

# Donor Human Milk for the Well Newborn

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## BACKGROUND

Breastfeeding is encouraged as best practice at UMC due to the life-long benefits for mother and baby. On the perinatal unit, the team rolled out a quality improvement project which allowed for donor human milk as an option for newborns who required supplementation due to medical indication. During this process, our rates for breastfeeding exclusivity increased.

Perinatal Core Measure PC-05 is the “Exclusive Human Milk Feeding” in our perinatal population. This measure is part of a larger set of perinatal care measures The Joint Commission (TJC) uses to assess quality of care in perinatal settings. It is reported as an overall rate, including all newborns who were exclusively provided human milk their entire hospitalization.

## PURPOSE

Donor human milk is an option for supplementation when a medical indication exists such as hyperbilirubinemia in the newborn, excessive newborn weight loss or hypoglycemia in the newborn.

## METHODS

UMC's Perinatal Unit utilized the Johns Hopkins Evidence-Based Practice for Nurses and Healthcare Professionals model in this project.

### PC-05 (Perinatal Core Measure for Exclusive Breast Milk Feeding)

UMC is continuously working on increasing our goal of 75% of newborns exclusively breast milk feeding by implementing:

- 1) Two (2) full time lactation consultants and one per diem to staff the hospital
- 2) Prenatal education as early as possible with consults in triage, labor and delivery, immediately post-delivery and in postpartum.
- 3) Breastfeeding classes, in-services and updates to staff on an ongoing basis.
- 4) Donor human milk as an option to breastfeeding families as of 3/2024.
- 5) Family-Centered Care taskforce formed by Perinatal and NICU to encourage breastfeeding and increase staff compliance with the "Golden Hour" recommendations to facilitate skin to skin and breastfeeding within the first hours after delivery.



## RESULTS

Rates have increased for our PC-05 Perinatal Core Measure for Breastfeeding Exclusivity by having the donor human milk available as an option for supplementation when medically indicated.

UMC's year to date is 47.17%, 375/795 newborns exclusively breastmilk fed. Please let me know if you need anymore information.



## CONCLUSIONS

Breastfeeding remains as the best option in feeding newborns. UMC provides the next best alternative on having donor human milk available to our patients when needed.

## REFERENCES

