

5. Nutrition Policies and Protocols - MOH - Dr. Thuita

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Key Policies / Guide lines

- National food and Nutrition Policy
 - *Has one leg in agriculture, and other in the ministry of health*
 - *Cannot implement the policy unless an action plan is developed (which is the NNAP 2018 - 2022)*
- National Nutrition Action Plan 2018 - 2022
 - *Designed to achieve Nutrition Security*
 - *Food and matters of nutrition are a human right according to the Kenyan constitution.*

Health Sector Nutrition Policies and protocols

- Maternal infant and young child feeding policy guidelines
 - *By director of medical services to guide nutrition in all health sectors (public and private sector)*
- 10 steps of the BFHI (Baby Friendly hospital initiative) to support breastfeeding in maternity services
- Code of marketing of BM (breast milk) substitutes (BMS Act)
- Micronutrient supplementation protocols

Maternal Infant and young child feeding policy guidelines

1. Adhere to National Policy - Communicated to all health care staff
 - (with the intention to implement the same)*
2. Train staff in skills necessary to implement policy
3. Provide information to all pregnant and lactating mothers and their partners on benefits and management of breastfeeding
4. Assist mother initiate BF within 30 minutes
5. Give newborn no food or drink unless medically indicated. Pre-lacteal feeds (water, glucose water, milk)
6. Show mothers how to breastfeed and maintain lactation even if separated from infants

7. Practice rooming in = 24 hour access
8. Encourage BF on demand
9. Encourage and promote Exclusive BF for first 6 months
10. Provide information and demonstrate how to prepare nutritious foods from 6 months
11. Encourage mothers to BF for at least 24 months
12. Foster establishment of mother support groups and refer moms
13. Not accept free samples and supplies of BM substitutes
14. Not allow publicity by manufacturers of BM substitutes
15. Not give any foods using bottles or teats

10 steps of the BFHI to support breastfeeding in maternity services

Specific Objectives

- To transform hospitals and maternity facilities into baby friendly institutions by
 - Implementing the 10 steps to successful breastfeeding according to the global BFHI assessment criteria
 - End free and low cost distribution of BF substitutes

10 Steps

1. Step 1: Have a written breastfeeding policy that is routinely communicated to all health care staff
2. Step 2: Train all health care staff in skills necessary to implement the policy - HW in contact with babies - 80%. Support to non breastfeeding mothers
3. Step 3: Inform all pregnant women about the benefits and management of breastfeeding
 - Content:
 - i. Importance of BF
 - ii. Early initiation
 - iii. BF on demand
 - iv. Attachment and positioning
 - v. Exclusive breast feeding and continued BF for 2 years and beyond
 - Target: 70% 3rd trimester 2 ANC visits counselled and can explain what was discussed
4. Help mothers initiate breastfeeding within 30 minutes of birth
5. Show mothers how to breastfeed and how to maintain lactation even if separated from their babies - includes of feeds for replacement feeding

6. Give newborn infants no food or drink other than BM unless medically indicated
No BM substitutes / materials distributed to mothers
 - Target: 75% babies delivered are breastfed
 - Target: 80% choosing not to BF counselled on infant formula (IF) options and assisted to make choice
7. Practice rooming Mothers and babies 24 hours together
 - Targets: 80% mothers in Postnatal wards rooming in or with justifiable reasons for not rooming in.
8. Encourage breastfeeding on demand
 - Target: 80% shown how to recognise when babies are hungry
9. Give no artificial teats or pacifiers
 - Target: 80% mothers on postpartum wards not using bottles / pacifiers
 - *Use of pacifiers and bottle leads to "nipple confusion" baby chooses bottle*
10. Foster establishment of breastfeeding support groups and refer mothers to them upon discharge
 - Target: Facility fosters establishment of mother support groups
 - Target: Printed information given to mothers upon discharge

Revitalisation of BFHI - Strategies

- Triple A Approach: Assess, Analyse, Act
- HOW?
 - Assess status - Self assessment (certificate of commitment)
 - Analyse faps - steps that have not been implemented
 - Action plan to address gaps and targets
- Sensitization of CHMTs (County health management)
- Capacity building of HW (Health workers)
- Ensure IYCF (infant and young child feeding) promoted antenatally

BFHI not an end in itself?

- Proportion of women BF exclusively from birth to discharge serves as a proxy indicator on extent to which BF

is supported promoted and protected in a facility

- Annual targets should show 75% of women delivering in a facility breastfed exclusively from birth to discharge

Code for Marketing of BM substitutes and the Kenyan Breast Milk Substitutes Act 2012

TO BE CONTINUED NEXT CLASS