

Nursing Staff Breastfeeding Competency Checklist SAMPLE

UNIT: _____

NAME: _____

*Instructions: Evaluator sign and date each column when it is complete.
Provide dates and attach tests, checklists, etc. if applicable.*

Unit Specific Competencies		
Competency: Institutional Management <i>Key topics:</i> <ul style="list-style-type: none"> • Policy • Nurse Skill Competency 		
Required:	Date Completed	Evaluator
Policy: <ul style="list-style-type: none"> • Staff member can locate infant feeding policies, including breastfeeding policy. • Staff member can identify key components in the breastfeeding policy. • Staff member follows the breastfeeding policy with all patient interactions. 		
Nurse Skill Competency: <ul style="list-style-type: none"> • Staff member correctly and consistently assists with placement of the newborn skin-to-skin with the mother immediately following birth. • Staff member correctly monitors the infant while infant remains skin-to-skin (i.e. vital signs, assigns Apgar scores). • Staff member correctly and consistently assists with effective newborn positioning and latch for breastfeeding. 		
Staff member correctly <ul style="list-style-type: none"> • Identifies milk transfer during breastfeeding. • Assesses for maternal pain related to breastfeeding. • Teaches hand expression of breastmilk. • Teaches electric pumping of breastmilk. • Educates birthing patient on infant feeding patterns <ul style="list-style-type: none"> ○ During the first 24 hours of life ○ After the first 24 hours of life. • Educates birthing patient on importance of exclusive breastfeeding. 		
Staff member appropriately documents all education/interactions in the medical record.		
Competency: Immediate Postpartum <i>Key topics:</i> <ul style="list-style-type: none"> • Immediate Skin-to-Skin 		

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<ul style="list-style-type: none"> • Transition • Monitoring Following Birth 		
Required:	Date Completed	Evaluator
<p>Immediate Skin-to-Skin:</p> <p>After infant delivery, staff member assists in placing the infant skin-to-skin with birthing patient.</p> <ul style="list-style-type: none"> • ...If breastfeeding, until the first breastfeeding is completed. • ...if not breastfeeding, for at least one hour. 		
<p>Transition:</p> <ul style="list-style-type: none"> • During the birth transition period, staff member assists birthing patient as needed to remain together eliminating/minimizing the need for newborns to be separated from birthing patient before beginning postpartum care. 		
<p>Monitoring Following Birth:</p> <ul style="list-style-type: none"> • Staff member observes breastfeeding dyad closely throughout the first two hours immediately following birth. 		
<p>Competency: Rooming In</p> <p><i>Key topics:</i></p> <ul style="list-style-type: none"> • Rooming In • Mother-Infant Separation 		

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Required:	Date Completed	Evaluator
Rooming In: <ul style="list-style-type: none"> • Staff member educates birthing patient and assists with newborns to stay in the room with their mothers for 24 hours/day (not including separation for medical reasons). 		
Mother – Infant Separation: Staff member indicates usual location of newborns, and eliminates/minimizes mother/infant separation, during... <ul style="list-style-type: none"> • ... ped exams/rounds • ...hearing screens • ...pulse ox screenings • ...routine labs/blood draws/injections • ...newborn bath 		

Competency: Feeding Practices, Education, and Support

Key topics:

- Formula Counseling for breastfeeding mothers.
- Formula preparation/feeding techniques.
- Feeding Cues and Pacifiers
- Identify/Solve Breastfeeding Problems

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Required:	Date Completed	Evaluator
Staff member provides formula counseling for breastfeeding mothers. <ul style="list-style-type: none"> • Staff member sufficiently counsels breastfeeding mothers who request infant formula about the advantages of breastfeeding. 		
Formula Feeding: Staff member provides education to the birthing mother on: <ul style="list-style-type: none"> • ...appropriate formula feeding techniques. • ...how to safely prepare and feed formula. 		
Feeding Cues and Pacifiers: Staff member provides education to the birthing mother on: <ul style="list-style-type: none"> • ...recognizing and responding to their newborn's feeding cues. • ...breastfeeding on demand as often and as long as their newborn wants. • ...understanding the use and risks of artificial nipples and pacifiers. 		
Identifying and Solving Breastfeeding Problems: Staff member provides education to the birthing mother on: <ul style="list-style-type: none"> • ...positioning and latching their newborn for breastfeeding. • ...assessing effective breastfeeding by observing their newborn's latch and the presence of audible swallowing. • ...assessing effective breastfeeding by observing their newborn's elimination patterns. • ...hand expression of breastmilk. • ...electric pumping of breastmilk. 		
Competency: Discharge Support <i>Key topics:</i> <ul style="list-style-type: none"> • Discharge Criteria 		
Required:	Date Completed	Evaluator
Discharge Criteria: <ul style="list-style-type: none"> • Staff member directly observes at least one effective feeding within 8 hours prior to discharge of infant. 		
Staff member sufficiently educates infants caregivers on discharge instructions.		

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By signing and dating below, I acknowledge that I have read and understand the policies listed above and that I agree to comply with them as I manage patient care.

Employee: _____ Date: _____
(print name) (signature)

Verified by: _____ Date: _____

Please complete this form as documentation of annual competency completion and place in unit-designated area.