



Breastfeeding Committee for Saskatchewan Network News

Spring 2005

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The Breastfeeding Committee for Saskatchewan and the Breastfeeding Implementation Committee are committed to improving breastfeeding initiation and duration rates in the province.

The BCS focuses its efforts in three areas; Provincial Coordination, Health Region Support, and Community Capacity Building and Support.

This newsletter published twice yearly by the Breastfeeding Committee for Saskatchewan.
Editor: Janice Reynolds,
momsformilk@sasktel.net
Phone/Fax: (306) 528-4439

BCS Annual General Report

The Chairs of the Breastfeeding in Saskatchewan (BCS) presented its Annual General Report on May 2, 2005. Hospitals and community health offices in Saskatchewan have recently made significant strides towards increasing breastfeeding initiation and duration rates, through implementing Baby Friendly™ policies and practices. Activities by the Committee have served to lead and support these changes.

The BCS focuses its efforts in three areas:

Provincial Coordination:

- ◆ BSC members/Public Health Nutritionists of Saskatchewan Working Group have incorporated BFI into Regional Health Authority Population Health Promotion strategies.
- ◆ Provincial breastfeeding data has been collated (from the Canadian Community Health Survey Cycle 2.1)
- ◆ Standard breastfeeding definitions have been established by the Breastfeeding Committee for Canada.
- ◆ A strategy for ongoing data collection on breastfeeding initiation and duration rates is being developed and provincial indicators are being established.
- ◆ BFI self-assessment baseline data has been collated from 92% of district, regional and provincial hospitals as well as most community health offices in SK.
- ◆ Representation on and collaboration with the Breastfeeding Implementation Committee continues.
- ◆ Sample BFI policies were collected and shared with members of the committee.

Health Region Support:

- ◆ A "Cost of Not Breastfeeding" power point presentation for boards and senior decision makers, was distributed to all health regions on February 2, 2005.
- ◆ Breastfeeding factsheets for professionals are being developed and updated.
- ◆ The BCS website has been reactivated through the SHR website and is being updated.
- ◆ A "Best Practices in Breastfeeding" workshop was broadcast via SCN to 26 sites and over 450 people on December 9, 2004.
- ◆ A provincial breastfeeding conference is being planned for Fall, 2006.
- ◆ BCS membership has been reviewed – all RHA's are now represented on the BCS.

Community Capacity Building and Support:

- ◆ This is a new committee, established in the past year.
- ◆ Posters have been developed on the BFI 10 steps and 7 points and will be distributed to all health region facilities/offices.

Prepared by: Linda Gilmour Kessler, BCS co-chair as revised from BFI Implementation report prepared by Sheri Taylor, Heartland Health Region (04/05)

The Breastfeeding Implementation Committee works from a policy and upper management level, while the Breastfeeding Committee for Saskatchewan provides technical expertise and works from the grass-roots level.

A second SCN "Best Practices in Breastfeeding" workshop is scheduled for November 10, 2005.

Presentations on breastfeeding were made to health care providers and the public at 6 northern communities

For more information on the Seminars for Health Professionals see:

www.lalecheleaguecanada.ca

A Report from the Breastfeeding Implementation Committee

The Breastfeeding Implementation Committee is comprised of senior decision makers from each health region, a member of Saskatchewan Health and representatives from the Breastfeeding Committee for Saskatchewan. The goal of this committee is to work towards implementing breastfeeding "best practice" standards within each health region. The Baby Friendly™ Initiative (BFI) is the foundation for these standards.

Since January, 2004, the Breastfeeding Implementation Committee has completed the following activities:

- Most health regions in the province now have local committees working towards the implementation of Baby-Friendly™ policies and practices.
- A telehealth on the BFI standards was offered in April, 2004. The intent was to improve health workers' understanding of the BFI standards (10 steps and 7 points) and assist them with the task of completing a self-assessment of their agency.
- A baseline self-assessment form was completed by numerous hospitals and community health offices in the province to compare current practices to the Baby-Friendly™ standards. This information was compiled to provide provincial baseline data and will be repeated annually.
- A "Best Practices in Breastfeeding" workshop was broadcast via the Saskatchewan Communications Network (SCN) to 26 sites and over 450 health professionals on December 9, 2004. The intent was to provide a portion of the 18 hours of breastfeeding education that front line staff require when working with mothers and infants. Videos of this broadcast have been distributed to all health regions. A second SCN breastfeeding workshop is scheduled for November 10, 2005.
- Provincial breastfeeding initiation and duration rates were obtained from the Canadian Community Health Survey Cycle 2.1 (2003). It found that 77.6% of Saskatchewan women exclusively breastfed for 1 week or more, while 19.9% exclusively breastfed for 6 months or more. A report is being developed to explain how this data was collected and the various limitations. The committee continues to develop standards for local data collection.

Prepared by: Sheri Taylor, Heartland Health Region

Breastfeeding Tour of the North

During the months of Feb and March, Linda Wright traveled North to La Ronge, La Loche, Isle le Crosse, Stony Rapids, Fon du Lac and Black Lake to give a 3-4 hour presentation at each site on breastfeeding. The presentations were arranged through the Northern Perinatal/Infant Mortality Risk Reduction Project.

The topics were breastfeeding technique, the Baby-Friendly™ Initiative and the Ten Steps, and trouble-shooting breastfeeding problems. The participants were from many different fields. Nurses from public health and hospital, pharmacists, dietitians, Kids First, CPNP, as well as some moms and grandmas attended. The sessions were well received, promoted discussion and inspired and energized plans to move the BFI forward in the north.

Prepared by; Linda Wright, Lactation Consultant, Royal University Hospital, Saskatoon.

La Leche League Canada Seminar for Health Professionals comes to Regina

La Leche League Canada presented a seminar for Health Professional **Breastfeeding : When Extra Care is Needed** April 25, 2005 in Regina. Featured speaker was Kay Hoover. Twelve of the thirteen health regions in Saskatchewan were represented and there were eighty two participants. Participants from Alberta and Manitoba attended as well. Topics covered were on Candidiasis and Breastfeeding, Oversupply or Rapid Milk Ejection, Maternal and Infant Causes of Insufficient Milk Supply as well as Case Studies of Weight Gain Problems.

Regina Qu'Appelle Health Region Report on BFI

Presentation to Population and Public Health Staff General Meeting

A BFI presentation was developed and presented at the General Staff meeting of Population and Public Health Services, RQHR in November 2004.

For an electronic copy, contact Eunice Misskey at 766-7724 or email eunice.misskey@rqhealth.ca



(Disclaimer: Actual maternity room in Saskatchewan may not be exactly as depicted above)

The BFI Implementation Committee in the Regina Qu'Appelle Health Region (RQHR) completed the community and hospital self assessments in June 2004. Based on these assessments, an action plan for 2004–2005 was prepared. Initial focus is on effective/best practice of the Baby Friendly™ Initiative steps/points 1, 2, 5, 6 and 7 in clinical and community settings. Below are some highlights of progress made in our region:

Step 1/Point 1 - Have a written breastfeeding policy that is routinely communicated to all health care staff & volunteers.

Our current *Breastfeeding and Baby Friendly* policy, which was approved in August 2001, is being reviewed to ensure that it satisfies all criteria of step/point 1 and that it encompasses the health region (health district in 2001). This policy is meant to serve as the basis for specific unit polices on breastfeeding throughout the region. It will be displayed in a public friendly format throughout our hospitals, maternity visiting areas and public health offices among other locations.

Step 2

Train all health care staff in skills necessary to implement this policy

The nurses on the Mother Baby Unit and Maternity Visiting Program use the Breastfeeding Education Program for Health Professionals Self Study Modules and every new staff member spends five hours with the Lactation Consultant. Breastfeeding videos have also been used.

Step 6 Give newborn infants no food or drink other than breast milk, unless medically indicated.

The Mother Baby Unit at the Regina General Hospital has been working towards decreasing the supplementation rate. An audit regarding supplementation rates was completed in November 2004. Forty three percent of the babies were supplemented for various reasons. One of the reasons, was related to mothers being tired. Restricted visiting hours and 1 hour of quiet time has been implemented since December 1, 2004. Staff have been educated on "why not to supplement" by using the Breastfeeding Education Program for Health Professionals Self Study Modules from Edmonton, Alberta. Staff are encouraged to use the "why not to routinely supplement handout."

Step 7 Practice rooming-in – allow mothers and infants to remain together 24 hours a day.

Staff are continuing to encourage keeping mom and baby together. They are assessing the baby at the bedside focusing on teaching the parents and other family members. Father and Family Centred pamphlets are being developed to encourage rooming in. Cots are available for dads if staying overnight. A Father poster has been developed and posted in prominent areas on the unit.

Check out the other Breastfeeding pages on the SHR site –please send suggestions to Janice Reynolds for additions or improvements.

The BCS website is up and running!

Hosted by the Saskatoon Health Region. Check it out at:
http://www.saskatoonhealthregion.ca/your_health/ps_bf_about_bcs.htm

At printing date, the BCS Fact Sheets were not yet on the site, but were due shortly.

“Mother’s Milk – Baby’s Choice” BFI Poster for Saskatchewan Health Facilities

The BCS, with the support of the Canadian Prenatal Nutrition Program, has produced a poster that introduces the Baby Friendly Initiative to Saskatchewan. These posters will be made available to all Health Regions throughout Saskatchewan, for display in a variety of health facilities. See link to poster at:
<http://www.saskatoonhealthregion.ca/pdf/BCSBrstfeedPoster1.1.pdf>

One couple sent an email to "emphasize how truly wonderful these classes were" and stated "I came out of the class with a renewed confidence and determination" to breastfeed.

The average score increased by approximately 25% between the pre and post tests.

For more information contact Morag Granger at 766-7735 or email morag.granger@rqhealth.ca

Dates to remember:

Canada Celebrates World Breastfeeding Week 2005 "Breastfeeding and Family Foods: Loving and Healthy"
Feeding other foods while breastfeeding is continued
OCTOBER 1-7, 2005
See:
www.infactcanada.ca/WBW.htm

Quintessence Breastfeeding Challenge October 1, 2005
See:
www.babyfriendly.ca/challenge/index.php

The BCS Breastfeeding Conference is being planned for Fall, 2006. Watch for dates and location!

Prenatal Breastfeeding Classes for Regina Qu'Appelle Health Region

Recent literature has shown that prenatal breastfeeding education contributes to a more positive breastfeeding experience and extends breastfeeding duration. In Chicago, group sessions were found to extend breastfeeding duration, but individual counselling was effective only in increasing breastfeeding initiation rates.¹

This evidence along with the success of classes in Saskatoon, Kelsey Trail and other health regions encouraged the members of the Population and Public Health Services Breastfeeding Support Centre to develop classes to offer to the public in the prenatal period. We offer two classes in the prenatal period. Class 1 addresses getting ready for breastfeeding. This includes the benefits, myths, the lactation process, common breastfeeding positions and effective latch. Class 2 addresses settling in with breastfeeding. This includes signs of successful breastfeeding, common challenges, their prevention and management, pumping and expression of breast milk and supports in the community. We encourage the mother's support person to attend the classes. The numbers of people registering for these classes range between 20 and 30 for each set of classes.

We piloted three sets of these classes – in November 2004, January 2005 and March 2005. As part of the pilot we did pre and post tests in these classes. The average scores increased by approximately 25% between the pre and post tests. We also did evaluations of the classes at the end of the second class. The evaluations were very positive and one couple sent an e-mail to "emphasize how truly wonderful these classes were" and stated "I came out of the class with a renewed confidence and determination" to breastfeed.

Based on the results from the pre and post tests as well as the evaluations received from the participants at the end of each set of classes, we have decided to continue with these classes. They will be held every other month in the evening. Public Health Nurses who work in the Breastfeeding Support Centre will teach them. The content and feasibility of the classes will be reviewed annually. These classes have been successful due to the efforts of the Public Health Nurses who developed them, clerical support and our Public Health Nursing consultant.

1 Couto de Oliveira M, Camacho LA, Tedstone A. Extending Breastfeeding Duration Through Primary Care: A Systematic Review of Prenatal and Postnatal Interventions. J Hum Lact 17(4), 2001: 326-343

Keewatin Yathe Regional Health Authority "Breastfeeding Initiative Group" (BIG):

- **Quintessence Challenge 2004** - We had 1 mother attend. We are hopeful of raising that number for next year's challenge!
- **SCN Presentation** - KYRHA viewers found it to be very helpful and informative. In attendance were: primary care nurses, public health nurses, Community Health Educators, Kids First North workers, Canadian Prenatal Nutrition Program employees, Dental Therapists and assistants, homecare and so on.
- The Breastfeeding Initiative Group has put together a "breast feeding draft policy." Next on our agenda is: working on establishing our "terms of reference" & on implementing "Grey Nuns Manual" for hospital staff education on breastfeeding.
- **Day to Celebrate Women March 8th**
 - Beauval celebrated by promoting breastfeeding with their community members
 - Buffalo Narrows planned celebrate this day on April 21/2005

Prepared by Crystal Laliberte

The **Cypress Breastfeeding Promotion and Support Team (CBSPT)** held it's first meeting in October 2004. The team consists of a variety of health region partners, and is currently recruiting community partners and physicians. The team has developed their Terms of Reference (including mission, goals and objectives), has completed the hospital and community health self-assessments, and is currently developing their implementation plan. We are proud of all we have accomplished to date and look forward to going full steam ahead in the upcoming year.

Prepared by Cathy Knox

The new ILO standards support women's entitlement to paid breastfeeding breaks or a shorter workday.

The new Convention gives crucial support for sustaining exclusive breastfeeding when mothers go to work and to supporting sustained breastfeeding to two years.

The commission wants to hear from individuals and organizations and can be reached at:
<http://fls-ntf.gc.ca/en/index.asp>
or by mail at:

Federal Labour Standards Review
165 Hôtel de Ville
Place du Portage, Phase II
Gatineau, Québec
K1A 0J2

Thanks to CPNP, one copy of "Breastfeeding Nature's Way - Classes for Expectant Parents" has been provided to each Health Region in Saskatchewan as of May 2005. Contact your BCS representative to view or use.

To order additional copies or for more information contact Linda Wright at (306) 655-1883 or email linda.wright@saskatoonhealthregion.ca

Labour News:

The Government of Canada announced in December, 2004 a commission to review Part III of the Canada Labour Code (Labour Standards), the first comprehensive review of federal labour standards since this legislation was enacted in 1965. This is an opportune time for breastfeeding advocates to discuss and propose how the enhanced International Labour Organization standards for breastfeeding protection can be incorporated into Canadian labour standards.

The Coalition worked together in shaping new international standards in the form of ILO [Convention 183](#) and [Recommendation 191](#).

Convention 183 Article 10 reads:

1. A woman shall be provided with the right to one or more daily breaks or a daily reduction of hours of work to breastfeed her child.
2. The period during which nursing breaks or the reduction of daily hours of work are allowed, their number, the duration of nursing breaks and the procedures for the reduction of daily hours of work shall be determined by national law and practice. These breaks or the reduction of daily hours of work shall be counted as working time and remunerated accordingly.

Recommendation 191 reads:

On production of a medical certificate or other appropriate certification as determined by national law and practice, the frequency and length of nursing breaks should be adapted to particular needs.

Where practicable and with the agreement of the employer and the woman concerned, it should be possible to combine the time allotted for daily nursing breaks to allow a reduction of hours of work at the beginning or at the end of the working day.

Where practicable, provision should be made for the establishment of facilities for nursing under adequate hygienic conditions at or near the workplace.

The position which ratifying countries like Ireland have taken is, as everyone benefits when babies are breastfed, the costs should be shared among workers, employers, and governments. The new measure has been identified as benefiting employers because research shows women who continue to breastfeed after returning to work are three times less likely to be absent from work to care for their sick child.

Prepared by Johanna Bergerman

Breastfeeding Nature's Way - Classes for Expectant Parents **Course Material 2nd Edition © 2005**

"Breastfeeding: Nature's Way - Classes for Expectant Parents" have been developed to provide the health care educator with the tools to conduct four classes that provide current, comprehensive and evidence-based information to expectant parents regarding breastfeeding. These classes can be an essential component in meeting the educational needs of new parents, which is an important component in the World Health Organization's (WHO) "10 Steps to Successful Breastfeeding". The program focuses on the family as the unit in which a successful and satisfying breastfeeding experience can be achieved. Educators are provided with individual class outlines, suggestions for interactive group discussions, templates for overheads, instructors notes, evidence-based guidelines and comprehensive references.

Materials included consist of an Introduction to the program, four (4) classes (3 for expectant parents and 1 for newly delivered parents) and an optional class "Dialogue on Breastfeeding", which is new to the © 2005 edition. All materials come three-hole punched and include section dividers for easy insertion into a 3 ring binder (binder not included).

