



# *Philips Avent Scientific Symposium 2019*

## *Lactation support; from hospital to home*

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# *Disclosure Statement*

The author has documented that she has no financial relationships to disclose or Conflicts of Interest (COIs) to declare.



# *Introduction*

- St. Joseph Hospital
- Delivery room
- Maternity ward
- NICU
- Bonding
- Breastfeeding



# *Standard Operating Procedures*

- Bonding
- first 24 hours
- Mastitis
- sore nipples
- limited milk
- painful engorgement



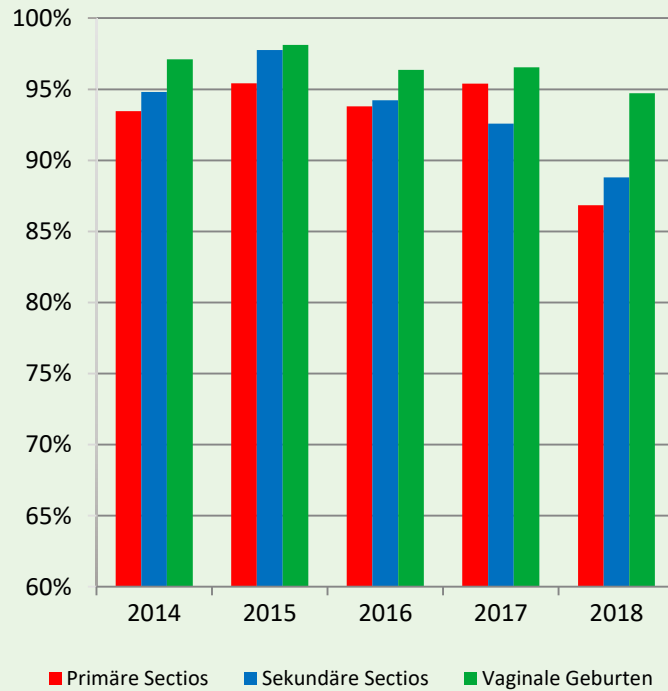
# C-Section

Rate of C-Section in  
Germany in 2017:  
30,5 %

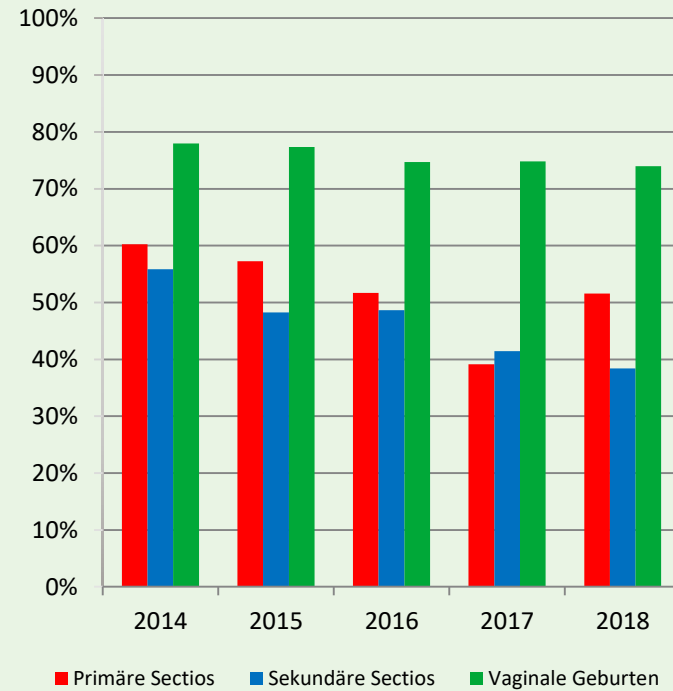


# C-Section

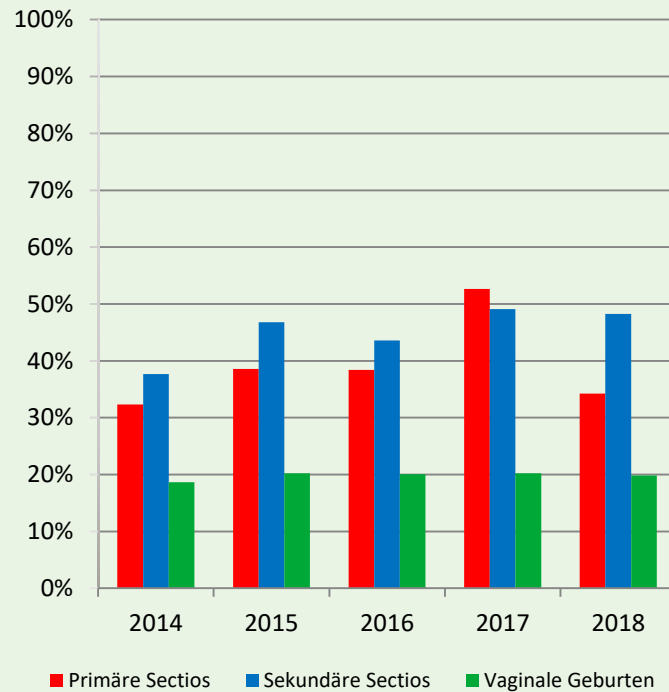
ausschließlich gestillt oder BFHI-Kriterien konform zugefüttert



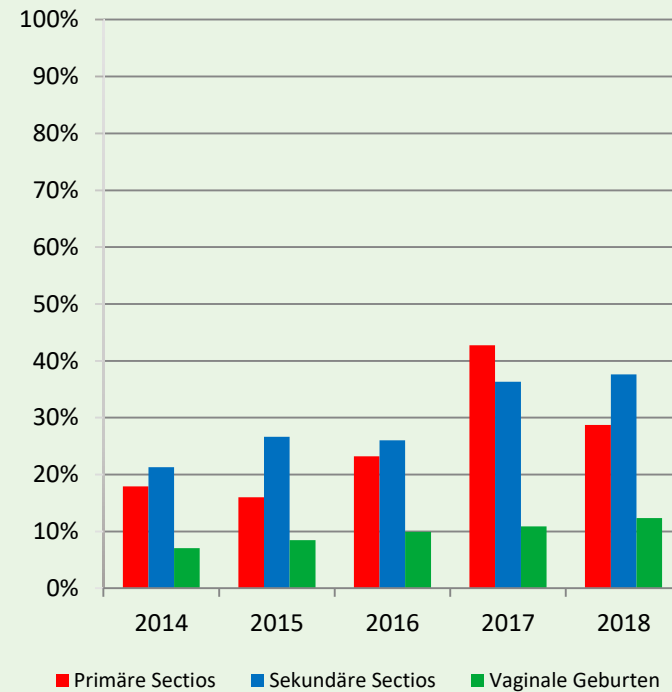
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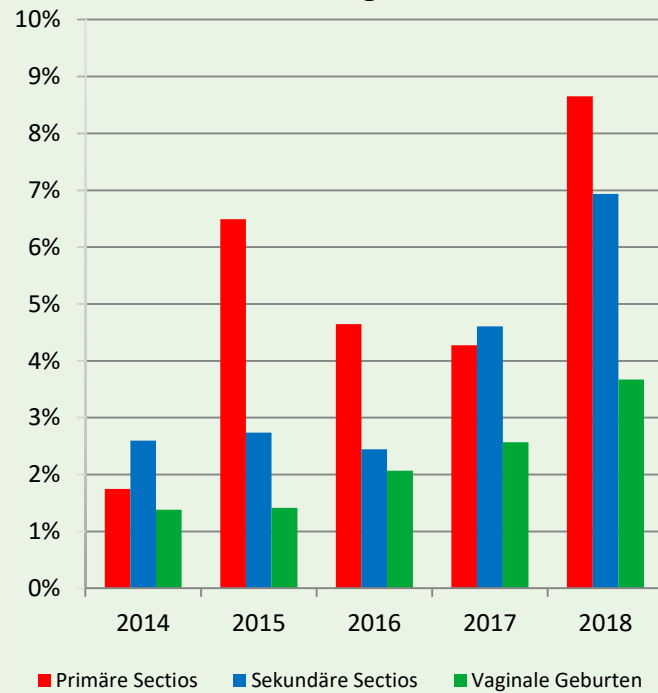
MM alternativ zugefüttert



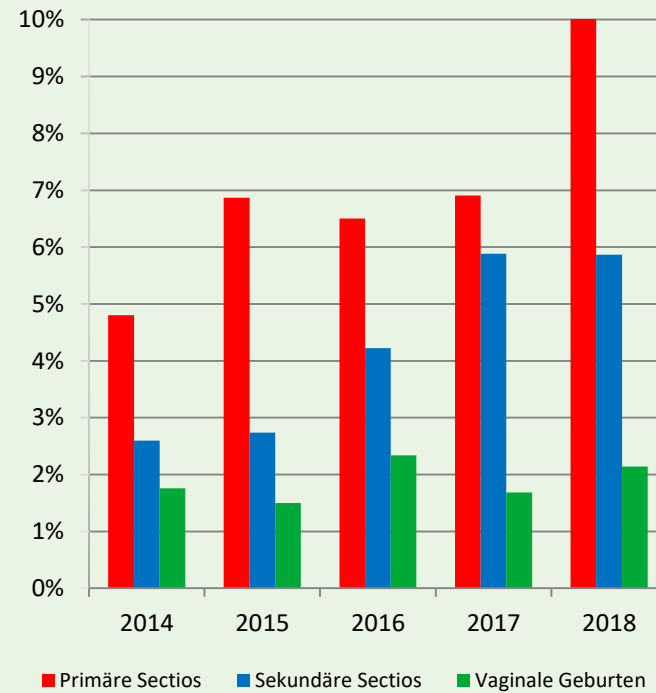
Nahrung MIT med. Indikation  
alternativ zugefüttert



### Säuglingsnahrung OHNE med. Indikation zugefüttert

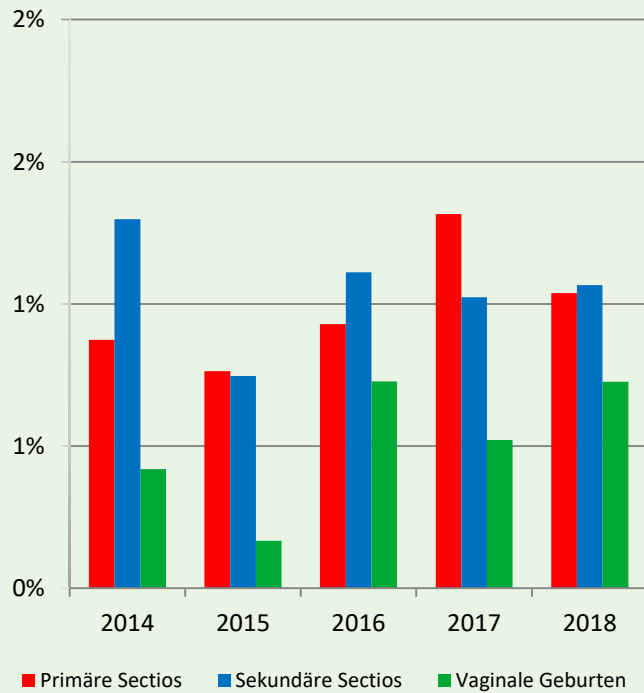


### mit Flasche zugefüttert

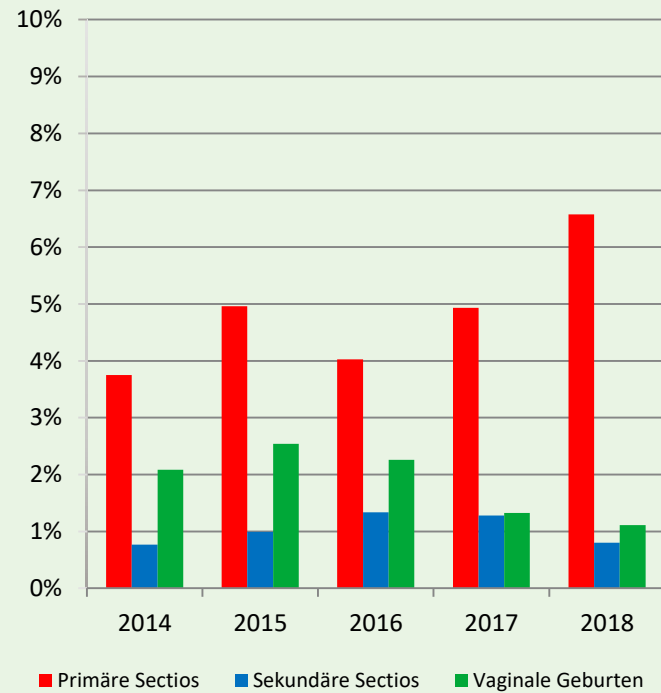




### sekundär abgestellt



### primär abgestellt



# Diabetes And Colostrum



# Postnatal Care

- „Wochenbettbetreuung“ /Selfemployed Midwives
- „Baby-Lotse“
- Specially trained family midwives
- Lactation Consultants
- Breastfeeding meetups



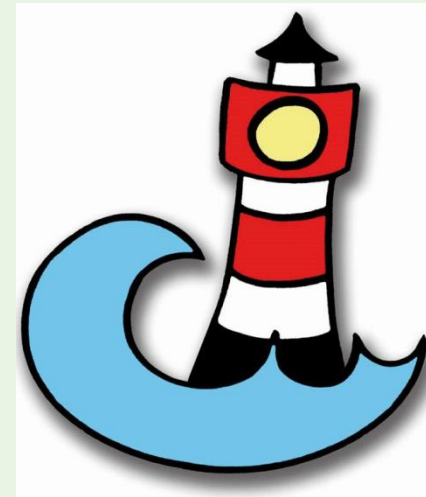
# „Wochenbettbetreuung“

- Done by selfemployed midwives
- Financed by the German health insurance system
- 8 Weeks
- The first 10 days after delivery daily
- 16 more visits (or calls) during the first 8 weeks
- Longer than 8 weeks, if it was a preterm
- Longer with a prescription from the Doc.



# „Baby-Lotse“

- Baby/Family-Navigator
  - Social worker
  - Part of the hospital staff
  - Screening during registration
  - Till the first birthday
- 
- „Letter of intent“ 04.12.2018
  - 1,5 million Euro per year in Berlin



# Others

- Specially trained family midwives
- Lactation Consultants
- Breastfeeding meetups
- „sozialmedizinische Nachsorge“ – specially trained nurses from the NICU



# Governmental Support

- „Haushaltshilfe“ – household help
- Financial support
- Work-rules / „Mutterschutzgesetz“
- Parental leave



# Rate of Breastfeeding in Germany



82% start with  
breastfeeding  
34% longer than 4 month





# *Do you understand that?*

More knowledge for:  
Physicians  
Nurses  
Midwives  
Becoming parents  
Everyone

# Children!



# References

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