



Competency 16: Ensure seamless transition after discharge (Step 10)

Performance Indicators: 62, 63

Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
Prepared for the consultation <ul style="list-style-type: none"> Staff aware of engaging in meaningful conversations that ENCOURAGES* the patient and family members. 			
Established rapport <ul style="list-style-type: none"> Introduced self and supervisor. Explained reason for communication. Asked permission to continue. 			
C16 PI 62: Develop individualized discharge feeding plans with a mother that includes at least 6 points.			
<p>Using Foundational skills, assess a feed and the general health of mother and baby, then choose appropriate points that are relevant to the specific mother's and baby's needs to develop a plan, such as:</p> <ul style="list-style-type: none"> Review mother's understanding of her baby's unique feeding cues. Review baby's ability to achieve a comfortable latch, and Review signs of milk transfer with infant swallowing. Review signs of adequate of adequate intake (stools and urine). Review mother's understanding of her baby's need to feed frequently at least 8 times in 24 hours or more. Review with mother the importance of eye-to-eye contact with baby while feeding. Remind mother to let the baby finish nursing on the first breast, then offer the other breast until the baby seems satisfied by releasing the breast. Review mother's position (how she holds baby) to assure comfortable, pain-free feeds. <p><i>(Continues... next page)</i></p>			



Name/ID: _____

Date Completed: _____

Checked by: _____



- Review mother's understanding of ensuring / enhancing milk production and let-down.
- Review mother's understanding of hand-expressing colostrum/breastmilk and why this is helpful.
- Reinforce mother's awareness of risks of other fluids and importance of exclusive breastfeeding for 6 months.
- Reinforce mother's awareness of risks and uses of pacifiers and teats.
- Reinforce that very few medications or illnesses are contraindicated during breastfeeding.
- Provide mother with accurate sources of information and how to get help if needed.
- Provide the mother with information for continued breastfeeding and general health support in the community.
- Remind mother that adequate food and drinks support her general health because special foods are not needed for breastfeeding.
- *as applicable* Appropriate guidance specific to the mother/infant dyad.
- *as applicable* Reinforce mother's understanding of safe sleeping (breastfeeding and co-sleeping) arrangements.
- *as applicable* Observe mother's ability to correctly use and care for her breast pump.
- *as applicable* Observe mother's ability to correctly prepare and use infant formula.

Name/ID: _____

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Knowledge, Skills and Attitudes (KSA) Displayed	Competent	Needs to improve	Comments
C16 PI 63: Describe to a mother at least 4 warning signs of infant undernourishment or dehydration for a mother to contact a health care professional after discharge.			
Using Foundational Skills, explain the following signs: <ul style="list-style-type: none"> • Usually sleeping for more than 4 hours. • Baby apathetic. • Irritable or weak cry. • Always awake. • Never seeming satisfied. • Inability to suck. • More than 12 feeds per day. • Most feeds lasting more than 30 minutes. • No signs of swallowing with at least every 3–4 sucks. • Scant urine per day. • No stools 			
Ensured mother had sufficient information about breastfeeding <ul style="list-style-type: none"> • Covered ALL information on Checklist, sharing evidence-based information accurately. 			
Completed documentation as appropriate			

Adapted from the Baby-Friendly USA, Inc. "Guidelines and Evaluation Criteria for Facilities Seeking Baby-Friendly Designation, Sixth Edition" and the WHO competency verification toolkit, ensuring competency of direct care providers to implement the baby-friendly hospital initiative Web annex A Competency verification form (sorted by domain and competency). *ENCOURAGES = Empathize, Non-judgmental, Confirm, Open-ended questions, Use competent skills, Responsive care, Affirm, Give evidence-based information, Empower, and Support.