
POLICY ON BREASTFEEDING

POLICY NO. : COM - 001
DIVISION : OB-GYNE, NICU, PEDIA
CLASSIFICATION : COMPREHENSIVE
SECTION : LACTATION AND BREASTFEEDING
POLICY REVIEWED DATE : May 2014

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OBJECTIVES:

- To encourage, protect and support the practice of breastfeeding.
- It shall create an environment where basic physical, emotional and psychological needs of mothers and infants are fulfilled through the practice of rooming-in and breastfeeding.

Definition of Terms:

- **Age of gestation** – the length of time the fetus is inside the mother’s womb
- **Bottlefeeding** – the method of feeding an infant using a bottle with artificial nipples, the contents of which can be any type of fluid.
- **Breastfeeding** – the method of feeding an infant directly from the human breast.
- **Breastmilk** – the human milk from a mother.
- **Expressed Breastmilk** – the human milk which has been extracted from the breast by hand or by breast pump. It can be fed to an infant using a dropper, a nasogastric tube, a cup and spoon or a bottle.

- **Formula feeding** – the feeding of a new born with infant formula usually by bottlefeeding. It is also called artificial feeding.
- **Health institution** – are hospitals, health infirmaries, health centers, lying-in or puericulture centers with obstetrical and pediatric service.
- **Health personnel** – are professionals and workers who manage and/or administer the entire operations of health institutions and/or who are involve in providing maternal and Child health services.
- **Infants** – a child within zero (0) to twelve (12) months of age.
- **Infant formula** – the breastmilk substitute formulated industrially in accordance with applicable Codex Alimentarius standards, to satisfy the normal nutritional requirements of infants up to six (6) months of age, and opted to their physiological characteristics.
- **Lactation management** – the general care of a mother-infant nursing couple during the other's prenatal, immediate postpartum and postnatal periods. It deals with educating and providing knowledge and information to pregnant and lactating mothers on the advantages of breastfeeding, the physiology of lactation, the establishment and maintenance of lactation, the proper care of the breast and nipples and such other matters that would contribute to successful breastfeeding.
- **Low birth weight infant** – a newborn weighing less than two thousand five hundred grams at birth.
- **Mother's milk** – the breastmilk from the newborn's own mother.
- **Rooming-in** – the practice of placing the newborn in the same room as the mother right after delivery up to discharge to facilitate mother-infant bonding and to initiate breastfeeding. The infant may either share the mother's bed or be placed in a crib beside the mother.

POLICY:

1. Exclusive breastfeeding shall be implemented for all newborns delivered at Ospital Ng Parañaque.
2. Rooming-in shall be strictly implemented for all newborns delivered **EXCEPT** those with medical contraindication(s) to rooming-in.
3. Early and continuous mother-infant bonding shall be implemented in all newborns delivered at Ospital Ng Parañaque unless medical contraindication is present.
4. Demand or baby-led feeding shall be practiced in all newborns who are exclusively breastfeed unless medical contraindication is present.

5. The hospital shall create a Lactation and Breastfeeding Committee with the following functions:
 - To provide training in Lactation Management for hospital staff and other health care workers.
 - To evaluate and monitor the implementation of breastfeeding policies.
 - To manage problems related to breastfeeding.
 - To assist mothers in breastmilk expression
 - To disseminate information related to breastfeeding or benefits of breastmilk through visual aids, lectures, demonstrations.
 - To formulate a breastfeeding policy that addresses the 10 steps to successful breastfeeding as well as HIV (+) mothers and infant feeding.
6. The hospital shall prohibit promotion and/or distribution of breastmilk substitutes inside its premises.
7. Purchase of infant formula and other related products shall be prohibited, unless with medical indication.
8. The hospital shall confiscate infant formula, bottlefeeding paraphernalia, teats or pacifiers found in its premises.
9. Display of non-human milk products and other breastmilk substitutes or advertisements of these products within the hospital premises shall be prohibited.
10. Physicians and paramedical staff of Ospital Ng Parañaque shall not be allowed to accept samples of non-human milk or similar products nor give such products to pregnant women, mothers and members of their families.
11. Counseling of mother(s) and her companion(s) on the benefits of breastfeeding and dangers of not breastfeeding or not giving breastmilk to infants under 6 months of age shall be conducted during the first prenatal visit and shall be re-enforced at every visit.
12. Postpartum mothers shall be given written instructions on how and where to get help with feeding their infants prior to discharge.
13. Early outpatient follow-up shall be implemented for postpartum mothers and their babies 3 – 4 days after discharge and after one week in order to ensure continued breastfeeding.
14. HIV positive (+) mothers shall receive counseling on breastfeeding benefits, risk of not breastfeeding and appropriate feeding options that is **affordable, feasible, acceptable, safe and sustainable (AFASS)**
15. Privacy of the HIV (+) mother shall be strictly implemented.
16. Mother-friendly care practices shall be implemented in all pregnant women seeking hospitalization at Ospital Ng Parañaque unless specific complication(s) is/are anticipated.

Implementation Date:

This policy has been implemented since 1995, revised February 17, 2011, November 17, 2011 reviewed May 2, 2014, revised March 30, 2013

Schedule for Policy Review:

This policy shall be reviewed every three (3) years or as deemed necessary.