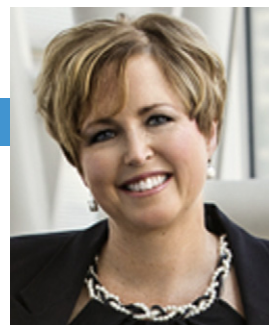


TECHNOLOGY DEPARTMENT

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Increasing Access to Evidence Based Lactation Resources Through an Intranet Portal



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WHEN ONE CONSIDERS technologies in the clinical arena, an automatic conclusion is the value of immediate resources such as the Internet. Clinicians and families often access the Internet for research and clinical information. Within The Children's Hospital of Philadelphia (CHOP), the majority of bedside and front line clinicians depend on the utility of the hospital's internal Website, the CHOP Intranet. Like many hospitals, CHOP aims to facilitate a *one stop shop* for information, resources, clinical pathways, protocols, standards and procedures related to a particular area via the Intranet. One of these areas is breastfeeding and the provision of human milk.

The "Lactation, Breastfeeding and Breast Pumping" page on the CHOP Intranet provides information for hospital clinicians on the provision of human milk and breastfeeding. This Webpage is updated monthly by the CHOP Lactation Director and Supervisor to ensure that current and accurate information is available to clinicians at all times. The majority of hospitals in the United States do not employ lactation professionals on the same 24-hour model as practicing providers and nurses. Thus to fill this void, the Lactation Director curated the "Lactation, Breastfeeding and Breast Pumping" Intranet page.

Research has reported that one of the major barriers for women reaching their personal breastfeeding goals is inconsistent or inaccurate information from health professionals (U.S. Department of Health and Human Services, 2011). In order to increase provision of evidence based lactation support and care, it is essential to provide resources that are easily accessible and that allow clinicians to

effectively educate, support, and teach breastfeeding families. By having comprehensive Intranet access to resources, health providers can be empowered and confident in providing evidence-based lactation support and care.

This column will highlight the significance of and CHOP's Intranet site and how aspects included within the site can be utilized and applied by the clinician. The goal is that by sharing our experiences that other institutions will be able to create similar resources for clinicians.

The Essential Components of the Lactation, Breastfeeding and Breast Pumping Website

Upon entering the CHOP Lactation, Breastfeeding and Breast Pumping Website, the clinician is immediately greeted with a disclosure that states "This site is intended to be used as a resource by clinicians as well as CHOP employees who are expecting or currently nursing an infant." The information contained on the Intranet site is not intended for the lay user; however, the expectation is that the clinician can utilize the information to inform his or her practice and then communicate that information back to the patient and family.

The Lactation, Breastfeeding and Breast Pumping home page is an essential component of the Webpage. On the home page the lactation program makes announcements including: recent news, recent events, and changes to the program,

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changes/additions to breastfeeding standards and procedures, and links to educational videos (power of pumping video and skin-to-skin video; both made and produced by CHOP). The Intranet homepage is organized into the following major categories:

- Home Page/Frozen Human Milk Inventory
- Breastfeeding Standards and Procedures
- Medications and Mother's Milk
- Breastfeeding Resource Nurses
- Hospital-Wide Breastfeeding Committee
- Donor Milk/Milk Donation
- Frenotomy Procedure for Breastfeeding Difficulties
- Pump Room Locations and Directions
- GEMS Support Group
- World Breastfeeding Week
- Employee Lactation Resources
- External Resources
- Power of Pumping video link
- Skin-to-Skin video link
- Contact Us

Within the home page is a link to a secure online Web platform that details, a frozen human milk inventory for each patient in the hospital. Student interns inventory the

frozen human milk for each patient located throughout the hospital. This information is then entered into a live database that can be accessed by clinical clinicians 24/7. Therefore, at any time of day, the bedside clinician is able to access an accounting of his/her patient's frozen human milk supply and where exactly the bins are stored (detailed by geographic location and freezer number).

The 'Contact Us' page contains all of the members of the Lactation Program and their contact information. Additionally, this is where clinicians can find contact information for the CHOP Lactation Rental Station. The rental station is staffed 7 days a week by student interns. Renting a pump and/or scale provides families with equipment to determine milk transfer from breast to infant and aids families in a smoother transition to the home.

Breastfeeding Standards and Procedures

The most frequently visited section of the Webpage is the *Breastfeeding Standards and Procedures* section. There are three nursing standards and nine nursing procedures related to human milk and breastfeeding. CHOP employs International Board Certified Lactation Consultants and over 650 trained Breastfeeding Resource Nurses (BRNs); however, not all bedside clinicians are as familiar with breastfeeding and the provision of human milk (Table 1).

Table 1 Description of procedures: Breastfeeding and the provision of human milk.

CHOP Nursing Procedure	Description
Pumping, labeling and storage of expressed human milk	Step by step instruction on breast pump assembly and usage with pictures & diagrams Picture of labeling and storage processes with directions Job aid with order numbers for equipment Job aid with milk storage times
Preparation and administration of expressed human milk	Step by step instruction on milk preparation Two health professional check to ensure "right milk to right infant"
Transport or disposal of human milk	Instructions for safe transport of fresh and frozen human milk Dry ice requirements for travel over 12 hours Access to dry ice & safety of usage Instructions on the safe disposal of human milk (when necessary)
Skin-to-skin contact/kangaroo care: Transfer of the intubated infant	Step by step instruction on transfer of intubated infants for skin to skin contact Exclusion criteria Resources including CHOP's Skin-to-Skin video
Determining milk transfer for direct breastfeeding with pre and post weights	Step by step instruction on performing pre- and post-weights Includes instructions for use of Baby Weigh I™ and Baby Weigh II™ scales and well as standard electronic scale that accurate to ± 2 g 1 g equals 1 ml of milk transfer
Use of a nipple shield	Indications for nipple shield Detailed instructions and pictures on nipple shield use and determining effective latch Cleaning & sterilization of nipple shield
Use of a supplemental nurser system (SNS)	Step by step instruction on SNS preparation and use Two health professional check to ensure "right milk to right infant"
Use of the Medela Waterless Milk Warmer	Instructions & pictures provided Method for thawing milk Method for warming milk
Safe handling of human milk for fortification and/or modification	Information about CHOP's Human Milk Management Center Fortified milk must be used within 24 hours Skim milk can be made for infants with chylothorax

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