

File within 3rd spine

NHS number: _____
 Name: _____
 Address: _____

 Date of birth: _____
 CR number: _____

Affix patient label



Royal Cornwall Hospitals
 NHS Trust

Assessment for the expressing of breastmilk

Expressing breastmilk over a long period of time is extremely demanding and if a mother is to succeed she needs the **support from those involved with caring for her and her baby.**

The Baby Friendly Initiative recommends that an expressing assessment is carried out; this ensures the mother receives support to:

- **express** and **address** any issues or concerns within a timely matter to not negatively impact on supply.
- **enable** a mother is able to **maximise** her milk production so that she can **maintain** her supply for as long as she wishes.
- **avoid** delay in starting to express or any reduction in the frequency or effectiveness of expression will compromise her long term supply.
- **detect** and **correct** problems that will help her maintain confidence in her ability to produce milk for her baby.'

Expressing assessment form

If any responses in the right hand column are ticked please discuss with the mother how this might affect her milk supply and offer further support. Please document your discussion in the space provided.

What to observe / ask about	Answer indicating effective expressing	Day	Day	Day	Day	Answer requiring further discussion	Day	Day	Day	Day
Frequency of expression	At least 8 times in 24 hours including once during the night.					Fewer than 8 times. Leaving out the night expression				
Timings of expressions	Timings work around her lifestyle with no gaps of longer than 4 hours (daytime) and 6 hours (night time).					Frequent long gaps between expressions. Difficulty 'fitting in' 8 expressions in 24 hours.				
Stimulating milk ejection	Uses breast massage, relaxation, skin contact and/or being close to baby. Photos or items of baby clothing to help stimulate oxytocin.					Difficulty eliciting a milk ejection reflex. Stressed and anxious.				
*Hand expression	*Confident with technique. Appropriate leaflet / DVD provided.					*Poor technique observed. Mother not confident.				

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Expressing assessment form cont...

If any responses in the right hand column are ticked please discuss with the mother how this might affect her milk supply and offer further support. Please document your discussion in the space provided.

What to observe / ask about	Answer indicating effective expressing	Day	Day	Day	Day	Answer requiring further discussion	Day	Day	Day	Day
		___	___	___	___		___	___	___	___
Using a breast pump	Access to electric pump. Effective technique including suction settings, correct breast shield fit. Switching breasts (or double pumping) to ensure good breast drainage. Uses massage and/or breast compression to increase flow.					Concern about technique. Suction setting too high/low, restricting expression length, breast shield too small/large.				
Breast condition	Mother reports breast fullness prior to expression which softens following expression. No red areas or nipple trauma.					Breasts hard and painful to touch. Evidence of friction or trauma to nipple.				
Milk flow	Good milk flow. Breasts feel soft after expression.					Milk flow delayed and slow. Breasts remain full after expression.				
Milk Volumes	Gradual increase in 24 hour volume at each assessment.					Milk volumes slow to increase or are decreasing at each assessment.				

***Hand expression may not need to be reviewed every time**

Date, Time and Day number	Information/ support provided	Signature, Printed name and designation