Nurse demonstrates:

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| **Date** | **Sup.****Sign** | **Competency** |
|  |  | Have counseling skills training related to breastfeeding (WIC 3 step) |
|  |  | Know local epidemiology of breast feeding rates the community, local hospitals |
|  |  | Provide education related to the reasons for exclusive breastfeeding. |
|  |  | Have thorough understanding of anatomy and physiology of lactation and is able to share this appropriately with client. |
|  |  | Provide research-based information related to:* frequency, duration of breastfeeding
* how to identify problems related to breastfeeding
 |
|  |  | Assist mother to position herself and her baby in a way that promotes and supports breastfeeding effectiveness and promotes infant-led mother-assisted breastfeeding |
|  |  | Recognize and teach parents specific important cues * Hunger cue
* Satiation cues
* Appropriate suck-swallow movements
* Swallows
 |
|  |  | Identify structural and functional anomalies that may lead to ineffective milk transfer and refer when appropriate* Tongue-tie
* Cleft of palate and/or lip
* Hypotonia
 |
|  |  | Identify structural and functional breast and nipple anomalies and refer to LC when appropriate* Flat nipples
* Inverted nipples
* Breast surgery/reduction, augmentation, biopsies
 |
|  |  | Document w/ Via Christi or LATCH tool a breastfeeding observation to assist in monitoring status and identify need for referrals. |
|  |  | Educate parents on common problems such as:* sore nipples  **€** jaundice  **€** Weaning
* sleepy baby  **€** insufficient milk
* ineffective latch  **€** slow weight gain
* fussy baby  **€** Introduction of solids
 |
|  |  | Provide anticipatory guidance for families - 3 days, 7 days, 2 weeks, 2 months, etc.* Normal weight loss and gain
* Number of wet diapers and stools
* Normal behavior and frequency days
* Warning signs and who and when to call
 |
|  |  | Assist parents of babies in NICU or special needs * Breast pump assembly
* Frequency and use of pump
 |
|  |  | Educate families in the appropriate use of a variety of ways to supplement infant, such as:* Syringe  **€** tube feeding devices,
* Cups  **€** Bottles

Utilizing cue-based feeding methods |
|  |  | Educate families based on her knowledge of common myths in the community (diet, emotions, etc.) |
|  |  | Identify problems that require referrals and assist in making “warm handoff” to:* Health Care Provider
* IBCLC
* WIC
 |
|  |  | Share information to patients about resources in the community - WIC, IBCLC, Support groups, etc. |
|  |  | Advocate for breastfeeding resources through participation in the Breastfeeding Coalition |
|  |  | Maintain skills and knowledge by:* Attending one 40-hour course within 2 years of hire
* Receiving at least 3 hours of lactation education every 2 years.
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| Dates of reviews and plan to complete evaluation and signature of nurse and supervisor. |
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