

Clinical Practice Guidelines for the Use of Human Milk and Breastfeeding for the Hospitalized Infant/Child Beyond Immediate Neonatal Care

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Introduction

Human milk and breastfeeding are preferred forms nutrition for all infants through the first year of life and beyond. Since only 22% of all infants are exclusively breastfed for the first six months and only 31% of infants are breastfed for one full year, the membership of the Society of Pediatric Nurses (SPN) deemed this a priority clinical practice topic. Pediatric nurses in all settings must be supported in their critical roles to help mothers achieve their personal breastfeeding goals and to reduce children's morbidity and mortality from lack of exposure to human milk. ¹⁻⁵ To align with SPN's mission, vision and core values, an expert nurse scientist developed the *Clinical Practice Guidelines for the Use of Human Milk and Breastfeeding for the Hospitalized Infant/Child Beyond Immediate Neonatal Care* in partial fulfillment of the annual goals of the Clinical Practice and Research Committee.

A review and synthesis of literature culminated in best evidence for lactation support and care, operational definitions, and clinical practice recommendations based on 10 steps for the protection and promotion of human milk and breastfeeding in vulnerable infants. Pediatric nurses will be equipped with knowledge to promote infants' neurodevelopment and keep mothers and babies close, including those undergoing chemotherapy, radiation, and other at-risk or special populations.

Table: The Spatz 10 Steps for the Protection and Promotion of Human Milk and Breastfeeding ^{6,7}

The Spatz 10 Steps for the Protection and Promotion of Human Milk and Breastfeeding^{6,7}

- Step 1: Informed decision
- Step 2: Establishment and maintenance of milk supply
- Step 3: Human milk management
- Step 4: Oral care and feeding of human milk
- Step 5: Skin-to-skin contact
- Step 6: Non-nutritive sucking at the breast
- Step 7: Transition to direct breastfeeding
- Step 8: Measurement of milk transfer
- Step 9: Preparation for discharge
- Step 10: Appropriate follow-up

Please enjoy this clinical practice guideline as a *Journal of Pediatric Nursing* reader offered to you by the SPN Board of Directors and other members of SPN leadership. You may look forward to supporting materials that may include webinars and specialty written resources that will address specific guideline topics.

The *Clinical Practice Guidelines for the Use of Human Milk and Breastfeeding for the Hospitalized Infant/Child Beyond Immediate Neonatal Care* can be accessed on SPN's website by selecting "Practice" on the top navigation bar, then clicking on "Clinical Practice Guidelines."

This Clinical Practice Guideline is authored by Diane L. Spatz PhD, RN-BC, FAAN.

References

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