Exclusively Breastfed: What effect has the change in Joint Commission reporting had on breastfeeding policy and rates in NE Florida Hospitals?
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Presenter Disclosure
Katryne Lukens Bull, MPH
The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:
I have no relationships to disclose.

Study Questions
• How did the 2010 change in JC reporting of “exclusively breastfed”
  – affect the breastfeeding rates of hospitals participating in the Northeast Florida Lactation Coalition.
  – change policies within hospitals to become more “Baby Friendly”
  – change policies within hospitals to improve “exclusively breastfed” rates
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New JC guidelines: Exclusively Breastfed

“a newborn receiving only natural breast milk and no other liquids or solids except for drops or syrups consisting of vitamins, minerals, or medicines.”

non-NICU babies without a contraindication to breastfeeding who were exclusively breast milk fed (denominator)


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Why do we care?

• Prior to 2010 Hospitals over-reported their breastfed infants
  – Their numbers looked good so why change policy or practice?
  – Supplementation was normal
• Becoming Baby Friendly will support breastfeeding mothers/infants
  – Addressing unnecessary supplementation is one of the 10 steps

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Northeast Florida Lactation Coalition

Number of Live Births by Mother’s County of Residence 2011

<table>
<thead>
<tr>
<th>County</th>
<th>Number of Live Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baker</td>
<td>2,022</td>
</tr>
<tr>
<td>Nassau</td>
<td>708</td>
</tr>
<tr>
<td>St John’s</td>
<td>1,811</td>
</tr>
<tr>
<td>Clay</td>
<td>1,881</td>
</tr>
<tr>
<td>Duval</td>
<td>1,457</td>
</tr>
<tr>
<td>Total</td>
<td>7,405</td>
</tr>
<tr>
<td>Total births</td>
<td>17,827</td>
</tr>
</tbody>
</table>
Background

- NFLC (2005 – present)
  - Hospital based IBCLCs (n=11*)
    - Infants born
    - Infants breastfed
    - Infants formula fed
    - Infants formula/breastfed
- Monthly reporting
- NICU & WIC

**1 Hospital does not report

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Methods

- Data from January 2008 – December 2009
  - Breastfed: infant was mostly breastfed at discharge and mom intended to breastfeed
  - Denominator: Babies born who were NOT NPO
- Data from January 2010 – December 2011
  - Breastfed: infant was exclusively breastfed and received nothing other than breast milk
  - Denominator: JC definition (excludes NICU, LOS >120 days, enrolled in a CT, documented reason)

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NE Florida Hospital Breastfeeding Rates by Quarter 2008 - 2011

Guideline Change
Breastfeeding Rates by High v Low Hospitals (2008-2011)

Mean Hospital Breastfeeding Rates Pre-/Post Guideline Change

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Pre-2009</th>
<th>Post-2011</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.83</td>
<td>0.56</td>
<td>&lt;0.0001*</td>
</tr>
<tr>
<td>2</td>
<td>0.52</td>
<td>0.37</td>
<td>&lt;0.0001*</td>
</tr>
<tr>
<td>3</td>
<td>0.62</td>
<td>0.44</td>
<td>&lt;0.0001*</td>
</tr>
<tr>
<td>4</td>
<td>0.62</td>
<td>0.44</td>
<td>&lt;0.0001*</td>
</tr>
<tr>
<td>5</td>
<td>0.64</td>
<td>0.43</td>
<td>0.0099*</td>
</tr>
<tr>
<td>6</td>
<td>0.40</td>
<td>0.27</td>
<td>&lt;0.0001*</td>
</tr>
<tr>
<td>7</td>
<td>0.82</td>
<td>0.32</td>
<td>&lt;0.0001*</td>
</tr>
<tr>
<td>8</td>
<td>0.72</td>
<td>0.64</td>
<td>0.0099*</td>
</tr>
<tr>
<td>9</td>
<td>0.75</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>0.58</td>
<td>0.37</td>
<td>&lt;0.0001*</td>
</tr>
</tbody>
</table>

* Denotes statistically significant difference at p<0.05

Mean Hospital Breastfeeding Rates Pre/Post Guideline Change

<table>
<thead>
<tr>
<th>2008-2009</th>
<th>2010-2011</th>
<th>Difference</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.6214</td>
<td>0.4602</td>
<td>0.1611</td>
<td>0.0193*</td>
</tr>
</tbody>
</table>

* Denotes statistically significant difference at p<0.05

- 2010 JC change in reporting did significantly reduced the breastfeeding rates of hospitals participating in the NFLC.
Study Questions

• How did the 2010 change in JC reporting of “exclusively breastfed” change policies within hospitals
  – to become more “Baby Friendly”
  – to improve “exclusively breastfed” rates

2010 - 2012: Community Changes

• Push in community towards BFHI
  – Breastfeeding Collaborative
    • Hospital CEOs meet quarterly with the NFLC & UF Division of Community Pediatrics

• One Hospital became Baby Friendly (2011)
  – Use as the “gold standard”
  – Examine the “best case” scenario

Difference in First Quarter 2012 Rates, BFH v Other Hospitals
2012: Where are we now?

- How far towards "Baby Friendly" do the hospitals think they are?
- Have they made policy changes since January 2010 due to the JC guideline changes?
  - What have they done and has it been effective?

BFHI 10 steps by Hospital & 2012 First Quarter Breastfeeding

<table>
<thead>
<tr>
<th>ID</th>
<th>QRT1_2012</th>
<th># of BF Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>73.0%</td>
<td>10</td>
</tr>
<tr>
<td>8</td>
<td>66.0%</td>
<td>7</td>
</tr>
<tr>
<td>1</td>
<td>65.6%</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>55.0%</td>
<td>8</td>
</tr>
<tr>
<td>2</td>
<td>55.0%</td>
<td>9</td>
</tr>
<tr>
<td>3</td>
<td>53.0%</td>
<td>8</td>
</tr>
<tr>
<td>10</td>
<td>42.0%</td>
<td>9</td>
</tr>
<tr>
<td>6</td>
<td>39.0%</td>
<td>9</td>
</tr>
<tr>
<td>7</td>
<td>29.0%</td>
<td>7</td>
</tr>
<tr>
<td>5</td>
<td>25.0%</td>
<td>N/A</td>
</tr>
</tbody>
</table>

No relationship noted from self-reported implementation of steps and exclusive breastfeeding rates.

BFHI 10 steps: Implementation

- 75% (6/8): most difficult step to implement
  “Give newborn infants no food or drink others than breast milk, unless medically indicated.”

- 50% (4/8): difficulty in implementing
  “Train all health care staff in skills necessary to implement this policy.”
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Joint Commission: Guideline Change and Hospital Policy Change

- Three hospitals reported the JC change did not change their policies or practices
- Five hospitals reported that the JC reporting change encouraged administrative support and changed nursing practice

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Joint Commission: Guideline Change and Hospital Policy Change

- Difference in the Breastfeeding Collaborative
  - CEOs did not want to report such low rates
  - Wake up call on supplementation
- Posting weekly breastfeeding rates by the nurses station
  - Providers taking supplementation “seriously”
- Banning bags from formula companies

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Conclusions

- “Pre” hospitals averaged 62% (83% - 40%) mostly breastfed infants on discharge
- “Post” hospitals averaged 46% (75% - 27%) exclusively breastfed infants on discharge
- This represented a 16.1% change
  - Infants would have been reported as breastfed
  - Infants that were supplemented
Conclusions

• 100% of hospitals achieving high rates of "mostly" breastfed achieved the higher rates of exclusively breastfed

• Rates have increased by 5-8% per month post JC change
  – still an overall decrease “Pre” vs. 2012

Limitations

• Not all hospitals reported (10/11)
• Incomplete/Missing data
• Demographic variation between hospitals
• Weighting of the data (# of births per hospital)
• Effect of policy changes still to be seen

Thank you!

• Northeast Florida Lactation Coalition
  – http://neflbreastfeeding.org
  – Members and Hospitals
  – IBCLCs in the community
  – County Health Department WIC offices/staff
• University of Florida
• University of North Florida
• Duval County Health Department