CDC National Survey of Maternity Practices in Infant Nutrition and Care (mPINC)

Birth Center Survey

Conducted for

Centers for Disease Control and Prevention National Center for Chronic Disease Prevention and Health Promotion Division of Nutrition, Physical Activity, and Obesity Maternal and Child Nutrition Branch Atlanta, GA

Public reporting burden of this collection of information is estimated to average 30 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC, Reports Clearance Officer, 1600 Clifton Road, MS D-74, Atlanta, GA 30333, ATTN: PRA (0920-0743). Do not send the completed form to this address.

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What is this survey about:	The Centers for Disease Control and Prevention (CDC) is inviting you to participate in a national survey of infant feeding practices at hospitals and birth centers in the United States and Territories that provided maternity care in the past year. The survey is being conducted for CDC by the Battelle Centers for Public Health Research and Evaluation. We need the response of every facility providing maternity care to make this study representative of all maternity care facilities in the United States and Territories. If your facility provides maternity care at multiple locations, please only report data for the specific location listed on the cover letter.
How long will the survey take to complete:	On average, the survey will take about 30 minutes to complete.
How will this information be used:	The purpose of this study is to find out about infant feeding practices at hospitals and birth centers in the United States and Territories. Information obtained from this survey will assist CDC with program planning. After data collection is complete, your facility will receive an individualized report containing a summary of survey results. Your name, facility name and other personal identifiers will not be shared with any other facility.
	Your responses will be treated in a secure manner and will not be disclosed unless required by law. Your name, facility name, and any other personal identifiers will not be included in either oral or written presentation of study results. Responses will be reported only in summary form so individual responses cannot be identified. Data may be released for additional approved research purposes. Your participation in the study is completely voluntary. Data collection will be managed by Battelle, Centers for Public Health Research and Evaluation, a national survey and research organization with extensive experience in collection of health data.
Who do I call if I have questions about how to complete the survey: Who do I call if I have questions regarding my rights as a study participant:	Jennifer Cohen, Ph.D., MPH, Task Leader, Battelle, toll-free at 1-866-826-4176 Chairperson of Battelle IRB 1-877-810-9530 x 500

Thank you very much for taking the time to complete this survey

SECTION A: CENTER PRACTICES

- A1. Are prenatal classes offered at your center, either by center staff or contracted personnel?
 - - Yes
 - 🗆 No

Does your center offer a separate prenatal breastfeeding class?

- Yes
- 🗅 No
- 🛛 No
- Not sure
- A2. Approximately how many women (pregnant or postpartum) are asked by center staff about their newborn feeding plans?

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

A3. How often is the mother's infant feeding decision recorded on a center record? *(either hers or her infant's center record)*

Rarely	Sometimes	Often	Almost always	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

For Uncomplicated Vaginal Births:

A4. Are routine newborn procedures (*e.g. newborn assessment including Apgar, and cord clamping, identification including foot printing*) after <u>uncomplicated vaginal births</u> done while the mother is holding the **healthy full-term** infant <u>skin-to-skin</u>?

Rarely	Sometimes	Often	Almost always	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

A5. Approximately, how many mothers are encouraged to hold their **healthy full-term** infants <u>skin-to-skin</u> for at least 30 minutes within an hour of birth for <u>uncomplicated **vaginal** births</u>?

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

A6. Approximately what percentage of **healthy full-term breastfed** infants are put to the breast for the first time during the specified period after delivery for <u>uncomplicated **vaginal** births</u>?

Within 1 hour after delivery	%
More than 1 hour - 2 hours after delivery	%
More than 2 hours - 4 hours after delivery	%
More than 4 hours after delivery	%
Total	100%

A7. Approximately what percentage of **healthy full-term breastfed** infants are given the following as a <u>first feeding</u> after <u>uncomplicated **vaginal** births</u>?

Breast milk	%
Water	%
Glucose water	%
Infant formula	%
Total	100%

- A8. Following <u>uncomplicated vaginal births</u>, are healthy full-term breastfed infants routinely taken to the nursery or other separate area for transition (e.g. processing as a pediatrics patient, vital signs, first bath)?
 - \Box Yes \rightarrow On average, how long is the infant in this transition period?
 - □ No _____ minutes
- A9. Are cesarean births performed at your birth center?
 - Yes
 - □ No □ Skip to Question A15

For Uncomplicated Cesarean Births:

A10. Are routine newborn procedures (e.g. newborn assessment including Apgar and, cord clamping, identification including foot printing) after <u>uncomplicated cesarean births</u> done while the mother is holding the **healthy full-term** infant <u>skin-to-skin</u>?

Rarely	Sometimes	Often	Almost Always	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

A11. Approximately how many mothers are encouraged to hold their **healthy full-term** infants <u>skin-to-skin</u> for at least 30 minutes within **two hours** after delivery for <u>uncomplicated</u> <u>cesarean births</u>?

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

A12. Approximately what percentage of **healthy full-term breastfed** infants are put to the breast for the first time during the specified period after delivery for <u>uncomplicated</u> <u>cesarean</u> births?

Within 2 hours after delivery	%
More than 2 hours – 4 hours after delivery	%
More than 4 hours after delivery	%
Total	100%

A13. Approximately what percentage of **healthy full-term breastfed** infants are given the following as a <u>first feeding</u> after <u>uncomplicated **cesarean** births</u>?

Breast milk	%
Water	%
Glucose water	%
Infant formula	%
Total	100%

- A14. Following <u>uncomplicated cesarean births</u>, are **healthy full-term breastfed infants** routinely taken to the nursery or other separate area for transition (e.g. processing as a pediatrics patient, vital signs, first bath)?
 - \Box Yes \rightarrow On average, how long is the infant in this transition period?

□ No minutes

For All Births:

A15. Of mothers who are breastfeeding, or intend to breastfeed, approximately how many do you teach breastfeeding techniques (e.g. comfortable positioning, holding infant, how to express milk, assessing the effectiveness of breastfeeding)?

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%-89%)	(90%+)	

A16. Approximately how many mothers are taught to recognize and respond to first signs of baby's hunger?

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%-89%)	(90%+)	

A17. How often do maternity care staff advise breastfeeding women to limit the length of suckling at each feeding (e.g. nurse for 5, 10, or 15 minutes on each breast)?

Rarely	Sometimes	Often	Almost always	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

A18. Of mothers who are breastfeeding, approximately how many mother-baby couples are directly observed and assessed by staff for breastfeeding effectiveness during the maternity care center stay?

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	

- A19. Do staff at your birth center use a tool to assess breastfeeding effectiveness?
 - \Box Yes \rightarrow Center uses either a validated tool such as LATCH or IBFAT or a tool independently developed for use by maternity care staff.
 - 🗅 No
- A20. Approximately what percentage of **healthy full-term breastfed** infants are supplemented with something other than breast milk? (*If your center does not formally track this information, please provide your best estimate.*)

____% If healthy full-term breastfed infants are never supplemented, record "0" → Skip to Question A24

For Supplemented Healthy Full-Term Breastfed Infants:

A21. Are **healthy full-term breastfed** infants who are supplemented ever given the following types of supplementary feedings?

	Yes	No
Infant Formula		
Water		
Glucose water		

A22. Of the **healthy full-term breastfed** infants who are supplemented with **infant formula**, what percentage are supplemented for the following reasons?

Doctor's orders	%
Nurse's recommendation	%
Mother's choice	%
Other (please specify)	%
Total	100%

A23. Of the **healthy full-term breastfed** infants who are supplemented with <u>water or</u> <u>glucose water</u>, what percentage are supplemented for the following reasons?

Doctor's orders	%
Nurse's recommendation	%
Mother's choice	%
Other (please specify)	%
Total	100%

For All Healthy Full-term Breastfed Infants:

A24. Approximately how many **healthy full-term breastfed** infants are given pacifiers by maternity care staff? Please do not include the use of pacifiers for medical procedures (e.g., circumcision) in your response.

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%-89%)	(90%+)	

- A25. Does your center receive free infant formula?
 - Yes
 - 🗆 No
 - Not sure
- A26. Does your birth center have a well-baby nursery?
 - Yes
 - 🛛 No

For All Births:

- A27. What is the typical length of stay at your center for the mother and infant following an <u>uncomplicated vaginal birth</u>?
 - □ 4 hours or less → Skip to Question A32
 - □ 5-12 hours \rightarrow Skip to Question A32
 - □ 13 24 hours \rightarrow Skip to Question A32
 - □ 25 48 hours
 - □ More than 48 hours

For Center Stays Longer Than 24 Hours:

A28. Are healthy full-term breastfed infants routinely taken from the mother's room at night?

 \Box Yes \rightarrow On average, how many hours is baby away from mother at night?

_____ minutes OR _____ hours

🗅 No

A29. Among mother-infant couplets that do <u>not</u> room-in at night, approximately how many **healthy full-term breastfed** infants are brought to their mothers at night for feedings?

Few (0%–9%)	Some (10%–49%)	Many (50%–89%)	Most (90%+)	Not Sure	Not Applicable (All couplets room-in at night)

A30. Approximately how many **healthy full-term breastfed** infants are taken from the mother's room for:

	Few	Some	Many	Most	Not Sure
	(0%–9%)	(10%–49%)	(50%–89%)	(90%+)	
Pediatric rounds					
Change of shift					
Visiting hours					
Hearing test					
Heel stick					
Infant photos					
Infant's bath					
Mother bathing					
Mother out of room					

A31. Approximately what percentage of **healthy full-term** infants, <u>regardless of feeding</u> <u>method</u>, remain with their mothers for at least the following number of hours per day?

8 or fewer hours per day ____% 9–15 hours per day ____% 16–23 hours per day ___% more than 23 hours per day ___% Total 100%

For All Center Stays:

- A32. Are discharge packs/bags containing infant formula samples given to breastfeeding mothers?
 - □ Yes
 - 🗅 No
- A33. What support does your center routinely (most of the time) offer to breastfeeding mothers at discharge? (*check all that apply*)

- a. Postpartum telephone call by center staff
 b. Telephone number for patient to call
 c. Postpartum follow-up visit at center after discharge
 d. Home follow-up visit after discharge
 e. Referral to center-based breastfeeding support group
 f. Referral to other breastfeeding support groups
 g. Referral to lactation consultant/specialist
- g. Referral to lactation consultant/specialist
- h. Referral to WIC (for those eligible)
- i. Referral to an outpatient lactation clinic
- j. List of resources for breastfeeding help
- k. Breastfeeding assessment sheet
- I. Other (please specify)
- A34. What is the highest level of neonatal care provided at your center?
 - □ Healthy newborn → Skip to Question B1
 - Special care (Level 1 or Level 2 NICU)

□ Intensive care (Level 3 NICU)

For Level 1, 2 or 3 NICU:

- A35. Is banked donor milk ever used in your NICU?
 - Yes
 - 🛛 No
- A36. Among NICU infants receiving milk feedings, approximately how many are routinely provided human milk?

Few	Some	Many	Most	Not Sure
(0%–9%)	(10%–49%)	(50%-89%)	(90%+)	

Please continue \rightarrow

SECTION B: TRAINING, PERSONNEL, AND POLICY

B1.	B1. On average, how many hours do birth attendants spend in breastfeeding education as new employees ?							
Ν	one <1 h	our 1-3	hours	4–7 h	iours 8–1	L7 hours 1	.8 or more hours	Not Sure
		I			1			
B2.	B2. On average, how many hours do each of the following types of maternity care staff spend in breastfeeding education as new employees ?							
		Nc	ne <	1 hour	1-2 hours	3 or more	Not	Not
-	sicians employe center, residents					hours D	Sure	Applicable
	ertified Nurse Mi advance practice	annoo,						
ВЗ.	How often are and support?	birth attendar	nts asses	ssed for	level of com	npetency in b	reastfeedir	ng management
	At least once a year u	Less that once a yea D	NO1	t Assess	sed			
B4.	How many birt	h attendants i	received	breastfe	eeding educ	ation in the p	oast year?	
	Few	Some		Mar		Most	Not Si	ure
	(0%–9%) □	(10%–49 L	9%0)	(50%–8 ם	39%)	(90%+) □		
B5.	On average, h year ?	ow many hou	rs did bir	th atten	dants spend	l in breastfee	ding educa	ation in the past
	None	<1 hour	1-2 h	ours	3–4 hours	5 or more	e Not	Sure
				I		hours D	Ĺ	C
B6.	B6. On average, how many hours did each of the following types of maternity care staff spend in breastfeeding education in the past year ?							
	-	No	ne <	1 hour	1-2 hours	3 or more hours	Not Sure	Not Applicabl
-	icians employed enter, residents,	•	ì					e
	ertified Nurse Mic dvance practice		Ĺ					

B7. Which of the following health care providers deliver infants at your center? (*check all that apply*)

Obstetrician/Gynecologists Family Practice Physicians Certified Nurse Midwives

- B8. Does your center employ a designated lactation coordinator (a person who is trained in breastfeeding physiology and management and is responsible for ensuring the implementation of a breastfeeding program)?
 - \Box Yes \rightarrow What are his/her credentials? (check all that apply)
 - □ Registered Nurse (RN)
 - □ International Board Certified Lactation Consultant (IBCLC)
 - □ Registered Dietician (RD)
 - □ Certified Nurse Midwife (CNM)
 - □ Other Lactation consultant/specialist
 - Other (please specify)
 - 🗅 No

B9. How many full time equivalents (FTEs) are dedicated exclusively to in-patient lactation care?

____FTEs (If less than 1 FTE, please record as a decimal. For example, 40 hours per week = 1 FTE, 20 hours per week = .5 FTEs, and 10 hours per week = .25 FTEs.)

B10. How often is a lactation specialist available to provide hands-on breastfeeding support to mothers during their center stay?

	Always	Sometimes	Never
Weekday days			
Weekday nights			
Weekend days			
Weekend nights			

B11. Does your center have a written policy addressing...

		Yes	No	Not	
			_	Sure	_
a.	formal in-service training programs for center staff				
b.	prenatal classes informing mothers about breastfeeding				
C.	asking about mothers' feeding plans				
d.	initiating breastfeeding within 60 minutes after uncomplicated vagin birth	al			
e.	initiating breastfeeding after recovery for births by uncomplicated cesarean section				
f.	showing mothers how to express breast milk and maintain lactation should they be separated from their infants				
g.	giving breastfed infants food or drink other than breast milk				
h.	24-hour/day rooming-in				
i.	breastfeeding on-demand and duration and frequency of individual feedings				
j.	use of pacifiers by breastfed infants				
k.	referral of mothers with breastfeeding problems to appropriate resources (e.g. lactation consultant/specialist, community support group, medical provider, WIC Program)				
I.	referral of mothers to appropriate community breastfeeding resources upon discharge				

B12. How are staff informed about these policies? (check all that apply)

In-service training	
Policy is posted (paper, intranet, policy and procedures binder)	
Newsletter	
New staff orientation	
New staff training	
Staff meeting	
Word of mouth	
Other (please specify)	
	Policy is posted (paper, intranet, policy and procedures binder) Newsletter New staff orientation New staff training Staff meeting Word of mouth

B13. Does your center provide any of the following to center staff who are also mothers?

		Yes	No
a.	A designated room to express milk		
b.	On-site child care for dependents of center staff		
c.	Electric breast pump for center staff use		
d.	Permission to use existing work breaks to express milk		
e.	Breastfeeding support group for center staff		
f.	Lactation consultant/specialist available for consult		
g.	Paid maternity leave (other than accrued vacation or sick leave)		

SECTION C: CENTER CHARACTERISTICS

- C1. How many total live births took place in the past calendar or fiscal year at your center?
- C2. Approximately what percentage of live births in the past calendar or fiscal year were by cesarean section (total cesarean sections)? (If your center does not formally track this information, please provide your best estimate.)

____% If cesarean births are not performed at your center, record "0"

- C3. Approximately what percentage of laboring women in the past calendar or fiscal year were given epidurals at your center? _____%
- C4. Approximately what percentage of patients received pharmacological agents (*e.g. oxytocin, prostaglandins, misoprostol, mifepristone, relaxin*) to initiate or speed up labor onset at your center in the past calendar or fiscal year? _____%
- C5. Approximately what percentage of patients received mechanical or surgical approaches (e.g. amniotomy, stripping or sweeping membranes, balloon or Foley catheter dilation) to initiate or speed up labor onset at your center in the past calendar or fiscal year? _____%
- C6. When does your center record (keep track of) the number of mothers breastfeeding? (answer all that apply)

□ At admission \rightarrow	What percentage of women intended to breastfeed at admission , in the past calendar or fiscal year?
	%
□ At some point during the center stay →	What percentage of women were breastfeeding during their center stay , in the past calendar or fiscal year?
	%
□ At discharge \rightarrow	What percentage of women were breastfeeding at discharge , in the past calendar or fiscal year?
	%
□ Beyond discharge \rightarrow	What percentage of women continued breastfeeding after discharge from the center in the past calendar or fiscal year?
	%

- Our center does not record the number of mothers breastfeeding
- Not sure

C7. Please select the positions or titles of the people who have worked on responding to this questionnaire.

	Your Position	Other people contributing information to survey (check all that apply)
Mother-Baby Unit manager/supervisor		
Birth Center director		
Labor and Delivery unit manager/supervisor		
Maternity care services director/manager		
Lactation services coordinator		
Clinical nurse specialist		
Director of obstetrics and gynecology		
Director of perinatal care		
Director of pediatrics		
Medical Director		
NICU nurse manager		
Staff physician		
Staff midwife		
Staff nurse		
Database manager/coordinator		
Other (please specify)		

No other person worked on responding to this questionnaire

Thank you very much for your participation in this survey.

Comments:			

Please return by mail to:

CDC National Survey of Maternity Practices in Infant Nutrition and Care (mPINC) 1100 Dexter Avenue North, Suite 400 Seattle, WA 98109-3598