

UMCHS Breast Feeding Peer Counseling Program

Purpose:

Breastfeeding Peer Counselor program will promote and support breastfeeding by helping mothers build breastfeeding self-efficacy through breastfeeding education, role modeling and developing a supportive relationship with the PC client.

Procedure:

The qualified Peer Counselor will provide monthly prenatal groups using the approved class guidelines, and offer contact appointments at the WIC office to provide support in the mother's breast feeding journey.

Every two weeks the UMCHS WIC Breastfeeding Coordinator will assign new clients to the appropriate Peer Counselor. The Peer counselor will make initial contact through phone or by mail introducing self and program to the new client. This will be within 2 weeks of the assignment.

Once initial contact has occurred, PC will make contact and invite into the clinic for individual appointment and or prenatal groups. Once contact has been made, PC will document in the Breastfeeding contact tab. Peer counselor will make monthly contact and document in TWIST. Contacts will be face to face, if client has missed her appointment, PC will call and visit with client and continue to offer support and invite to groups or individual appointments. Individual appointments will be documented as F3 in the scheduler.

The PC will have a clear understanding of her roles and responsibility and following the State WIC PC policies and procedures.

The BFPC will meet with the IBCLC on a monthly schedule, or more as needed.. IBCLC will document meeting and topic discussed.

The IBCLC will provide face to face training and mentoring for the PC, and provide direct services to PC clients who will need assistance outside of the PC scope of expertise.

Offering group education/support:

Pendleton – Support groups will be held in partnership with CHI St. Anthony Hospital. Support group /BF education (utilizing the State approved Breastfeeding curriculum) will be facilitated by the IBCLC located at the hospital Lactation Dept. UMCHS Peer Counselor will attend this group and co-facilitate once PC has received group education training.

Hermiston – will work with community partners offering support./education groups. The breastfeeding education groups will be interwoven into other parent education support groups – possible location @ the School readiness building. Partners to be included would be Healthy families, Early Head start, UCHD. This plan will need some development. BF education groups will be offered weekly. Until plan is in place PC groups will be located at the WIC office.

Milton-Freewater – will be considered P1's and will have phone and face to face contact. PC can work with HF to assist in home visiting for our dual served clients.

Refer to Policy 716

Procedure for referral to IBCLC for issues outside of the PC scope of practice.

When BFPC has a client with issues outside of her scope of practice, PC will discuss referring to IBCLC, contact IBCLC either with a face to face, phone

Contact or email of the situation and IBCLC will then follow up with client and make documentation in TWIST.

IBCLC will discuss "out of scope" issues in her monthly training with PC.

Refer to Policy 716.3.5/.6.

Mentoring Peer Counselors and mentoring contacts.

WIC Breastfeeding Coordinator/Manager will complete quarterly file monitors using the state client record review tool for contact and documentation.

IBCLC and WIC Breast-feeding Coordinator/Manager will observe group education, and phone call contacts. Follow up will be given using the supervision tool in App. A

IBCLC will provide monthly feedback using the supervision tool.

Peer Counselors will have the opportunity to observe a prenatal/post partum group facilitated by the IBCLC

IBCLC will be available by phone for assistance and problem solving as needed, or as in scheduled time with the IBCLC

Training and support to Peer Counselor

Attends/completes required training to become a Peer Counselor – using the WIC Learning modules, and the approved curriculum.

Ongoing training will be provided by IBCLC, according the skill level and knowledge of the Peer Counselors, or from needs that arise from Observations.

Participates in on- going training. One night travel may be required

PC will attend WIC in-service when appropriate.

Complete training on documentation in TWIST.

Documenting breastfeeding Peer Counseling contacts in TWIST.

All contacts, and attempts of contacts will be documented in the Breastfeeding contact tab.

Documentation should cover topics discussed.

Referral to IBCLC will be documented and reason for referral documented

Attendance in Class will be documented.

Refer to Policy 716.7