

EXPRESSED BREASTMILK - CLEANING OF LACTATION EQUIPMENT IN POSTNATAL AREAS

This LOP is developed to guide clinical practice at the Royal Hospital for Women. Individual patient circumstances may mean that practice diverges from this LOP.

1. AIM

- Provide adequate education to women and their families on the importance of cleaning, and storage of lactation equipment.
- Hospital staff adheres to infection control practices when in contact with lactation equipment.
- Practice hand hygiene at all times in accordance with Hand Hygiene policy.
- Equipment used for the collection of expressed breast milk is cleaned and stored according to the SESLHD recommendations (1), preventing the risk of bacterial contamination

2. PATIENT

- Woman collecting and storing expressed breast milk.

3. STAFF

- Nursing and midwifery staff
- Student midwives

4. EQUIPMENT

- Breast pump kits
- Bottle brush
- Spoons
- Cups
- Nipple shields

5. CLINICAL PRACTICE

- Ensure all equipment used is single patient use only
- Perform hand hygiene (women and staff) as per NSW Hand Hygiene policy prior to handling any equipment (2)
- Demonstrate and discuss cleaning practices of equipment with the woman/ family member according to items utilised
- Encourage the woman or/ family member to clean equipment thoroughly immediately after use
- Confirm maternal comprehension and compliance through observance of at least one cleaning procedure
- Document in integrated clinical notes

BREAST PUMP KITS, CUPS, SPOONS AND NIPPLE SHIELDS

- Dismantle lactation equipment into separate parts.
- Rinse well in cold water any parts of equipment that have come into contact with the breast and milk.
- Clean equipment thoroughly using a surfactant (e.g. dishwashing liquid) and a designated bottle brush.
- Rinse all parts well twice, firstly in cool water, then wash under warm running water or in a clean/bowl/container specified for this purpose only and left to air dry.
- Place equipment upside down on new paper towel and cover with further paper towel while they dry.
- Use a clean paper towel to dry equipment, if water droplets remain.

CLINICAL POLICIES, PROCEDURES & GUIDELINES

Approved by Quality & Patient Care Committee
3 March 2016

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- Store dry equipment in a clean container with a lid, in a dry, clean plastic bag or under more clean paper towel until next usage.
- Follow manufacturer's instructions to determine which components of milk collection systems need to be cleaned.
- Advise mother to sterilise equipment every 24 hours if the infant is preterm or unwell. It is not necessary to sterilise milk collection kits if used by only one mother.
- Store lactation equipment in a clean, covered container or a clean, sealed plastic bag.

DISCHARGE EDUCATION

- Provide woman with relevant written information (3) (see Appendix 1) if she is being discharged from hospital expressing and providing breast milk.
- Provide additional information on other sterilising methods if the woman is likely to be using infant formula as well.

6. DOCUMENTATION

- Integrated clinical notes
- ObstetriX
- Neonatal Care Pathway

7. EDUCATIONAL NOTES

- Lactation equipment like all hospital equipment are potential carriers of pathogenic microorganisms (2).
- Improper cleaning of breast pumps and pump parts can increase the risk of expressed human milk contamination (3).
- Breast pump equipment in hospital environments should be cleaned between users (3, 4).
- Breast pump parts should be disassembled rinsed in cool water to remove milk residue and washed with soap and water (4). A clean paper cloth should be placed on the clean surface to collect the dripping water. Contaminated breastfeeding equipment and attachments pose a potential risk to the newborn (5).
- Hospital surfaces should also be clean upon which cleaned pump parts are placed prior to drying. This surface should be disinfected with alcohol wipes or disinfecting solution.
- Thorough cleaning of breastfeeding equipment immediately after use decreases the risk of bacterial growth (6).
- Adequate hand hygiene prior and after pumping is one of the most important factors in reducing bacteria and pathogens in human milk. Alcohol hand rubs are effective when used correctly and may be more effective when removing spores than hand washing (4, 6).
- Provide education to the woman on pumping techniques and hygiene (3, 6).
- Hospital staff should adhere to infection control practices with single use and sterilising pump equipment (4, 6).

8. RELATED POLICIES / PROCEDURES / CLINICAL PRACTICE LOP

- NSW Health PD2010_058 Hand Hygiene Policy
- Breastfeeding – Protection, Promotion and Support
- Supplementary Feeding of Breastfed Babies

9. RISK RATING

- Medium

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POSTNATAL AREAS cont'd**

10. NATIONAL STANDARD

- Standard RH – Reducing Harm

11. REFERENCES

1. Fact Sheet: NSW Government Health SESLHD Preparing Artificial Formula Feeds, Sterilizing Bottles and Teats [Internet] South Eastern Local Health District [updated 2014 July; cited 2016 Jan 4]. Available from: http://www.seslhd.health.nsw.gov.au/rhw/Patient_Leaflets/Breastfeeding/English%20SESLHD%20Leaflets/PreparingFormula.pdf
2. Rhodes J. Evidence-based recommendations for breast pumping hygiene. *Neonatal Intensive Care: The Journal of Perinatology-Neonatology* [Internet]. 2012 [cited 2016 Jan 4]; (2)4: Special suppl, May-June 2012. Available from: <http://www.nicmag.ca/pdf/NIC-25-3-MJ12-Medela-Supplement.pdf>
3. Australian Breastfeeding Association handout (2012) "Suggestions on using an electric breast pump" [cited Jan 6, 2016]; Available from: <https://www.breastfeeding.asn.au/bf-info/breastfeeding-and-work/suggestions-using-electric-breast-pump>
4. Gilks, J E. Price, E. Hately, P., Gould, D G. Weaver. Pros, cons and potential risks of on-site decontamination methods used on neonatal units for articles indirectly associated with infant feeding, including breast pump collection kits and neonatal dummies; *Journal of Infection Prevention* [Internet]. 2012 [cited 2016 Jan 4]; 13(1): 16-23. Available from: http://www.abih.net.br/wp-content/uploads/Gilks-et-al_JIP-Jan20121.pdf
5. Academy of Breastfeeding Medicine. (2010). Clinical protocol #8: Human milk storage information for home use for full-term infants. Available: from <http://www.bfmed.org/Media/Files/Protocols/Protocol%208%20-%20English%20revised%202010.pdf>
6. NSW Health PD2010_058 Hand Hygiene policy. Ministry of Health, NSW [Internet]. 2010 [cited 2016 Jan 4] Available from: <http://www0.health.nsw.gov.au/policies/dist/doh.html>

REVISION & APPROVAL HISTORY

Reviewed and endorsed Lactation Working Party February 2016
Approved Quality & Patient Safety Committee 21/6/12
Endorsed Obstetric LOP group May 2012

FOR REVIEW : MARCH 2019

APPENDIX 1 (3)

Breast Pump Cleaning Information

Excerpt from ABA Handout “Suggestions on using an electric breast pump”

Cleaning Information

Here are some important points about cleaning your equipment. Please note that thorough cleaning is important when using your pump kit and bottles. Note that you must clean your new kit before the first use. If your baby is in hospital or is ill, be guided about extra cleaning by your medical advisers.

Care of your breast pump kit

- If you are the only person to use your breast pump kit.
- If, you are expressing several times a day
- If your baby is healthy, your breast pump kit parts should be:
 1. Rinsed well in cold water then under running warm water.
 2. Sterilised once a day when in frequent use

How to clean well

1. First wash your hands well, with soap, and dry them on new paper towel or a clean, unused cloth towel.
2. Take the breast pump kit apart, and separate all pieces. Rinse in cold water all the parts that have been in contact with your breast and breast milk.
3. Take care to remove all traces of grease, milk and dirt with a small amount of dishwashing liquid and warm water. Use a bottle brush kept only for this purpose.
4. Rinse all parts well twice, firstly in cool water, then wash under warm running water. Leave all parts to air dry
5. Drain bottles and containers upside-down on new paper towel and cover with more paper towels while they air dry. Finish drying all containers with new paper towel before putting away. Store the dry kit in a new plastic bag, plastic wrap, more paper towel or a clean, covered container until next use.

Suggested reading

1. Australian Breastfeeding Association booklets: *Breastfeeding: expressing and storing breastmilk*; *Breastfeeding Your Premature Baby*; *Increasing Your Supply and Breastfeeding: women and work*.
2. *Breastfeeding ... naturally* 3rd edition. Australian Breastfeeding Association

References;

1. Rhodes J, Evidence –based recommendations for breast pumping hygiene. *Neonatal Intensive Care: The Journal of Perinatology- Neonatology* 2012. (cited 8thJan 2016)
2. Source: Australian Breastfeeding Association handout “Suggestions on using an electric breast pump” (2012). (cited Jan 6th 2016) <https://www.breastfeeding.asn.au/bf-info/breastfeeding-and-work/suggestions-using-electric-breast-pump>