Key Driver Diagram: Express Yourself National Quality Improvement Collaborative

Primary Aims

Primary Drivers

Secondary Drivers

Potential Change Concepts

Overall Project Goal

Increase the use of mother's own milk (MOM) in very low birth weight infants in Mississippi, New Orleans and reduce demographic and social disparities

Among VLBW infants by June 1, 2022:

- 1) Increase the use of any/exclusive MOM on day 28 by 20% of baseline
- 2) Reduce disparities in provision of MOM at day 28 according to maternal race/ethnicity, language status, and private vs. public insurance by any amount

Outcome Measures: Percent of VLBW infants receiving any or exclusive MOM on day 28

Other Outcome/Balancing Measures

- Rate of NEC and any late infection
- Growth during hospitalization change from birth to discharge or transfer)

Inadequate early initiation of milk expression

Process Measure: (1) Time (hours) to first milk expression; (2) Time (hours) to administer MOM (oral care or enteral)

Inadequate MOM continuation

Process Measure: Any/exclusive

MOM and % MOM at DOL 7, 28, initial

disposition, and day of final MOM

feed

Inadequate preparation for

breastfeeding in the home

environment

Supplies not readily available in L&D and PP

Nursing work flow does not always incorporate early **MOM** initiation

Lack of technical support for mothers

Process Measure: Documented contact with an IBCLC or equivalent personnel in first 24 hours of life

Mothers don't get adequate pumps in a timely way at the time of their discharge

Process Measure: Receipt of breast pump before or after maternal discharge and pump type

Inadequate time performing skin to skin

Process Measure: Any skin to skin performed with the mother when she is present in the NICU in the first and 4th weeks of life and week prior to discharge

Competing demands and distance prevent mothers from visiting their hospitalized infants

Process Measure: Return to work during the NICU hospitalization and time spent travelling to the NICU

Mothers do not pump regularly

Process Measure: Maternal report of pump frequency 2-4 weeks after birth

Lack of motivational support for mothers

Inadequate time spent direct breastfeeding

Inadequate post-discharge lactation planning

Process Measure: 1) Lactation consultant the week before discharge; 2) lactation planning in the discharge summary

- Training L&D and postpartum staff to facilitate early pumping and hand expression
- Streamline nursing work flow
- 3) Ensure readily available pumps and early expression kits on L&D and post-partum areas
- Expand lactation expertise, 4) such as IBCLCs, peercounselors, or nurses with more advanced training in lactation
- Ensure pump delivery and teaching prior to maternal discharge
- Ensure availability of bedside supplies, such as chairs
- Expand lactation expertise, especially peer-counselors
- Development of peersupport breastfeeding groups
- Transportation support for mothers
- Free meals for breastfeeding mothers
- Reduce parking costs
- Minimize restriction of sibling visitation
- Address lactation issues by phone
- Early non-nutritive sucking
- Establish home feeding regimen that maximizes direct breastfeeding prior to discharge
- Plan for post-discharge lactation support

- during hospitalization
- (weight for gestational age z-score

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