

Improving Day 2 breastmilk feeding data

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Structured education, teamwork, and parental engagement significantly increased Day 2 breastmilk feeding, transforming early neonatal nutrition.

Aim

The primary aim was to increase Day 2 breastmilk feeding rates to at least 60% while ensuring data accuracy on BadgerNet. Additional objectives included promoting antenatal education on early breastmilk benefits and standardising documentation practices to reflect actual feeding rates accurately.

Background

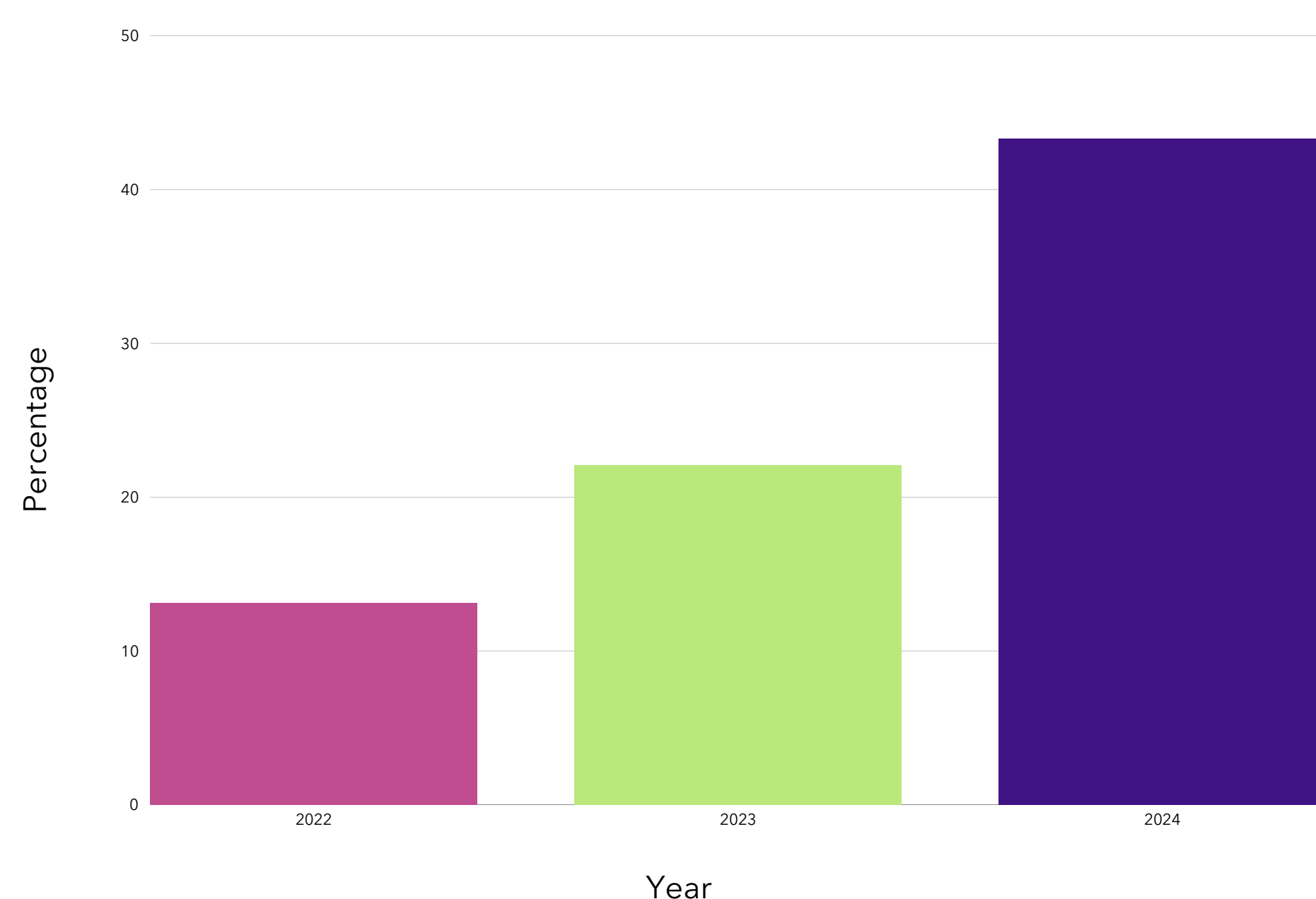
Croydon University Hospital's Neonatal Unit is a Level 2 unit with a 22-cot capacity (4 ITU, 5 HDU, and 13 SCU), alongside 8 transitional care cots within the postnatal ward. The unit serves a highly diverse population, with most mothers and babies coming from ethnic minority backgrounds. In 2023, there were 192 admissions of babies born at less than 36 weeks' gestation. Breastfeeding rates were identified as an area for improvement, with data showing that Day 2 breastmilk feeding rates were significantly below the benchmark of 60%.

Method

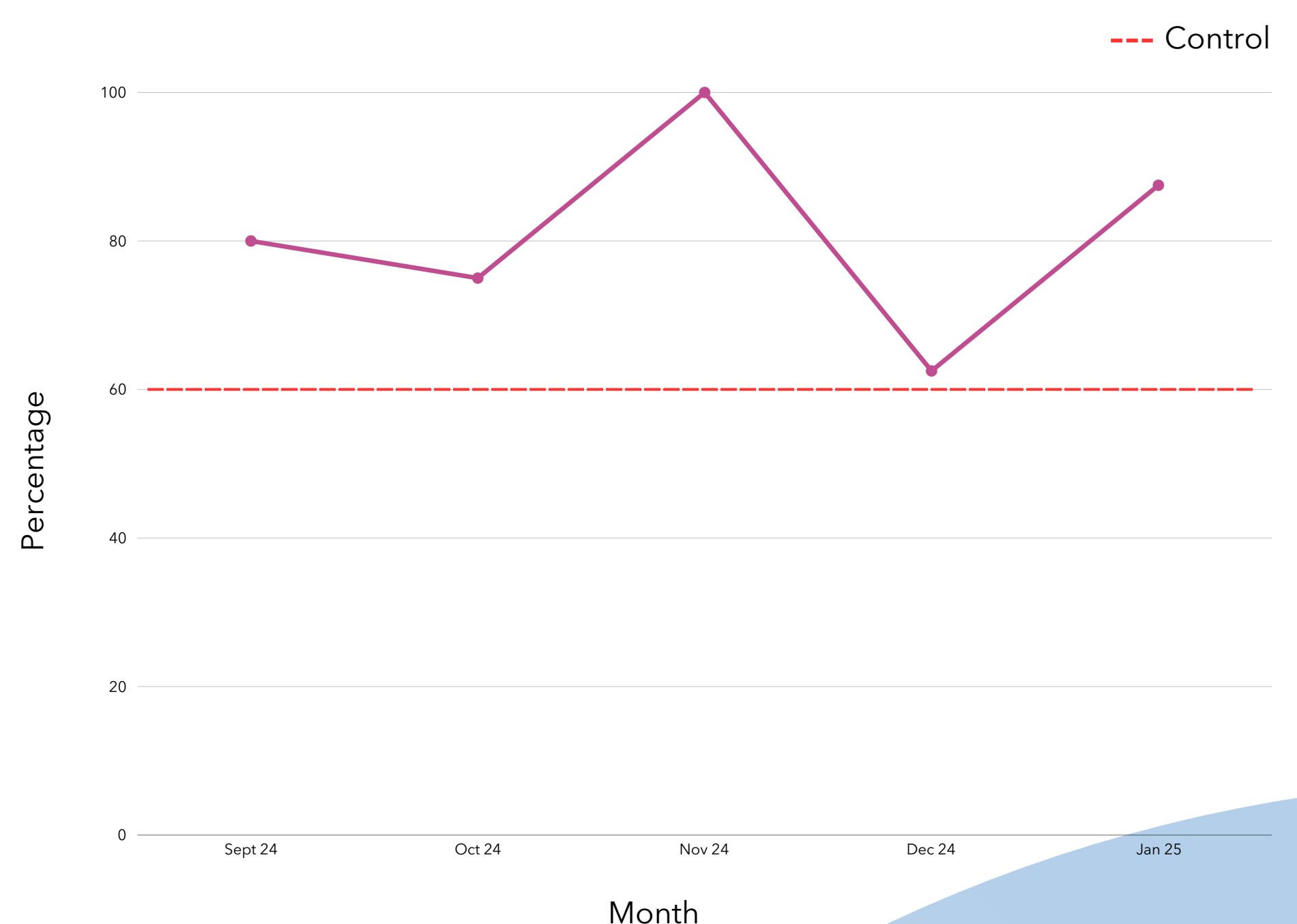
Baseline data was obtained from the BadgerNet dashboard, which revealed that the Day 2 breastmilk feeding rate was only 35.2% at the end of 2023. Several targeted interventions were introduced:

- Routine prescription of colostrum for all admitted neonates.
- Expressing packs provided to families during antenatal counselling when preterm labour was anticipated.
- Integration of breastmilk education into staff inductions and ongoing training sessions.
- Appointment of a full-time neonatal data manager to oversee data entry, cleanse inaccurate records, and provide training to ensure consistency in documentation.
- Comparison of data between ODN quality dashboards over a 12-month period to measure progress.

Day 2 breastfeeding compliance by year 2022-24



Day 2 breastfeeding compliance Sept 2024 - January 2025



Results

- Day 2 breastmilk feeding rates improved from an average of 35.2% in 2023 to 72.9% in 2024.
- Rates are now maintained consistently above the 60% benchmark month to month moving into 2025.
- Consistent and accurate documentation practices were established through better data monitoring and training.
- Increased parental engagement in expressing breastmilk, driven by improved education and accessibility of resources.
- Greater awareness and involvement of the multidisciplinary team, including doctors, nurses, and the BFI team.

Conclusions

The interventions implemented have successfully increased Day 2 breastmilk feeding rates, demonstrating the impact of structured education, improved data recording, and proactive parental engagement. Future plans include:

- Achieving Baby Friendly Initiative (BFI) Stage 1 accreditation.
- Expanding antenatal education resources, including an updated expressing pack leaflet with clearer guidance for parents.
- Ensuring all doctors complete BFI e-learning, with mandatory breastmilk training for nursing staff.
- Continuing audits on the perinatal optimisation passport, with a second launch to reinforce early breastmilk feeding as a priority.