



Carolinan HealthCare System

Carolinan Medical Center - Pineville
Supporting the Breastfeeding Family

Skin to Skin Care Initiative

- Staff education & practice initiated in 2009 prior to PQCNC initiatives for EHM
- “Heart to Heart initiative” T-shirt logo



CMC-Pineville Skin to Skin Staff Education Board



A Pioneer in Breastfeeding Support

- One of the first Golden Bow Award recipients in 2009
Formula bags were banned in September 2008



IBCLC Support

- IBCLCs employed in hospital since 1992
- Breastfeeding Support Group in existence for over 20 years
- One of the pioneers of outpatient lactation support in the Charlotte area
- One of the first retail centers for lactation supplies in the Charlotte area



IBCLC Support (cont' d)

- Pump rental program started in 2001
- Currently have 4 Lactation FTEs to cover Inpatient & Outpatient
- Recently added evening LC support 7 days a week
- IBCLC dedicated to Neonatal Care Unit to support mothers



Staff Education to Support Breastfeeding

- Monthly Lactation Journal Club
- 4 hour breastfeeding basics class for all maternity staff in 2012 taught by our lactation consultants
- Breastfeeding Basics 24 Hours at a Time plan introduced to all staff in annual skills week
- 5 hour clinical observation with lactation and education on 24 hour plan with new hires



Pre/Post Natal Breastfeeding Support

- Breastfeeding classes offered to expectant mothers up to 3 classes per month
- Back-to-Work breastfeeding class offered monthly to moms after delivery to support breastfeeding goals
- Breastfeeding Mother's Group- meets the 1st and 3rd Thursday 10-11:30am at CMC-Pineville



Resources for Breastfeeding Support

- Breastfeeding Basics “24 Hours at a Time” – patient education plan to help new mothers understand information in 24 hour increments
- Website resource list for breastfeeding support provided in discharge instruction booklet

