



Interior Health

Breastfeeding

Community of Practice



Interior Health's Breastfeeding Community of Practice

Successes and Challenges

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Public Health Nurse

Salmon Arm British Columbia



Interior Health
Every person matters

Session Objectives

- * To **understand** what a Community of Practice (CoP) is
- * To **view** Interior Health (IH) Breastfeeding CoP
- * To **learn** from challenges
- * To **inspire** by sharing successes

What is a Community of Practice?



“... groups of people who share a concern, a set of problems, or a passion about a topic and who deepen their knowledge and expertise in this area by interacting on a ongoing basis”

Communities of Practice

- * **Three types-**

- * *Open*

- * *Private*

- * *Combination*

- * *The Breastfeeding CoP is the **only one open** to all Interior Health employees.*

- * ***Interior Health has 11 Communities of Practice.***

- * ***ARNBC has 2 Communities of Practice.***

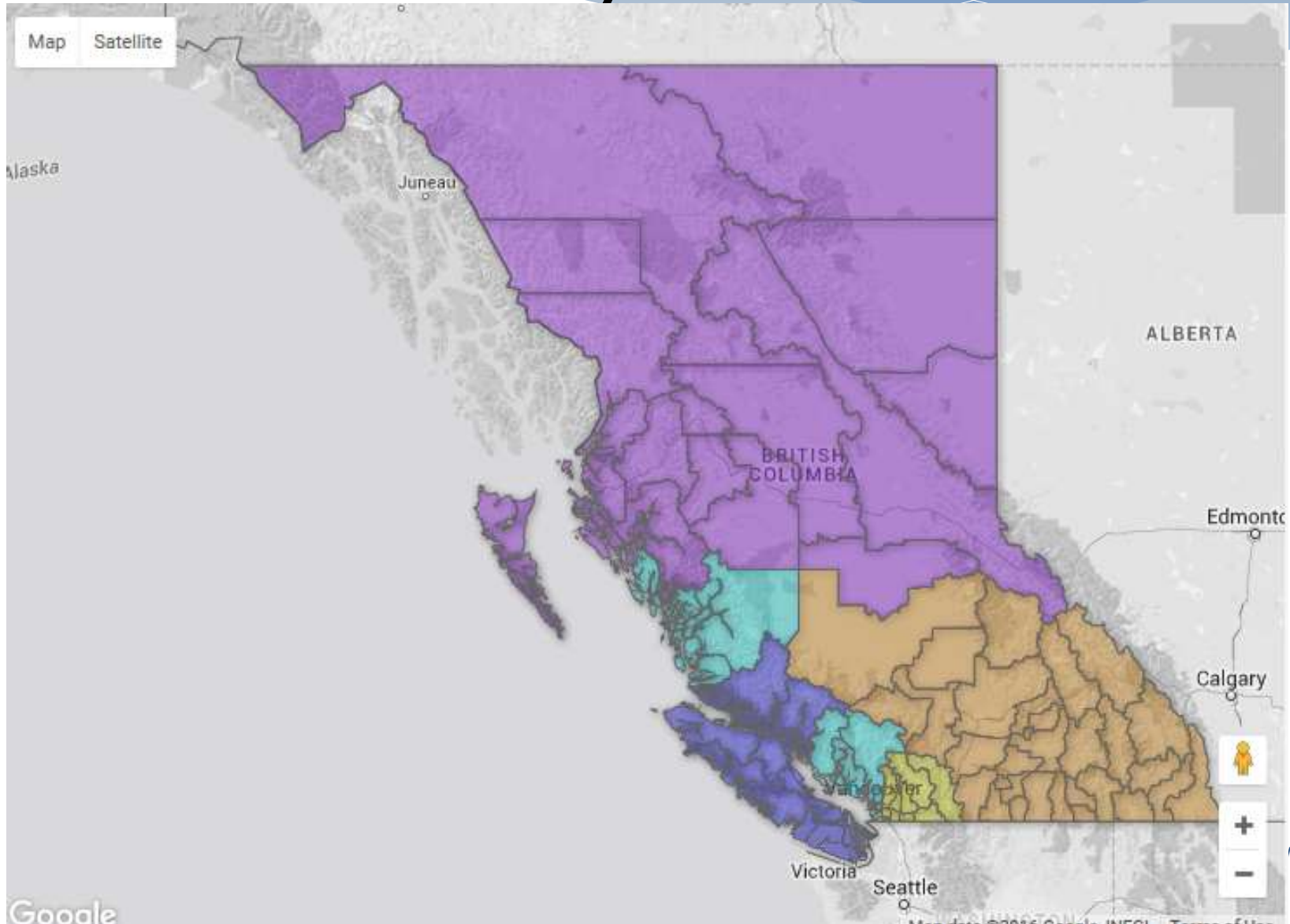


BC Contraceptive
Management



Aboriginal Health
Nursing

British Columbia Health Service Delivery Areas



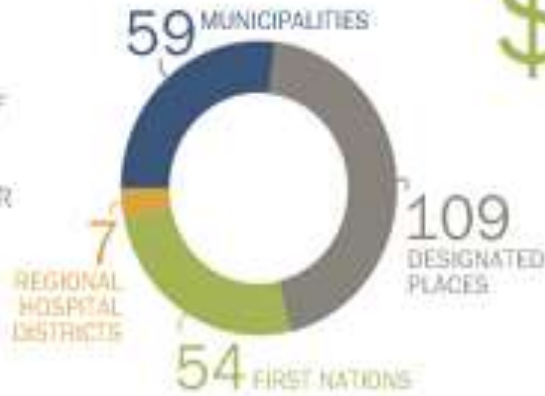
Interior Health



ESTIMATED POPULATION OF
731,000
IN THE SOUTHERN INTERIOR



WE COVER OVER
215,000
SQ. KILOMETRES



\$ 2.0 billion
ANNUAL BUDGET





Breastfeeding

Community of Practice



* **PURPOSE:**

* **Collaboration**

* **Inspiration**

* **Learning**

* **Resource sharing**

* **Clinical tool development**

* **Development and implementation of effective, evidence informed breastfeeding practices**





Interior Health

Breastfeeding

Community of Practice



* Collective body of expertise from which the **Breastfeeding Advisory Council (BAC)** relies upon to achieve its mandate.



CoP Membership

- * **Any health care provider with an interest in advancing quality breastfeeding practices in IH**



What members say



- * “I love the site. I go there lots and refer my colleagues there”
- * “It is great to know that there is a place I can go that has up to date practice information.”

Home Page

The screenshot shows the website interface for the Interior Health Breastfeeding Community of Practice. At the top, there is a navigation bar with links for Home, About Us, Breastfeeding Education, Breastfeeding Resources, Baby Friendly Initiative, World Breastfeeding Week, and Breastfeeding Friendly Communities. A central banner features the Interior Health logo and the text "BREASTFEEDING COMMUNITY OF PRACTICE". Below this, a welcome message invites users to explore the forum and become members. A "New to the Breastfeeding CoP TeamSite?" section highlights a recorded live meeting. A blue "Announcements- What's New?" header is followed by a table of recent updates, including topics like bottle feeding, breastfeeding peer support, and provincial milk bank information. On the right, a "Key Links" section lists resources such as InteriorHealth.ca, HealthyFamiliesBC, and Perinatal Services BC. A "Become a CoP Member" button is prominently displayed at the bottom right, with contact information for Kathy Galant provided below it.

TeamSites IH Breastfeeding Community of Practice » Home
Welcome! You will find up-to-date breastfeeding information and opportunities for collaboration, learning, resource development and inspiration.

Home About Us Breastfeeding Education Breastfeeding Resources Baby Friendly Initiative World Breastfeeding Week Breastfeeding Friendly Communities This Site: IH Breastfeed

The current page has been customized from its template. [Return to template.](#)

Meetings
CoP Meetings - minutes/presentations
CoP membership list
TeamSite for Dummies
IH Breastfeeding Advisory Council minutes

Discussion Boards
Surveys
Document Library
Site Pages

Recycle Bin
All Site Content
TeamSite Manuals
Privacy Statement

BREASTFEEDING COMMUNITY OF PRACTICE

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October Breastfeeding Advisory Council minutes now posted	11/24/2015 10:35 PM
Hot off the press: BFI UK - A guide for health workers (oct 2015)	11/23/2015 8:19 AM
BC Baby Friendly Network Community of Practice	11/22/2015 10:43 AM

Key Links

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- HealthyFamiliesBC (for families)
- Perinatal Services BC Breastfeeding Guidelines (scroll down page to "Parents")
- Nutrition for Healthy Term Infants: Birth to 6 months (see statement Health Canada, Canadian Pediatric Society, Breastfeeding Committee for Canada)
- Medications & Mothers' Milk (username: ma390, password: ma390 Password: library - Please log off when done)
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Email Kathy Galant: kathy_galant@interiorhealth.ca

Centre of homepage

“What’s New”

Announcements- What's New?

What's New?

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Home Page- Left Hand Navigator

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Left Hand Navigator

- * **Meetings- Live/taped presentations**
- * **Minutes (Breastfeeding Advisory Council)**
- * **Teamsite for Dummies**
- * **Discussion Boards**
- * **Surveys**
- * **Administration (document library, site pages, manual, privacy statement)**



CoP Webinars

Teamsite Live Meetings

- * **Introduction (webinar orientation)**
- * **Conference sharing**
- * **Case Studies**
- * **Program Sharing**
- * **Continuing Education**



Five Discussion Boards

**Sharing of BF issues, concerns,
gaps, successes**



**Where the “rubber meets
the road”**

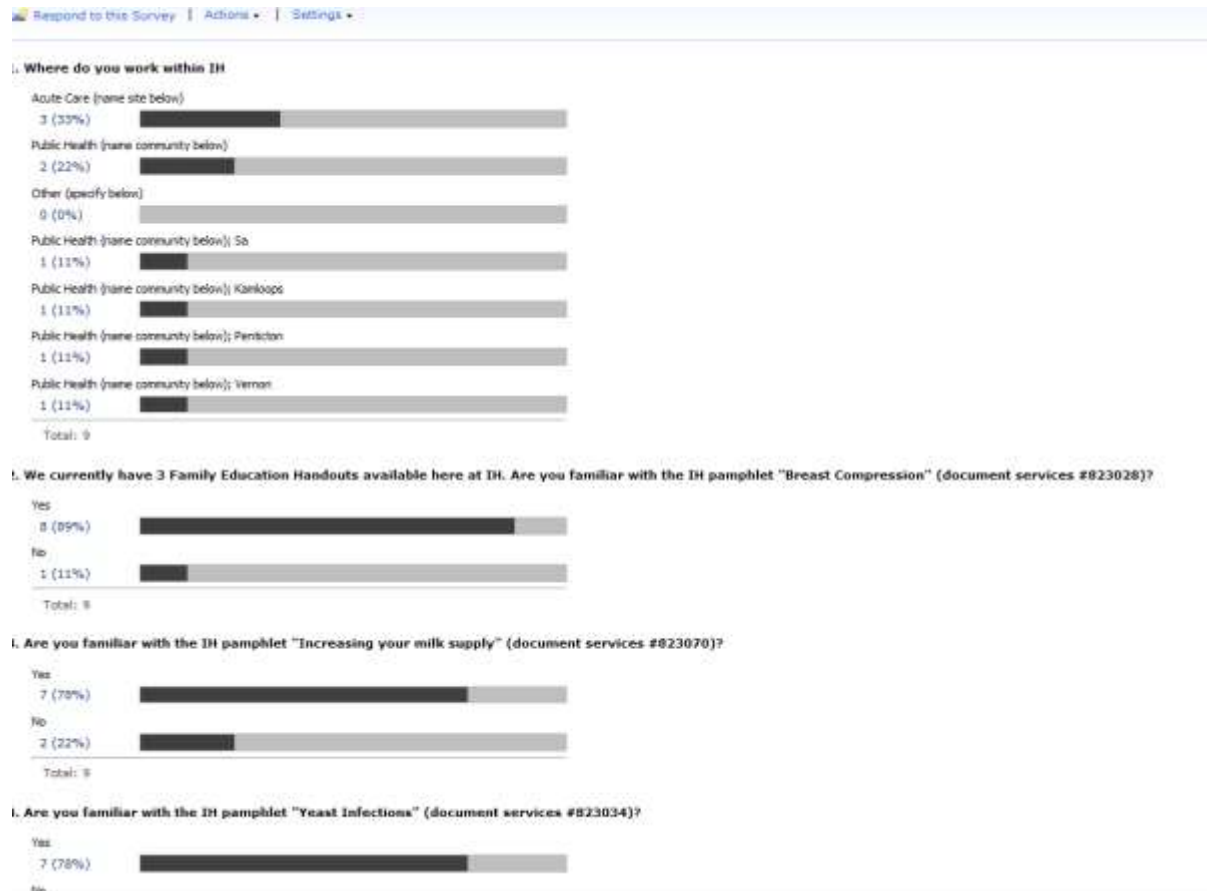
Research- Two Teamsite Surveys

- * **Team Leader**
- * **Client Education Resource**



Client Education Resource Survey

Sample results



Home Page- Right Hand Navigator

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Right hand Navigator

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- [Nutrition for Healthy Term Infants: Birth to 6 months](#) (Joint Statement Health Canada, Canadian Pediatric Society, Breastfeeding Committee for Canada)
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Email Kathy Gallant: kathy.gallant@interiorhealth.ca

'Subject heading 'Breastfeeding member CoP request'

or for more information contact:

Meggie Ross meggie.ross@interiorhealth.ca

Community of Practice Members List

Photo Spotlight



Home Page- Top Bar Tabs

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Top Bar Pages

- * **Education**
- * **Resources**
- * **Baby Friendly Initiative**
- * **World Breastfeeding Week**
- * **Breastfeeding Friendly Communities**



Breastfeeding Education

Courses offered in IH

Breastfeeding Essentials Breastfeeding Program

This program meets the WHO Baby Friendly Initiative requirement for staff education and includes:

- a 20 hour online course through Step 2 Education
- a 6-8 hour workshop in facilities across IH
- a 3 hr supervised clinical mentorship

[Click here to go to the program page](#)

Douglas College Breastfeeding Course for Health Care Providers

[For more information](#)

Breastfeeding: Making a Difference (20 hour Breastfeeding course)

Courses offered throughout IH - Contact your team leader/manager for the next course in your area. Upcoming courses will be posted here.

Self Learning Packages

Breastfeeding: Fundamental Concepts

This 45 page document is based on the RNAO Breastfeeding Best Practice Guideline and offers a brief review of key breastfeeding

 [RNAO Breastfeeding: Fundamentals](#)

Online Education

RNAO Breastfeeding: eLearning course

A free online 18 hour course that meets the Baby Friendly Initiative criteria for breastfeeding education for maternity care provide

Women's Hospital Breastfeeding Webinars (**FREE)

Speakers such as Marina Green, Frances Jones and Dr. Jane Morton are recorded by BC Women's and Children's Hospitals and are available any time by control/clicking on the link below, then put *breastfeeding* in the search bar: Continuing Nursing Education sessions (CNE) that are hosted on the 2nd and 4th Wednesdays of the month from 12:45 - 1:45 via Telehealth (Videoconference)

University of Manitoba Multidisciplinary Breastfeeding Education

This online course is offered by the University of Manitoba, providing evidence based breastfeeding information for health care providers. It consists of 3 interactive modules with pre/post tests. It takes approx 3 hours to complete. RCPSC Ed credits or ILCA 3 CERPS

[Click !\[\]\(a05a1b59a958625e01d770867ed2a42e_img.jpg\) here to go to course](#)



Breastfeeding Resources

Breastfeeding Resources

Please click on the links below



A - Z Resources



Websites



Videos



Podcasts



Local, National & International Organizations



Books



A-Z resources

C

[Candida \(see yeast\)](#)

[Cleft Lip & Palate](#)

[Academy of Breastfeeding Medicine Protocol](#)

[Co-bedding \(See Sleep\)](#)

[Codeine](#)

[Health Canada Advisory](#)

[Motherisk Guidelines for Maternal Codeine Use While Breastfeeding](#)

[Colic](#)

[Breastfeeding Protocols for Health Care Providers Protocol #11 \(Toronto Public Health, 2013\)](#)

[Why does my baby cry? \(LLL handout, 2015\)](#)

[Colic in the Breastfed Baby \(Dr Jack Newman handout\)](#)

[Contraception](#)

[Academy of Breastfeeding Medicine Protocol](#)

[Cues](#)

[Baby Feeding Cues Poster \(order from 24 Document Service Job ID 809801\)](#)

[Cup Feeding](#)

[Dr Jack Newman Handout](#)

[Healthy Families BC \(video\)](#)

Breastfeeding Resources

(continued) Websites

Recommended Websites

Disclaimer: Note that while the following websites are generally regarded as offering quality information, not all are as evidence-based as others. Please use these sites to inform clinical decision making but always refer to IH clinical decision support tools (guidelines, policies etc), where they exist, and ensure care plans and practices are individualized to the client in consultation with their relevant primary care providers.



A key resource for BC families is the [HealthyFamiliesBC website](#). This website is full of valuable breastfeeding information for families including breastfeeding basics, latching, breastfeeding challenges, supports and more. There are very good videos including:

- Skin to skin
- Feeding Cues and Behaviours
- Latching
- Breastfeeding positions
- Spoon and Cup feeding, SNS (this link takes you to a formula page but scroll down and you'll find the video - we've let them know that this video should also be able to be found elsewhere :)
- Hand Expression
- Pumping (the video is titled 'Expressing milk for an ill or preterm baby but really, the principles are the same for any mother who is pumping)

Breastfeeding Resources (continued)

Videos, Podcasts

- * **Healthy families BC**
- * **Aboriginal**
- * **Canadian**
- * **International**



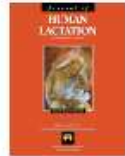
Local, Provincial, National & International Organizations

- * **Website links**
 - * **BC**
 - * **Canada**
 - * **International**



Breastfeeding Resource Page

Continued



Journals



Books



Family Education Handouts



Research of Interest



Major Reports (Government, Agencies)



Shared Teaching Tools

Next Tab-Baby Friendly Initiative

- * **Links, updates**
- * **IH working to be a “Baby Friendly Region”**
- * **Co-Lead of the Breastfeeding Advisory Council seconded**



World Breastfeeding Week

- * **Annual celebration**
- * **Ideas shared**



World Breastfeeding Week

1 - 7 August 2016

Breastfeeding: A key to
Sustainable Development

Breastfeeding Friendly Communities

- * **4 different communities highlighted**
- * **Resources**
 - * **Consents**
 - * **Stickers**
 - * **Posters**
 - * **Press releases**



Challenges

1. Technical (many levels)

1. Website development, maintenance, improvement

2. Expertise/comfort level of facilitators and members



Challenges

2. Sustainability

- * Essential roles
- * Funding



Challenges

3. Limited to IH staff only



Challenges

4. Employee engagement



Renewing Interest

- * Fluid Survey



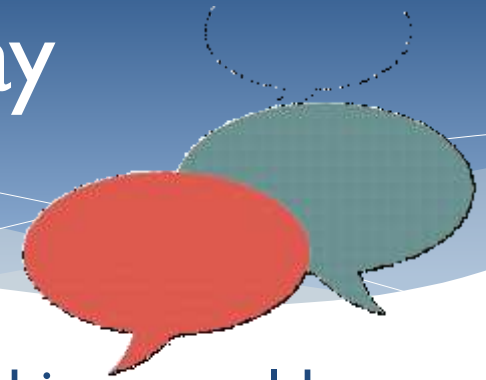
- * Presentation back to the Breastfeeding Advisory Council



- * Bulletins



What members say



“If IH had a dedicated Breastfeeding Lead...things would move along faster. Kudos to all those dedicated nurses etc. who do this work "off the side of their desk“

“ I would like simpler homepage for casual visitors to find main resources “

“I think we need to make a communication plan to increase awareness (or remind people) of this CoP”

Successes

I. Vision became reality- five year anniversary



Successes

2. Speaks to all employees



Successes

3. Standard regional patient information

- * Domperidone
- * Ankyloglossia
- * Breastfeeding and radiographic contrast dye

Contrast Media and Breast Milk

Patient Information
www.interiorhealth.ca

Current evidence suggests that mothers can continue to breastfeed or give breast milk after exposure to the following radiocontrast (contrast media agents):

- Omnipaque®. Visipaque®.

- Less than 0.5% of the mother's dose reaches the infant through the breast milk.

Risk of Side Effects to the Infant:

- Side effects are not likely

If you would prefer your infant to have no exposure to the contrast:

- Express your milk prior to the test so you can continue giving your breast milk.
- Pump & discard your breast

Domperidone

Patient Information
www.interiorhealth.ca

Worried about a low milk supply?
Some mothers worry about whether they are making enough milk for their baby. If you have tried everything, a drug called domperidone may help. However, it is important to first get support from your care team and try other ways to increase your milk supply.

Your care team
Talk to a doctor, nurse practitioner, midwife, breastfeeding counselor, public health nurse, or lactation consultant. They will help you with your breastfeeding goals.

Natural ways to increase your milk supply
Make sure your baby is:

- latched deeply and comfortably
- feeding often (at least 8 to 12 times per day)
- nursing from both breasts and sucking long enough to stimulate your supply

Domperidone
Domperidone is a medication used to help people with stomach problems such as reflux and heartburn. It also helps your body produce more of a hormone called prolactin, which helps your body make breast milk.

Ask someone on your care team if this drug is right for you. Domperidone works best when used with the natural methods. You should see an improvement within 5 days.

Stopping domperidone
Do NOT just stop taking domperidone. Talk to your care team first.

How to stop taking domperidone
If you took 3 pills a day, take only 2 pills a day for 2 to 3 days. If your milk supply is still good, take 1 pill for the next 2 to 3 days. If you notice that your milk supply starts to slow again, go back to the number of pills that made a good milk volume.

If you have any questions
Contact a member of your care team.

Safe use of domperidone
Domperidone is generally safe for healthy mothers who do not have a family history of heart rhythm problems.

Inform your doctor if there is any history of heart rhythm problems in your family.

You can also buy...

continued on other side →

Successes

4. Internet-based staff connected/current



Successes

5. Continuing Education

- * **Self-paced**
- * **Self-motivated**
- * **IH standard training**



Successes



6. Grassroots Issues evolved/in progress

- * **Candidiasis Management**
- * **Peer to peer milk sharing**
- * **Breastfeeding post-surgery**
- * **Non-pharmacological pain relief**
- * **Hand Expression/pumping algorithm**

Interior Health CANDIDIASIS MANAGEMENT IN BREASTFEEDING

Client Name: _____ Date printed: _____
Ref: _____ Subject area covers: _____

Infant Baby Both (when including symptoms of Candidiasis)

The mother has been given a Candida infection information sheet and sent to you for diagnosis and treatment.

Please standardly recommend that both mother and baby be treated even if only one is exhibiting symptoms.

TREATMENT OF MOTHER	TREATMENT OF THE BABY
OVER THE COUNTER (OTC) TREATMENT	
Use nystatin (1% or 200,000 IU) topical cream. Apply sparingly rubbing well into nipple, areola, breast and other skin touched for two additional days following resolution of symptoms. Use for 10-14 days (1).	Using the nystatin cream for treatment on the nipple and areola results in discontinuous treatment of the baby (1,2).
PRESCRIPTION INDICATION	
100 Fluconazole Tablets (50mg) for oral use (adults) (1). Apply sparingly rubbing well into nipple, areola and skin touched for two additional days following resolution of symptoms. Use for 10-14 days (2).	Fluconazole Oral Suspension (100mg/5mL). Dose: 100mg (200 µg/kg) (1,2) for 4-6 days per 24 hrs for 10-14 days. Apply sparingly to both breasts with a cotton tipped swab. The solution is strong, may be fed to the baby from the top. Use about other feeds (2).
ALTERNATE TREATMENT OPTIONS	
Use nystatin suspension in milk powder (1) (2) because it is less likely to be effective. 8-10 drops sparingly rubbing well into nipple and areola, breast and other skin touched for two additional days following resolution of symptoms. Use for 10-14 days.	Using the nystatin suspension for treatment on the nipple and areola results in discontinuous treatment of the baby (1,2).
OTC NUTRITIONAL SUPPLEMENTS	
Use nystatin 100,000 IU suspension. Place nipple and areola with cotton swab 2-3 x per day for 2 days only (1).	Use nystatin 100,000 IU suspension. Place nipple and areola with cotton tipped swab sparingly 2-3 x per day for 2 days (1).
TREATMENT OF BOTH	
Candida (Candidiasis) that is severe and resistant to other therapies should raise the question of other possible diagnosis, such as hyperproliferative disorders. (3) Fluconazole has been suggested as treatment for some cases and may help a little. Before prescribing, the clinician should ensure that previous treatments (both drug and non-drug measures) have been used optimally, to avoid introducing possible systemic adverse effects, as well as unnecessary costs to the patient. (1,2,3,4,5)	
Fluconazole (Efficacy data in 2006 review, 200-400mg 500mg followed by 150-200mg QD) for 14-21 days continues. Lansdale, 2006. 8/20/06	
1st Pediatric Review (2006)	
1st Pediatric Review continues may be used alone or in conjunction with the above methods. In pregnancy or near pregnancy be able to treatment the practitioner and adjustments may be made with regard.	

Are you inspired?

Check out the Canadian Nursing Association (CNA) Framework

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HOME KNOWLEDGE FEATURES PROFESSIONAL PRACTICE CERTIFICATION TOOLS INDIGENOUS KNOWING RESOURCES

Tools

Continuing Education Courses

CNA/CFNU Evidence-based
Safe Nurse Staffing Toolkit

Learning Module: De-
stigmatizing Practices and
Mental Illness

Primary Care Toolkit

Communities of Practice

[Home](#) > [Tools](#) > Communities of Practice

Communities of Practice

NurseConnect Framework

[The NurseConnect framework](#) [PDF, 133.7 KB] is a guide for forming communities of practice (CoP) and forums on the NurseONE.ca portal. This document will help users plan and implement professional groups within the context of NurseONE.ca. [I would like to talk with someone about forming a Community of Practice.](#)

IH Public Website: Interiorhealth.ca

The screenshot shows the homepage of the Interior Health website. At the top, there is a navigation bar with links for Physicians, Partners, and Careers, along with social media icons and a search bar. The main header features the Interior Health logo and a scenic landscape image. Below the header is a main navigation menu with links for Home, Find Us, Your Care, Your Stay, Your Health, Your Environment, Careers, and About Us. The central banner area contains a large image of fresh vegetables with the text "Earn points for making healthy choices." and logos for British Columbia and Carrot Wellness Rewarded. To the right of the banner are three vertical panels: "FIND HEALTH CARE" with a magnifying glass icon, "JOIN OUR TEAM" with a person silhouette, and "2016 BC's Top Employers" with a sunburst icon. Below the banner are three columns of content: "Alerts & Reports" with a list of various reports, "What's Happening" with a list of recent news items, and "I Need To..." with a list of services and information. At the bottom, there is a footer with contact information, logos for British Columbia and Patient Care Quality Office, and social media icons.

Physicians Partners Careers

Search for ...

Interior Health
Every person matters

Home Find Us Your Care Your Stay Your Health Your Environment Careers About Us

Earn points for making healthy choices.

BRITISH COLUMBIA

carrot
Wellness Rewarded

FIND HEALTH CARE

JOIN OUR TEAM

2016
BC's Top Employers

PATIENT CARE QUALITY OFFICE

HEALTHLINKBC
8-1-1

Alerts & Reports

- Active Facility Outbreaks
- Air Quality Health Index
- Drinking Water Alerts
- Food Recalls and Alerts
- Inspection Reports
- Communicable Disease Health Alerts
- Personal Services Reports
- Food Inspection Reports
- Care Facilities Reports
- Recreational Water Reports

What's Happening

- Treats can be part of healthy eating
- Kaslo physician staffing and primary care hours
- Advisory: Shuswap Lake spill
- Time to talk ticks
- Combat rising food costs
- Princeton community update
- Celebrating a decade of patient care at Hillside Psychiatric Centre
- Renovations at Royal Inland Hospital's emergency department

I Need To...

- Find information about overdose prevention
- Find directions & maps
- Find seniors' care options
- Learn about staying in a hospital
- Contact Interior Health
- Submit a compliment or complaint
- Learn how to be prepared in an emergency
- Find parking rates.

Contact Us | Privacy | HealthlinkBC
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BRITISH COLUMBIA

Patient Care Quality Office

Questions, comments? Thank you!

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- * 250-833-4101

