

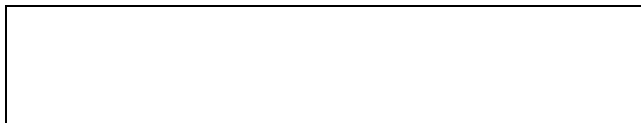
### Expressing Assessment Tool (EAT)

This assessment is performed on admission (when the infants mother arrives on the ward/unit expressing breast milk) and once per 24hours when a mother is expressing breast milk thereafter. Document the assessment outcome in the infants Expressing Care Plan/Nursing Notes. If any responses in the pink column are ticked: watch an expressing session, develop an Expressing Care Plan/Nursing Notes and/or refer to Breastfeeding Champion if required. Any additional concerns should be followed up as needed.

		Indication of effective pumping (Green Indicators)		Answer suggests a problem (Pink Indicators)	
1	Frequency of expression	At least 8 times in 24 hours including once during the night.		Fewer than 8 times. Leaving out the night expression.	
2	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.	
3	Stimulating milk ejection	Uses breast massage, relaxation, skin contact and/or being close to infant. Photos or items of baby clothing to help stimulate oxytocin.		Difficulty eliciting a milk ejection reflex. Stressed and anxious.	
4	Milk flow	Good milk flow. Breasts feel soft after expression		Milk flow delayed and slow. Breasts remain full after expression.	
5	Milk volumes	Gradual increases in 24 hr volume at each assessment. Aim 750 -1,000mls by 2 weeks		Milk volumes slow to increase or are decreasing at each assessment. Volume expressed < than 750 mls/day at 2 weeks	
6	Breast condition	Mother reports breast are less full and softer after expressing No red areas on breasts		Breasts hard and painful to touch. Red areas and hard lumps in breasts	
7	Hand expression	*Confident with technique. Appropriate leaflet provided & video viewed		*Poor technique observed. Mother not confident.	
8	Using a breast pump	Access to hospital grade electric pump. Effective technique including suction settings. Switching breasts (or double pumping) to ensure good breast drainage. Expressing set provided		Concern about technique. Expressing set not provided	
9	Effective Pumping Technique	Can assemble expressing set Knows technique for washing and sterilising equipment Hands on Pumping Technique used, Watched Stanford University video Uses massage and/or breast compression to increase flow Suction setting correct, maximum comfortable pressure used Breast shields fit correctly, no nipple soreness Expresses until flow slows down, massages and expresses again until flow decreases		Cannot assemble expressing set Does not know technique for sterilising equipment Using pump only, without combining with hand expression No breast massage and/or breast compression Suction setting too high/low Breast shield too small/large, nipples sore Restricting expression length	

Adapted from UNICEF UK Baby Friendly Initiative 2013 and Guidelines for mothers HSE 2015

Date assessed	Time	Pink Indicators Nos.	Total EBM Volume (mls) expressed previous 24 hrs	Signature/ NMBI No	Date assessed	Time	Pink Indicators Nos.	Total EBM Volume (mls) expressed previous 24 hrs	Signature/ NMBI No



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## Our Lady's Children's Hospital, Crumlin

### Keeping Track of Expressed Breast Milk

BABY'S NAME: \_\_\_\_\_ HOSPITAL NUMBER: \_\_\_\_\_ DATE: \_\_\_\_\_

Record the volume of Milk that you express every day and record below.

DATE	Number of times Pumped in 24hours (6am-6am)	Total volume of milk Expressed in 24hours (mls)	Type of Pump used	DATE	Number of times Pumped in 24hours (6am-6am)	Total volume of milk Expressed in 24hours (mls)	Type of Pump used

Developed by Quality Improvement Breastfeeding Team.

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