

Discharge planning and post-hospital support

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FFTH is one of the top 10 hospitals in New York State for exclusive breastfeeding

Exclusive Breastfeeding Rates at Discharge: 74.9% in 2009, 78.6% in 2010



Discharge Planning

- Crucial to have antenatal support from providers so moms come into the hospital with intent to feed
- Prenatal classes help prepare moms for reality and help them anticipate
- Use labor time to set up the postpartum scenarios
- Promote skin-to-skin and delayed visitation after delivery



Discharge Planning

- Keep staff confident, competent, and consistent so mom will be
- Evaluate dyad at least 1-2 times per shift, communicate success and concerns to mom and other staff
- At each contact, talk about the future and manage mom's expectations
- Make sure she knows what is normal and has the tools to intervene



Post Hospital Support

- Get to know the mom's environment and elements of sabotage
- Provide some level of support 24 / 7, make it the expectation that she will call if any questions
- Give easy-to-use written materials
- Follow-up phone call within 2-3 days of discharge

