

Case study Female 26

Main reason for referral: Ante-natal Breastfeeding Support



Goals set

- 1) Attend Breastfeeding Workshop
- 2) Gain relevant information needed about breastfeeding
- 3) Initiate breastfeeding

Brief History

**First time mum
Enthusiastic to
learn about
benefits of
breastfeeding and
how to breastfeed**

Inputs

(how we have contributed to change)

- 1) BPSC met mum at Ante-natal clinic and registered with Sure Start Children's Centre
Talked about benefits of breastfeeding and dispelled fears about breastfeeding being painful and difficult
- 2) Encouraged mum to come along to breastfeeding workshop.
- 3) Due to non-attendance at breastfeeding workshop BPSC talked mum through 'Mother's Guide' breastfeeding information and answered more personal questions regarding breastfeeding from mum.
Fortnightly contact with mum at Ante-natal clinic
- 4) Reminded mum to complete blue form on discharge to ensure 48 hour call received after delivery
- 5) BPSC gave post-natal breastfeeding support via 48 hour call and home visit

Activities

(What actions the client actually took)

- 1) Mum registered with Sure Start Children's Centre
Gained initial information about benefits of breastfeeding from BPSC at ante-natal drop-in
- 2) Booked onto breastfeeding workshop. Unable to attend due to house move.
- 3) Attended ante-natal drop-in and engaged with breastfeeding information given by BPSC.
- 4) Mum completed discharge from and received post-natal care from BPSC
- 5) Tried to breastfeed initially but had too much difficulty getting baby attached to breast despite care given by BPSC
- 6) Mum stopped breastfeeding at 2 weeks.

Outputs

(What the client achieved)

- 1) Mum breastfed for 2 weeks
- 2) Increased knowledge around breastfeeding
- 3) Registered with Sure Start Children's Centre
- 4) Stabilised baby's blood sugar and protected gut.
- 5) Provided natural immunity for baby and helped baby's bowel to move normally
- 6) Helped mum's womb contract down to normal size
- 7) Helped baby transition more easily from womb to world
- 8) Assisted in establishing a strong initial bond between mum and baby

Outcomes (contributed to)

- 1) Mum educated about and prepared for breastfeeding in the future
- 2) Improved health for mum and baby
- 3) Improved bond between Mother and Baby
- 4) Mum more likely to breastfeed subsequent children
- 5) Mum may share her positive breastfeeding experience helping to promote breastfeeding in the wider community

External Factors:

Signposted to: