Late Preterm Infant Discharge Feeding Plan

The following plan is written in the SBAR (Situation-Background-Assessment-Recommendation) format that is commonly used by healthcare staff. This outline is designed to help the nurse formulate a plan for the mother of a late preterm infant with the goals being to breastfeed, provide adequate nutrition to the baby, and promote and protect maternal milk volume.

Situation: The mother of a late preterm infant is preparing to be discharged home. Her plan is to breastfeed her infant.

Background:
- Infant’s gestational age at birth and current age (day of life)
- Infant’s feeding behavior during the recent hospital stay
- Maternal risk factors (other than preterm delivery)

Assessment:
- Infant’s feeding behavior
  - Infant’s ability/opportunity to latch to the breast
  - Use of nipple shield to maintain attachment and facilitate milk transfer
  - Infant’s ability to transfer milk (as measured by test weighing)
- Maternal lactation status (e.g., are signs of onset of lactogenesis 2 evident?)
- Is a breast pump or hand expression necessary to provide adequate intake?

Recommendation:
- Outline a plan for the mother to:
  - Assess and provide adequate milk intake to the infant
    - Monitoring urination and stooling patterns
    - Determining appropriate number of feedings per day
    - Managing extra milk feedings
  - Promote and protect maternal milk production
    - Milk expression method to be used
    - Frequency of milk expression
    - Timing of milk expression (e.g., just prior, in place of, or after breastfeeding attempt)
  - Advance at-breast feedings
    - Use test weighing to assess milk intake (do not initiate during first 24 hours post birth) and manage extra milk feedings
    - Nipple shield use and methods for weaning from the shield
    - Managing pumping as breastfeeding improves
  - Follow-up plan
    - When and with whom to have reassessment
    - Estimated time period interventions will be needed (e.g., pump, nipple shield, test weights)

Formulate a feeding plan that supports breastfeeding along with adequate infant nutrition.