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Society of Pediatric Nurses Department

Clinical Practice Guidelines for the Use of Human Milk and Breastfeeding for the Hospitalized Infant/Child Beyond Immediate Neonatal Care☆☆☆



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Introduction

Human milk and breastfeeding are preferred forms nutrition for all infants through the first year of life and beyond. Since only 22% of all infants are exclusively breastfed for the first six months and only 31% of infants are breastfed for one full year, the membership of the Society of Pediatric Nurses (SPN) deemed this a priority clinical practice topic. Pediatric nurses in all settings must be supported in their critical roles to help mothers achieve their personal breastfeeding goals and to reduce children's morbidity and mortality from lack of exposure to human milk (American Academy of Pediatric Work Group on Breastfeeding, 2012; Centers for Disease Control and Prevention, 2016; Clinical Practice Guideline for the Use of Human Milk and Breastfeeding for the Hospitalized Infant/Child beyond Immediate Neonatal Care, 2018; National Association of Neonatal Nurses, 2015; World Health Organization, 2018). To align with SPN's mission, vision and core values, an expert nurse scientist developed the Clinical Practice Guidelines for the Use of Human Milk and Breastfeeding for the Hospitalized Infant/Child Beyond Immediate Neonatal Care in partial fulfillment of the annual goals of the Clinical Practice and Research Committee.

A review and synthesis of literature culminated in best evidence for lactation support and care, operational definitions, and clinical practice recommendations based on 10 steps for the protection and promotion of human milk and breastfeeding in vulnerable infants. Pediatric nurses will be equipped with knowledge to promote infants' neurodevelopment and keep mothers and babies close,

including those undergoing chemotherapy, radiation, and other at-risk or special populations.

The Spatz 10 Steps for the Protection and Promotion of Human Milk and Breastfeeding (American Academy of Nursing, 2015; Spatz, 2004)

- Step 1: Informed decision
- Step 2: Establishment and maintenance of milk supply
- Step 3: Human milk management
- Step 4: Oral care and feeding of human milk
- Step 5: Skin-to-skin contact
- Step 6: Non-nutritive sucking at the breast
- Step 7: Transition to direct breastfeeding
- Step 8: Measurement of milk transfer
- Step 9: Preparation for discharge
- Step 10: Appropriate follow-up

Please enjoy this clinical practice guideline as a Journal of Pediatric Nursing reader offered to you by the SPN Board of Directors and other members of SPN leadership. You may look forward to supporting materials that may include webinars and specialty written resources that will address specific guideline topics.

The Clinical Practice Guidelines for the Use of Human Milk and Breastfeeding for the Hospitalized Infant/Child Beyond Immediate Neonatal Care can be accessed on SPN's website by selecting Practice on the top navigation bar, then clicking on Clinical Practice Guidelines.

This Clinical Practice Guideline is authored by Diane L. Spatz PhD, RN-BC, FAAN.

References

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☆ The mission of the Society of Pediatric Nurses is to support its members in their practice. One means of accomplishing this mission is to keep membership informed of innovative initiatives involving the board, committees, and members that promote research, clinical practice, education, and advocacy within the larger pediatric healthcare community. This department serves that purpose.

☆☆ Department editor: Sandra Mott

SPN President Update

Michele Habich

An organization is only as strong as its members, and SPN is flourishing because of you! SPN continues to work for you and we are growing in all directions. SPN has increased the educational, clinical, leadership, and practice resources available to support pediatric nurses. For the first time in history, SPN crossed the 3,600-member mark!

SPN advances the specialty through excellence in education.

Over the last few years, SPN has made a deliberate choice to invest in the development of new education opportunities to advance the knowledge and skillset of the pediatric nurse. SPN has provided online programs such as our Certification Review Course, Pediatric Fellowship Program, Disease Prevention Course, and multiple webinar series. The newly released Disease Prevention Course focuses on immunizations and screening standards, asthma, childhood obesity, diabetes, and care coordination.

If you prefer hard copy education, SPN created two new quick reference guides to support your care for children and their families with chronic conditions. These guides address community and financial support and respite care for children and youth with special health care needs.

Is there an educational topic you feel SPN should address? Let us know at info@pedsnurses.org. I would love to hear from you and get your ideas. Our goal is to continue to build the resources most needed by our community of pediatric nurses.

SPN takes on a new strategic direction.

This year marked the first year of our new strategic plan. As part of our initiatives in 2019, we have launched a new committee, the Healthcare Policy and Advocacy Committee, with the goal of keeping you, our members, informed on priority issues within children's healthcare. The committee created the new advocacy pages on our website and have contributed many articles within eNews on important topics such as measles outbreak, 2020 census, Title VIII, and working with transgender patients.

Additionally, SPN launched a new taskforce to identify resources needed in the varied practice settings of our membership. The goal is to ensure that SPN is reaching

all segments of membership and connecting the expertise of children's hospitals with other practice settings.

The SPN Board of Directors recognizes that we have many new members within our organization. Our goal is to ensure that you are taking full advantage of all the benefits of your membership. As part of that, we are launching a new campaign for the first two years of membership with the aim of informing you of your benefits and how to make the most of your membership. If you are a newer member of SPN you should start receiving these communications, let us know what you think.

SPN members are making an impact on the specialty of pediatric nursing.

I am so proud of our membership. This year the Board was excited to present many awards to our colleagues who exemplified what it means to give back to the specialty of pediatric nursing. Member, Barbara Woodring, EdD, MS, MEd, MA, BSN received the Margaret S. Miles Distinguished Service Award at the 2019 SPN Annual Conference. Barbara was a charter member of SPN, is known for her outstanding leadership and mentoring to over 25 teams throughout her career.

SPN Members Paula Rosales, RN, PPCNP-BC, and Kelly Lankin, MS, RN, CCRN-K, are impacting research through the following SPN supported projects: "Exploring Body Mass Index, Health Related Quality of Life, Social Support and Parental Perspectives on Weight Among Latino Childhood Acute Lymphoblastic Leukemia Survivors" and "Supporting Families Through the Acute Phase of the Pediatric Hematopoietic Stem Cell Transplant Experience: Perspectives from Parents and Nurses." Angela D. Mehringer, MSN, RN, IBCLC, CHSE, is supporting evidence-based practice through her initiative, "Fostering Resilience by Educating Undergraduate Nursing Students About Adverse Childhood Experiences."

It's an honor to continue to serve as your president. I have been thrilled by the number of you that have offered to share your expertise on committees, taskforces, as subject matter experts, and in many other ways to support the organization. You are what enables this organization to grow and advance the specialty of pediatric nursing. The achievements of any organization are the results of the combined effort of each individual (Vince Lombardi).