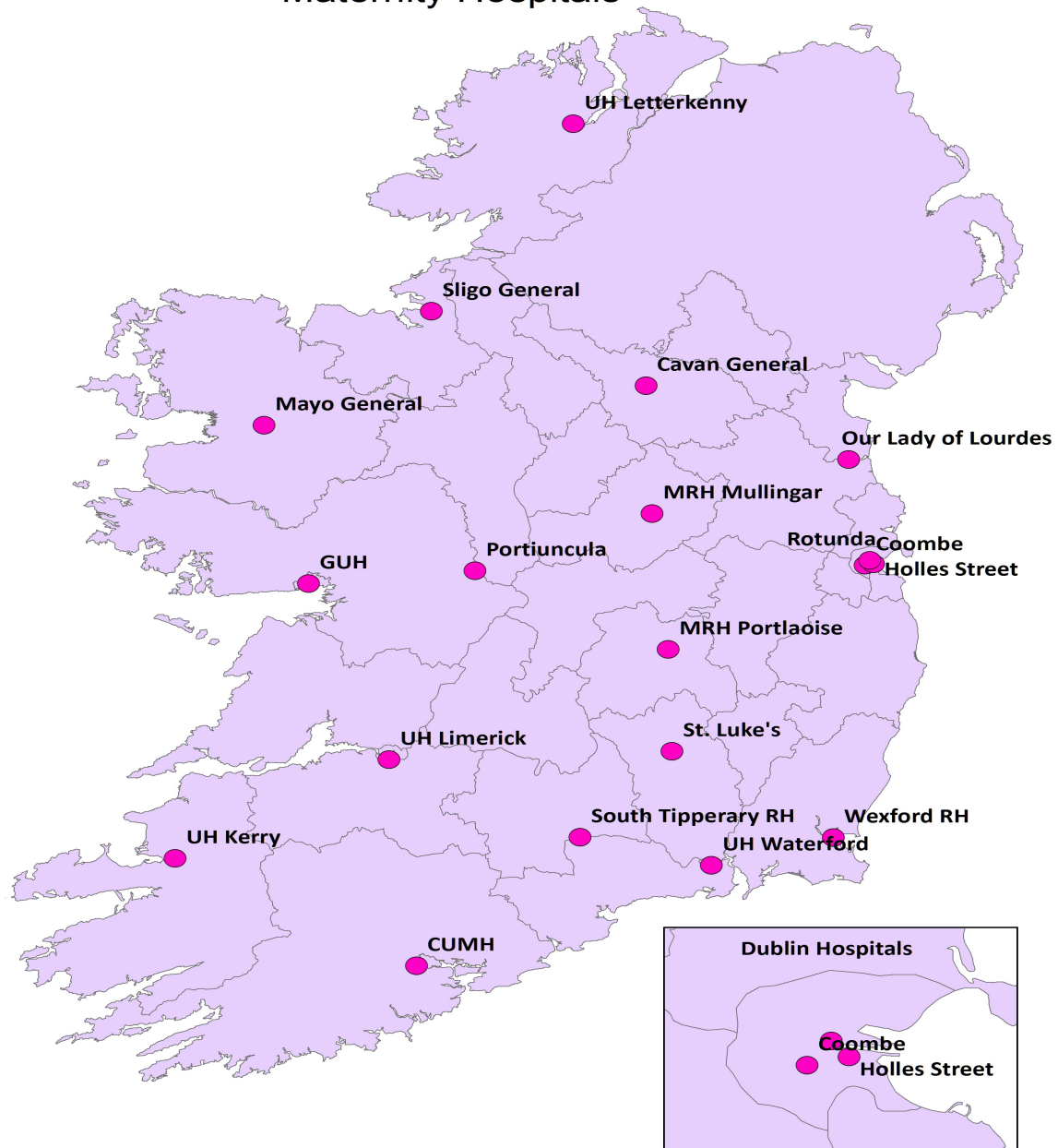
### *Maternity Hospitals*

There are 19 maternity hospitals/units in the Republic of Ireland. Figure 2 illustrates the locations of these 19 hospitals. Data was collected via a structured telephone interview lasting approximately 45 minutes with the key health care professional with responsibility for breastfeeding at the maternity hospitals. All maternity hospitals with the exception of Letterkenny participated in the telephone interviews.

### *Community Health Organisations (CHOs)*

There are nine CHOs in the Republic of Ireland comprising in turn a total of 31 Local Health Organisations (LHOs) within the CHOs (Table 1). The 31 directors of Public Health Nursing (DPHNs) were identified as the target respondents in the LHOs and the questionnaire was emailed to them through the Chairperson of the DPHN Forum, with 25 questionnaires returned. The return from Clare LHO was representative of all of CHO Area 3. There were two returns from North Lee LHO (CHO Area 4) and these were combined in the analysis to represent as accurate as possible the service provision in that LHO. This gave hence a total response rate of 80% (24/30) from the CHO areas.

## Maternity Hospitals



**Figure 2** The 19 maternity hospitals/units in the Republic of Ireland

CHO Area	LHO
CHO 1	Donegal
	Cavan/Monaghan
	Sligo/Leitrim
CHO 2	Mayo
	Galway
	Roscommon
CHO 3	Clare
	Limerick/North Tipperary
CHO 4	North Lee/Cork City
	South Lee/Cork City
	West Cork
	North Cork
	Kerry
CHO 5	Tipperary South
	Carlow/Kilkenny
	Waterford
	Wexford
CHO 6	Wicklow
	Dun Laoghaire
	Dublin South East
CHO 7	Kildare/West Wicklow
	Dublin West
	Dublin South City
	Dublin South West
CHO 8	Laois/Offaly
	Longford/Westmeath
	Louth
	Meath
CHO 9	Dublin North
	Dublin North Central
	Dublin North West

**Table 1- Community Health Organisations and Local Health Offices in the Republic of Ireland**





### 3. Analysis of data from Maternity Hospitals/Units

#### 3.1 Clinical Midwife / Nurse Specialists (CMS / CNS) and International Board Certified Lactation Consultant Posts

The role of the CMS / CNS is *'a defined area of nursing or midwifery practice that requires application of specially focused knowledge and skills, which are both in demand and required to improve the quality of patient/client care'* (National Council for the Professional Development of Nursing and Midwifery, 2008, p.5). This specialist practice *'encompasses a major clinical focus which comprises assessment, planning, delivery and evaluation of care given to patients/clients and their families in hospital, community and outpatient settings'* (National Council for the Professional Development of Nursing and Midwifery, 2008, p.5). The five core concepts of the CMS / CNS role as defined by the National Council for the Professional Development of Nursing and Midwifery (2008, p.8) are:

- Clinical Focus
- Patient / Client Advocate
- Education and training
- Audit and Research
- Consultant

The International Board Certified Lactation Consultant (IBCLC) *'is the only international certification in breastfeeding and human lactation, awarded by an independently accredited organisation'* (Wambach and Riordan, 2016, p. 6). *'The IBCLC is a specialist trained to focus on the needs and concerns of the breastfeeding mother-baby pair'* (Wambach and Riordan, 2016, p. 35).

The US Lactation Consultant Association has determined that optimal IBCLC staffing is

- full time equivalents (FTE) per 1,000 deliveries in a level (II) hospital (a hospital with a Neonatal Intensive Care Unit but only for stable babies) and
- 1.9 FTE per 1,000 deliveries in a level (III) Hospital (a tertiary hospital) (Walker, 2016, p. 308).

Sutton *et al* (2017) reviewed for the Health Research Board practices that increase breastfeeding and highlighted the model of breastfeeding support in New Zealand where currently breastfeeding rates at birth are 94% exclusive (no partial breastfeeding) and at 3 months 71% any breastfeeding (56% exclusive breastfeeding). The model of breastfeeding support in New Zealand was illustrated with the example of a district health board with approximately 3,650 births annually. There are three full-time lactation consultants in the Women's Health Service (two in the hospital and one in the community) and 0.8 full-time equivalent (FTE) lactation consultants in the Neonatal Intensive Care Unit at the hospital. This thus equates to 0.77 FTE lactation consultants per 1,000 births in the hospital setting.

Integrating routine lactation consultant support can improve breastfeeding initiation and duration (Witt *et al*, 2012). A systematic literature review conducted by Sanjay and Shveta (2016) found breastfeeding interventions using lactation consultants and counsellors increased the number of women initiating, continuing and exclusively breastfeeding. There are eight themes included in the *National Standards for Safer Better Maternity Services* (HIQA, 2016). Features of a maternity service meeting standard 4.1 of Theme 4 Better Health and Wellbeing includes that the health care professional caring for the mother in the post natal period *'coordinates timely access to a lactation consultant as required by the breastfeeding mother and her baby'* (HIQA, 2016, p. 100).

Table 2 sets out the current specialist midwifery/nursing posts in lactation in the nineteen maternity hospitals/units.

		CMS Posts	
Maternity Unit	*Births 2016	Grade	WTE
Ireland East Hospital Group			
National Maternity Hospital Dublin	9,307	CMS	2 WTE (1 in post and 1 acting, plan is to advertise the latter post)
Wexford General Hospital	1,900		0
St Luke's Hospital Kilkenny	1,618	To be confirmed	0.5 acting, plan is to advertise the post which has not yet been graded
Midland Regional Hospital Mullingar Co Westmeath	2,107	CMS	1 WTE
Dublin Midlands Hospital Group			
Coombe Women and Infant University Hospital Dublin	8,500	CMS	2 WTE
Midland Regional Hospital Portlaoise	1,400	CMS	1 WTE (only 0.5 currently in post)
RCSI Hospital Group			
Rotunda Hospital Dublin	8,552	CMS	1.1 WTE
Our Lady of Lourdes Hospital Drogheda	3,200		0
Cavan General Hospital	1,660	CMS	1 WTE
University of Limerick Hospital Group			
University Maternity Hospital Limerick	4,474	CMS	1.1 WTE
Saolta Hospital Group			
University College Hospital Galway	3,001	CMS	0.5 WTE
Letterkenny General Hospital	No response		-
Mayo General Hospital	1,603		0
Sligo General Hospital	1,361		0.5 acting, no plans to advertise the post
Portiuncula Hospital Ballinasloe	1,300	CMS	1 WTE
South/ South West Hospital Group			
Cork University Maternity Hospital	7,629	CMS	1 WTE (Acting CMS, plan to advertise the post) plus 0.6 WTE midwife IBCLC (not a dedicated post)
South Tipperary General Hospital	1,047	To be confirmed	0.5 acting , plan is to advertise the post
University Hospital Kerry	1,400		0
University Hospital Waterford	1,980		0
<b>National Total</b>	<b>62,039</b>		<b>13.2 WTE approved posts</b>

**Table 2– Hospital based specialists in lactation as at February 2017**

(\*Birth rates as reported by individual hospitals)

The existence of CMS posts in lactation within Irish maternity hospitals/units is extremely low and well below international guidelines. There is no CNS post in Lactation in any Irish maternity hospital at present. Currently in Ireland there are 19 maternity hospitals, as noted above 18 of these have participated in this study. Table 2 shows that:

- 13 of these hospitals have CMS staff in place (combination of single and / or multiple full-time, part-time, permanent and acting posts);
- There are currently **a total of 13.2 WTE approved CMS in Lactation posts** across these 13 maternity hospitals – of this total 0.5 WTE is currently vacant;
- Of the 13.2 WTE posts 3.5 WTE are acting; there are plans to advertise 3.0 WTE of these 3.5 WTE acting posts;
- The only provision in three hospitals (Kilkenny, Sligo and South Tipperary) is 0.5 of an acting WTE, two of these hospitals plan to advertise those posts;
- The four large tertiary hospitals - which each have an average large birth rate of 8,500 births per hospital and which deal with many complex clinical challenges - have only a combined total of 6.1 WTE dedicated specialist posts in lactation.
- The remaining five hospitals who participated have no specialists in lactation in post.

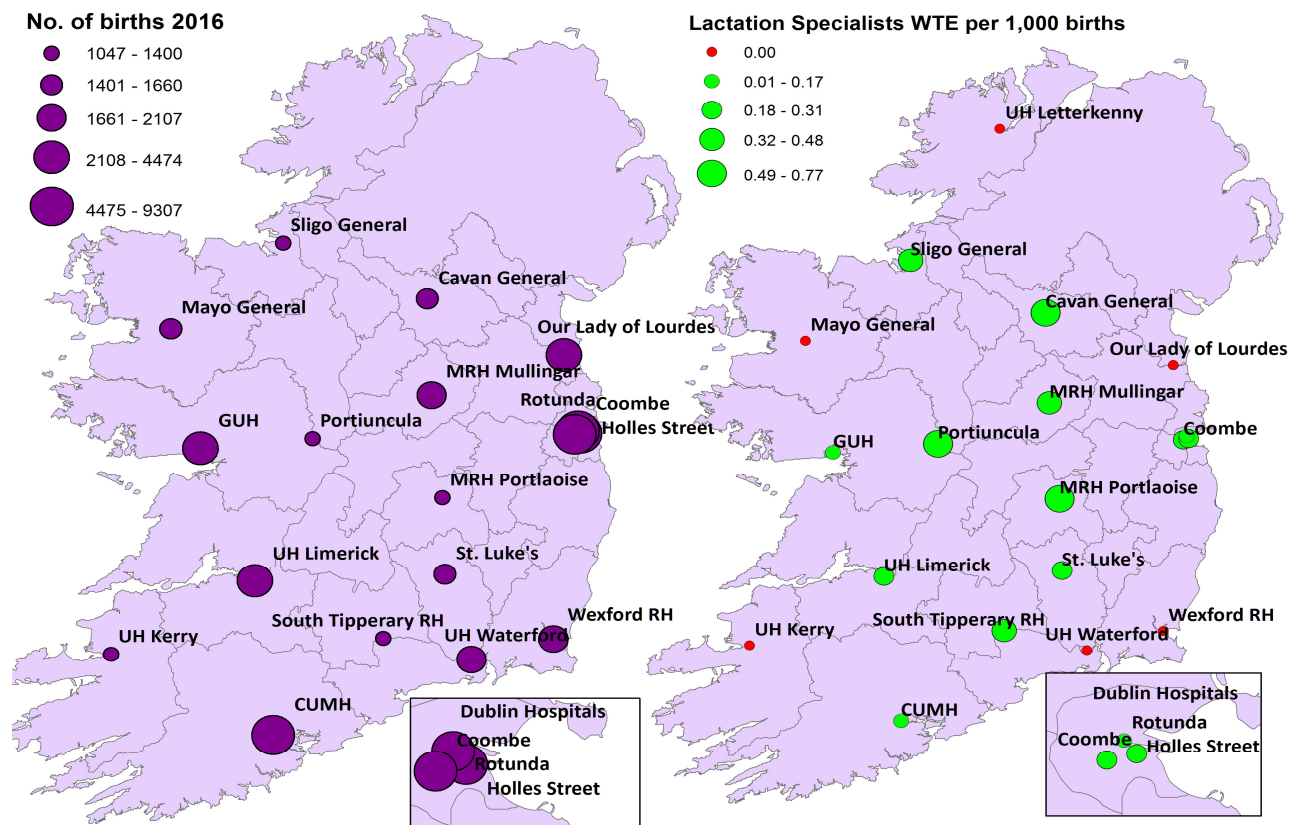
In the 18 hospitals who participated in this study, 79 staff working in many other areas in the maternity hospitals have an IBCLC qualification. These areas include outpatient departments, early pregnancy units, scanning services, Domino and community midwifery services, antenatal, postnatal and labour wards, Special Care Baby Units, parentcraft teams, clinical placement, midwifery management and Advanced Nurse Practitioners. For example all four IBCLCs in Our Lady of Lourdes Hospital Drogheda (OLHD) are part of the parentcraft team. The National Maternity Hospital has a total of 19 IBCLCs and the average for each of the remaining 17 hospitals is 3.5 IBCLCs.

### *Gap analysis*

If we use the US Lactation Consultant Association optimal IBCLC staffing levels as a benchmark (see page 12 above) then this would suggest that for the 62,039 births in Ireland in 2016 some 110 hospital based specialists in lactation are required for Irish maternity hospitals. If we use the New Zealand staffing level reported by Sutton *et al* (2017) as a benchmark (again see page 12 above) then this would suggest that for the 62,039 births in Ireland in 2016 some 48 hospital based specialists in lactation are required for Irish maternity hospitals (perhaps a more realistic expectation). As noted above across the Irish hospital sector there are only 13.2 full time dedicated posts; there are a further 79 other IBCLC qualified staff but they also work in other roles with lactation support only one part of their wider remit, furthermore any lactation support that they provide does not cover the wider range of activities which a dedicated specialist in lactation provides.

**There is thus a requirement for additional posts dedicated to lactation support.**

Figure 3 illustrates the hospital based specialists in lactation as at February 2017.



**Figure 3 The hospital based specialists in lactation as at February 2017 and the number of live births in 2016**

### 3.2 Antenatal Education

A recent umbrella review investigating interventions that promote increased breastfeeding rates conducted by the Health Research Board (Sutton *et al*, 2016) concluded that there is substantial and consistent evidence that education, counselling and support are required during the antenatal period through to the extended postnatal period. This support is more effective if provided '*face-to-face and on an ongoing and scheduled basis*' (*ibid*, p. 58).

All 18 hospitals include breastfeeding information in their antenatal classes. Ten hospitals report that the information is included throughout those classes, three hospitals reported that only a little information is included on breastfeeding; four other hospitals gave an indication of the number of minutes dedicated to breastfeeding in antenatal classes and this averaged 55 minutes.

The midwife has responsibility for facilitating the antenatal education classes for expectant parents in 10 of the maternity hospitals, parentcraft teams are responsible in 6 hospitals, one hospital facilitates sessions jointly by the parentcraft team and the midwife, and at one hospital (Sligo) the antenatal session is provided by a midwife with an IBCLC qualification. A total of 15 (83%) hospitals provide separate antenatal breastfeeding classes. One of the remaining three hospitals (Galway University Hospital) reported that the breastfeeding class had ceased due to staff shortages but the hope is that these classes will resume in the future. South Tipperary Hospital also stated that they plan to offer a breastfeeding class in the future. Antenatal breastfeeding classes are facilitated monthly (8 hospitals), fortnightly (3 hospitals), weekly (3 hospitals), and twice weekly (1 hospital). These

breastfeeding preparation sessions are booked by appointment (8 hospitals), drop in (3 hospitals) or a combination of both appointment / drop in (4 hospitals). The average time duration of these sessions across the 15 hospitals was calculated as 134 minutes. At 9 of the 15 responding hospitals these antenatal breastfeeding classes are facilitated by the CMS in Lactation, with the midwife, the midwife with an IBCLC qualification and parentcraft teams facilitating the remainder. At two hospitals the antenatal breastfeeding classes are provided jointly by the hospital midwives and public health nurses (Sligo) / community midwives (Rotunda).

It was reported by some of the hospitals that other classes including hypnobirthing classes for teenagers, diabetics, and mothers expecting twins are facilitated and have a breastfeeding component within these classes. Portiuncula reported that trained community health workers visit pregnant traveller mothers in their own homes and discuss breastfeeding with them. South Tipperary Hospital have a *'trained community mother's initiative'* whereby these mothers are introduced to expectant parents during the antenatal education session.

### **3.3 Breastfeeding Support**

A Cochrane review (McFadden *et al*, 2017) of support for breastfeeding mothers with healthy term babies highlighted that when support is offered to women it increases the duration and exclusivity of breastfeeding. According to the review this support is effective if offered by trained personnel, professional or lay, during the antenatal and postnatal period and works best if it involves scheduled visits and is structured to meet the needs of the population.

In 14 of the 18 (78%) maternity hospitals/units (78%) support is provided by either a CMS in Lactation or a health care professional (HCP) with an IBCLC qualification. The four hospitals where breastfeeding mothers are not seen in the postnatal period do not have a CMS in Lactation posts. Three of the 14 hospitals (Cavan, Cork University Maternity Hospital(CUMH) and University College Hospital Galway (UCHG) also provide in-patient breastfeeding support in group sessions averaging 3-4 sessions per week. CUMH reported that one of their weekly group sessions is for mothers of sick or preterm babies in the neonatal unit.

The Coombe Women and Infants University Hospital (CWIUH) reported that they facilitate twice weekly group sessions for high risk in-patient mothers in the antenatal period. The National Maternity Hospital (NMH) facilitate similar group sessions for these high risk in-patient mothers and Our Lady of Lourdes Hospital Drogheda (OLHD) reported that they facilitate one to one sessions with pregnant mothers. University Hospital Waterford invite members of the breastfeeding voluntary groups to 'meet and greet' pregnant women while they attend for their antenatal visit in the hospital outpatient department. Seven hospitals (39%) facilitate a post discharge breastfeeding support group.

In situations where no post discharge breastfeeding support group is facilitated by the maternity hospital (11 hospitals), mothers are referred to the Public Health Nurse (PHN), the voluntary breastfeeding groups including La Leche League, Cuidiu and Friends of Breastfeeding, and groups facilitated by the PHNs. Eight of these 11 hospitals refer mothers to the CMS in Lactation or HCP with an IBCLC qualification where mothers may return to the hospitals for a one to one consultation with this professional by arrangement. Mayo General Hospital reported facilitating 15-20 calls/visits on average per month. Kerry General Hospital refer mothers to the PHN / IBCLC temporary post holder in Kerry Local Health Organisation (LHO).

Ten of the 18 hospitals (56%) reported that they facilitate a specific telephone breastfeeding helpline. When the facilitators of this helpline are off duty, and for the remaining hospitals, mothers have the opportunity to contact the post natal ward to speak directly with a midwife if they have a specific breastfeeding query. In Mayo General Hospital these calls may then be transferred to the parentcraft team.

### **3.4 Referral Pathways**

The Academy of Breastfeeding Medicine (2015) recommends mothers, when experiencing breastfeeding challenges, seek help from a lactation specialist while in the maternity hospital or after discharge (Rosen-Carole and Hartman, 2015). *Making Every Contact Count – A Health Behaviour Change Framework and Implementation Plan for Health Professionals in the Irish Health Service* recommends as part of their guiding principles that ‘referral pathways to specialist services should be equitable, appropriate and easily accessible’ (HSE, 2017, p. 27).

All 18 maternity hospitals reported that they provide details to mothers on discharge from the maternity hospital of the local community breastfeeding supports, provide details of the website [www.breastfeeding.ie](http://www.breastfeeding.ie) and complete the discharge notification to the PHN detailing how the mother and her baby are breastfeeding. A total of 15 of these 18 hospitals (83%) contact the PHN directly only occasionally if there is a breastfeeding concern, however three hospitals who have a liaison PHN attending regularly (Midland Regional Hospital Mullingar, Our Lady of Lourdes Drogheda and Mayo) reported more frequent contact in this regard with the PHN. The reported feeding concerns included early discharge, breastfeeding not established, and baby in the NNU. Some hospitals did report that they would encourage the mother to remain in hospital in order to ensure the breastfeeding journey was more established before their discharge home.

A total of 14 of the 18 hospitals (78%) reported having a pathway of referral from the community to the hospital. The pathway is similar in many hospitals. PHNs, General Practitioners (GPs) and midwives make phone or email contact with the CMS in Lactation or the HCP with an IBCLC qualification, to discuss the particular breastfeeding issue a mother may be experiencing. The mother may then be seen either in the post discharge breastfeeding support group or for a one to one consultation. It was also reported that mothers, their partners, community mothers, and voluntary breastfeeding representatives have also sought referrals.

### **3.5 Breastfeeding Committee**

*Breastfeeding in a Healthy Ireland Health Service Breastfeeding Action Plan 2016- 2021* recommends that breastfeeding committees are established ‘within each Hospital Group, to include maternity hospitals, primary care, voluntary/community and service user representatives’ (HSE, 2016, p.10). A total of 16 of the 18 responding hospitals (89%) report that they have a breastfeeding committee which for 14 of these hospitals (78%) consists of members of a multidisciplinary team (MDT) as illustrated by Table 3.

Seven (39%) of these breastfeeding committees include a representative from the community and six include members of the voluntary groups La Leche League, Cuidiú and Friends of Breastfeeding. Many of these committees meet quarterly (nine), five meet monthly, with the remaining two committees reporting that they meet either annually or biannually. All of these committees reported that their role and function included achieving or

maintaining Baby Friendly Health initiative (BFHI). Their activities include BFHI action planning, audit reporting, policy development, and review of breastfeeding statistics. The survey respondents also outlined their involvement in other hospital and external committees including regional breastfeeding committees (Saolta Group and Limerick), health promotion groups (Our Lady of Lourdes and Limerick), and Healthy Ireland sub groups (Limerick and Cavan). There are also smaller work groups present within hospitals specifically to plan, implement and evaluate a specific breastfeeding initiative.

Hospital	Breastfeeding Committee	Includes members of the MDT	Includes community representative	Includes members of the voluntary groups
NMH	✓	✓		
Wexford				
St Lukes Kilkenny	✓			
MRH Mullingar	✓	✓		
CWIUH	✓	✓		✓
MRH Portlaoise	✓	✓	✓	✓
Rotunda	✓	✓	✓	✓
OLLHD	✓	✓		
Cavan	✓	✓	✓	
UMHL	✓	✓	✓	✓
UCHG	✓	✓	✓	✓
Mayo	✓	✓	✓	
Sligo	✓		✓	✓
Portiuncula	✓	✓		
CUMH	✓	✓		
Tipperary	✓	✓		
KUH				
Waterford	✓	✓		

**Table 3- Breastfeeding committees in the maternity hospitals/units**

### 3.6 Training and Skills Development

The vision of the Irish maternity strategy 'Creating a Better Future together: National Maternity Strategy 2016-2026' (2016, p.4) identifies maternity services in Ireland being 'delivered by a skilled and competent workforce, in partnership with women'. The strategy recognises the need for all maternity staff to 'receive training both on the importance of, and best methods to, initiate and continue breastfeeding' (*ibid*, p.57).

Table 4 summarises the training provision across the 18 respondent hospitals.

In 15 hospitals (83%) staff are provided with access to a 20 hour breastfeeding programme and one other hospital provides access via video link. The three Dublin hospitals combine a lot of their training at the Centre for Midwifery Education (CME). Use is made of elearning components which reduce the traditional three day 20 hour course to a two day course. It was reported that staff not employed by the three hospitals are charged a fee to attend this course.

Five hospitals (Cavan, Limerick, Portiuncula, Waterford and CUMH) provide the 20 hour course onsite. Mayo receive their 20 hour education via video link with Portiuncula hospital,



Kerry and Wexford provide the 20 hour course on site and also attend courses in CUMH and Waterford respectively. Mullingar and Galway have not recently provided a 20 hour programme (Mullingar reported that many staff have already completed the 20 hour programme). Five hospitals who attend the 20 hour programme off site include Kilkenny (to Waterford), Portlaoise (to CWIUH), Our Lady of Lourdes (to Ardee), Sligo (to local off site venue) and South Tipperary (to Waterford). Staff from the hospital would assist in the provision of these off site courses.

Eighteen hospitals provide their staff with access to refresher training (in 3 cases this is only occasional). Examples include: Mullingar reported that they provided breastfeeding updates to 80 staff members in one year prior to their last BFHI assessment; Galway provide a 3 hour breastfeeding education refresher in the afternoon with staff completing the Neonatal Resuscitation Programme (NRP) during the morning session. The National Maternity Hospital facilitate a breastfeeding training course for staff in the neonatal unit.

Fifteen hospitals (83%) provide their staff with access to short teaching sessions. These include updates on breastfeeding practices and skills to maternity staff. For example Portlaoise and Waterford provide weekly on the spot short training sessions; Waterford also has monthly education sessions as part of the 'drills and skills education sessions'. Midland Regional Hospital Mullingar provide their short teaching sessions on the ward at report / handover time and Portiuncula facilitated a breastfeeding skills session for local GPs. Some CMSs in Lactation throughout the country participate in the provision of the local university 20 hour programme provided for student midwives and PHNs.

Records of training sessions are maintained by the Centres for Midwifery Education (6), CMS in Lactation (8), Clinical Midwife Manager (2) and Midwife (2).

<b>Hospital</b>	<b>20 hour</b>	<b>Refresher</b>	<b>Short Teaching Sessions</b>
NMH	Yes	Yes	Yes
Wexford	Sometimes	Sometimes	No
St Lukes Kilkenny	Yes (offsite)	Yes (offsite)	Yes
MRH Mullingar	No	Yes	Yes
CWIUH	Yes	Yes	Yes
MRH Portlaoise	Yes (offsite)	Yes	Yes
Rotunda	Yes	Yes	Yes
OLLHD	Yes (offsite)	Yes	Yes
Cavan	Yes	Yes	Yes
UMHL	Yes	Yes	Yes
UCHG	No	Yes	Yes
Mayo	Videolink	Sometimes	No
Sligo	Yes (offsite)	Yes	Yes
Portiuncula	Yes	Yes	Yes
CUMH	Yes	Yes	Yes
Tipperary	Yes (offsite)	Yes	Yes
KUH	Sometimes	Sometimes	No
Waterford	Yes	Yes	Yes

**Table 4- Breastfeeding training and skills development**



### 3.7 Breast Pumps

The American Academy of Pediatrics (AAP) (2012, p.831) states *'the potent benefits of human milk are such that all preterm infants should receive human milk'*. The 'primary diet' for these preterm infants according to the AAP (2012, p.831) should be *'mother's own milk fresh or frozen'*. Mothers obtain their colostrum in the early days by hand expression. The onset of Lactogenesis II (the onset of copious milk secretion or 'milk coming in') occurs on average 30-40 hours after the delivery of the placenta that triggers a sharp drop in circulating progesterone postpartum (Wambach and Riordan, 2016 p. 288). A hospital grade double electric breast pump may then be used. All of the neonatal units at the maternity hospitals have breast pumps available for use by mothers whose babies are patients of the neonatal unit.

Eight hospitals (44%) (CUMH, Galway, Portlaoise, Limerick, Tipperary, Waterford, Cavan and Sligo) loan hospital grade breast pumps for home use to mothers of babies in their NNUs. The number of pumps possessed by the hospitals and offered to mothers free of charge ranges from 1 to 20 (Table 5).

Hospital	No of Pumps
CUMH	20
Galway	10
Portlaoise	4
Limerick	Unspecified
Tipperary	2 (have requested a third)
Waterford	2
Cavan	2
Sligo	1

**Table 5- No of pumps for offer to mothers of sick or preterm babies in the neonatal unit**

Three of the remaining 10 hospitals (NMH, Our Lady of Lourdes and CWIUH) reported providing a breast pump attachment set / kit to the mother for use while pumping her breast milk either in the neonatal unit while visiting her baby or for use at home. These three hospitals and the remaining seven provide information to mothers of sources who provide breast pumps for rental at a cost. Mullingar reported that if the mother has a medical card she will be facilitated. The Rotunda reported that their neonatal unit Social Worker will consult with the Community Welfare Officer with regard to obtaining a breast pump rental for a mother. Kerry hospital will on occasion provide a consumer unit or a non hospital grade breast pump to a mother whose baby is a patient of the neonatal unit. Six hospitals reported informing mothers of the Irish Premature Babies Charity who in the past have subsidised the breast pump rental for babies less than 36 weeks gestation.

### **3.8 Birth Rate and Collation of Statistics**

The reported number of live births in 2016 for the 18 maternity hospitals who participated in the survey was 62,039 (see Table 2). All 18 hospitals reported that they collate breastfeeding statistics. The midwife has the responsibility in all of the hospitals - when completing the discharge of the mother and her baby - for inputting information on infant feeding. This information is inputted either manually or into an IT system. Responsibility for the subsequent collation of the statistics varied across the hospitals: at five hospitals (Kilkenny, Mullingar, Portlaoise, CUMH and South Tipperary) the CMS in Lactation is responsible; at the Rotunda Hospital an IT Midwife is responsible; at the NMH an Information Officer is responsible; at Wexford Hospital it is the responsibility of the Ward Clerk; the Clinical Midwife Manager has responsibility in a further three hospitals; and the remaining seven hospitals have specific and varying IT systems to generate the data.

## 4. Analysis of data from the Community Health Organisations

### Introduction

The data in this report were gathered as part of the Breastfeeding Mapping Project survey carried out by the HSE's National Breastfeeding Implementation Group of the National Healthy Childhood Programme. The aim of the survey was to explore the breastfeeding resources and supports available across Community Healthcare Organisation (CHO) and Local Health Office (LHO) areas, highlight gaps and use the data gathered to plan future services.

### Respondents by CHO Area

The survey was sent to the 31 Directors of Public Health Nursing (DPHN) and there were 25 surveys returned. The return from Clare LHO was representative of all of CHO Area 3 so includes Limerick/North Tipperary. Also, there were two surveys returned for North Lee LHO and these were combined as best as possible in the analysis to represent as accurately as possible the service provision in that LHO. This gave a response rate of 80% (24/30). No responses were returned for North Cork, Kerry, Waterford, Wicklow, Dublin North Central and Dublin North West.

CHO Area	Number of LHOs	Number of Survey Returns	%
CHO 1	3	3	100
CHO 2	3	3	100
CHO 3	2	1	50
CHO 4	5	3	60
CHO 5	4	3	75
CHO 6	3	2	66.7
CHO 7	4	4	100
CHO 8	4	4	100
CHO 9	3	1	33.3
<b>Total</b>	<b>30</b>	<b>24</b>	<b>80</b>

Table 6- Respondents by CHO Area

CHO Area	LHO	Frequency
CHO 1	Donegal	1
	Cavan/Monaghan	1
	Sligo/Leitrim	1
CHO 2	Mayo	1
	Galway	1
	Roscommon	1
CHO 3	Clare/Limerick/North Tipperary	1
CHO 4	North Lee*	1
	South Lee	1
	West Cork	1
	North Cork	0
	Kerry	0
CHO 5	South Tipperary	1
	Carlow/Kilkenny	1
	Waterford	0
	Wexford	1
CHO 6	Wicklow	0
	Dun Laoghaire	1
	Dublin South East	1
CHO 7	Kildare/West Wicklow	1
	Dublin West	1
	Dublin South City	1
	Dublin South West	1
CHO 8	Laois/Offaly	1
	Longford/Westmeath	1
	Louth	1
	Meath	1
CHO 9	Dublin North	1
	Dublin North Central	0
	Dublin North West	0

\*There were two responses provided to North Lee which were combined to give one response

**Table 7- Respondents by Geographical Area**

#### 4.1 Public Health Nursing/International Board Certified Lactation Consultant posts

##### Question 1a: Is there a dedicated PHN/International Board Certified Lactation Consultant post in your area?

All respondents answered this question with only 12.5% reporting that they had a dedicated PHN/IBCLC in post – Table 4.3.

	Frequency	%
<b>Yes</b>	3	12.5
<b>No</b>	21	87.5
<b>Total</b>	<b>24</b>	<b>100</b>

**Table 8 Is there a dedicated PHN/IBCLC post in your area?**

##### Question 1b: If there is a dedicated PHN/IBCLC in post what is the WTE?

The three LHOs with a dedicated PHN/IBCLC and the assigned whole time equivalent (WTE) are in Table 4.4.

LHO	CHO Area	WTE
<b>Clare/Limerick/North Tipperary</b>	3	1.0
<b>North Lee</b>	4	0.5 since February 2017
<b>Dun Laoghaire</b>	6	0.5

**Table 9 LHOs with dedicated PHN/IBCLC and WTE**

##### Question 1c: If there is no dedicated PHN/IBCLC in post is there an acting post (n=21)?

There were 20 responses to this question from the 21 LHOs that reported having no dedicated PHN/IBCLC in post and all 20 reported that there was no acting post. The other response did not provide an answer to the question (**South Lee**).

There was one comment of note provided by **Mayo**:

- “There are 2 PHNs who are trained Lactation Consultants but due to generic PHN workloads cannot be released to a dedicated Lactation Consultant post”

##### Question 1d: Are there plans to advertise a post?

There were 20 responses to this question with 4.8%, one LHO (**Cavan/Monaghan**), reporting that they had plans to advertise a post and noted “*Business case submitted in 2016 - not approved to date.*”

One other LHO (**South Tipperary**) commented

- “No, I will pilot the post with a specific PHN who already is supported by me in maintaining her IBCLC qualifications”

The other 90% (18 LHOs) reported that they had no plans to advertise a post. These are noted in Table 10.

CHO 1	CHO 2	CHO 3	CHO 4	CHO 5
Donegal	Galway	Clare/Limerick/North Tipperary	North Lee	Carlow/Kilkenny
Sligo/Leitrim	Mayo		South Lee	Wexford
	Roscommon			

CHO 6	CHO 7	CHO 8	CHO 9
Dun Laoghaire	Kildare/West Wicklow	Laois/Offaly	Dublin North
	Dublin West	Longford/Westmeath	
	Dublin South City	Louth	

**Table 10- LHOs with no plans to advertise a post for dedicated PHN/IBCLC**

There were four LHOs that did not provide an answer to this question – **West Cork** (CHO4), **Dublin South East** (CHO 6), **Dublin South West** (CHO 7) and **Meath** (CHO 8).

### Question 1e: What is the number of staff qualified as IBCLCs in your LHO?

The answers to this question are presented in Table 11 per CHO area.

	LHO	Number of staff qualified as IBCLCS
CHO 1	Donegal	There are 5 PHNs who are currently certified or working towards certification as IBCLC. We intend to support 2/3 more PHNs to progress to IBCLC this year.
	Cavan/Monaghan	1 qualified and 1 undertaking course at present
	Sligo/Leitrim	2 in primary care
CHO 2	Mayo	2
	Galway	0
	Roscommon	1 and 2 further sitting exams in 2017
CHO 3	Clare/Limerick/North Tipperary	6
CHO 4	North Lee	1 in training
	South Lee/Cork City	0
	West Cork	1
CHO 5	South Tipperary	1
	Carlow/Kilkenny	1 PHN has completed course, 1 midwife in St. Lukes Hospital
	Wexford	3
CHO 6	Dun Laoghaire	2
	Dublin South East	No Answer
CHO 7	Kildare/West Wicklow	2
	Dublin West	2
	Dublin South City	1 qualified and 2 currently in training
	Dublin South West	2
CHO 8	Laois/Offaly	1
	Longford/Westmeath	1
	Louth	1
	Meath	1, an additional 1 is due to start the course this year.
CHO 9	Dublin North	6

**Table 11- Number of staff qualified as IBCLCs per LHO**

## 4.2 Antenatal Education

### Question 2a: Does the PHN service provide Antenatal Classes within the LHO?

All survey respondents answered this question with 62.5% indicating that the PHN service in their LHO provided antenatal classes - Table 12. The provision of this service by LHO is noted in Table 13.

	Frequency	%
<b>Yes</b>	15	62.5
<b>No</b>	9	37.5
<b>Total</b>	<b>24</b>	<b>100</b>

**Table 12- Does the PHN Service provide Antenatal Classes within the LHO?**

CHO	Provide Antenatal Classes LHO	Do Not Provide Antenatal Classes LHO
CHO 1	Donegal	Cavan/Monaghan
	Sligo/Leitrim	
CHO 2	Roscommon	Galway
		Mayo
CHO 3	Clare/Limerick/North Tipperary	
CHO 4	North Lee	
	South Lee	
	West Cork	
CHO 5	Wexford	Carlow/Kilkenny
		South Tipperary
CHO 6		Dun Laoghaire
		Dublin South East
CHO 7	Kildare/West Wicklow	
	Dublin West	
	Dublin South West	
	Dublin South City	
CHO 8	Laois/Offaly	Louth
	Longford/Westmeath	Meath
CHO 9	Dublin North	

**Table 13 PHN services that provide antenatal Classes in their LHO**

### Question 2b: Is breastfeeding information included in these Antenatal Classes?

For the 15 LHOs that reported that the PHN service provided antenatal classes, 13 provided a response to this question with all 13 reporting that they included breastfeeding information in these classes. Two LHOs did not provide an answer to this question – **Dublin South West** and **Dublin South City**.

### Question 2c: How much time is dedicated to breastfeeding in these classes?

There were 13 LHOs that provided a response to this question. The answers provided varied from minutes to 'course' to '%' that made it difficult to calculate an average amount of time provided. Using the approximate time dedicated where this data is available indicates that approximately one hour is the average amount of time dedicated to breastfeeding in antenatal classes. It can be seen that the amount of time varies from 15 minutes in some LHOs to two hours in other areas.



CHO	LHO	How much time is dedicated to breastfeeding in the antenatal classes	Approximate time dedicated
1	Donegal	Varies between classes - between 45 minutes and 2 hours	1:20
	Sligo/Leitrim	2 hrs	2:00
2	Roscommon	1/2 hour	0:30
3	Clare/Limerick/North Tipperary	10-15 minutes in 1st & 3rd class, 40 minutes in 4th class	0:30
4	North Lee	1 course each month	
	South Lee	1/2 hour	0:30
	West Cork	1 x 2hr class is dedicated to infant feeding	2:00
5	Wexford	20%	
7	Kildare/West Wicklow	1½ hrs per class	1:30
	Dublin West	30 minutes	0:30
	Dublin South West		
	Dublin South City		
8	Laois/Offaly	20%	
	Longford/Westmeath	15 minutes	0:15
9	Dublin North	Antenatal information can be provided at one of our 12 PHN led BF support groups held weekly	

**Table 14 Time dedicated to breastfeeding in antenatal classes**

Of note, the response from **South Tipperary**, who indicated that there was no provision of antenatal services by PHNs, commented – ‘*These classes were historically delivered as part of a/n service from acute side with PHN input. Resource constraints resulted in ceasing same, however as above post comes into being I expect to resume involvement of PHN dept*’

#### **Question 2d: Who has responsibility for facilitation the classes?**

For the 15 LHOs that reported that the PHN service provided antenatal classes, 13 provided a response to this question as per Table 4.10. Two LHOs did not provide an answer to this question – **Dublin South West** and **Dublin South City**.

In that vast majority of cases it is a PHN who has responsibility for facilitation of these classes with ten respondents recording PHN. One response recorded ‘Maternity Hospital’, one response noted that it was shared between an IBCLC and a PHN and another response noted that it was an antenatal co-ordinator at a local hospital and PHNs in the community.

Of note, the response from **Cavan/Monaghan**, who indicated that there was no provision of antenatal services by PHNs, commented - “*Maternity unit staff - Cavan General Hospital.*”

CHO	LHO	Who has responsibility
1	Donegal	PHNs - all networks / PHNs & CRGNs with midwifery - 1 network
	Sligo/Leitrim	Antenatal co-ordinator Sligo University Hospital - Sligo Town. PHNs in Leitrim and Colooney
2	Roscommon	PHN
3	Clare/Limerick/North Tipperary	PHN
4	North Lee	Antenatal BF Classes - PHN IBCLC. Antenatal classes - PHN
	South Lee	PHN
	West Cork	PHN
5	Wexford	Registered PHN
7	Kildare/West Wicklow	PHN service in Vista Primary Care Naas
	Dublin West	RPHN's
	Dublin South West	No Response
	Dublin South City	No Response
8	Laois/Offaly	Maternity Hospital
	Longford/Westmeath	PHN's
9	Dublin North	PHN

**Table 15 - Who has responsibility for facilitation of antenatal classes?**

**Question 2e: Does the PHN service provide separate Antenatal Breastfeeding Classes within the LHO?**

Five responses indicated that the PHN service provides separate antenatal breastfeeding classes within their LHO. Table 16 outlines the provision of this service by LHO.

	Provide Antenatal Classes	Do Not Provide Antenatal Classes
CHO	LHO	LHO
CHO 1	Sligo/Leitrim	Cavan/Monaghan
		Donegal
CHO 2		Galway
		Roscommon
		Mayo
CHO 3		Clare/Limerick/North Tipperary
CHO 4	North Lee	South Lee
		West Cork
CHO 5		Carlow/Kilkenny
		Wexford
CHO 6		Dun Laoghaire
		Dublin South East
CHO 7	Dublin South West	Kildare/West Wicklow
		Dublin West
		Dublin South City
CHO 8	Laois/Offaly	Louth
		Longford/Westmeath
		Meath
CHO 9	Dublin North	

**Table 16- Does the PHN service provide separate antenatal breastfeeding classes with in the LHO? (n=23)**

For ease of analysis Questions 2f, 2g, 2h and 2i will be combined for the five LHOs that provide this service – Table 4.13.

<b>LHO</b>	<b>2f: How often are these classes held?</b>	<b>2g: Are these classes booked by Appointment/Dr op-in/Combination?</b>	<b>2h: What is the time duration of these classes?</b>	<b>2i: Who has responsibility for facilitating this class?</b>
<b>Sligo/Leitrim</b>	16 per year in Sligo and 6 per year in Leitrim	Appointment	150 minutes	Midwives/PHN with breastfeeding expertise
<b>North Lee</b>	Monthly	Combination	120 minutes	PHN IBCLC
<b>Dublin South West</b>	Monthly	By referral from maternity hospitals. Contact number given to mothers by midwife and mothers contact me for details	90 minutes	PHN/IBCLC
<b>Laois/Offaly</b>	Monthly	Combination	90 minutes	CMM in maternity Hospital
<b>Dublin North*</b>	Weekly			Shared responsibility - Rotunda Midwife & PHN staff

**Table 17- Further data on separate antenatal breastfeeding classes provided by PHN service**

\*Dublin North did not provide an answer to questions 2g or 2h

### 4.3 Breastfeeding Support

#### Question 3a: Does your LHO provide PHN Led Breastfeeding Support Groups?

As per Table 18, the majority of LHOs provide a PHN led Breastfeeding support group. The three LHOs that do not are **Cavan/Monaghan, Carlow/Kilkenny** and **Louth**.

	Frequency	%
<b>Yes</b>	21	87.5
<b>No</b>	3	12.5
<b>Total</b>	<b>24</b>	<b>100</b>

**Table 18 - Does your LHO provided PHN Led Breastfeeding Support Groups?**

For ease of analysis Questions 3b, 3c, 3d and 3e will be combined for the 21 LHOs that provide this service – Table 19. As a summary, 95% have support groups either weekly or fortnightly, 80% invite mothers to attend while they are still pregnant and 95% of support group provided by drop in.

Regarding the provision of this information to mothers all areas use verbal means of communication with written information and posters also commonly used. One LHO (**Roscommon**) noted that they used group texts to new mothers that are referred to them as a means of communication.

LHO	3b: Are support groups provided weekly/fortnightly/monthly?	3c: How are mothers informed of this breastfeeding support group?	3d: Are mothers invited to attend while still pregnant	3e: Are breastfeeding support groups provided by appointment or drop in?
<b>Donegal</b>	Weekly	Verbal, written information, poster	Yes	Drop In
<b>Sligo/Leitrim</b>	Fortnightly	Verbal, written information, poster	Yes	Drop In
<b>Galway</b>	Weekly	Verbal, written information, poster	Yes	Drop In
<b>Mayo</b>	Weekly	Verbal, written information	No	Drop In
<b>Roscommon</b>	Fortnightly	Written information, poster, group texts to new mums referred	Yes	Appointment, drop in, one to one appointment as requested
<b>Clare/Limerick/North Tipperary</b>		Verbal, written information, poster	Yes	Drop In
<b>North Lee</b>	Weekly	Verbal, written information, poster	Yes	Drop In
<b>South Lee</b>		Verbal, written information, poster, phone	No(planned to commence soon)	Drop In
<b>West Cork</b>	Weekly	Verbal, written information, poster	Yes	Drop In

<b>South Tipperary</b>	Fortnightly	Verbal, written information, poster	Yes (if PHNs are aware of pregnancy)	Appointment
<b>Wexford</b>	Fortnightly	Verbal	No	
<b>Dun Laoghaire</b>	Weekly	Verbal, written information	Yes (if the PHN has met the mother prior to infants birth)	Drop In
<b>Dublin South East</b>	Weekly	Verbal, written information, poster	Yes	Drop In
<b>Kildare/ West Wicklow</b>	Fortnightly	Verbal, written information, poster	No	Appointment, Drop In
<b>Dublin South West</b>	Weekly	Mostly at primary visit; through hospital midwives; from other mothers	Yes	Drop In
<b>Dublin South City</b>	Weekly	Verbal, written information (at first visit)		Drop in
<b>Dublin West</b>	Weekly	Verbal, written information, poster	Yes	Appt, drop in, clinics are held weekly and 2/52 & mothers attend and nearest clinic suitable
<b>Laois/ Offaly</b>	Monthly	Verbal, written information, poster	Yes	Drop In
<b>Longford/ Westmeath</b>	Fortnightly	Verbal, written information, poster	Yes	Drop In
<b>Meath</b>	Weekly	Verbal, written information, poster	Yes	Drop In
<b>Dublin North</b>	Weekly	Verbal, written information	Yes	Drop In

**Table 19 - Further data on PHN led Breastfeeding Support Groups**

**Question 3f: If the LHO does not provide PHN led breastfeeding support groups, where are mothers referred to for breastfeeding support?**

There were three LHOs that do not provide PHN led breastfeeding support and only one of these three provided an answer to this question (**Carlow/Kilkenny**) and indicated that mothers are referred to voluntary groups, La Leche League and Cuidui.

**Question 3g: Are there other supports for breastfeeding mothers provided by the LHO?**

Twenty two responses were provided to this question with 63.6% indicating that there are other supports available for breastfeeding mothers – Table 20. Of those that reported that there were no other supports, one commented “*No, but mothers are informed about services provided by CUIDIU and La Leche League in Dun Laoghaire area*” (**Dun Laoghaire**).

The LHOs that have no other supports for breastfeeding mothers were:

- **Sligo Leitrim (CHO 1), Galway (CHO 2), Mayo (CHO 2), South Lee (CHO 4), Carlow/Kilkenny (CHO 5), Dun Laoghaire (CHO 6), Dublin South City (CHO 7), Dublin South West (CHO 7)**

	Frequency	%
<b>Yes</b>	14	63.6
<b>No</b>	8	36.4
<b>Total</b>	<b>22</b>	<b>100</b>

**Table 20 - Are there other supports for breastfeeding mothers provided by the LHO (n=22)?**

For those that have other supports these are outlined in Table 21 below.

CHO	LHO	Other supports provided for breastfeeding mothers
<b>CHO 1</b>	Donegal	La Leche League, Cuidiu, Breastfeeding website - breastfeeding.ie, breastfeeding support group in Letterkenny University Hospital
	Cavan/Monaghan	Breastfeeding peer support groups in Cavan/Monaghan
<b>CHO 2</b>	Roscommon	Friends of breastfeeding, Cuidui
<b>CHO 3</b>	Clare/Limerick/ North Tipperary	Cuidiu & friends of breastfeeding in Tipperary and Limerick, 2 La Leche League Groups in Clare
<b>CHO 4</b>	North Lee	Breastfeeding clinic provided by the PHN IBCLC lactation consultant. Telephone Supports. PHN Postnatal support
	West Cork	PHNs provide support through information and encouragement at each post natal apt with mum and baby. Baby talk is a support group for all mums and breastfeeding is also supported at this group.
<b>CHO 5</b>	Wexford	Registered PHN support at home visits
<b>CHO 6</b>	Dublin South East	PHN home visits to support, breastfeeding
<b>CHO 7</b>	Kildare/West Wicklow	Dedicated areas in new primary care centres
	Dublin West	One to one support
<b>CHO 8</b>	Laois/Offaly	A PHN is part of the breastfeeding support group within the maternity hospital
	Louth	PHN Support, referral to La Leche groups. Breastfeeding information evening, parent & toddler groups, Cuidui, PHN support groups HSE.
	Meath	Peer Led breastfeeding
<b>CHO 9</b>	Dublin North	Dublin North has 6 IBCLC PHN's in the area as a resource for staff. The IBCLC'S attend study days and conferences to maintain evidence based practice. The IBCLC'S hold monthly clinical clubs for their colleagues to update and share knowledge. We have 12 PHN Led weekly breastfeeding support groups for our 16 health centres. We work in collaboration with our colleagues in the CHO 9 and have developed the BOAT tool for use at the notification visit, adapted from Unicef. The PHN then develops a care plan as necessary and arranges follow up visits as required. We link with National Breast feeding coordinator to promote the annual national breastfeeding week, holding coffee mornings in our support groups, advertising in local and national media.

**Table 21 - What other supports do LHOs have for breastfeeding mothers?**

## 4.4 Referral Pathways

### Question 4a: Is there a pathway of referral from the LHO for a mother experiencing breastfeeding challenges to an IBCLC if an IBCLC/PHN is available in the LHO/CHO?

Twelve respondents recorded that there is a pathway of referral available for a mother experiencing breastfeeding difficulties - Table 22. Of note with regards to **North Lee**, one response indicated that “*available in the Primary Care area of the PHN IBCLC at present. As this is a new 0.5 post will expand to the LHO but in limited capacity (population 180,000)*”. The other response for **North Lee** reported that there was a pathway but ‘referred to the support group in CUMH’.

	Frequency	%
<b>Yes</b>	12	54.5
<b>No</b>	10	45.5
<b>Total</b>	<b>22</b>	<b>100</b>

**Table 22 - Is there a pathway of referral for mothers experiencing breastfeeding difficulties?**

The provision of the service by LHO is outlined in Table 23 below.

	Have a pathway of referral to IBCLC	Do not have a pathway of referral to IBCLC
CHO	LHO	LHO
CHO 1	Sligo/Leitrim	Cavan/Monaghan
		Donegal
CHO 2	Roscommon	Galway
		Mayo
CHO 3	Clare/Limerick/North Tipperary	
CHO 4	North Lee	
	South Lee	
	West Cork	
CHO 5		Carlow/Kilkenny
		Wexford
CHO 6	Dun Laoghaire	Dublin South East
CHO 7	Dublin West	Dublin South West
	Dublin South City	
	Kildare/West Wicklow	
CHO 8	Meath	Longford/Westmeath
		Laois/Offaly
CHO 9	Dublin North	

**Table 23: Is there a pathway of referral by LHO?**

**Question 4b: What is the pathway?**

For the 12 LHOs that reported having a pathway, this is outlined in Table 24.

CHO	LHO	Pathway of referral
CHO 1	Sligo/Leitrim	Mothers self refer or are advised by the PHN, GP, SUH Postnatal, by phone, paper or electronic method. PHN makes phone call contact with the mother. Mother assessed and supported at breastfeeding clinic by breastfeeding specialist. Full assessment completed on first visit (electronically) and documented. Interventions agreed with mother and documented. Additional information and information on support available provided and documented. Follow up agreed and documented. Client offered follow up appointment or discharged.
CHO 2	Roscommon	Primary Care referral form. Phone/email PHN to ADPHN IBCLC referral.
CHO 3	Clare/Limerick/North Tipperary	Phone or email
CHO 4	North Lee	PHN referral/GP referral/Mothers self referral. Referred to support group in CUMH
	South Lee	Back to maternity hospitals
	West Cork	Area PHN contacts the LC who offers a home visit
CHO 6	Dun Laoghaire	Self referral or referral via the Public Health Nursing Service
CHO 7	Dublin West	RPHN refers to PHN colleague with IBCLC qualification
	Dublin South City	PHN will refer directly usually by phone conversation to our lactation consultant PHNs in the area
	Kildare/West Wicklow	Refer to PHN
CHO 8	Meath	To our IBCLC PHN but this is constraint as this PHN also holds a caseload. One to one support by appt dependant on IBCLC PHNs capacity. Home visits - dependant on IBCLC PHN's capacity.
CHO 9	Dublin North	The PHN utilises the BOAT tool at the notification visit, develops a care plan and liaises with a PHN IBCLC for support and guidance as necessary

**Table 24 Pathway of referral**

**Question 4c: What supports does the PHN/IBCLC provide for breastfeeding mothers?**

Sixteen of the 24 responses provided an answer to this question including those that indicated that they did not have a referral pathway to an IBCLC/PHN as asked at the outset of this section. All responses are collated by LHO in Table 25 with those who do not have a referral pathway highlighted.

CHO	LHO	What supports does the IBCLC/PHN provide for breastfeeding mothers?
CHO 1	Donegal	Drop in clinic, home visits, one to one advice by telephone
	Sligo/Leitrim	One to one support by appointment
CHO 2	Roscommon	One to one support by appt and home visits. Drop in clinic was trialled and discontinued
	Mayo	Drop in clinic in Lactation Consultant PHN are only. Home visits in Lactation Consultant PHN are only.



<b>CHO 3</b>	Clare/Limerick/ North Tipperary	Drop in clinic, one to one support by appointment & home visits based on the capacity of 1WTE covering 3 counties
<b>CHO 4</b>	North Lee	PHN IBCLC led breastfeeding support group. Breastfeeding clinic by appt. Home support and telephone support. Drop in clinics
	South Lee	Drop in clinic, one to one support by appointment & home visits
	West Cork	Drop in clinic, one to one support by appointment
<b>CHO 5</b>	South Tipperary	Visits to the home to meet mother, observation and assessment of feeding, advisory interventions, referrals to GP or Paeds etc as necessary and follow up as appropriate. Telephonic contact support. Links with local breastfeeding support groups, community mothers, etc. Drop in clinic. One to one support by appt and home visits.
<b>CHO 6</b>	Dun Laoghaire	Drop in clinic, One to one support by appt & home visits
<b>CHO 7</b>	Dublin West	One to one support, home visits.
	Kildare/West Wicklow	Drop in clinic, one to one supports, home visits
	Dublin South City	One to one support, home visits, also referred to IBCLC in OPD maternity hospitals.
<b>CHO 8</b>	Laois/Offaly	
	Louth	Drop in, one to one support by appointment, home visits.
	Meath	Telephone support. Informational support to area PHNs. Home visits - this is constrained, due to capacity of the PHN.
<b>CHO 9</b>	Dublin North	The PHN provides follow up visits, access to breastfeeding support groups, information about local voluntary groups, refers to breastfeeding.ie, and refers to maternity hospital or GP if needed.

**Table 25 What supports does the IBCLC/PHN provide for breastfeeding mothers?**

**Question 4d: Is there a pathway of referral from the LHO for a mother experiencing breastfeeding challenges if an IBCLC/PHN is not available in the LHO/CHO?**

Fourteen respondents recorded that there is a pathway of referral available for a mother experiencing breastfeeding difficulties where there is no IBCLC/PHN available - Table 26.

	<b>Frequency</b>	<b>%</b>
<b>Yes</b>	14	66.7
<b>No*</b>	7	33.3
<b>Total</b>	<b>21</b>	<b>100</b>

\*LHO Donegal: "No for 4 networks. One network reports signposting to La Leche League and Cuidiu."

**Table 26 Is there a pathway of referral for mothers experiencing breastfeeding difficulties (n=22)?**

The provision of the service is outlined in Table 27 below.

	Have a pathway of referral to IBCLC	Do not have a pathway of referral to IBCLC
CHO	LHO	LHO
1		Donegal
2	Galway	Mayo
3	Clare/Limerick/North Tipperary	
4	North Lee	West Cork
	South Lee	
5	Carlow/Kilkenny	
	South Tipperary	Wexford
6	Dun Laoghaire	
	Dublin South East	
7	Dublin South City	Dublin South West
		Kildare/West Wicklow
		Dublin West
8	Laois/Offaly	
	Longford/Westmeath	
	Meath	
	Louth	
9	Dublin North	

**Table 27 Is there a pathway of referral by LHO**

#### Question 4e: What is the pathway?

For the 14 LHOs that reported having a pathway, this is outlined in Table 28. The referral pathway appears to be consistent with referral to a Hospital CMS lactation specialist, local voluntary La Leche League and Cuidiu counsellors utilised. Of note **Carlow/Kilkenny** did not mention referral to a lactation CMS as a referral option.

CHO	LHO	Pathway of referral to IBCLC
CHO 2	Galway	Referral to hospital CMS lactation, Voluntary La Leche Leader, Cuidiu counsellor
CHO 3	Clare/Limerick/North Tipperary	
CHO 4	North Lee	Referral to hospital CMS lactation, voluntary La Leche League, Cuidiu counsellor.
	South Lee	Referral to hospital CMS lactation, voluntary La Leche Leader, Cuidiu Counsellor, Other
CHO 5	Carlow/Kilkenny	Voluntary La Leche Leader, Cuidiu Counsellor.
	South Tipperary	PHN professionals with much experience are always available across the LHO to support/advise a Mum, refer to GP, contact with lactation consultant in acute maternity service, contact paed's unit in acute service. Referral to voluntary La Leche Leader.
CHO 6	Dun Laoghaire	Hospital CMS lactation, voluntary La Leche Leader, Cuidiu Counsellor and other private lactation service.
	Dublin South East	Referral to hospital CMS lactation, voluntary La Leche Leader, Cuidiu Counsellor

<b>CHO 7</b>	Dublin South City	Referral to Hospital CMS Lactation, Voluntary La Leche Leader, Cuidiu counsellor.
<b>CHO 8</b>	Laois/Offaly	Hospital CMS lactation & Voluntary La Leche Leader
	Longford/Westmeath	Hospital CMS Lactation
	Meath	Referral to Hospital CMS Lactation, Voluntary La Leche Leader, Cuidiu counsellor.
	Louth	Referral to Hospital CMS Lactation, Voluntary La Leche Leader, Cuidiu counsellor.
<b>CHO 9</b>	Dublin North	Referral to Hospital CMS Lactation, Voluntary LA Leche Leader & Cuidiu Counsellor

**Table 28 Pathway of referral**

Of the seven LHOs that recorded that there was no pathway of referral from the LHO for a mother experiencing breastfeeding challenges if an IBCLC/PHN is not available in the LHO/CHO, three provided comments on what the pathway was:

**Mayo** – “PHN provides information on local voluntary breastfeeding support groups. Referral to hospital CMS lactation and mother can self refer having received contact details from PHN.”

**Donegal** – “Phone”

**West Cork** – “Hospital CMS Lactation, Voluntary La Leche Leader”

#### **Question 4f: How is the referral made?**

For the 14 LHOs that recorded that there is a pathway of referral they were then asked how is the referral made – Table 29. All utilised the phone/verbal communication to make the referral with letter, fax and email used in a small number of LHOs.

<b>CHO</b>	<b>LHO</b>	<b>How is the referral made</b>
<b>2</b>	Galway	Phone, Letter, Fax
<b>3</b>	Clare/Limerick/North Tipperary	
<b>4</b>	North Lee	Phone
	South Lee	Verbal
<b>5</b>	Carlow/Kilkenny	Phone
	South Tipperary	Phone, letter, contact details may be given to mum if she wishes to make her own referral.
<b>6</b>	Dun Laoghaire	Phone
	Dublin South East	Phone, Letter
<b>7</b>	Dublin South City	Phone, Email
<b>8</b>	Laois/Offaly	Phone
	Longford/Westmeath	Phone
	Meath	Phone
	Louth	Phone
<b>9</b>	Dublin North	Phone

**Table 29 How is the referral made?**

## 4.5 Breastfeeding Committee

### Question 5a: Does the LHO have a Breastfeeding Committee?

There were 24 responses to this question and only 29.2% have a breastfeeding committee in their LHO.

	Frequency	%
<b>Yes</b>	7	29.2
<b>No*</b>	17	70.8
<b>Total</b>	<b>24</b>	<b>100</b>

\*LHO Meath: "No but we are part of a regional breastfeeding committee for North East."

**Table 30 Does the LHO have a Breastfeeding Committee?**

	Have a Breastfeeding Committee	Do not have a Breastfeeding Committee
CHO	LHO	LHO
1	Cavan/Monaghan	
	Sligo/Leitrim	
	Donegal	
2		Roscommon
		Mayo
		Galway
3	Clare/Limerick/North Tipperary	
4		West Cork
		South Lee
		North Lee
5		Carlow/Kilkenny
		South Tipperary
		Wexford
6	Dublin South East	Dun Laoghaire
7		Dublin South West
		Kildare/West Wicklow
		Dublin South City
		Dublin West
8	Louth	Laois/Offaly
		Longford/Westmeath
		Meath
9	Dublin North	

**Table 31 Does the LHO have a Breastfeeding Committee?**

### Question 5b: If Yes, does this group include members of the MDT?

There were four LHOs (57.1%) that have MDT members on the Breastfeeding Committee – Table 32. These LHOs were **Donegal**, **Sligo/Leitrim**, **Clare/Limerick/North Tipperary** and **Louth**.

	Frequency	%
<b>Yes</b>	4	57.1
<b>No</b>	3	42.9
<b>Total</b>	<b>7</b>	<b>100</b>

**Table 32 Does the breastfeeding committee include members of the MDT?**

**Question 5c: If Yes, does this group include the voluntary breastfeeding organisations?**

Five of the seven LHOs (71.4%) reported that their breastfeeding committee included members from the voluntary breastfeeding organisations. These LHOs were **Donegal, Sligo/Leitrim, Cavan/Monaghan, Clare/Limerick/North Tipperary** and **Louth**.

	Frequency	%
<b>Yes</b>	5	71.4
<b>No</b>	2	28.6
<b>Total</b>	<b>7</b>	<b>100</b>

**Table 33 Does the breastfeeding committee include the voluntary breastfeeding organisations?**

**Question 5d: If Yes, how often does this group meet?**

Six LHOs - **Cavan/Monaghan, Donegal, Clare/Limerick/North Tipperary, Louth, Dublin South East** and **Dublin North** reported that they met quarterly with the other LHO (**Sligo/Leitrim**) meeting three times per year.

**Question 5e: What are the roles and functions of the breastfeeding committee?**

CHO	LHO	Roles and functions of breastfeeding committee
<b>CHO 1</b>	Cavan/Monaghan	To set up breastfeeding peer support groups
	Sligo/Leitrim	To increase the overall uptake and duration of breastfeeding in Sligo, Leitrim and West Cavan by 2% yearly and 4% in lower social economic group. To actively target, pursue and involve all staff who are in a position to influence pregnant women both pre-conceptual, antenatal and postnatally. These aims are in line with the National Breastfeeding Strategy. Review annually.
	Donegal	To promote and improve breastfeeding rates in Donegal. TOR available on request. To actively engage with the public and health professionals to raise awareness of and promote breastfeeding in Donegal. To increase the breastfeeding rates by 2% annually. To support the implementation of the National Infant Feeding policy in Donegal. To make every contact count to promote breastfeeding. To promote collaboration within PCTs and between community and acute and voluntary sectors in order to increase breastfeeding rates. To carry out or commission research into breastfeeding in the LHO. To link with national direction and champion breastfeeding into the LHO Service plan.
<b>CHO 3</b>	Clare/Limerick/North Tipperary	To provide leadership on the protection, promotion and support of breastfeeding in the Midwest with the aim of improving initiation and duration rates. To provide a forum for breastfeeding support organisations to network. To promote the Baby Friendly Initiative and Baby Friendly Communities. To encourage and support peer support programs. To develop links with UL through breastfeeding research and program development. To promote education and training on Breastfeeding for health care professionals. To promote adherence to the International Code of Marketing of Breastmilk Substitutes. To provide a forum for addressing breastfeeding

		issues; service and support gaps. To promote awareness of resources for health providers and the public looking to promote, protect and support breastfeeding. To facilitate a mother's right to breastfeed anywhere, anytime through increasing awareness and improving facilities.
<b>CHO 6</b>	Dublin South East	To review breastfeeding support in the area. To increase the initiation rate and duration rate of breastfeeding in DSE.
<b>CHO 8</b>	Louth	Share information
<b>CHO 9</b>	Dublin North	To promote, support and protect breastfeeding for families and colleague education in Dublin North

**Table 34: What are the roles and functions of the breastfeeding committee**

## 4.6 Training and Skills Development

### Question 6a: What specific breastfeeding training and skills development is provided in the LHO?

There are varying elements of training and skills development provided in the LHO as noted in Table 35. Of note, **Galway** recorded that there was 'none' provided while **Clare/Limerick/North Tipperary** and **Sligo/Leitrim** did not answer the question.

CHO	LHO	Specific Breastfeeding training and skills development provided in LHO
CHO 1	Donegal	WHO 2 day breastfeeding training for RMs, PHNs, paediatric staff nurses and voluntary breastfeeding agencies. 4 hours programme for Community General Nurses & Practice
	Cavan/Monaghan	20 hour breastfeeding course
	Sligo/Leitrim	No Response
CHO 2	Mayo	Lactation Consultant/PHN has completed 18 hour breastfeeding train the trainers and provides breastfeeding refresher training for community nursing staff
	Galway	None
	Roscommon	Initial 2 day WHO course, yearly update refresher via CNME
CHO 3	Clare/Limerick/North Tipperary	No Response
CHO 4	North Lee	20 hour and 6hr update courses available from IBCLCs in CUMH which the PHN IBCLC also presents at.
	South Lee	3 day course in maternity hospital
	West Cork	20 hours breastfeeding course is offered to all staff. CPD is always encouraged
CHO 5	South Tipperary	Standard CPD includes 20hr breastfeeding course for all PHNs and refresher courses also.
	Carlow/Kilkenny	Lactation consultant in St. Lukes provided updates for PHNs recently (half day education). 20 hrs BF course available through RCNME. Refresher course requested via RCNME.
	Wexford	18hr breastfeeding support training and refresher course
CHO 6	Dun Laoghaire	18 hr breastfeeding training course is attended by PHNs - offered annually. Student PHNs incorporate BF training as part of their studies. Our Lactation Consultant has provided 2 workshops to PHNs in this area in 2017.
	Dublin South East	2 day course. Breastfeeding management update
CHO 7	Kildare/West Wicklow	Breastfeeding updates
	Dublin West	All RPHNs attend 18hrs BR update IBCLC in house training
	Dublin South City	Refresher training
	Dublin South West	Training provided through health promotion unit
CHO 8	Laois/Offaly	Breastfeeding update
	Longford/Westmeath	All PHNs given training by IBCLC in 2017
	Louth	24hr breastfeeding
	Meath	Commenced roll out of 20hr breastfeeding WHO programme with IBCLC PHN trainers. We have completed 2 programme to date for 40 PHNs and RMs
CHO 9	Dublin North	Clinical clubs monthly for PHN's facilitated by IBCLC PHN's. Attendance at breastfeeding study days and conferences as requested.

**Table 35 What specific breastfeeding training and skills development is provided in the LHO?**

### Question 6b: What is the yearly schedule of these sessions in 2015?

The yearly schedule of specific breastfeeding training and skills development in 2015 is noted in Table 36.

CHO	LHO	Yearly schedule 2015
CHO 1	Donegal	Various dates in 2015 for the 20 hour training.
	Cavan/Monaghan	Nov 2015 - 20 hours
	Sligo/Leitrim	Modified 20hr course (14hrs) delivered. Two 6hr updates 2nd and 4th Quarter
CHO 2	Mayo	Commenced 2017
	Galway	
	Roscommon	2 day courses
CHO 3	Clare/Limerick/North Tipperary	3 half day refresher days ran
CHO 4	North Lee	Yes
	South Lee	1
	West Cork	2
CHO 5	South Tipperary	20hr training access has been challenging over past 4-5 years owing to availability of the training resulting in difficulty in meeting the refresher course criteria however this issue has been abating. Recent IBCLC train the trainer accreditation has been received by a PHN which will transform delivery of such education in the department as soon as I can deploy her to aforementioned post.
	Carlow/Kilkenny	No response
	Wexford	2
CHO 6	Dun Laoghaire	Yes
	Dublin South East	Bespoke breastfeeding management update organised with IBCLC (private)
CHO 7	Kildare/West Wicklow	Once off in 2015
	Dublin West	HP unit BF unit
	Dublin South City	Usually annually
	Dublin South West	No response
CHO 8	Laois/Offaly	Quarterly
	Longford/Westmeath	Available in local centre of education twice yearly
	Louth	Ad hoc
	Meath	No response
CHO 9	Dublin North	18hr breastfeeding course July 2015

**Table 36 What is the yearly schedule of these sessions in 2015?**



**Question 6c: What is the yearly schedule of these sessions in 2016?**

The yearly schedule of specific breastfeeding training and skills development in 2016 is noted in Table 37.

CHO	LHO	Yearly schedule 2016
CHO 1	Donegal	No training provided in 2016 as training was deferred due to the unavailability of the trainer.
	Cavan/Monaghan	Feb 2016 & Nov 2016 - 20 hours
	Sligo/Leitrim	4 hour update 4th QTR; peer training 4th QTR
CHO 2	Mayo	No Response
	Galway	
	Roscommon	update 1 day via CNME Portiuncula Hospital
CHO 3	Clare/Limerick/North Tipperary	4 refresher days planned and one 20hr training
CHO 4	North Lee	Yes
	South Lee	One to two
	West Cork	2
CHO 5	Tipperary South	No Response
	Carlow/Kilkenny	No Response
	Wexford	2
CHO 6	Dun Laoghaire	Yes
	Dublin South East	No response
CHO 7	Kildare/West Wicklow	Once off in 2016
	Dublin West	HP Unit
	Dublin South City	No Response
	Dublin South West	No Response
CHO 8	Laois/Offaly	Quarterly
	Longford/Westmeath	Available in local centre of education twice yearly
	Louth	None
	Meath	1st in house course in 2016. Aim for 2 courses in 2017
CHO 9	Dublin North	Monthly clinical clubs facilitated by Dublin North PHN IBCLC's

**Table 37 What is the yearly schedule of these sessions in 2016?**

**Question 6d: Who provides this training as detailed in Question 6a?**

Table 38 outlines the providers of the specific breastfeeding training and skills development sessions and responses and it is usually an IBCLC and/or PHN with some LHOs noting that the local maternity hospital and centre for nursing and midwifery education also providers.

CHO	LHO	Who provides the specific breastfeeding training and skills development
CHO 1	Donegal	IBCLC provided the 2015 programme via Donegal Breast Feeding Forum Further training will be provided as above, in conjunction with the Centre for Nursing and Midwifery Education, Letterkenny.
	Cavan/Monaghan	Joint training by PHN/IBCLC and CMS lactation
	Sligo/Leitrim	Updates - provided by IBCLC qualified PHN and Midwife
CHO 2	Mayo	Lactation Consultant/ PHN
	Galway	
	Roscommon	CNS/Lactation IBCLC Portiuncula Hospital
CHO 3	Clare/Limerick/North Tipperary	CMS in Limerick Maternity & IBCLC in Primary Care
CHO 4	North Lee	CUMH
	South Lee	No Response
	West Cork	CUMH/UCC
CHO 5	South Tipperary	CNME CHO5
	Carlow/Kilkenny	No Response
	Wexford	CNME
CHO 6	Dun Laoghaire	IBCLC trainer
	Dublin South East	Health promotion service (HSE)
CHO 7	Kildare/West Wicklow	XXXXXXXX, PHN
	Dublin West	HP unit
	Dublin South City	HP unit
	Dublin South West	Usually a trio of IBCLCs
CHO 8	Laois/Offaly	Nurse Tutor
	Longford/Westmeath	PHN IBCLC/Hospital CMS Lactation
	Louth	La Leche funded by HSE
	Meath	IBCLC PHN who completed the trainers course in UK, funded by NMPDU and sanctioned by DPHN
CHO 9	Dublin North	PHN IBCLC's

**Table 38 Who provides this training?**

**Question 6e: Who maintains records of this training as detailed in Question 6a?**

There is variety across the country with regard as to who maintains the training records for the specific breastfeeding training and skills development sessions – Table 39. Offices of the Directors of PHN appear to be the most common with and ADPHN or an administrative person maintaining the training records. **Laois/Offaly** noted that it was the local CNME that maintained the training records.

CHO	LHO	Who maintains records of this training?
CHO 1	<b>Donegal</b>	Assistant Director of Public Health Nursing (ADPHN) offices
	<b>Cavan/Monaghan</b>	DPHN only maintains records of PHN staff
	<b>Sligo/Leitrim</b>	Health Promotion and Improvement
CHO 2	<b>Mayo</b>	CNME & PHN Dept
	<b>Galway</b>	
	<b>Roscommon</b>	PHN Dept - also La Leche conference to those who apply via CNME
CHO 3	<b>Clare/Limerick/North Tipperary</b>	Limerick Maternity Hospital
CHO 4	<b>North Lee</b>	ADPHN & CUMH
	<b>South Lee</b>	No Response
	<b>West Cork</b>	ADPHNs
CHO 5	<b>South Tipperary</b>	DPHN and presently CNME
	<b>Carlow/Kilkenny</b>	PHN Admin
	<b>Wexford</b>	CNME & DPHN
CHO 6	<b>Dun Laoghaire</b>	Assistant Director of PHN
	<b>Dublin South East</b>	Nursing management and PHNs (for their personal portfolio)
CHO 7	<b>Kildare/West Wicklow</b>	PHN
	<b>Dublin West</b>	PHN dept
	<b>Dublin South City</b>	Individual & Line manager
	<b>Dublin South West</b>	No Response
CHO 8	<b>Laois/Offaly</b>	Regional centre nurse education
	<b>Longford/Westmeath</b>	Each line manager
	<b>Louth</b>	ADPHNs
	<b>Meath</b>	Stored on a central database shared drive for the PHN department
CHO 9	<b>Dublin North</b>	Practice Development from 2017

**Table 39 Who maintains records of this training?**

**Question 6f: If training is not provided by the LHO where do staff attend to receive breastfeeding related training?**

There were four responses to this. Of most interest is **Galway** who reported that they did not provide any breastfeeding training in their LHO and their comment was:

- *“Portiuncula hospital, UCHG or out of country”*

The other three comments appear to be supplementary to previous answers to account for additional training that may be available:

- *“CUMH” – North Lee*
- *“La Leche League do a training day each year. ALCI carry out training twice per year” – Dun Laoghaire*
- *“National Breastfeeding Conferences and study days” – Dublin North*

**Question 6g: Who maintains records of training related to question 6f?**

There were nine responses to this question as per Table 40 below.

CHO	LHO	Who maintains records of this training?
CHO 1	Donegal	No Response
	Cavan/Monaghan	No Response
	Sligo/Leitrim	No Response
CHO 2	Mayo	No Response
	Galway	PHN Management
	Roscommon	PHN/CNME
CHO 3	Clare/Limerick/North Tipperary	No Response
CHO 4	North Lee	ADPHN & CUMH lactation consultants
	South Lee	No Response
	West Cork	No Response
CHO 5	South Tipperary	No Response
	Carlow/Kilkenny	No Response
	Wexford	No Response
CHO 6	Dun Laoghaire	Assistant Director PHN
	Dublin South East	No Response
CHO 7	Kildare/West Wicklow	No Response
	Dublin West	PHN dept
	Dublin South City	No Response
	Dublin South West	No Response
CHO 8	Laois/Offaly	No Response
	Longford/Westmeath	Line managers
	Louth	No Response
	Meath	ADPHNs with PHN training officer
CHO 9	Dublin North	Practice Development and Nursing Administration

**Table 40 Who maintains records of training related to question 6f?**

## 4.7 Breast Pumps

### Question 7: What is the process of providing breast pumps for mums of premature or sick babies within the LHO?

There appears to be extremely limited access in the LHO to the provision of breast pumps for mothers of premature or sick babies. A number of LHOs mention the local maternity hospitals (**Donegal, Cavan/Monaghan, Mayo, Dun Laoghaire, Laois/Offaly, Longford/Westmeath and Meath**) as being the contact point. However, the main avenue appears to be for the mother to either rent or purchase a pump.

CHO	LHO	What is the process of providing breast pumps?
1	Donegal	No process in 4 of the 5 networks. 1 network reports that pumps are provided by Medicare if the baby is unwell or premature and is arranged through the neonatal unit in Letterkenny University Hospital.
	Cavan/Monaghan	Sourced through Maternity Unit - rent from medicare
	Sligo/Leitrim	No Response
2	Mayo	Breast pumps are not provided from community services but mothers of premature/sick infants can access pumps in SCBU while infant is hospitalised.
	Galway	Rental from pharmacy
	Roscommon	Discontinued, financial support via social welfare occasionally
3	Clare/Limerick/North Tipperary	There is one lactina hospital grade pump for LHO
4	North Lee	Parents buy themselves; Not available at present. Mothers advised to contact the premature babies association for subsidise pumps
	South Lee	Families rent privately
	West Cork	One breast pump available from LC
5	South Tipperary	Mother purchase or rent from pharmacies/ other suppliers.
	Carlow/Kilkenny	Rent from Irish Premature Babies for premature, non premature rent from medicare
	Wexford	Available in CHO5 Wexford
6	Dun Laoghaire	Maternity hospital often provides the breast pump. Private hire or purchase is also an option. Occasionally the HSE may fund the rental of a breast pump.
	Dublin South East	Information given regarding companies that provide rental equipment.
7	Kildare/West Wicklow	Hospital advises mums on where to obtain same
	Dublin West	Mothers either purchase or rent pumps
	Dublin South City	Not available for premature or sick babies. Available to hire
	Dublin South West	No scheme
8	Laois/Offaly	Quotation received from maternity hospital, same recommended by DPHN for approval to General Manager
	Longford/Westmeath	Communication with local maternity units
	Louth	Not sure
	Meath	Hospital or private rental
9	Dublin North	No provision of Breast pumps in this area

**Table 41 What is the process of providing breast pumps for mums of premature or sick babies?**

## 4.8 Collation of Statistics

### Question 8a: How are Breastfeeding Rates collated?

Twenty three responses were provided with **Mayo** and **Dublin South West** not providing a response. The data provided is quite varied and difficult to interpret with most responses indicating quarterly or monthly metrics/returns or KPIs etc. The Parent Held Record (PHR) is also noted as a source.

CHO	LHO	How are breastfeeding rates collected?
1	<b>Donegal</b>	PHR (Parent Held Record) reports submitted by PHNs at every developmental visits including the 1st (primary visit) on discharge from hospital
	<b>Cavan/Monaghan</b>	Through PHR schemes system PHN management
	<b>Sligo/Leitrim</b>	PHN Monthly returns to PHN admin staff
2	<b>Mayo</b>	No Response
	<b>Galway</b>	at initial notification visits and at subsequent developmental checks
	<b>Roscommon</b>	Monthly in arrears
3	<b>Clare/Limerick/North Tipperary</b>	PHR
4	<b>North Lee</b>	Metrics; At PHN 1st visits & core developmental check ups
	<b>South Lee</b>	monthly returns
	<b>West Cork</b>	Monthly returns submitted by PHN
5	<b>South Tipperary</b>	Monthly KPIs each PHN submits data regarding her own area to PHN management.
	<b>Carlow/Kilkenny</b>	National KPIs each quarter record no of BF exclusively and non-exclusively
	<b>Wexford</b>	Monthly returns and National KPIs
6	<b>Dun Laoghaire</b>	Collated by PHNs as part of their data returns
	<b>Dublin South East</b>	Quarterly KPIs
7	<b>Kildare/West Wicklow</b>	KPIs
	<b>Dublin West</b>	National KPI
	<b>Dublin South City</b>	Monthly stats collected for all
	<b>Dublin South West</b>	No Response
8	<b>Laois/Offaly</b>	By ADPHNs
	<b>Longford/Westmeath</b>	Monthly returns
	<b>Louth</b>	PHN - PHR returns
	<b>Meath</b>	KPIs
9	<b>Dublin North</b>	Monthly returns of breastfeeding KPI at 3 month development

**Table 42 How are breastfeeding rates collected?**

### Question 8b: Who has responsibility for collection?

Nineteen responses were provided and in the vast majority of these it was either a DPHN or ADPHN in conjunction with PHNs and administrative support that have responsibility for collection – Table 43. In two LHOs (Roscommon and Carlow/Kilkenny) it is the clerical staff who have responsibility.

CHO	LHO	Who has responsibility for collection?
1	Donegal	On a weekly basis each PH/CRG/RM posts the copy of the PHR page for that visit to dedicated clerical officer at LHO level who quality assures the data, input same onto "schemes" or returns the page to the nurse for further clarification and re-submission.
	Cavan/Monaghan	No Response
	Sligo/Leitrim	ADPHN/supported by PHN admin staff
2	Mayo	No Response
	Galway	PHN Management
	Roscommon	Clerical officer child health department
3	Clare/Limerick/North Tipperary	PHN
4	North Lee	ADPHN
	South Lee	PHN/ADPHN/Admin
	West Cork	No Response
5	South Tipperary	No Response
	Carlow/Kilkenny	PHN admin collate locally and sent to national office
	Wexford	DPHN
6	Dun Laoghaire	PHNs and Nurse Managers
	Dublin South East	PHNs each collate numbers of breastfeeding mothers at time of first visit, 3 month check and 7mth check. These figures provide rates for area.
7	Kildare/West Wicklow	PHN
	Dublin West	DPHN
	Dublin South City	PHN - BF at 48hrs, BF at 3mths, full/partially/ combination
	Dublin South West	No Response
8	Laois/Offaly	PHNs
	Longford/Westmeath	Line managers
	Louth	DPHNs/ADPHNs
	Meath	DPHN
9	Dublin North	DPHN

**Table 43 Who has responsibility for collection?**

#### 4.9 Further Comments

Respondents were given an opportunity to record any additional comments and eight LHOs provided comment. Upon review of the comments there were no obvious themes emanating and were quite broad in nature apart from a couple mentioning staffing issues so the comments are recorded below per relevant CHO.

##### CHO Area 1:

- "There is a drop in clinic in the local acute hospital once weekly, mother are informed regarding same.
- The PHN Service collaborated with local mothers to establish two breast-feeding support groups in the network, and secured funding from the long term conditions programme for
  - o financial support for one mother to attend Cuidiu Counsellor training

- educational resources for each PHN in each health centre
- Developed and printed up posters and leaflets promoting the support groups
- Lead PHN for breastfeeding developed and provided a structured peer to peer support training programme of 8 classes. This programme was provided in two locations.
- BOAT assessment tool was introduced to PHN practice in Inishowen on 29th March 2017
- The PHN Breastfeeding Working Group was established to improve breastfeeding rates in the PHN Service, Donegal. There is a role out of the BOAT tool with further mop up clinic to follow and an eventual audit of same. There is also the new national breastfeeding policy which is due out by June 2017.
- Funding for standardised Breastfeeding resources for each network has been sought from the Nursing & Midwifery Practice Development Unit.
- There is a dedicated ADPHN to start the training of the CRGNs and the Practice Nurses will be the next to be trained. Discharges from Letterkenny University Hospital are to be reviewed with reference to discharge weight of newborns as this has an impact on the local PHN implementing the BOAT Tool New born use of soother is also a topic for debate at the Forum with reference to the NICE guidelines.
- One PHN sits on the National Breastfeeding Committee” – **Donegal**

#### **CHO Area 2:**

- “Breastfeeding rates are currently 29%. PHN/Lactation Consultant is member of Mayo University Hospital Baby Friendly Working Group. It is a challenge for a nurse to prioritise Breastfeeding over a clinical caseload as priority will always be to deliver clinical care.” – **Mayo**

#### **CHO Area 4:**

- “The appointment of a Lactation Consultant in West Cork is work in progress. We have a member of staff suitably qualified but I do not have the WTE at present to release her from her area to take up this post.” – **West Cork**

#### **CHO Area 5:**

- “PHNs have not required Midwifery qualification since 2008. Query if currently maternity module as part of PHN course is sufficient to cover maternal needs including breastfeeding. Query if breastfeeding course should increase education regarding maternal health including breastfeeding” – **Carlow Kilkenny**
- “The PHN service was set up to focus on health promotion and ill- health prevention across the life continuum. The vast majority of PHNs in the service also have the additional professional qualification of midwifery which lends the



PHN role and experience an added benefit in empathising and supporting mothers in offering the best care to babies and young children. The PHN is geographically based and thus builds up a strong relationship with mothers in her area both in the individual home setting and clinical setting of health centres and in the social support settings of community group facilities giving her the special position in the community of being able to promote breast feeding at many opportunities. The benefits of breastfeeding are well evidenced and have the potential to significantly improve the overall population health of Ireland in little more than a generation. Public awareness of same requires careful and regular marketing across society if uptake and consistent breastfeeding is to become a feeding norm for Ireland” –**South Tipperary**

- “Wexford PHN department has established a breastfeeding focus group led by two ADPHNs and includes breastfeeding PHN to review our current breastfeeding support group and consider mores recent National Breastfeeding policy.” - **Wexford**

**CHO Area 6:**

- “Lactation Consultant is looking into the feasibility of providing an antenatal service. There may be a benefit in setting up a Breastfeeding Committee in HSE Dublin South” – **Dun Laoghaire**

**CHO Area 8:**

- “Lead in breastfeeding (ADPHN) is on maternity leave. No backfill for the leave.” – **Louth**



## 5. Conclusion and Recommendations

### 5.1 Conclusion

This Breastfeeding Mapping Project set out to explore the breastfeeding resources and supports available across the Maternity Hospitals and the CHOs in the Republic of Ireland, to highlight gaps, and to use the data gathered to plan future services. The aims and objectives of the project were achieved through the collation and subsequent analysis of data from the maternity hospitals and the CHOs - via a structured telephone interview with key health care professionals within the hospitals and via a questionnaire sent to all 31 DPHNs within the LHOs of the nine CHOs.

Findings from the project include:

- Across all of the Community Health Organisations there are only four Whole Time Equivalent (WTE) dedicated PHNs with an IBCLC qualification.<sup>2</sup>
- There are currently a total of 13.2 WTE approved CMS in Lactation posts (IBCLC qualified staff, combination of single and / or multiple full-time, part-time, permanent and acting posts) across 13 maternity hospitals (with the five other hospitals having no specialists in lactation in post); the only provision in three hospitals (Kilkenny, Sligo and South Tipperary) is 0.5 of an acting WTE; the four large tertiary hospitals - which each have an average large birth rate of 8,500 births per hospital and which deal with many complex clinical challenges - have only a combined total of 6.1 WTE dedicated specialist posts in lactation.
- Comparisons with international staffing benchmarks in both the US and New Zealand suggests that there is a significant requirement for additional posts dedicated to lactation support.
- Antenatal education: Of note in this regard is that 83% of hospitals provide separate antenatal breastfeeding classes and 21% (i.e. five) LHOs provide such classes.
- Breastfeeding support: We report that 39% of maternity hospitals provide a post discharge breastfeeding support group and 88% of LHOs provide PHN led breastfeeding support groups.
- Referral pathways, in particular for mothers who experience any difficulties with breastfeeding. A total of 14 hospitals (78%) have a pathway of referral from the community to the hospital. Just over half of LHOs (55%) reported that they had such referral pathways in place.
- Breastfeeding committees play an important role in bringing together different stakeholders with a view to protecting, promoting and supporting breastfeeding. A total of 16 hospitals (89%) have a breastfeeding committee in place, however only seven LHOs (29%) reported having a breastfeeding committee in place.

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<sup>2</sup> Across the Community Health Organisations who replied to our survey there are only 2 WTE dedicated PHNs with an IBCLC qualification; in addition there are a further 2 more WTEs in the non responding CHOs.

- Training and skills development: a variety of relevant programmes are provided (20 hour courses, refresher courses, short teaching sessions - onsite in hospitals (with some accessible via video link) and at other locations). Uptake of such training and skills development is generally well supported by the hospital based staff, but uptake is more variable for staff working in the community.
- Channels for the provision of breast pumps to mothers: There appears to be extremely limited access in the LHOs to the provision of breast pumps for discharged mothers of hospitalised sick or premature babies with the only option mostly being for the mother to rent or to purchase a breast pump themselves.
- There is variation with regard to both staff responsibility for the collation of statistics and the mechanisms (IT vs manual) employed.

## 5.2 Recommendations

Following on from our analysis we recommend that:

- Additional posts dedicated to lactation support (both in hospitals and in the community) are provided in order to increase staffing to international norms and to ensure that mothers have access to an adequate level of support, education and appropriate pathways when challenges present. In particular posts need to be created for those hospitals and CHOs who currently have no dedicated lactation support posts, and any acting posts need to be advertised as soon as possible.
- There needs to be more consistent provision and uptake of the various training and skills development modalities among eligible staff. Development of a nationally consistent training and skills portfolio (which could employ elearning) would provide an opportunity to ensure that regular, accessible, evidenced based education and skills development is provided for all relevant health care staff.
- Breastfeeding committees provide an excellent forum for sharing of expertise, development of best practice, and enhancing initiation and continuation of breastfeeding - all hospitals and CHOs need to ensure that such committees are in place and that furthermore that they all comprise both representatives from the multidisciplinary teams and the voluntary breastfeeding groups. In addition such committees allow best practice to be coordinated, shared and disseminated nationally.
- The issue of lack of provision of breast pumps to discharged mothers of hospitalised babies is urgently addressed.
- Collation of statistics in a consistent manner is an important input to breastfeeding policy – we need to ensure that the national roll-out of the Maternal and Newborn - Clinical Management System supports the collation of such statistics.

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# Appendices

## Appendix 1 - Maternity Hospitals and CHOs Questionnaires



### Breastfeeding Mapping Project

<b>Name of Maternity Hospital / Hospital Group</b>	_____
<b>Date</b>	/ /
<b>1. CMS and IBCLC posts</b> Is there a CMS Lactation post in your hospital?  If Yes what is the WTE?	Yes <input type="checkbox"/> No <input type="checkbox"/>  WTE _____
If No is there an acting post?	Yes <input type="checkbox"/> No <input type="checkbox"/>  WTE _____
Are there plans to advertise a post?  If Yes what are the plans?	Yes <input type="checkbox"/> No <input type="checkbox"/>  _____
What is the no. of staff qualified as IBCLCs?  What clinical areas are they working within the hospital?	_____ _____
<b>2. Antenatal Education</b>  Is breastfeeding information included in antenatal classes?  How much time is dedicated to breastfeeding?  Who has responsibility for facilitating the classes?  Does your hospital provide separate Antenatal Breastfeeding classes?  How often are these held?  Are these classes booked by?	Yes <input type="checkbox"/> No <input type="checkbox"/>  _____ _____  Yes <input type="checkbox"/> No <input type="checkbox"/>  Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly <input type="checkbox"/>  Appointment <input type="checkbox"/> Drop In <input type="checkbox"/>

What is the time duration of these classes?	_____
Who has responsibility for facilitating the classes?	_____
<b>3. Breastfeeding Support</b> Do you see a case load of inpatient breastfeeding mothers?	Yes <input type="checkbox"/> No <input type="checkbox"/> _____
Does your hospital provide In patient Breastfeeding Support Groups?  If yes how many per week?	Yes <input type="checkbox"/> No <input type="checkbox"/> _____
Does your hospital provide Post discharge Hospital Breastfeeding Support Groups?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If Yes, are support groups provided Weekly/ Fortnightly/Monthly?	Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly <input type="checkbox"/>
If Yes are support groups provided by Appointment or Drop In?  If No, where are mothers referred to for support?	Appointment <input type="checkbox"/> Drop In <input type="checkbox"/>  PHN <input type="checkbox"/> Voluntary Groups <input type="checkbox"/> Support Groups facilitated by PHN <input type="checkbox"/> Other <input type="checkbox"/>
Is there a Hospital BF telephone helpline?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Are any other supports provided by the hospital?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, what type of supports?	_____
<b>4. Referral Pathways</b> Is there a pathway of referral from the Community to the Hospital?  What is the pathway?	Yes <input type="checkbox"/> No <input type="checkbox"/> _____
Is there a Pathway of referral from the Hospital to the Community?  Does the hospital provide details of community support groups on discharge?  Does the hospital give information about	Yes <input type="checkbox"/> No <input type="checkbox"/> _____  Yes <input type="checkbox"/> No <input type="checkbox"/>



<a href="http://www.breastfeeding.ie">www.breastfeeding.ie</a> Ask our Breastfeeding Expert?  Does the hospital include feeding issues in the discharge notification to the PHN?  Is the PHN contacted directly about a baby with feeding issues?  If yes by whom?  If yes why?	Yes <input type="checkbox"/> No <input type="checkbox"/>  Yes <input type="checkbox"/> No <input type="checkbox"/>  Yes <input type="checkbox"/> No <input type="checkbox"/> Occasionally <input type="checkbox"/>  _____  _____
<b>5. Breastfeeding Committee</b> Does the hospital have a Breastfeeding Committee?  Does this group include members of the MDT?  Does this group include community reps?  Does this group include the voluntary breastfeeding organisations?  How often does this group meet?  What are the roles and functions of the Breastfeeding Committee?	Yes <input type="checkbox"/> No <input type="checkbox"/>  Yes <input type="checkbox"/> No <input type="checkbox"/>  Yes <input type="checkbox"/> No <input type="checkbox"/>  Yes <input type="checkbox"/> No <input type="checkbox"/>  Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly <input type="checkbox"/> Quarterly <input type="checkbox"/>  _____
<b>6. Training and Skills Development</b> What specific breastfeeding training and skills development is provided by the hospital?	_____ _____ _____
Yearly schedule of these sessions? 2015	_____ _____ _____
2016	_____ _____ _____
Who provides the training?	_____ _____ _____
Who maintains records of this training?	_____ _____ _____
<b>7. Breast pumps</b> Process of providing breast pumps for mums of premature or sick babies?	_____ _____ _____
<b>8. Birth Rate and Collation of statistics</b>	

What is the hospital birth rate for 2016?	_____
How are the hospital breastfeeding rates collated?	_____

**Further Comments**


### Breastfeeding Mapping Project

<b>Name of CHO and LHO</b>	<b>CHO</b> _____ <b>LHO</b> _____
<b>Date</b>	/ /17
<b>1. PHN/IBCLC posts</b> Is there a dedicated PHN/International Board Certified Lactation Consultant (IBCLC) post in your area?  If Yes what is the WTE?	Yes <input type="checkbox"/> No <input type="checkbox"/>  WTE _____
If No is there an acting post?	Yes <input type="checkbox"/> No <input type="checkbox"/>  WTE _____
Are there plans to advertise a post?  If Yes what are the plans?	Yes <input type="checkbox"/> No <input type="checkbox"/>  _____
What is the no. of staff qualified as IBCLCs in your LHO?	_____
<b>2. Antenatal Education</b>  Does the PHN Service provide Antenatal Classes within the LHO?  Is breastfeeding information included in these Antenatal Classes?  How much time is dedicated to breastfeeding in these classes?  Who has responsibility for facilitating the classes?  Does the PHN Service provide separate Antenatal <b>Breastfeeding</b> Classes within the LHO?  How often are these held?  Are these classes booked by?  What is the time duration of these classes?	Yes <input type="checkbox"/> No <input type="checkbox"/>  Yes <input type="checkbox"/> No <input type="checkbox"/>  _____  _____  Yes <input type="checkbox"/> No <input type="checkbox"/>  Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly <input type="checkbox"/>  Appointment <input type="checkbox"/> Drop In <input type="checkbox"/> Combination <input type="checkbox"/>  _____

Who has responsibility for facilitating the classes?	_____
<b>3. <u>Breastfeeding Support</u></b> Does your LHO provide PHN Led Breastfeeding Support Groups?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If Yes, are support groups provided Weekly/ Fortnightly/Monthly?	Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly <input type="checkbox"/>
If Yes how are mothers informed of this Breastfeeding Support Group?	Verbal <input type="checkbox"/> Written information <input type="checkbox"/> Poster <input type="checkbox"/> Other <input type="checkbox"/> _____
If Yes are mothers invited to attend a Breastfeeding Support Group while still pregnant?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If Yes are Breastfeeding Support Groups provided by Appointment or Drop In?  If No, where are mothers referred to for breastfeeding support?	Appointment <input type="checkbox"/> Drop In <input type="checkbox"/>  Voluntary Groups <input type="checkbox"/> Maternity Hospital Support Groups <input type="checkbox"/> Other <input type="checkbox"/> _____
Are any other supports for breastfeeding mothers provided by the LHO?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, what type of supports?	_____
<b>4. <u>Referral Pathways</u></b>  Is there a pathway of referral from the LHO for a mother experiencing breastfeeding challenges to an IBCLC if an IBCLC/PHN is available in the LHO/CHO  What is the pathway?  What supports does the PHN/IBCLC provide for breastfeeding mothers?	Yes <input type="checkbox"/> No <input type="checkbox"/>  _____ _____  Drop in clinic <input type="checkbox"/> One to one support by appointment <input type="checkbox"/> Home visits <input type="checkbox"/>

<p>Is there a pathway of referral from the LHO for a mother experiencing breastfeeding challenges if an IBCLC/PHN is <b>not</b> available in the LHO/CHO?</p> <p>What is the pathway?</p> <p>How is the referral made?</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Referral to Hospital CMS Lactation <input type="checkbox"/> Voluntary La Leche Leader <input type="checkbox"/> Cuidiu Counsellor <input type="checkbox"/> Other <input type="checkbox"/></p> <p>Phone <input type="checkbox"/> Letter <input type="checkbox"/> Fax <input type="checkbox"/> Other <input type="checkbox"/></p>
<p><b>5. <u>Breastfeeding Committee</u></b></p> <p>Does the LHO have a Breastfeeding Committee?</p> <p>If Yes</p> <p>Does this group include members of the MDT?</p> <p>Does this group include the voluntary breastfeeding organisations?</p> <p>How often does this group meet?</p> <p>What are the roles and functions of the Breastfeeding Committee?</p>	<p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p> <p>Weekly <input type="checkbox"/> Fortnightly <input type="checkbox"/> Monthly <input type="checkbox"/> Quarterly <input type="checkbox"/></p> <p>_____</p>
<p><b>6. <u>Training and Skills Development</u></b></p> <p>What specific breastfeeding training and skills development is provided in the LHO?</p>	<p>_____</p> <p>_____</p>
<p>Yearly schedule of these sessions?</p> <p>2015</p> <p>2016</p>	<p>_____</p> <p>_____</p>
<p>Who provides the training?</p>	<p>_____</p>
<p>Who maintains records of this training?</p>	<p>_____</p>
<p>If training is not provided by the LHO where do staff attend to receive breastfeeding related training?</p>	<p>_____</p>

Who maintains records of this training?	_____
<b>7. <u>Breast pumps</u></b> What is the process of providing breast pumps for mums of premature or sick babies within the LHO?	_____
<b>8. <u>Collation of statistics</u></b> How are Breastfeeding Rates collated?  Who has responsibility for collection?	_____

#### Further Comments
