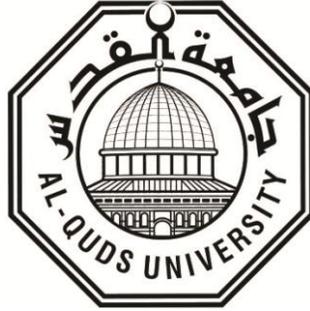




The Baby Friendly Hospital Initiative

An assessment of the ways in which health professionals support mothers to initiate and sustain exclusive breast feeding in Nablus health facilities.



AL QUDS UNIVERSITY SCHOOL OF MEDICINE
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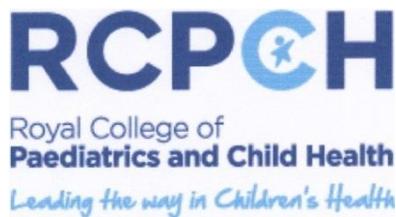
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This study Submitted in Partial Fulfillment of the Requirements for the Degree of Master of Child health at Al-Quds University.

Declaration

The work provided in this study, unless otherwise referenced, is the researcher`s own work, and has not been submitted elsewhere for any other degree or qualification.

Dedication

To my parents, to my family who supported me all the time, and to everyone deprived from education.

Acknowledgement

I must thank God for his graces and blessing me to complete this study

I would like to extend my sincere gratitude to my supervisors who supported me to complete this study

From the bottom of my heart I would like to thank my family who taught me the value of learning, and encouraged me to continue my education.

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List of Acronyms

Abbreviation	Explanation
BCG	Bacillus Calmette-Guerin
BF	breastfeeding exclusively
BFHI	Baby Friendly Hospital Initiative
C-GA	Cesarean section with general anesthesia
C-WGA	Cesarean section without general anesthesia
HIV	Human immunodeficiency virus
IQ	Intelligence Quotient
MF	Mixed feeding
MOH	Ministry of health
NBF	Not breastfeeding
P	Page number
PKU	Phenylketonuria
UNICEF	The United Nations Children s Fund
WHA	World Health Assembly
WHO	World Health Organization

Abstract

Breastfeeding is the ideal way of providing young infants with the essential nutrients that they need for healthy growth and development. And for its importance many organizations that care about mother and child health always insist on supporting breastfeeding.

Evidence from the Baby Friendly Hospital Initiative (BFHI), which emphasizes the ten steps to successful breastfeeding, as defined by the joint WHO/UNICEF statement, “Protecting, promoting and supporting breastfeeding: the special role of maternity services”, has had the main role in this study.

So this study which is a cross-sectional retrospective analytical study aims to investigate and explore the efforts and the barriers that affect breast feeding within the maternity and antenatal facilities in Nablus city during the period of June to December 2014.

The data was obtained from 146 mothers who attended to 14 primary health care clinics chosen randomly in their first visit to the clinic by asking them to fulfill a questionnaire that was taken from WHO Guidelines and Tools for Monitoring Baby-Friendly Hospitals.

Then the data was analyzed by tallying the results for each step and component, using the “Summary of Results” table that is taken from the same source as the questionnaire (WHO).

The results indicate that there is a gap between our results and the global criteria of BFHI: that is the health facilities in Nablus city achieved the global criteria in step seven which is practicing rooming in - allow mothers and infants to remain together - 24 hours a day, and the code compliance issue (International Code of Marketing of Breast-milk Substitutes and subsequent WHA resolutions), while they do not achieve the global criteria in the other steps and issues.

So Nablus health facilities need a lot of work with mothers in antenatal and post natal care in the primary health centers as well as in hospitals to reach the global criteria of BFHI. Each step of the ten steps of the initiative need to be implemented in order to eliminate practices that hinder initiation of exclusive breastfeeding and to increase those that enhances it.

The results reflect that the majority (two thirds) of pregnant women (67%)who are included in this study have their babies in the governmental hospitals, so these hospitals serve the majority of these women, and if we want to make a change we should target these hospitals by training and teaching.

And also reflect that 75% of deliveries were normal vaginal deliveries, while 10% mothers had caesarean deliveries without general anesthesia, so that means 85% of mothers could start breastfeeding in the first half hour after delivery (step4).

So we need continuation of care between primary health centers and hospitals in providing health services, for the best results of initiation and continuation of BFHI.

Chapter one

Introduction

To ensure that all sectors of society, in particular parents and children, are informed, have access to education and are supported in the use of basic knowledge of child health and nutrition, the advantages of breastfeeding, hygiene and environmental sanitation and the prevention of accidents.

(Convention on the Rights of the Child, Article 24-2)

Breastfeeding is the ideal way of providing young infants with the essential nutrients that they need for healthy growth and development. Exclusive breastfeeding affects children`s health in the short term by reducing mortality and morbidity caused by infectious diseases. Also it improves the mother`s health by more rapid maternal weight loss after birth, and delayed return of menstrual periods. Some studies said that there is a benefit to reduce the risks of breast and ovarian cancers of the mothers.

“Appropriate breastfeeding and complementary feeding practices not only play a significant role in improving the health and nutrition of young children, they also confer significant long-term benefits during adolescence and adulthood”¹(P1), especially on overweight/obesity ,diabetes type 2 and intelligence during childhood and adolescence . Exclusive breastfeeding is recommended by WHO, starting within the first hour of birth and for the first 6months of life, with continued breastfeeding after the introduction of solid food to 2 years of age and beyond². (P7)

Globally, approximately one third (38%) of children are exclusively breastfed from 0 to 6 months. This is far from the ideal recommendation of exclusive breastfeeding for a full 6 months, (WHO, fact sheets, No 342, Feb/2014).

“In 2010, 95.8% of Palestinian children were breastfed [at least for a short period] (95.4% in the West Bank and 96.2% in the Gaza Strip). Also, 28.8% of children in the 0-5 months age group were exclusively breastfed: 29.6% in the West Bank and 27.8% in the Gaza Strip. Girls are more likely to be exclusively breastfed (32%) than boys (26%). In general the breastfeeding record in Palestine is [improving and typically] continued until around 13.0 months in 2010; 62.8% of children in 2010 began breastfeeding [reported as being put to the breast] within the first hour of birth ‘58.3% in the West Bank and 66% in the Gaza Strip’, [this implies a challenge in the breastfeeding continuation until the recommended 2 years]”³ (P33)

In Palestinian hospitals high risk infants are often separated from their mothers during the first three days. This may interfere with the establishment of breast-feeding and predispose to the use of breast milk substitutes, the use of teas and waters in the time when colostrum is available and should be given, while later early introduction of solid food is often advised by health providers who promote ideas that breast milk is not enough. Preparation and introduction of breast milk substitutes and teas made with unsafe water may predispose infants to increased risk for diarrhea and other water borne diseases.

Therefore, effective, supportive counseling from providers before, during and after delivery will result in better breastfeeding and complementary feeding practices. Evidence from the Baby Friendly Hospital Initiative (BFHI), which emphasizes the ten steps to successful breastfeeding, as defined by the joint WHO/UNICEF statement, “Protecting, promoting and supporting breastfeeding: the special role of maternity services”,⁴ recommends that every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.

4. Help mothers initiate breastfeeding within a half-hour of birth. (Interpreted as: Place babies in skin-to-skin contact with their mothers immediately following birth for at least an hour. Encourage mothers to recognize when their babies are ready to breastfeed and offer help if needed).
5. Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk unless medically indicated.
7. Practice rooming in - allow mothers and infants to remain together - 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic”.⁵

Other recent studies of counseling on infant feeding have shown that support and counseling on breastfeeding and complementary feeding, with emphasis on locally appropriate complementary foods, is effective in improving infant feeding practices.

“To help in the implementation of the initiative, different tools and materials were developed, field-tested and provided, including a course for maternity staff, a self-appraisal tool and an external assessment tool. Additional tools were developed afterwards, such as monitoring and reassessment tools”.⁶(P1)

This study used “A questionnaire or mother interview”⁷ which is a tool that can be used to receive feedback from mothers concerning their experiences with both antenatal services and in the maternity ward, after delivery about breastfeeding. There are questions related to each of Steps 3 -10 of BFHI in addition to other issues. Since it is a questionnaire for mothers, it does not cover the policy (Step1) or staff training (Step 2),

This will help in assessing the ways in which health professionals support promote and protect breast feeding practice in Nablus then this tool will help me to answer the research questions:

- To what extent do the reported experiences of mothers who deliver in Nablus Hospitals reflect the recommendations of the WHO Baby Friendly Hospital Initiative? And/ or
- What measures are needed in the hospitals and clinics of Nablus to effectively support and encourage all mothers to breast feed exclusively, and to remove or reduce some of the barriers to breast feeding?

Aims of the study:

- This study which is a cross-sectional retrospective analytical study aims to investigate and explore the barriers that affect breast feeding within the maternity and antenatal facilities practices in Nablus
- To use the outcomes to increase awareness among the health care staff to continue supporting and promoting breastfeeding and to keep implementing BFHI.
- To give policy makers in our country some clues about the breast feeding status in Nablus city, and to rely on this study to do further studies to accomplish success in this field
- In addition to the aims of the initiative as “to support and motivate facility staff to maintain baby-friendly practices.”
- To verify whether mothers’ experiences at the facility are helping them to breastfeed.
- To identify if the facility is doing poorly on any of the Ten Steps and thus whether it needs to do further work to make [essential] improvements.
- [Another] purpose relates to national measures to end free and low-cost supplies of breast milk substitutes, feeding bottles and teats.
- To verify if governments and other responsible organizations are implementing and enforcing the International Code of Marketing of Breast-milk Substitutes and subsequent WHA resolutions”.⁷(P40)

And these aims will help in achieving the main goal of this study which is to protect, support and promote exclusive breast feeding which in turn will support and promote the child health and health indicators in our country.

And for me as a health professional who works mainly with infants and mothers in primary health care center in Palestine/ Nablus, I noticed some clues that indicate that there is a gap in delivering a breastfeeding messages to the mothers even though we have a relatively high percentage of mothers who start breastfeeding.

And these clues were:

- A lot of babies are discharged from the hospitals with breastfeeding substitutes
- A lot of mothers know little or nothing about expressing their breast milk.
- There is a gap in the initiation in the first hour and skin to skin contact between the mother and the baby as the latest statistics showed that just 58.3 % of West Bank mothers initiated breastfeeding in the first hour in 2010.
- Pacifiers and herbals are very commonly used even in very young infants.
- The private health sector tends to discourage breast feeding, particularly exclusive breast feeding during the first six months, and many encourage formula feeds and the early introduction of complementary food.
- A number of companies producing breast milk substitutes appear to be increasingly active and give out free samples.
- We do not have groups to support breastfeeding
- Unfortunately the government has decreased the maternity leave for employed mothers from 90 days to 70 days, which makes exclusive breast feeding difficult.

The policies that we have in Palestine date from 2005, but this maternal and child nutrition protocols contain the most important guidance about breastfeeding, BFHI, and International Code of Marketing of Breast-milk Substitutes.

The law and legislation in Palestine was updated in October 2012 about infant feeding and the code of marketing breast milk substitutes named by No.97 that contains the same legislation as the international code of marketing breast milk substitutes.

BFHI in Palestine was started in 2012 in seven hospitals included governmental, nongovernmental, and private hospitals; none of them were in Nablus city, (one in Jenin city, one in Ramallah city, 2 in Hebron, one in Qalqilia, one in Jerusalem, and the last one was in Ramallah recently moved to Tulkarm) so Nablus city hospitals still need more effort to be baby friendly hospitals.

It is hoped that this study will be a prelude to the implementation of BFHI in Nablus health facilities

Description of the study:

The study questions are:

‘To what extent do the reported experiences of mothers who deliver in Nablus Hospitals reflect the recommendations of the WHO Baby Friendly Hospital Initiative?’

And secondly:

‘What measures are needed in the hospitals and clinics of Nablus to effectively support and encourage all mothers to breast feed exclusively, and to remove or reduce some of the barriers to breast feeding?’

It will be helpful to chose one of the WHO tools used in the assessment of ways that health professionals support breast feeding- a questionnaire for mothers interviewed soon after delivery to reflect the mothers’ perceptions about breastfeeding.

Then the sample was chosen randomly as is explained in the methodology chapter, and the plan was to do the study in Nablus district so as to include the city and the villages. After that the questionnaire were fulfilled by the mothers then the analysis was done by tallying the results for each step and component, using the WHO “Summary of Results” table.

Chapter two

Literature review

Globally many studies have investigated the benefits and advantages of breastfeeding in developing and developed countries for the short and long term effects on the child and on the mother, which could be summarized by:

The major benefits are decreasing the mortality and morbidity especially in the low income countries, and that is why WHO recommend it as best of all babies.

Breastfeeding protects against diarrhea and respiratory infection in the short term as shown in a study for the WHO in 2013 (Horta and Victora,)⁸ Short-term effects of breastfeeding a systematic review on the benefits of breastfeeding on diarrhea and pneumonia mortality'. Another systematic review for the same authors⁹ about the long term effect of breast feeding concluded that breastfeeding does not seem to protect against total cholesterol levels and the protective effect of breastfeeding on blood pressure is too small to be of public health significance. Breastfeeding may provide some protection against obesity, and there is strong evidence of a causal effect of breastfeeding on IQ.

The WHO recommended in 2011 ¹⁰that exclusive breastfeeding for six months is best for babies everywhere and said that the advantages include a lower risk of gastrointestinal infection for the baby, more rapid maternal weight loss after birth, and delayed return of menstrual periods. No reduced risks of other infections or of allergic diseases have been demonstrated in this statement. No adverse effects on growth have been documented with exclusive breastfeeding for six months. But a reduced level of iron has been observed in some developing country settings.

In addition to that, there may be a reduced risk of breast and ovarian cancers in mothers, (WHO, main page, breast feeding).

Jonsdottir, et al 2012¹¹ in 'Timing of the Introduction of Complementary Foods in Infancy: A Randomized Controlled Trial' concluded that In a high-income country,[not in low income country] adding a small amount of complementary food in addition to breast milk to infants' diets from 4 months of age does not affect growth rate between 4 and 6 months, but has a small and positive effect on iron status at 6 months.

In low income countries benefits over weigh the disadvantages so exclusive breastfeeding is the best for six months in these countries as:

Locally, in Nablus there was a study that explored the impact of exclusive breastfeeding on infant morbidity in the first six months of life in Nablus` refugee camps. Qanadelo 2010¹² concluded that exclusive breastfeeding in the first six months of infant life is an important element in preventing and eliminating some of the diseases during this period, including lower respiratory tract infections, otitis media, wheezing, gastroenteritis, diarrhea, and allergies.

Other studies explored the barriers to breastfeeding,

An American study about Women's Perceptions of Breastfeeding Barriers in Early Postpartum Period in 2014 by Teich, et al ¹³concluded that barriers to breastfeeding were more commonly reported in the early postpartum than late postpartum period. The most common barrier during the early postpartum period was the perception of inadequate milk supply, followed by problems with latch, medical problems that were perceived as precluding breastfeeding, and medical staff and hospital practices. Participants frequently reported that the IBCLCs (International Board Certified Lactation Consultants) assisted them in anticipating, managing, and overcoming these barriers.

Another study by Jager, et al in 2012¹⁴ about Barriers to Breastfeeding –A Global Survey on Why Women Start and Stop Breastfeeding, concluded that most of the key barriers to breastfeeding reported by women in this survey were: perceived insufficiency of milk supply, the baby no longer wanting to nurse, painfulness, time needed to breastfeed or to

pump, the need to go back to work, and feeling awkward breastfeeding outside the home. These barriers can be addressed through reinforcing existing parental support programmes and an increased acceptance of breastfeeding in the workplace and in public.

The policies that related to breastfeeding in Palestinian Ministry of health in 2005¹⁵ state that “all maternity health services should have a written breastfeeding policy that is routinely communicated to all health care staff and should train all health care staff in skills necessary to implement this policy. The policy may include guidelines on breastfeeding and on the International Code of Marketing of Breast Milk Substitutes”.

Many studies confirm that full implementation of the BFHI can have a significant impact on breastfeeding:

Abrahams, et al in 2009¹⁶ “Exploring the impact of the Baby-Friendly Hospital Initiative on trends in exclusive breastfeeding” concluded that BFHI implementation was associated with a statistically significant annual increase in rates of exclusive breastfeeding in the countries under study.

Willumsen 2013⁵, in her article ‘Implementation of the Baby-friendly Hospital Initiative’ mentioned that, “Monitoring and re-assessment of BFHI facilities are important as the initiative expands. Although great progress has been made and BFHI has led to increased rates of exclusive breastfeeding reflected in improved health and survival, expanding BFHI beyond maternity services into neonatal, pediatric, and the community health services will help contribute to an improved continuity of care and breastfeeding outcomes”.

Saadeh , in 2012¹⁷ mentioned in his article ‘The Baby-Friendly Hospital Initiative 20 years on: facts, progress, and the way forward’ that “coordinators of the BFHI in industrialized countries face obstacles to successful implementation that appear unique to these countries. Problems reported include opposition from the health care establishment, lack of support from national authorities, and lack of awareness or acceptance of the need for the initiative among government departments, the health care system, and parents. It

is worth highlighting these facts to enable the BFHI coordinators in these countries to make well-designed and targeted plans with achievable objectives.

Strengthening and scaling up the BFHI is an undisputed way to reduce infant mortality and improve quality of care for mothers and children. The BFHI has had great impact on breastfeeding practices. Reflecting new infant feeding research findings and recommendations, the tools and courses used to change hospital practices in line with Baby-Friendly criteria are available and ready to be used and implemented.”

‘Hospital practices and breastfeeding rates before and after the UNICEF/WHO 20-hour course for maternity staff.’ by Zakarija-Grkovic et al in 2012¹⁸ concluded that, “Training of health professionals, based on the BFHI, was associated with significant improvement in some Baby-Friendly hospital practices and initial exclusive breastfeeding rates. A high rate of in-hospital supplementation may partly explain the lack of improvement in breastfeeding exclusivity and duration after discharge. Strong institutional support and commitment is needed to enable full implementation of recommended Baby-Friendly practices”.

So there is no doubt that the BFHI is the best for protecting, supporting, and promoting breast feeding.

Jolly et al in 2012¹⁹ ‘Systematic review of peer support for breastfeeding continuation: meta regression analysis of the effect of setting, intensity, and timing’ mentioned that, “peer support interventions increase breastfeeding continuation in low or middle income countries, especially exclusive breast feeding.”

Renfrew et al in 2012²⁰ ‘Support for healthy breastfeeding mothers with healthy term babies’ concluded that, “All women should be offered support to breastfeed their babies to increase the duration and exclusivity of breastfeeding. Support is likely to be more effective in settings with high initiation rates, so efforts to increase the uptake of breastfeeding should be in place. Support may be offered either by professional or lay/peer supporters, or a combination of both. Strategies that rely mainly on face-to-face support are more likely to succeed. Support that is only offered reactively, in which

women are expected to initiate the contact, is unlikely to be effective; women should be offered ongoing visits on a scheduled basis so they can predict that support will be available. Support should be tailored to the needs of the setting and the population group”.

Chapter three

Methodology

This survey carried out in the primary health care clinics in Nablus district in Palestine (the city and the surrounding villages) started in June and finished in December 2014. A written questionnaire taken from the WHO Guidelines and Tools for Monitoring Baby-Friendly Hospitals⁸, which is validated by the WHO as a global tool, which was given to mothers on the first visit after birth to the clinic, either for PKU screening test which should be in the first 5 days after birth, or for BCG vaccination in the first 30 days of birth. The aim is to gather feedback from mothers concerning their experiences about breastfeeding with both antenatal services and in the maternity ward, recently after delivery. 146 women completed the questionnaire, at 14 clinics that serve 17 villages; these were randomly chosen out of 41 clinics and selected by lot.

WHO has developed this questionnaire⁷ as guidelines and tool for monitoring of BFHI, to be used by managers and staff initially, to help determine whether their facilities are ready to apply for external assessment, and, once their facilities are designated Baby-Friendly, to monitor continued adherence to the Ten Steps, and to be a guide to developing a national process for BFHI monitoring.

“Specific purposes of monitoring and reassessment,

There are three common purposes:

- To support and motivate facility staffs to maintain baby-friendly practices.
- To verify whether mothers' experiences at the facility are helping them to breastfeed.
- To identify if the facility is doing poorly on any of the Ten Steps and thus whether it needs to do further work to make necessary improvements.

A fourth purpose relates to national measures to end free and low-cost supplies of breast-milk substitutes, feeding bottles and teats:

-To verify if governments, and other responsible organizations are implementing and enforcing the International Code of Marketing of Breast-milk Substitutes.”(WHO,” hospital self appraisal”, P 40).

This questionnaire contains several aspects, gathering data to determine whether the hospital policy for feeding infants is currently implemented and whether it provides needed guidance related to the Ten Steps, and adherence to the Code of Marketing and other criteria.

“There are questions related to each of Steps 3 -10 and to compliance with the International Code of Marketing of Breast-milk Substitutes, mother-friendly birthing practices, and support for non breastfeeding mothers, with optional questions on HIV and infant feeding.”⁷ (P 62)

Research participants and inclusion and exclusion criteria:

All the mothers who recently had a baby and attended the clinic on the day of BCG vaccine when the vial is opened for a maximum of 20 children were included in the study, whether she is a breastfeeding mother or non breastfeeding mother, or if she came for a PKU test that day, and even if their babies were admitted to the neonatal intensive care unit and recently discharged from the hospital. The breastfeeding mothers were requested to fill out the questionnaire that related to the breastfeeding mothers and the non breastfeeding mother was requested to fill out the questionnaire that related to non breastfeeding mothers. If the child attended with another member of the family like the father or the granny he was excluded to avoid misleading answers.

After taking consent and explaining to the mothers the aims and the advantages of this study to motivate them to participate, the mothers were requested to fill out the questionnaires, if they can read or have someone with her who can read for her. This was cost-effective because it did not involve staff time in interviewing mothers.

Mothers are asked to “tick” the answers that apply, and thus is easy to complete.

If literacy is a challenge, the questionnaire was used as an interview form, by asking the questions orally by interviewer who is not a health professional that she knows or deal with, or even she did not know that he/ she is a health professional so the mothers do not feel pressured to provide a biased answers.

Two questionnaires were provided in Arabic language (enclosed in the annex no. 1-4, in Arabic and in English language), one for breastfeeding mothers and one for non-breastfeeding mothers as described above.

135 mothers out of 146 succeeded in completing the questionnaire without help.

11 mothers had this literacy challenge, and the interview was successfully done by me, as the clients in these clinics did not know me or what is my profession, so they did not feel pressured to give any biased answers.

3 questionnaires were excluded because they were incomplete (the reason for not completing the questionnaire was that the mothers were in a hurry and they did not have time to complete the questionnaire or she just leave the papers without excuses and that makes me excluded these incomplete papers from the study).

Ethical considerations:

Consent was an important step in this process and was taken verbally from the mothers before they were given the questionnaires and they accepted it before answering.

Consent from the university and the ministry of health was given and facilitated my work in the clinics and helped the staff to accept my visits.

Questionnaires were placed in envelopes and sealed, so the answers were confidential.

The variables:

In non experimental research, where there is no experimental manipulation, the independent variable is the variable that 'logically' has some effect on a dependant variable.

Independent variables:

Existing of policy that support breastfeeding, well trained health staff, awareness on breastfeeding for pregnant mothers during the antenatal visits, during delivery and during the postpartum care, initiation of breastfeeding within the first half hour of birth, encourage and maintain breastfeeding even if the mother should be separated from her child, encourage exclusive breastfeeding and breastfeeding on demand, practice rooming in, discourage artificial teats or pacifiers, and establishment of breastfeeding support groups.

Dependant variables:

% of mother who breastfed their babies within the first half an hour, and % of mothers who apply successfully the steps from the 3rd to 10th step of BFHI.

Chapter four

Analysis of data

The process of analysis the gathered data by tallying the results for each step and component, using the “Summary of Results” table that is taken from the same source of taking the questionnaire (WHO⁷) which is found in the annex number (5), the bracketed numbers in the far right column of the questionnaire indicate where the responses should be recorded. Some of the questions are for both breastfeeding and non-breastfeeding mothers and thus appears in both questionnaires. Other questions are specific for either one or the other.

If a particular question was not answered for a specific respondent, her response was recorded as “0” (this may have been either because the mother did not answer or it was not an appropriate question for her) and was not included in the tally.

Analyzing steps 1-2 were not included in this study because they would need another different questionnaire for the staff caring for pregnant women, mothers and babies.

Step1. Have a written breastfeeding policy that is routinely communicated to all health care staff.

Step2. Train all health care staff in skills necessary to implement the policy.

The Ministry of health (MOH) has a policy, but this policy needs to be communicated to the staff members who have contact with pregnant women, mothers, and/or babies, and that has not yet been done in Nablus. In the six months of the study there were no training courses for staff in this area according to the MOH nutrition department.

Analyzing the other steps and component, will be discussed in chapter 5 the results and conclusions

Chapter Five

Results and conclusions

The results of analyzing 146 questionnaires:

The total breast feeding mothers was 144 mothers while the non breastfeeding mothers were 2 mothers.

The places of delivery are shown in the following table and Figure 1:

Table 1: The number and percentages of women delivering in each type of facility

place of delivery	NO of cases out of 146	percentage
governmental hospital	97	66%
Nongovernmental hospital	9	6%
private hospitals	40	27%

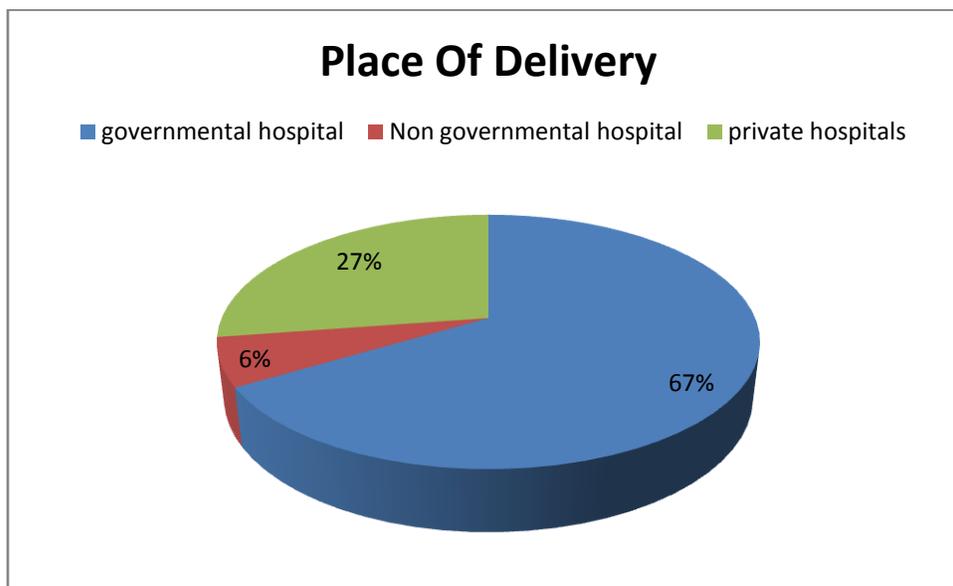


Figure 1

The results that were done by tallying the numbers on the Summary of Results Sheet were:

1. General information on mothers responding to the questionnaire:

- The following mothers report that their babies weighed at least 1500 grams (or 3 lbs. 5 oz.) at birth: 146 /146:100 %.
- The following mothers report that they gave birth vaginally, by Caesarean section without general anesthesia, or by Caesarean section with general anesthesia as shown in Table 2 and Figure

Table 2: percentage and number of cases related to the method of delivery

delivery method	Number of cases out of 146	percentage
vaginal	110	75%
CS-WGA	14	10%
CS-GA	22	15%

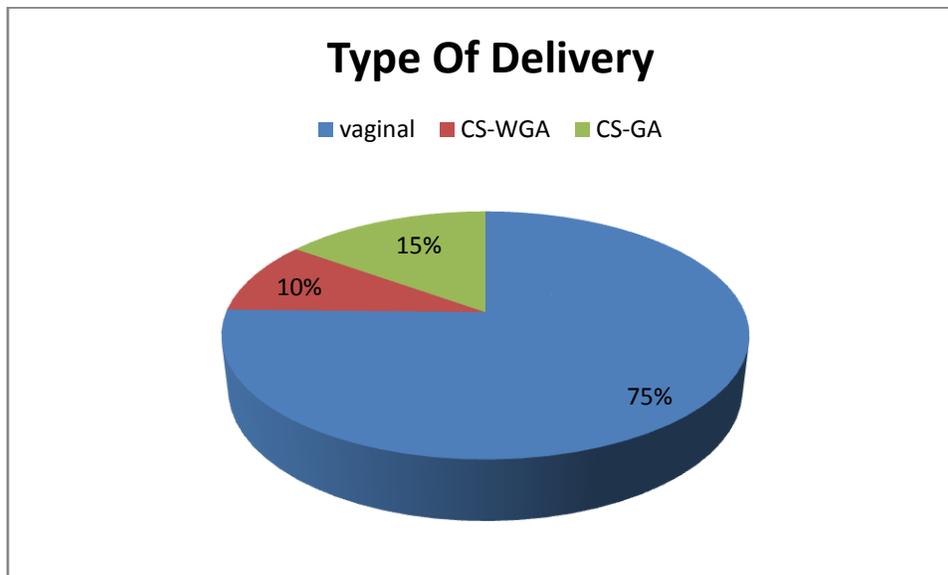


Figure 2

C-WGA = C-section without general anesthesia,

C-GA = C-section with general anesthesia

Table 3: The number and percentages of cases related to the method of delivery in governmental hospital:

delivery method in governmental hospital	NO of cases out of 97	percentage
vaginal	78	80%
CS-WGA	8	8%
CS-GA	11	11%

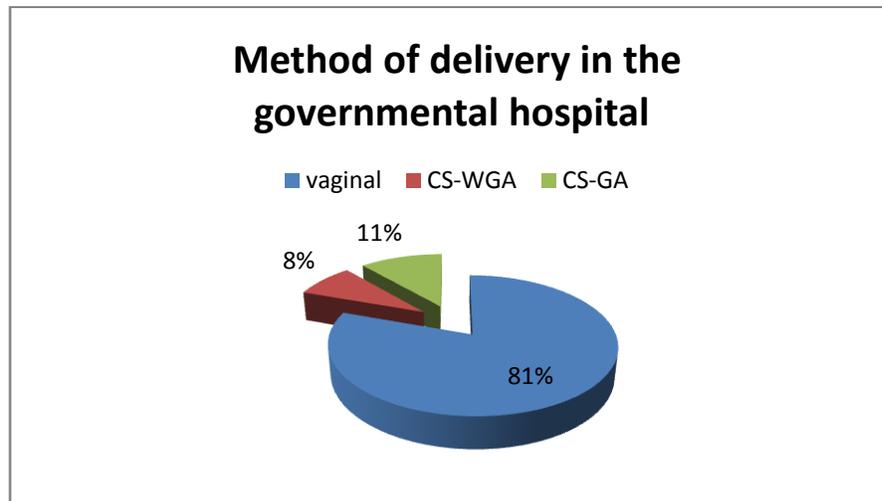


Figure 3

Table 4: The number and percentages of cases related to the method of delivery in private hospital:

delivery method in private hospital	NO of cases out of 40	percentage
vaginal	24	60%
CS-WGA	6	15%
CS-GA	10	25%

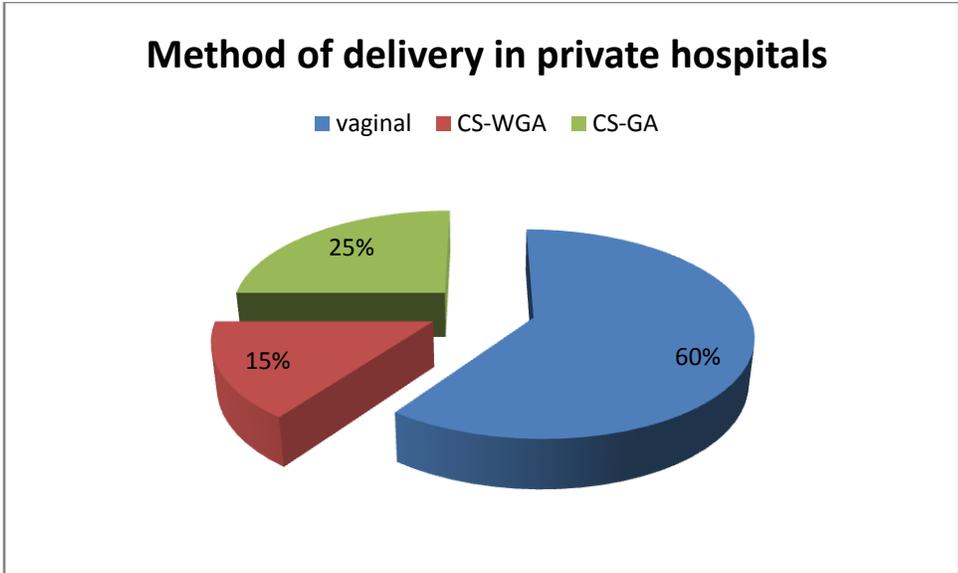


Figure 4

Table 5: The number and percentages of cases related to the method of delivery in nongovernmental hospital:

delivery method in nongovernmental hospital	NO of cases out of 9	percentage
vaginal	8	89%
CS-WGA	0	0%
CS-GA	1	11%

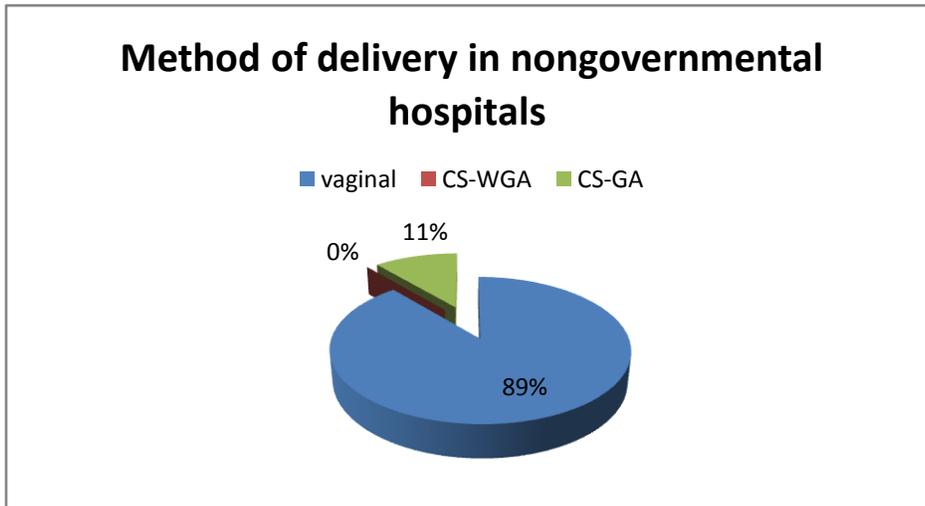


Figure 5

- The following mothers report that they are breastfeeding exclusively, both breastfeeding and feeding breast-milk substitutes (mixed feeding) or feeding breast-milk substitutes and not breastfeeding at all:

Table 6: number and percentages of mothers feeding practices:

type of feeding	No of cases out of 146	percentage
BF	115	79%
MF	29	20%
NBF	2	1%

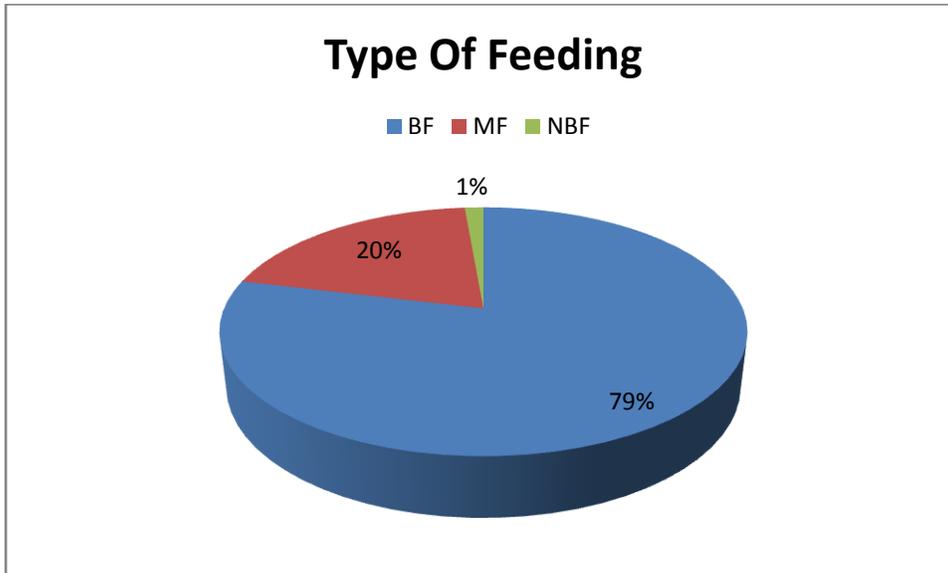


Figure 6

BF = breastfeeding exclusively,

MF = mixed feeding,

NBF = not breastfeeding.

Table 7: number and percentages of mothers feeding practices in governmental hospitals:

type of feeding	No of cases out of 97	percentage
BF	80	83%
MF	17	18%
NBF	0	0%

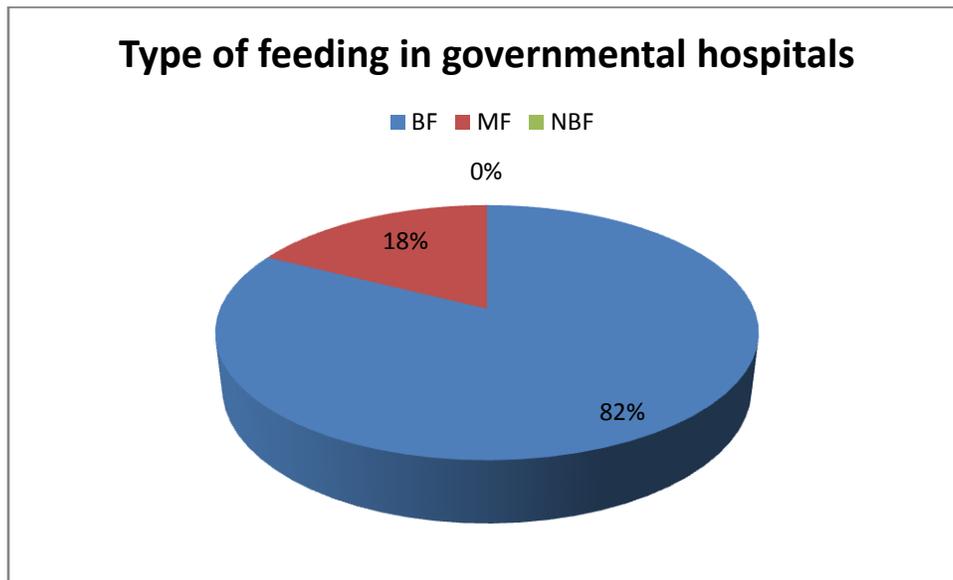


Figure 7

Table 8: number and percentages of mothers feeding practices in private hospitals:

type of feeding	No of cases out of 40	percentage
BF	30	75%
MF	8	20%
NBF	2	5%

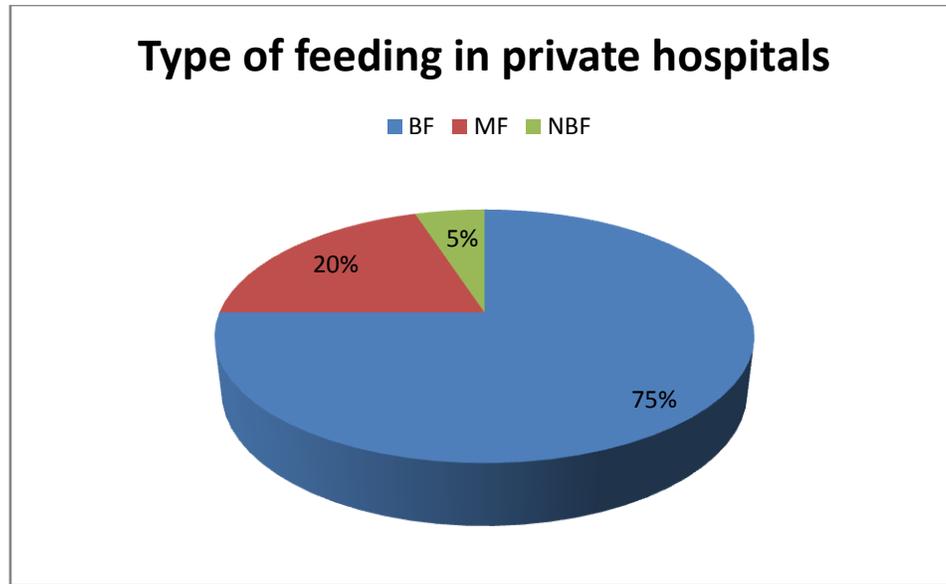


Figure 8

Table 9: number and percentages of mothers feeding practices in nongovernmental hospitals:

type of feeding	No of cases out of 9	percentage
BF	5	56%
MF	4	44%
NBF	0	0%

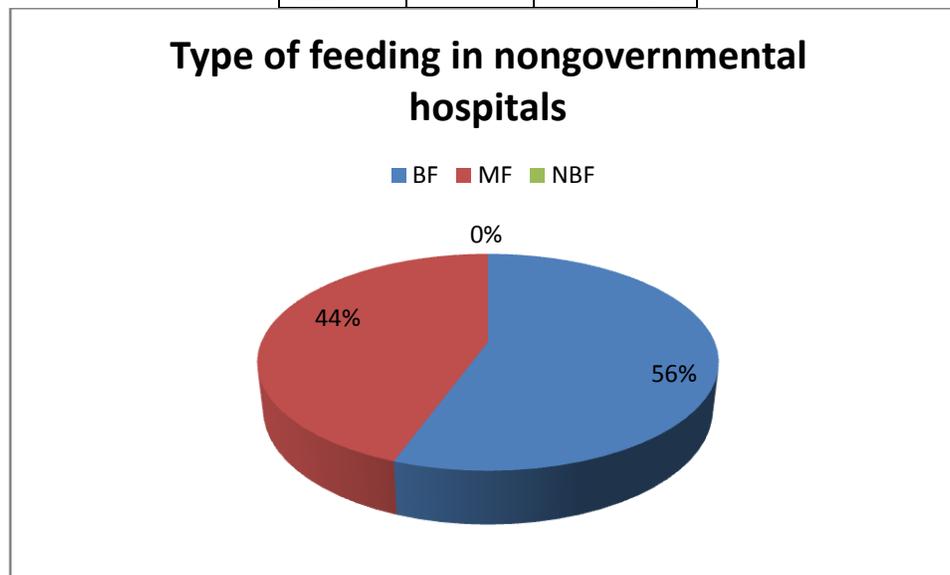


Figure 9

2. Step 3: Inform all pregnant women about the benefits and management of breastfeeding:

- The following mothers report that a staff member gave them information during their antenatal visits on at least two out of the following three key topics – the importance of immediate skin-to-skin contact, 24-hour rooming-in, and the risks of giving water, formula or other supplements in the first 6 months if breastfeeding:

Total: 37/146: 25.3%

In governmental hospitals: 19/97: 19.6%

In private hospitals: 17/40: 42.5%

In nongovernmental hospitals: 1/9: 11.1%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

Out of the randomly selected pregnant women in their third trimester who have come for at least two antenatal visits:

- ✓ At least 70% confirm that a staff member has talked with them individually or offered a group talk that includes information on breastfeeding.
- ✓ At least 70% are able to adequately describe what was discussed about two of the following topics: importance of skin-to-skin contact, rooming-in, and risks of supplements while breastfeeding in the first 6 months.

3. Step 4: Help mother initiate breastfeeding within a half-hour of birth. *This Step is now interpreted as:*

Place babies in skin-to-skin contact with their mothers immediately following birth for at least an hour. Encourage mothers to recognize when their babies are ready to breastfeed and offer help if needed:

- The following mothers report that they were able to hold their babies immediately or within five minutes of birth or as soon as they were able to respond (in the case of Caesarean sections with general anesthesia):

Total: 38/146: 26%

In governmental hospitals: 24/97: 24.7%

In private hospitals: 14/40: 35%

In nongovernmental hospitals: 0/9: 0%

- The following mothers report that they held their babies “skin-to-skin” that first time:

Total: 18/146: 12.3%

In governmental hospitals: 13/97: 13.4%

In private hospitals: 3/40: 7.5%

In nongovernmental hospitals: 2/9: 22.2%

- The following mothers report that there was no delay in holding their babies this first time or, if there was, it was for a justified medical reason (child needed help/observation, mother recovering from anesthesia, or other valid reason):

Total: 52/146: 35.6%

In governmental hospitals: 29/97: 29.9%

In private hospitals: 18/40: 45%

In nongovernmental hospitals: 5/9: 55.6%

- The following mothers report that they held their babies for an hour or more:

Total: 15/146: 10.3%

In governmental hospitals: 13/97: 13.4%

In private hospitals: 1/40: 2.5%

In nongovernmental hospitals: 1/9: 11.1%

- The following mothers report that during the first time their babies were with them the staff encouraged them to look for signs that their babies were ready to feed and offered help with breastfeeding:

Total: 90/146: 61.4%

In governmental hospitals: 59/97: 60.8%

In private hospitals: 24/40: 60%

In nongovernmental hospitals: 7/9: 77.8%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

Out of the randomly selected mothers with vaginal births or caesarean sections without general anesthesia in the maternity wards:

- ✓ At least 80% confirm that their babies were placed in skin-to-skin contact with them immediately or within five minutes after birth and that this contact continued without separation for an hour or more, unless there were medically justifiable reasons.
- ✓ At least 80% also confirm that they were encouraged to look for signs for when their babies were ready to breastfeed during this first period of contact and offered help, if needed.
- ✓ If any of the randomly selected mothers have had caesarean deliveries with general anesthesia, at least 50% should report that their babies were placed in skin-to-skin contact with them as soon as the mothers were responsive and alert, with the same procedures followed.
- ✓ At least 80% of the randomly selected mothers with babies in special care report that they have had a chance to hold their babies skin-to-skin or, if not, the staff could provide justifiable reasons why they could not.

4. Step 5: Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants:

- The following breastfeeding mothers report that the staff helped them with breastfeeding again within 6 hours of delivery:

Total: 67/144: 46.5%

In governmental hospitals: 40/97: 41.2%

In private hospitals: 21/38: 55.3%

In nongovernmental hospitals: 6/9: 66.7%

- The following breastfeeding mothers report that the staff gave them help with positioning and attachment before discharge:

Total: 55/144: 38.2%

In governmental hospitals: 32/97: 33%

In private hospitals: 16/38: 42.1%

In nongovernmental hospitals: 7/9: 77.8%

- The following breastfeeding mothers report that the staff showed or gave them information on how to express milk by hand:

Total: 39/144: 27%

In governmental hospitals: 27/97: 27.8%

In private hospitals: 7/38: 18.4%

In nongovernmental hospitals: 5/9: 55.6%

- The following breastfeeding mothers report that they had tried expressing milk themselves and were at least partially successful:

Total: 85/144: 59%

In governmental hospitals: 60/97: 61.9%

In private hospitals: 17/38: 44.7%

In nongovernmental hospitals: 8/9: 88.9%

- The following non-breastfeeding mothers report that someone had offered to them how to prepare and give their baby's feeds and that they were given at least two types of useful advice:

Total: 1/2: 50%

And these two ladies had their babies in private hospitals.

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

Out of the randomly selected clinical staff members:

- ✓ At least 80% report that they teach mothers how to position and attach their babies for breastfeeding and are able to describe or demonstrate correct techniques for both, or, if not, can describe to whom they refer mothers on their shifts for this advice.
- ✓ At least 80% report that they teach mothers how to hand express and can describe or demonstrate an acceptable technique for this, or, if not, can describe to whom they refer mothers on their shifts for this advice.
- ✓ At least 80% can describe how non-breastfeeding mothers can be assisted to safely prepare their feeds, or can describe to whom they refer mothers on their shifts for this advice.

Out of the randomly selected mothers (including Caesarean):

- ✓ At least 80% of those who are breastfeeding report that someone on the staff offered further assistance with breastfeeding within six hours of birth.
- ✓ At least 80% of those who are breastfeeding report that someone on the staff offered them help with positioning and attaching their babies for breastfeeding.
- ✓ At least 80% of those who are breastfeeding are able to demonstrate or describe correct positioning of their babies for breastfeeding.
- ✓ At least 80% of those who are breastfeeding are able to describe what signs would indicate that their babies are attached and suckling well.

- ✓ At least 80% of those who are breastfeeding report that they were shown how to express their milk by hand or given written information and told where they could get help if needed.
- ✓ At least 80% of the mothers who have decided not to breastfeed report that they have been offered help in preparing and giving their babies feeds, can describe the advice they were given, and have been asked to prepare feeds themselves, after being shown how.

Out of the randomly selected mothers with babies in special care:

- ✓ At least 80% of those who are breastfeeding or intending to do so report that they have been offered help to start their breast milk coming and to keep up the supply within 6 hours of their babies' births.
- ✓ At least 80% of those breastfeeding or intending to do so report that they have been shown how to express their breast milk by hand.
- ✓ At least 80% of those breastfeeding or intending to do so can adequately describe and demonstrate how they were shown to express their breast milk by hand.
- ✓ At least 80% of those breastfeeding or intending to do so report that they have been told they need to breastfeed or express their milk 6 times or more every 24 hours to keep up the supply.

5. Step 6: Give newborn infants no food or drink other than breast milk, unless medically indicated:

- The following mothers report that their babies had been given nothing other than breast milk since they were born or, if so, it was for a medically justified reason:

Total: 87/146: 59.6%

In governmental hospitals: 61/97: 62.9%

In private hospitals: 21/40: 52.5%

In nongovernmental hospitals: 5/9: 55.6%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

- ✓ Observations in the postpartum wards/rooms and any well baby observation areas show that at least 80% of the babies are being fed only breast milk or there are acceptable medical reasons for receiving something else.
- ✓ At least 80% of the randomly selected mothers report that their babies had received only breast milk or expressed or banked human milk or, if they had received anything else, it was for acceptable medical reasons, described by the staff.
- ✓ At least 80 % of the randomly selected mothers who have decided not to breastfeed report that the staff discussed with them the various feeding options and helped them to decide what were suitable in their situations.
- ✓ At least 80% of the randomly selected mothers with babies in special care who have decided not to breastfeed report that staff has talked with them about risks and benefits of various feeding options.

6. Step 7: Practice rooming-in – allow mothers and infants to remain together – 24 hours a day:

- The following mothers report that their babies were always with them both day and night or, if not, it was for a justified reason:

Total: 127/146: 87%

In governmental hospitals: 82/97: 84.5%

In private hospitals: 37/40: 92.5%

In nongovernmental hospitals: 8/9: 88.9%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

- ✓ At least 80% of the randomly selected mothers report that their babies have been in the same room with them without separation, or, if not, there were justifiable reasons.

7. Step 8: Encourage breastfeeding on demand:

- The following breastfeeding mothers report that they had been told to feed their babies whenever they seemed hungry:

Total: 22/144: 15.3%

In governmental hospitals: 16/97: 16.5%

In private hospitals: 5/38: 13.2%

In nongovernmental hospitals: 1/9: 11.1%

- The following breastfeeding mothers report that they had been told that their babies should suckle for as long as they wanted to:

Total: 53/144: 36.8%

In governmental hospitals: 36/97: 37.1%

In private hospitals: 12/38: 31.6%

In nongovernmental hospitals: 5/9: 55.6%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

Out of the randomly breastfeeding selected mothers:

- ✓ At least 80% report that they have been told how to recognize when their babies are hungry and can describe at least two feeding cues.
- ✓ At least 80% report that they have been advised to feed their babies as often and for as long as the babies want or something similar.

8. Step 9: Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants:

- The following breastfeeding mothers report that their babies were not fed any fluids in bottles with teats, as far as they knew:

Total: 65/144: 45.1%

In governmental hospitals: 46/97: 47.5%

In private hospitals: 17/38: 44.7%

In nongovernmental hospitals: 2/9: 22.2%

- The following breastfeeding mothers report that their babies had not sucked on a pacifier, as far as they knew:

Total: 120/144: 83.3%

In governmental hospitals: 77/97: 79.4%

In private hospitals: 34/38: 89.5%

In nongovernmental hospitals: 9/9: 100%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

Out of the randomly selected breastfeeding mothers:

- ✓ At least 80% report that, as far as they know, their infants have not been fed using bottles with artificial teats (nipples).
- ✓ At least 80% report that, as far as they know, their infants have not sucked on pacifiers.

9. Step 10: Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic:

- The following mothers report that they had been given suggestions about where to get help, if they had problems with feeding their babies after returning home:

Total: 22/146: 15%

In governmental hospitals: 11/97: 11.3%

In private hospitals: 9/40: 22.5%

In nongovernmental hospitals: 2/9: 22.2%

- The following mothers are able to describe at least one useful appropriate suggestion for getting help with feeding problems on return home that they have been given by the staff:

Total: 27/146: 18.5%

In governmental hospitals: 16/97: 16.5%

In private hospitals: 9/40: 22.5%

In nongovernmental hospitals: 2/9: 22.2%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

- ✓ Out of the randomly selected mothers at least 80% report that they have been given information on how to get help from the facility or how to contact support groups, peer counselors or other community health services if they have questions about feeding their babies after return home and can describe at least one type of help that is available.

10. Code compliance:

- The following mothers report that they have never received leaflets from formula companies promoting formula feeding or gifts or samples that include formula, bottles or other related supplies:

Total: 126/146: 86.3%

In governmental hospitals: 84/97: 86.6%

In private hospitals: 33/40: 82.5%

In nongovernmental hospitals: 9/9: 100%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

The head/director of maternity services reports that:

- ✓ No employees of manufacturers or distributors of breast-milk substitutes, bottles, teats or pacifiers have any direct or indirect contact with pregnant women or mothers.
- ✓ The hospital does not receive free gifts, non-scientific literature, materials or equipment, money, or support for in-service education or events from manufacturers or distributors of breast-milk substitutes, bottles, teats or pacifiers.
- ✓ No pregnant women, mothers or their families are given marketing materials or samples or gift packs by the facility that include breast-milk substitutes, bottles/teats, pacifiers, other infant feeding equipment or coupons.

A review of the breastfeeding or infant feeding policy indicates that it uphold the Code and subsequent WHO resolutions by prohibiting:

- ✓ the display of posters or other materials provided by manufacturers or distributors of breast-milk substitutes, bottles, teats and dummies or any other materials that promote the use of these products;
- ✓ any direct or indirect contact between employees of these manufacturers or distributors and pregnant women or mothers in the facility;
- ✓ distribution of samples or gift packs with breast-milk substitutes, bottles or teats or of marketing materials for these products to pregnant women or mothers or members of their families;
- ✓ acceptance of free gifts (including food), literature, materials or equipment, money or support for in-service education or events from these manufacturers or distributors by the hospital;
- ✓ Demonstrations of preparation of infant formula for anyone that does not need them; and acceptance of free or low cost breast-milk substitutes or supplies.

- ✓ At least 80% of the randomly selected clinical staff members can give two reasons why it is important not to give free samples from formula companies to mothers.

11. Mother-friendly care:

- The following mothers report that during their antenatal visits staff told them that they could have companions during labor and birth and what alternatives there were for dealing with pain and what was better for mothers and babies:

Total: 37/146: 25.3%

In governmental hospitals: 22/97: 22.7%

In private hospitals: 9/40: 22.5%

In nongovernmental hospitals: 6/9: 66.7%

- The following mothers report that they were encouraged to walk and move about during labor or that, if not, there was a medical reason:

Total: 100/146: 68.5%

In governmental hospitals: 76/97: 78.4%

In private hospitals: 18/40: 45%

In nongovernmental hospitals: 6/9: 66.7%

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

Out of the randomly selected clinical staff members:

- ✓ At least 80% are able to describe at least two recommended practices and procedures that can help a mother be more comfortable and in control during labor and birth.

- ✓ At least 80% are able to list at least three labor or birth procedures that should not be used routinely, but only if required due to complications.
- ✓ At least 80% are able to describe at least two labor and birthing practices and procedures that make it more likely that breastfeeding will get off to a good start.

Out of the randomly selected pregnant women:

- ✓ At least 70% report that the staff has told them women can have companions of their choice with them throughout labor and birth and at least one reason it could be helpful.
- ✓ At least 70% report that they were told at least one thing by the staff about ways to deal with pain and be more comfortable during labor, and what is better for mothers, babies and breastfeeding.

12. HIV and infant feeding:

- The following mothers report that during their antenatal visits the staff gave them information on the fact that a woman who is HIV positive can pass the HIV infection to her baby:

Total: 15/146: 10.3%

In governmental hospitals: 9/97: 9.3%

In private hospitals: 6/40: 15%

In nongovernmental hospitals: 0

- The following mothers report that during their antenatal visits the staff gave them information on why testing and counseling for HIV is important for pregnant women:

Total: 23/146: 15.8%

In governmental hospitals: 11/97: 11.3%

In private hospitals: 12/40: 30%

In nongovernmental hospitals: 0

While the global criteria in the Guidelines and Tools for Monitoring Baby-Friendly Hospitals are:

Out of the randomly selected clinical staff members:

- ✓ At least 80% can describe at least one measure that can be taken to maintain confidentiality and privacy of HIV positive pregnant women and mothers.
- ✓ At least 80% are able to mention at least two policies or procedures that help prevent transmission of HIV from an HIV positive mother to her infant during feeding within the first six months.
- ✓ At least 80% are able to describe two issues that should be discussed when counseling an HIV positive mother who is deciding how to feed her baby.

Out of the randomly selected pregnant women who are in their third trimester and have had at least two antenatal visits or are in the antenatal in-patient unit:

- ✓ At least 70% report that a staff member has talked with them or given a talk about HIV/AIDS and pregnancy.
- ✓ At least 70% report that the staff has told them that a woman who is HIV-positive can pass the HIV infection to her baby.
- ✓ At least 70% can describe at least one thing the staff told them about why testing and counseling for HIV is important for pregnant women.
- ✓ At least 70% can describe at least one thing the staff told them about what women who do not know their HIV status should consider when deciding how to feed their babies.

Our results are far away from global criteria, so we need to revise and improve BFHI ten steps in Nablus city health facilities and that will be discussed in the recommendations part.

All of these results compared with the global criteria percentages are collected in the following table and shown graphically in Figure 4:

Table 10: comparison of global criteria with the means of our results for each step of the BFHI

BFHI 10 steps	Global criteria for BFHI	Results of the study
step 3	70%	25.3%
step 4	80%	29.2%
step 5	80%	44.1%
step 6	80%	59.6%
step 7	80%	87%
step 8	80%	26%
step 9	80%	64.2%
step 10	80%	16.7%
code compliance	80%	86.3%
mother friendly care	70%	46.9%
HIV and infant feeding	70%	13%

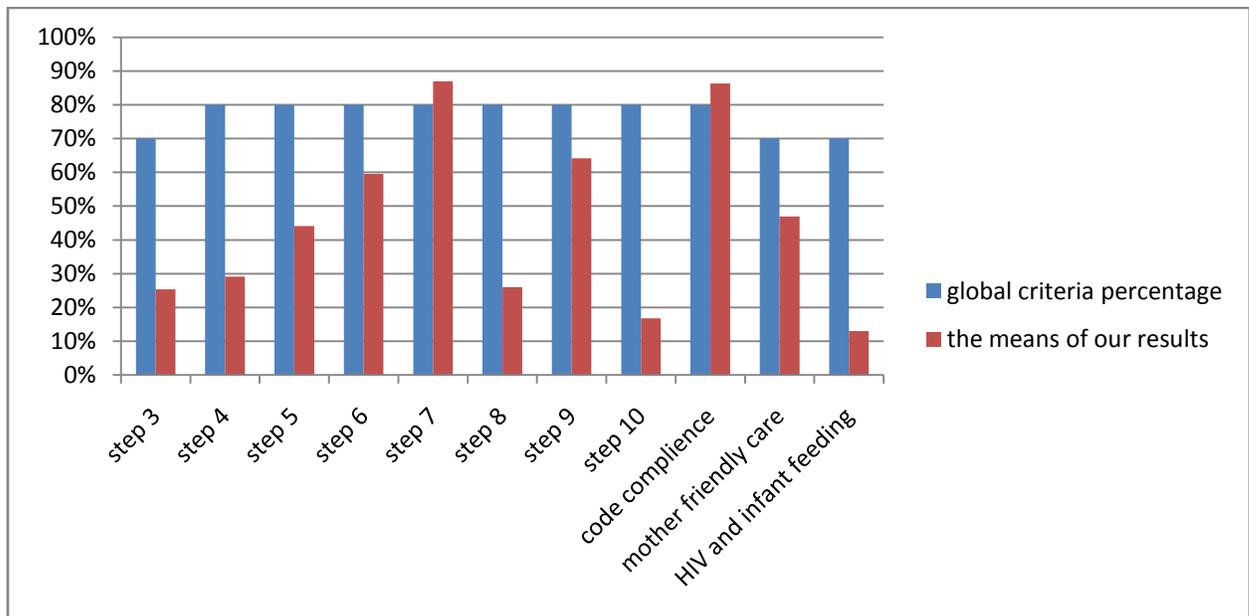


Figure 10

As the table shows: our results are far away from global criteria, so we need to improve the teaching of the BFHI ten steps in Nablus city health facilities and that will be discussed in the recommendations part.

Table 11: comparison of global criteria with the means of results in governmental hospitals for each step of the BFHI:

BFHI 10 steps	governmental hospitals results	global criteria
step 3	19.6%	70%
step 4	28.4%	80%
step 5	41%	80%
step 6	62.9%	80%
step 7	84.5%	80%
step 8	26.8%	80%
step 9	63.4%	80%
step 10	13.9%	80%
code compliance	86.6%	80%
mother friendly care	50.6%	70%
HIV and infant feeding	10.3%	70%

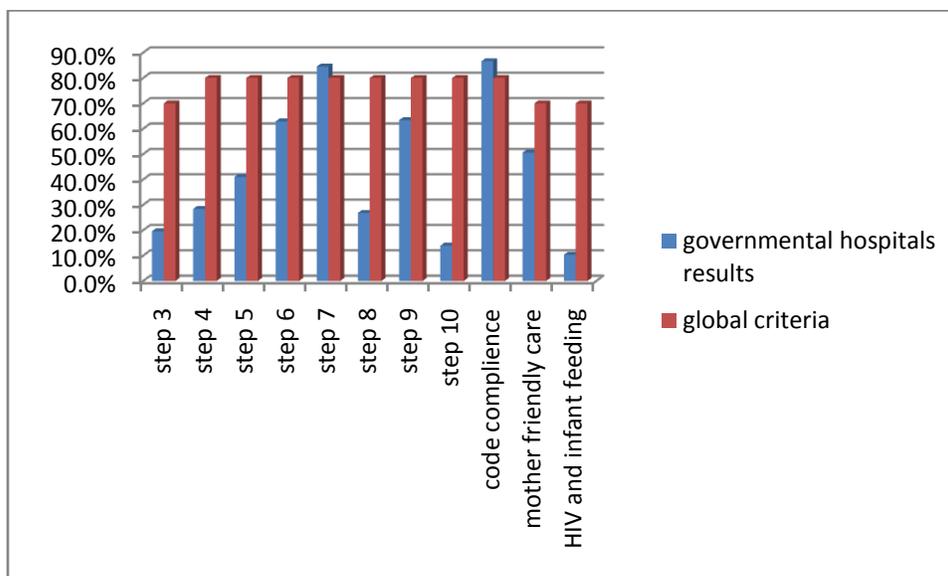


Figure 11

Table 12: comparison of global criteria with the means of results in nongovernmental hospitals for each step of the BFHI

BFHI 10 steps	nongovernmental hospitals results	global criteria
step 3	11.1%	70%
step 4	33.3%	80%
step 5	72.3%	80%
step 6	55.6%	80%
step 7	88.9%	80%
step 8	33.4%	80%
step 9	61.1%	80%
step 10	22.2%	80%
code compliance	100%	80%
mother friendly care	66.7%	70%
HIV and infant feeding	0%	70%

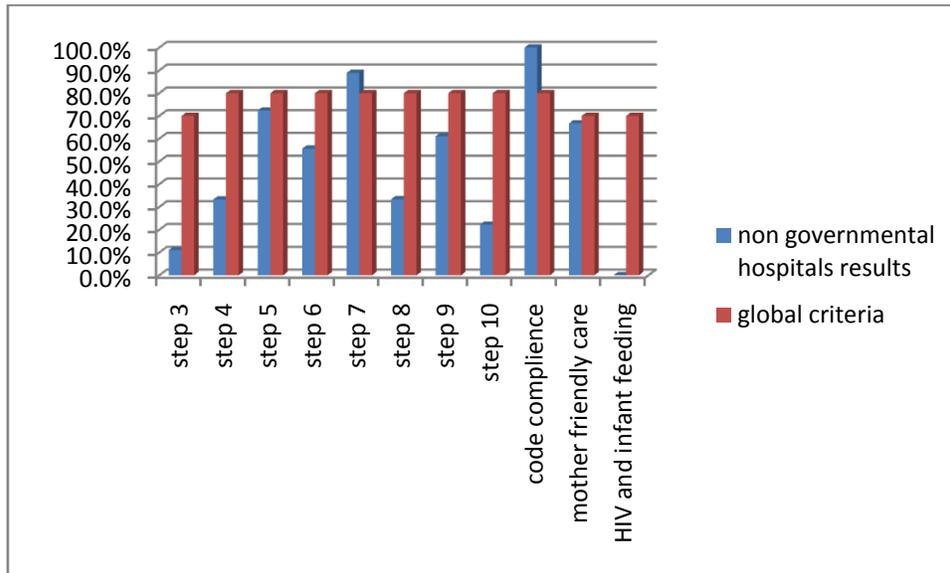


Figure 12

Table 13: comparison of global criteria with the means of results in private hospitals for each step of the BFHI

BFHI 10 STEPS	private hospitals results	global criteria
step 3	43%	70%
step 4	30%	80%
step 5	42.1%	80%
step 6	52.5%	80%
step 7	92.5%	80%
step 8	22.4%	80%
step 9	67.1%	80%
step 10	22.5%	80%
code compliance	82.5%	80%
mother friendly care	33.8%	70%
HIV and infant feeding	22.5%	70%

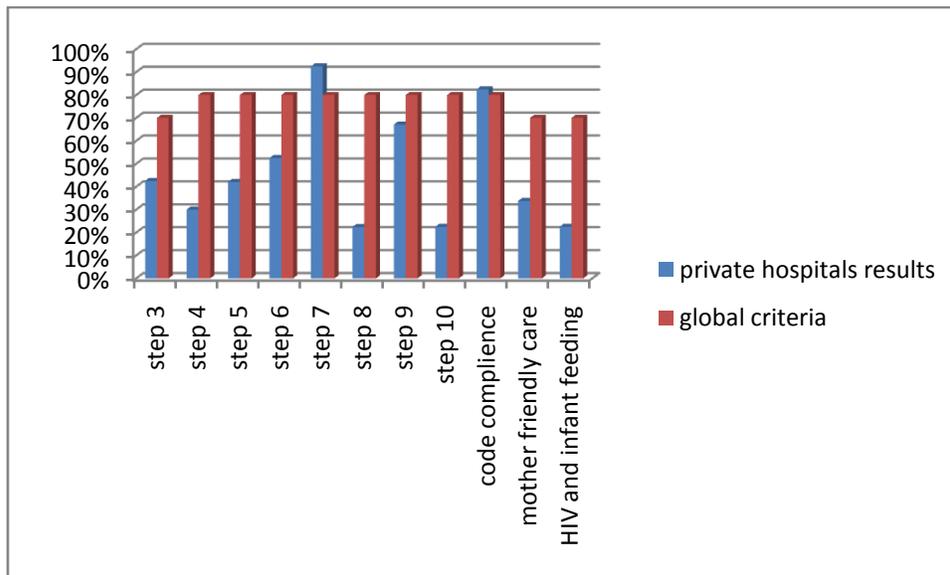


Figure 13

Table 14: comparison of global criteria with the means of results in all categories for each step of the BFHI

BFHI 10 STEPS	governmental hospitals results	private hospitals results	nongovernmental hospitals results	the results in general	global criteria
step 3	19.6%	43%	11.1%	25.3%	70%
step 4	28.4%	30%	33.3%	29.2%	80%
step 5	41%	42.1%	72.3%	44.1%	80%
step 6	62.9%	52.5%	55.6%	59.6%	80%
step 7	84.5%	92.5%	88.9%	87%	80%
step 8	26.8%	22.4%	33.4%	26%	80%
step 9	63.4%	67.1%	61.1%	64.2%	80%
step 10	13.9%	22.5%	22.2%	16.7%	80%
code compliance	86.6%	82.5%	100%	86.3%	80%
mother friendly care	50.6%	33.8%	66.7%	46.9%	70%
HIV and infant feeding	10.3%	22.5%	0%	13%	70%

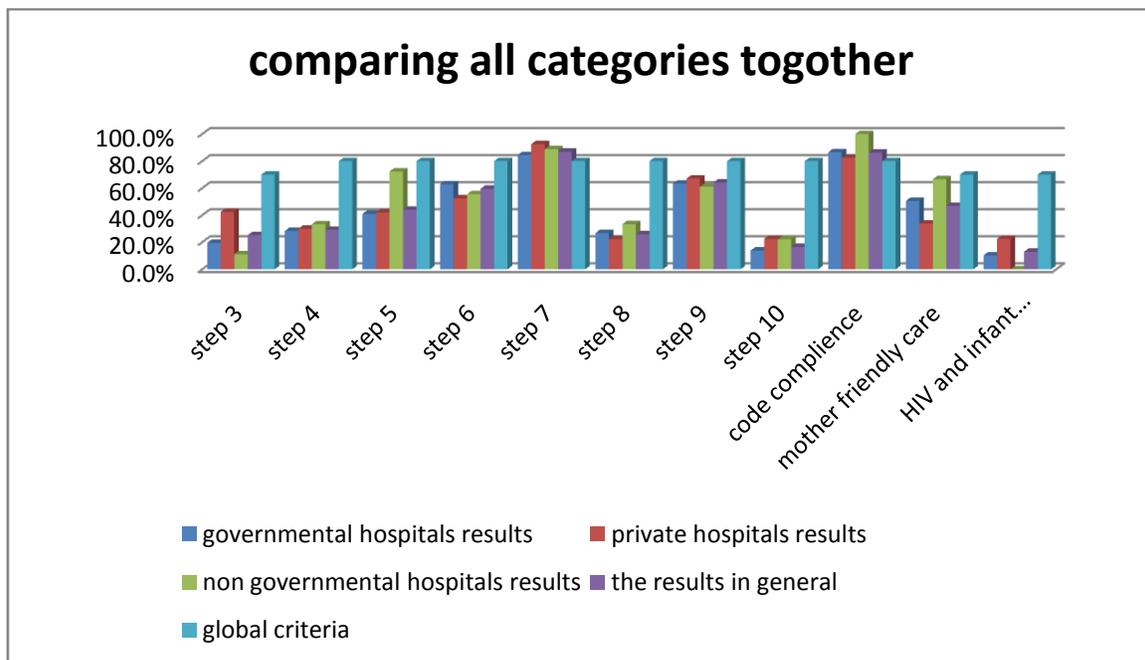


Figure 14

Chapter six

Discussion

This study was set up to investigate:

‘To what extent do the reported experiences of mothers who deliver in Nablus Hospitals reflect the recommendations of the WHO Baby Friendly Hospital Initiative?’

And secondly:

‘What measures are needed in the hospitals and clinics of Nablus to effectively support and encourage all mothers to breast feed exclusively, and to remove or reduce some of the barriers to breast feeding?’

The results will be compared to the global criteria and discussed in relation to the teaching about breast feeding that already exists in Palestine. What are the barriers and where are the weak points, what confounders and obstacles were discovered in this study?

According to the Palestine Bureau of statistics³ the percentage of babies breast fed at least for a short time fell from 98% in 2006 to 96% in 2010 and it is not yet clear whether this is significant or a part of a continuing trend.

There are no other studies that show the application of the ten steps of BFHI in our country, even in hospitals who applied the initiative, so comparing it in a local region is difficult.

And as MOH is just in the first phase of applying the initiative, we still cannot rely on these hospitals primary results if they did any of them.

Table 1 and figure 1 reflect that the majority (two thirds) of pregnant women (67%) who are included in this study have their babies in the governmental hospitals, so these hospitals serve the majority of these women, and if we want to make a change we should target these hospitals by training and teaching.

Then the private hospitals serve more pregnant women (27%) than nongovernmental hospitals (6%) in this study.

If we have a committee to support breastfeeding in this area, we need members from all sectors as private and Nongovernmental hospital, which will improve the outcomes.

Table 2 and figure 2 reflect that 75% of deliveries were normal vaginal deliveries, while 10% mothers had caesarean deliveries without general anesthesia, so that means 85% of mothers could start breastfeeding in the first half hour after delivery (step4). 15% of mothers had caesarean deliveries with general anesthesia, so their babies should be placed in skin-to-skin contact with them as soon as the mothers are responsive and alert.

Table 6 and figure 6 show that 79% of the mothers were feeding their children breast milk and nothing other than breast milk at the time of the questionnaire. Exclusive breast feeding is recommended for the first 6 months but because the children's ages in this study sample does not exceed 30 days this step gives a clue about exclusive breastfeeding only for the first few weeks of life. If we can maintain this percentage for more 5 months for these children so we will achieve progress in exclusive breastfeeding for 6 months.

In all with 79% exclusively breast fed and 20% on mixed feeding, 99% of infants are receiving at least some breast milk.

Table 10 and figure 10 summarize the comparison between these study results and the global criteria for BFHI.

In this comparison, 2 of the components achieve the criteria; those were step7, and code compliance. Otherwise the rest of the components need a plan of work to foster them. There might be many reasons behind these results such as lack of coordination between primary health care clinics and hospitals, lack of continuum of care, need for capacity building for health staff and a need for clear supervision.



Figure 15 this picture was taken from the internet of a mother from Gaza Strip, and shows step7 rooming in

Chapter seven

Recommendations

According to the results in this study, the recommendations will be classified into 3 levels:

1-at the policy level:

- There is a must to update and communicate the guide lines that is related to breastfeeding and BFHI, so all the staff who work with pregnant women, mothers and infants can rely on it in his/her work.
- Continuation of care between primary health centers and hospitals is a corner stone in providing health services, because most of the health educations on breastfeeding done in primary health centers and not in hospital, and mothers usually leave the hospitals after few hours of delivery leading to decrease opportunity of proper post partum care in hospital.

2-at the level of service providers:

- We need to revise and improve BFHI ten steps in Nablus city health facilities by appraising the current practices with regard to the Ten Steps to Successful Breastfeeding
- We need to improve the teaching of the BFHI ten steps in Nablus city health facilities by training for the facility staff.
- Introducing the home visits services to newly delivered women, to guarantee continuity of post partum care.
- Encourage effective, supportive counseling from providers before, during and after delivery, that will result in better breastfeeding and complementary feeding practices.

- Documentation of the data is an important step in caring, and to consider adding the collection of statistics on feeding and implementation of the Ten Steps into its records, even if it doesn't applying the initiative, so they always can compare results.
- To develop various cadres of specialists who can provide help with breastfeeding, both in health care facilities and at the community level by health education and training.
- Organize “breastfeeding support” or BFHI committee or team at the health facility. This committee or team can be charged with coordination of all activities regarding the implementation and monitoring of BFHI. Members should include professionals of various disciplines (for example, physicians such as neonatologists, pediatricians, obstetricians, nurses, midwives, nutritionists, social workers, etc.)

3-at the community level:

- To develop various cadres of specialists who can provide help with breastfeeding, both in health care facilities and at the community level by health education and training.
- Increase awareness in the families especially the key persons about importance of breastfeeding by community training sessions.
- All women should be offered support to breastfeed their babies to increase the duration and exclusivity of breastfeeding.

Annexes

Annex (1)

Questionnaire for Breastfeeding Mother (#)

	Hospital: _____ Date questionnaire completed: _____	
Questions about experiences during pregnancy		
1.	How many antenatal visits did you make to this health facility for care before you gave birth? _____ visits None <i>(if none, go to question 4.)</i>	
2.	During these visits did the staff discuss any of the following issues related to your labour and birth: <i>(tick if yes?)</i> That you could have companions of your choice with you during labour and birth Alternatives for dealing with pain during labour and what is better for mothers and babies	[MF. 1]
3.	During these visits did the staff give you any information on the following topics: <i>(Tick if yes.)</i> The importance of spending time skin-to-skin with your baby immediately after birth? The importance of having your baby with you in your room or bed 24 hours a day? The risks of giving water, formula or other supplements to your baby in the first six months if you are breastfeeding? Whether a woman who is HIV-positive can pass	[3.1] HI
Questions about the birth and the maternity period		
4.	Were you encouraged to walk and move about during labour? Yes No <i>[if "No"]</i> Why not: _____	[MF. 2]
5.	When was your child born? Date: _____ Approximate time: _____ What was your baby's weight at birth: ___ grams or ___ lbs	[Gen. 1]
6.	What type of delivery did you have: Normal (vaginal) Caesarean section without general anaesthesia Caesarean section with general anaesthesia Other:(describe): _____	[Gen. 2]

16.	<p>Where was your baby while you were in the maternity services after giving birth? My baby was always with me both day and night There were times my baby was not with me If your baby was away at all, please describe where, why and for how long:</p> <p><i>[Note: If your baby was cared for away from you during all or part of the night, please mention that in your description above]</i></p>	[7.1]
17.	<p>What advice have you been given about how often to feed your baby?</p> <p>No advice given Every time my baby seems hungry (as often as he/she wants)</p> <p>Every hour Every 1-2 hours Every 2-3 hours</p>	[8.1]
18.	<p>What advice have you been given about how long your baby should suckle?</p> <p>No advice given For a limited time If so, for how long? _____ For as long as my baby wants Other (please tell us): _____</p>	[8.2]
19.	<p>Has your baby been given anything other than breast milk since it was born?</p> <p>Yes No Don't know <i>[if "No" or "Don't know", goto Question 22]</i></p> <p>If yes, what was given? <i>[tick all that apply]</i></p> <p>Infant formula Water or sugar water Other fluids (please tell us what): _____</p>	[6.1]
20.	<p>If yes, why was your baby given the supplement(s)? <i>[tick all that apply]</i></p> <p>I requested it. My doctor or other staff recommended the supplements, but didn't say why. My doctor or other staff recommended the supplements because (please say why):</p> <p>Other (please tell us why): Don't know No supplements were given</p>	[6.1]
21.	<p>If supplement(s) were given, were they fed by: Bottle with teat or nipple? Cup?</p> <p>Spoon? Other: _____ Don't know</p>	[9.1]

22.	Has your baby sucked on a pacifier (dummy or soother), as far as you know, while you've been in the maternity unit? Yes No Don't know	[9.2]
23.	Have you been given any leaflets or supplies that promote breast-milk substitutes? Yes No What, if any, of the following have you received: Leaflet from formula company promoting formula feeding or related supplies? A gift or sample to take home, including formula, bottles, or other related supplies? Other (please tell us what): _____	[Code .2]
24.	Have you been given any suggestions by the staff about how or where to get help, if you have problems with feeding your baby after you return home? Yes No	[10.1]
25.	<i>[If "Yes":] What suggestions have you been given? [tick all that apply]</i> – Get help from the hospital Get help from a health professional – Call a help line – Get help from a mother support group or a peer/lay counsellor Get help from another community service Other (please tell us what): _____	[10.2]

Thank you so much for answering all these questions!

If there is anything you want to know after filling in this form you can talk to one of the health care staff members about it before you go home. By answering this questionnaire you are contributing to making our maternity services better.

Annex (2)

Questionnaire for Non-Breast feeding Mother (#_____)

	Hospital: _____ Date questionnaire completed: _____	
Questions about experiences during pregnancy		
1.	How many antenatal visits did you make to this health facility for care before you gave birth? _____ visits None [if none, goto question 4]	
2.	During these visits did the staff discuss any of the following issues related to your labour and birth: <i>(tick if yes)</i> That you could have companions of your choice with you during labour and birth Alternatives for dealing with pain during labour and what is better for mothers and babies	[MF.1]
3.	During these visits did the staff give you any information on the following topics: <i>[tick if yes]</i> The importance of spending time skin-to-skin with your baby immediately after birth? The importance of having your baby with you in your room or bed 24 hours a day? The fact that a woman who is HIV-positive can pass the HIV infection to her baby? Why testing and counseling for HIV is important for pregnant women?	[3.1] [HIV.1] [HIV.2]
Questions about the birth and the maternity period		
4.	Were you encouraged to walk and move about during labour? Yes No [if "No"] Why not: _____	[MF.2]
5.	When was your child born? Date: _____ Approximate time: _____ What was your baby's weight at birth: _____ grams or _____ lbs.	[Gen.1]
6.	What type of delivery did you have: Normal (vaginal) Caesarean section without general anaesthesia Caesarean section with general anaesthesia Other: (describe): _____	[Gen.2]

7.	<p>How are you feeding your baby?</p> <p>Feeding my baby breast-milk substitutes (not breastfeeding at all) Both breastfeeding and feeding breast-milk substitutes Breastfeeding exclusively Other:(please describe):_____</p> <p><i>Note:Ifyouareonlyfeedingyourbabybreast-milksubstitutes(notbreastfeedingatall),pleasecontinewiththisquestionnaire.Ifyouarebreastfeedingatall,pleasefillouttheotherquestionnaire,for“BreastfeedingMother”.</i></p>	[Gen.3]
8.	<p>How long after birth were you able to hold your baby?</p> <p>Immediately Within five minutes Within half anhour Within an hour As soon as I was able to respond (after C-section with general anaesthesia) Other: (how long after birth?)_____ Can't remember Have not held yet</p>	[4.1]
9.	<p>How did you hold your baby, this first time?</p> <p>Skin-to-skin Wrapped without much skin contact</p>	[4.2]
10.	<p>If it took more than a few minutes before you held your baby after birth, what was the reason? (There was not any delay.)</p> <p>My baby needed help/observation I had been given an aesthesia and wasn't yet a wake I didn't want to hold my baby or didn't have the energy I wasn't given my baby this soon, but do not know why Other:_____</p>	[4.3]
11.	<p>For about how long did you hold your baby this first time?</p> <p>Less than 30 minutes 30 minutes to less than an hour An hour or more Longer: ___hours Can't remember</p>	[4.4]
12.	<p>During this first time your baby was with you did anyone on the staff offer you help with breast feeding, just in case you wanted to try?</p> <p>Yes No Staff didn't ask, as they knew I was not planning to breast feed</p>	[4.5]
13.	<p>Where was your baby while you were in the maternity services after giving birth?</p> <p>My baby was always with me both day and night There were times my baby was not with me If your baby was away at all, please describe where, why and for how long:</p> <p><i>[Note:Ifyourbabywascaredforduringallorpartofthenightawayfromyou,pleaseincludethatinyourdescriptionabove]</i></p>	[7.1]
14.	<p>What has your baby been fed since it was born?[tick all that apply]</p> <p>Infant formula Water or sugar water Other fluids(please tell us what): _____ Don't know</p>	[6.1]

15.	<p>What is the reason your baby is being fed infant formula, rather than being breastfed? <i>[tick all that apply]</i></p> <p>It was my choice of how I wanted to feed my baby My doctor or other staff recommended I give infant formula but didn't say why My doctor or other staff recommended I give my baby infant formula Because (please describe why): _____ Other reason (please tell us why): _____</p>	[6.1]
16.	<p>Did anyone offer to show you how to prepare and give your baby's feeds while you have been at the hospital after delivery? Yes No</p> <p>If yes, what type of advice were you given?<i>[tick all that apply]</i></p> <p>How to correctly make up my baby's feeds How to give the feeds Practice in making up my baby's feeds How to mix and give feeds safely at home Other advice: _____</p>	[5.5]
17.	<p>Have you been given any leaflets or supplies that promote breast-milk-substitutes? Yes No</p> <p>What, if any, of the following have you received<i>[tick all that apply]</i></p> <p>Leaflet from formula company promoting formula feeding or related supplies A gift or samples to take home, including formula, bottles, or other related supplies Other (please tell us what): _____</p>	[Code.2]
18.	<p>Have you been given any suggestions by the staff about how or where to get help, if you have problems with feeding your baby after you return home? Yes No</p>	[10.1]
19.	<p><i>[If "Yes"]</i> What suggestions have you been given? <i>[tick all that apply]</i></p> <ul style="list-style-type: none"> - Get help from the hospital Get help from a health professional - Call a help line - Get help from a mother support group or a peer/lay counselor - Get help from another community service Other (please tell us what): _____ 	[10.2]

Thank you so much for answering all these questions!

If there is anything you want to know after filling in this form you can talk to one of the health care staff members about it before you go home. By answering this questionnaire you are contributing to making our maternity services better.

Annex (3)

استمارة للأمهات المرضعات (الرقم ___)

	المستشفى: _____ تاريخ تعبئة الاستمارة: _____
أسئلة عن تجاربك أثناء الحمل	
	1. كم عدد الزيارات التي قمت بها إلى هذا المرفق الصحي لرعاية الحمل قبل أن تلدي؟ _____ زيارة <input type="checkbox"/> أبداً (إذا كانت الإجابة أبداً، انتقلي إلى السؤال 4)
[MF.1]	2. خلال هذه الزيارات، هل ناقش الطاقم معك أية من القضايا التالية المتعلقة بالوضع والولادة: (ضعي علامة صح للإجابة بنعم) <input type="checkbox"/> أن بإمكانك أن تطلبي وجود المرافقين الذين تختارينهم أثناء الوضع والولادة. <input type="checkbox"/> الوسائل البديلة للتعامل مع الألم أثناء الوضع وما هي أفضل الوسائل للأمهات والأطفال.
[3.1]	3. أثناء هذه الزيارات، هل أعطاك الطاقم أية معلومات عن المواضيع التالية: (ضعي علامة صح للإجابة بنعم) <input type="checkbox"/> أهمية قضاء وقت في وضع ملامسة من الجلد للجلد مع طفلك بعد الولادة على الفور؟ <input type="checkbox"/> أهمية أن يبقى طفلك معك في غرفتك أو سريرك على مدار 24 ساعة في اليوم؟ <input type="checkbox"/> مخاطر إعطاء الماء أو الحليب الصناعي أو أية مكملات لطفلك في الأشهر الستة الأولى إذا كنت ترضعينه رضاعة طبيعية؟ <input type="checkbox"/> ما إذا كان من الممكن للأُم التي يكون فحص فيروس نقص المناعة البشرية لديها موجباً أن تنقل الفيروس إلى طفلها؟ <input type="checkbox"/> سبب أهمية فحص فيروس نقص المناعة البشرية لدى الحوامل وتقديم الإرشاد لهن حوله؟
HIV.1 HIV.2	
أسئلة عن الولادة وفترة رعاية الولادة	
[MF.2]	4. هل شجعوك على المشي والحركة أثناء المخاض <input type="checkbox"/> نعم <input type="checkbox"/> لا (إذا كانت الإجابة لا) لم لا: _____
[Gen.1]	5. متى ولد طفلك؟ التاريخ: _____ الوقت التقريبي: _____ كم كان وزن طفلك عند الولادة: _____ غرامات
[Gen.2]	6. ما نوع الولادة التي كانت لديك: <input type="checkbox"/> طبيعية (مهبلية). <input type="checkbox"/> ولادة قيصرية بدون تخدير عام. <input type="checkbox"/> ولادة قيصرية مع تخدير عام.

	<input type="checkbox"/> غير ذلك (يرجى الوصف): _____	
[Gen.3]	<p>7. كيف ترضعين طفلك؟</p> <p><input type="checkbox"/> رضاعة طبيعية حصراً.</p> <p><input type="checkbox"/> رضاعة طبيعية مع إعطاء بدائل لحليب الأم.</p> <p><input type="checkbox"/> إرضاع طفلي من بدائل حليب الأم (عدم ممارسة الإرضاع الطبيعي بتاتاً).</p> <p><input type="checkbox"/> غير ذلك (يرجى الوصف): _____</p> <p>ملاحظة: إذا كنت ترضعين طفلك رضاعة طبيعية حصراً أو مع إعطائه بدائل حليب الأم، واصلي استعمال هذه الاستمارة. إذا كنت لا تمارسن الإرضاع الطبيعي بتاتاً، فيرجى تعبئة الاستمارة الأخرى الخاصة بالأمهات "غير المرضعات".</p>	
[4.1]	<p>8. كم من الوقت بعد الولادة مر قبل أن تحملي طفلك؟</p> <p><input type="checkbox"/> على الفور <input type="checkbox"/> بعد خمس دقائق <input type="checkbox"/> خلال نصف ساعة <input type="checkbox"/> خلال ساعة</p> <p><input type="checkbox"/> غير ذلك (كم من الوقت بعد الولادة؟) _____ <input type="checkbox"/> لا أذكر <input type="checkbox"/> لم أحمله حتى الآن (إذا لم يسبق أن حملت طفلك حتى الآن، انتقلي إلى السؤال 13).</p>	
[4.2]	<p>9. كيف حملت طفلك في هذه المرة الأولى؟</p> <p><input type="checkbox"/> من الجلد للجلد <input type="checkbox"/> ملفوفاً، دون وجود الكثير من الملامسة الجلدية</p>	
[4.3]	<p>10. إذا مضى أكثر من خمس دقائق بعد الولادة دون أن تحملي طفلك، فما كان سبب ذلك؟ (<input type="checkbox"/> لم يحدث أي تأخير)</p> <p><input type="checkbox"/> كان طفلي بحاجة إلى مساعدة/مراقبة.</p> <p><input type="checkbox"/> تم إعطائي التخدير ولم أكن متيقظة بعد.</p> <p><input type="checkbox"/> لم أرغب بحمل طفلي أو لم تكن لدي الطاقة.</p> <p><input type="checkbox"/> لم يتم إعطائي الطفل في وقت مبكر ولكني لا أعرف السبب.</p> <p><input type="checkbox"/> غير ذلك: _____</p>	
[4.4]	<p>11. لكم من الوقت تقريباً حملت طفلك في هذه المرة الأولى؟</p> <p><input type="checkbox"/> أقل من 30 دقيقة <input type="checkbox"/> من 30 دقيقة إلى أقل من ساعة</p> <p><input type="checkbox"/> ساعة أو أكثر <input type="checkbox"/> مدة أطول: _____ ساعة <input type="checkbox"/> لا أذكر</p>	
[4.5]	<p>12. خلال هذه المرة الأولى التي بقي فيها طفلك معك، هل شجعك أي شخص من الطاقم على البحث عن العلامات التي تدل على أن طفلك جاهزاً للرضاعة وعرض تقديين المساعدة بخصوص الرضاعة الطبيعية.</p> <p><input type="checkbox"/> نعم <input type="checkbox"/> لا</p>	
[5.1]	<p>13. هل عرض الطاقم عليك أية مساعدة بخصوص الرضاعة الطبيعية منذ تلك المرة الأولى؟</p> <p><input type="checkbox"/> نعم <input type="checkbox"/> لا</p> <p>(إذا كانت الإجابة نعم: بعد كم من الوقت من الولادة تم عرض هذه المساعدة؟)</p>	

	<input type="checkbox"/> خلال ست ساعات بعد ولادة طفلك <input type="checkbox"/> بعد أكثر من ست ساعات من ولادة طفلك	
[5.2]	<p>14. هل قدم لك الطاقم أية مساعدة في حمل طفلك بالوضعية الصحيحة للرضاعة الطبيعية قبل المغادرة؟</p> <input type="checkbox"/> نعم <input type="checkbox"/> لا <input type="checkbox"/> عرض الطاقم المساعدة، ولكني لم أكن بحاجة لها	
[5.3]	<p>15. أ. هل عرض الطاقم عليك أو قدم لك معلومات كيف يمكنك عصر حليب الثدي باليد؟ <input type="checkbox"/> نعم <input type="checkbox"/> لا</p> <p>ب. هل سبق أن حاولت عصر حليبك بنفسك؟ <input type="checkbox"/> نعم <input type="checkbox"/> لا</p>	
[5.4]	<p>إذا كانت الإجابة نعم، هل تمكنت من عصر الحليب؟ <input type="checkbox"/> نعم <input type="checkbox"/> جزئياً <input type="checkbox"/> لا</p>	
[7.1]	<p>16. أين كان طفلك عندما كنت في قسم خدمات الولادة بعد ولادة الطفل؟</p> <input type="checkbox"/> كان طفلي معي دائماً سواءً في النهار أو الليل <input type="checkbox"/> في بعض الأوقات لم يكن طفلي معي <p>إذا كان طفلك بعيداً عنك تماماً، يرجى أن تصفي أين كان ولماذا ولكم من الوقت:</p> <p>_____</p> <p>_____</p> <p><i>[ملاحظة: إذا تم الاعتناء بطفلك بعيداً عنك طوال الليل كله أو جزء منه، فيرجى ذكر ذلك في الوصف الذي تسجلينه أعلاه]</i></p>	
[8.1]	<p>17. ما النصيحة التي قدمت إليك لتوضيح كم مرة يجب أن ترضعي طفلك؟</p> <input type="checkbox"/> لم تعط لي أية نصيحة <input type="checkbox"/> في كل مرة يبدو فيها طفلي جائعاً (كلما رغب بالرضاعة) <input type="checkbox"/> كل ساعة <input type="checkbox"/> كل ساعة إلى ساعتين <input type="checkbox"/> كل ساعتين إلى ثلاث ساعات <input type="checkbox"/> غير ذلك (يرجى إخبارنا) : _____	
[8.2]	<p>18. ما النصيحة التي قدمت إليك لتوضيح كم من الوقت يجب أن يرضع طفلك؟</p> <input type="checkbox"/> لم تعط لي أية نصيحة <input type="checkbox"/> لوقت محدود إذا اخترت هذه الإجابة، اذكر المدة؟ _____ <input type="checkbox"/> للمدة التي يرغبها طفلي <input type="checkbox"/> غير ذلك (يرجى إخبارنا) : _____	
[6.1]	<p>19. هل أعطي طفلك أي شيء غير حليب الأم منذ أن ولد؟</p> <input type="checkbox"/> نعم <input type="checkbox"/> لا <input type="checkbox"/> لا أعرف <i>[إذا كانت الإجابة لا أو لا أعرف، انتقلي إلى السؤال 22]</i> <p>إذا كانت الإجابة نعم، ما الذي أعطي له؟</p> <input type="checkbox"/> حليب صناعي <input type="checkbox"/> ماء أو ماء وسكر	

	<input type="checkbox"/> سوائل أخرى (يرجى إخبارنا ما هي): _____ <input type="checkbox"/> لا أعرف	
[6.1]	<p>20 إذا كانت الإجابة لا، لماذا أعطي طفلك هذه المكملات؟ (ضعي علامة على كل ما ينطبق)</p> <input type="checkbox"/> أنا طلبت ذلك <input type="checkbox"/> طبيبي أو شخص آخر من الطاقم أوصى بالمكملات ولكن لم يقل لماذا <input type="checkbox"/> طبيب أو شخص آخر من الطاقم أوصى بالمكملات لأن (يرجى أن تقولي لماذا) <p>_____</p> <input type="checkbox"/> غير ذلك (يرجى إخبارنا لماذا): _____ <input type="checkbox"/> لا أعرف <input type="checkbox"/> لم يتم إعطاء أية مكملات	
[9.1]	<p>21 إذا أعطيت للطفل مكملات، هل تم إعطاؤها بواسطة <input type="checkbox"/> زجاجة بحلمة صناعية؟ <input type="checkbox"/> فنجان؟ <input type="checkbox"/> ملعقة؟ أخرى <input type="checkbox"/> غير ذلك: _____ <input type="checkbox"/> لا أعرف </p>	
[9.2]	<p>22 هل تم إعطاء طفلك لهابة، على حد علمك، أثناء وجودك في قسم الولادة؟ <input type="checkbox"/> نعم <input type="checkbox"/> لا <input type="checkbox"/> لا أعرف </p>	
[Code.2]	<p>23 هل أعطيت لك أية نشرات أو لوازم تروج لبدائل حليب الأم؟ <input type="checkbox"/> نعم <input type="checkbox"/> لا ما الذي أعطي لك مما يلي، إن وجد: <input type="checkbox"/> نشرة من شركة للحليب الصناعي تروج للرضاعة الصناعية أو اللوازم ذات العلاقة بها؟ <input type="checkbox"/> هدية أو عينات لأخذها إلى البيت، بما في ذلك الحليب الصناعي أو زجاجات إرضاع أو لوازم أخرى ذات علاقة؟ <input type="checkbox"/> غير ذلك (يرجى إخبارنا ما هي): _____ </p>	
[10.1]	<p>24 هل أعطيت لك أية اقتراحات من الطاقم تبين كيف وأين يمكنك أن تجدي المساعدة إذا واجهتك مشكلات في إرضاع طفلك بعد العودة إلى البيت؟ <input type="checkbox"/> نعم <input type="checkbox"/> لا </p>	
[10.2]	<p>25 [إذا كانت الإجابة نعم:] ما الاقتراحات التي أعطيت لك؟ [علمي على كل ما ينطبق] <input type="checkbox"/> الحصول على مساعدة من المستشفى <input type="checkbox"/> الحصول على مساعدة من مهني صحي <input type="checkbox"/> الاتصال بخط هاتفي للمساعدة <input type="checkbox"/> الحصول على مساعدة من مجموعة دعم بين الأمهات أو من أم مرشدة <input type="checkbox"/> الحصول على مساعدة من خدمة مجتمعية أخرى <input type="checkbox"/> غير ذلك (يرجى إخبارنا ما هي): _____ </p>	

شكراً جزيلاً على إجابتك عن جميع هذه الأسئلة!

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Annex (4)

استمارة للأمهات غير المرضعات (الرقم ___)

	المستشفى: _____ تاريخ تعبئة الاستمارة: _____
	أسئلة عن تجاربك أثناء الحمل
	1. كم عدد الزيارات التي قمت بها إلى هذا المرفق الصحي لرعاية الحمل قبل أن تلدي؟ _____ زيارة <input type="checkbox"/> أبداً (إذا كانت الإجابة أبداً، انتقلي إلى السؤال 4)
[MF.1]	2. خلال هذه الزيارات، هل ناقش الطاقم معك أية من القضايا التالية المتعلقة بالوضع والولادة: (ضعي علامة صح للإجابة بنعم) <input type="checkbox"/> أن بإمكانك أن تطلبي وجود المرافقين الذين تختارينهم أثناء الوضع والولادة. <input type="checkbox"/> الوسائل البديلة للتعامل مع الألم أثناء الوضع وما هي أفضل الوسائل للأمهات والأطفال.
[3.1]	3. أثناء هذه الزيارات، هل أعطاك الطاقم أية معلومات عن المواضيع التالية: (ضعي علامة صح للإجابة بنعم) <input type="checkbox"/> أهمية قضاء وقت في وضع ملامسة من الجلد للجلد مع طفلك بعد الولادة على الفور؟ <input type="checkbox"/> أهمية أن يبقى طفلك معك في غرفتك أو سريرك على مدار 24 ساعة في اليوم؟ <input type="checkbox"/> ما إذا كان من الممكن للألم التي يكون فحص فيروس نقص المناعة البشرية لديها موجباً أن تنقل الفيروس إلى طفلها؟ <input type="checkbox"/> سبب أهمية فحص فيروس نقص المناعة البشرية لدى الحوامل وتقديم الإرشاد لهن حوله؟
HIV.1 HIV.2	
	أسئلة عن الولادة وفترة رعاية الولادة
[MF.2]	4. هل شجعوك على المشي والحركة أثناء المخاض <input type="checkbox"/> نعم <input type="checkbox"/> لا (إذا كانت الإجابة لا) لم لا: _____ _____
[Gen.1]	5. متى ولد طفلك؟ التاريخ: _____ الوقت التقريبي: _____ كم كان وزن طفلك عند الولادة: _____ غرامات
[Gen.2]	6. ما نوع الولادة التي كانت لديك: <input type="checkbox"/> طبيعية (مهبلية). <input type="checkbox"/> ولادة قيصرية بدون تخدير عام. <input type="checkbox"/> ولادة قيصرية مع تخدير عام. <input type="checkbox"/> غير ذلك (يرجى الوصف): _____
[Gen.3]	7. كيف ترضعين طفلك؟ <input type="checkbox"/> إرضاع طفلي من بدائل حليب الأم (عدم ممارسة الإرضاع الطبيعية بتاتاً).

	<p><input type="checkbox"/> رضاعة طبيعية مع إعطاء بدائل لحليب الأم.</p> <p><input type="checkbox"/> رضاعة طبيعية حصراً.</p> <p><input type="checkbox"/> غير ذلك (يرجى الوصف): _____</p> <p>ملاحظة: إذا كنت ترضعين طفلك من بدائل حليب الأم فقط (لا تمارسين الإرضاع الطبيعي بتاتاً)، واصلتي استعمال هذه الاستمارة. أما إذا كنت ترضعين طفلك رضاعة طبيعية بأي شكل، فيرجى تعبئة الاستمارة الأخرى الخاصة بالأمهات "المرضعات".</p>	
[4.1]	<p>8. كم من الوقت بعد الولادة مر قبل أن تحملي طفلك؟</p> <p><input type="checkbox"/> على الفور <input type="checkbox"/> بعد خمس دقائق <input type="checkbox"/> خلال نصف ساعة <input type="checkbox"/> خلال ساعة</p> <p><input type="checkbox"/> فوراً بعد أن أصبحت على التجاوب (بعد ولادة قيصرية بتخدير عام)</p> <p><input type="checkbox"/> غير ذلك (كم من الوقت بعد الولادة؟) _____ <input type="checkbox"/> لا أذكر <input type="checkbox"/> لم أحمله حتى الآن</p>	
[4.2]	<p>9. كيف حملت طفلك في هذه المرة الأولى؟</p> <p><input type="checkbox"/> من الجلد للجلد <input type="checkbox"/> ملفوفاً، دون وجود الكثير من الملامسة الجلدية</p>	
[4.3]	<p>10. إذا مضى أكثر من عدة دقائق بعد الولادة دون أن تحملي طفلك، فما كان سبب ذلك؟ (<input type="checkbox"/> لم يحدث أي تأخير)</p> <p><input type="checkbox"/> كان طفلي بحاجة إلى مساعدة/مراقبة.</p> <p><input type="checkbox"/> تم إعطائي التخدير ولم أكن متيقظة بعد.</p> <p><input type="checkbox"/> لم أرغب بحمل طفلي أو لم تكن لدي الطاقة.</p> <p><input type="checkbox"/> لم يتم إعطائي الطفل في وقت مبكر ولكني لا أعرف السبب.</p> <p><input type="checkbox"/> غير ذلك: _____</p>	
[4.4]	<p>11. لكم من الوقت تقريباً حملت طفلك في هذه المرة الأولى؟</p> <p><input type="checkbox"/> أقل من 30 دقيقة <input type="checkbox"/> من 30 دقيقة إلى أقل من ساعة</p> <p><input type="checkbox"/> ساعة أو أكثر <input type="checkbox"/> مدة أطول: _____ ساعة <input type="checkbox"/> لا أذكر</p>	
[4.5]	<p>12. خلال هذه المرة الأولى التي بقي فيها طفلك معك، هل عرض عليك أي شخص من الطاقم المساعدة في الرضاعة الطبيعية في حال أنك رغبت أن تحاولي؟</p> <p><input type="checkbox"/> نعم <input type="checkbox"/> لا</p> <p><input type="checkbox"/> لم يسألني أفراد الطاقم لأنهم كانوا يعلمون أنني لم أكن أخطط لممارسة الإرضاع الطبيعي</p>	
[7.1]	<p>13. أين كان طفلك عندما كنت في قسم خدمات الولادة بعد ولادة الطفل؟</p> <p><input type="checkbox"/> كان طفلي معي دائماً سواءً في النهار أو الليل</p> <p><input type="checkbox"/> في بعض الأوقات لم يكن طفلي معي</p> <p>إذا كان طفلك بعيداً عنك تماماً، يرجى أن تصفي أين كان ولماذا ولكم من الوقت:</p> <p>_____</p>	

		<p>[ملاحظة: إذا تم الاعتناء بطفلك بعيداً عنك طوال الليل كله أو جزء منه، فيرجى ذكر ذلك في الوصف الذي تسجلينه أعلاه]</p>
[6.1]	14.	<p>ما الذي أعطي لطفلك ليرضعه منذ أن ولد؟ [علمي على كل ما ينطبق]</p> <p><input type="checkbox"/> حليب صناعي</p> <p><input type="checkbox"/> ماء أو ماء وسكر</p> <p><input type="checkbox"/> سوائل أخرى (يرجى إخبارنا ما هي): _____</p> <p><input type="checkbox"/> لا أعرف</p>
[6.1]	15.	<p>ما السبب الذي استدعي أن يتم إرضاع طفلك من الحليب الصناعي بدلاً من الرضاعة الطبيعية؟ [علمي على كل ما ينطبق]</p> <p><input type="checkbox"/> كان هذا اختياري للكيفية التي أريد أن يتغذى طفلي بها</p> <p><input type="checkbox"/> طبيبي أو شخص آخر من الطاقم أوصى بالحليب الصناعي ولكن لم يقل لماذا</p> <p><input type="checkbox"/> طبيبي أو شخص آخر من الطاقم أوصى بأن أعطي طفلي الحليب الصناعي لأنه (يرجى أن توضحني السبب) _____</p> <p><input type="checkbox"/> سبب آخر (يرجى إخبارنا لماذا): _____</p>
[5.5]	16.	<p>هل عرض عليك أي شخص كيف تحضرين الرضعات للطفل وتعطينها له أثناء وجودك في المستشفى بعد الولادة؟</p> <p><input type="checkbox"/> نعم <input type="checkbox"/> لا</p> <p>إذا كانت الإجابة نعم، ما نوع النصيحة التي أعطيت لك؟ [علمي على كل ما ينطبق]</p> <p><input type="checkbox"/> كيف أحضر الرضعات لطفلي بالشكل الصحيح</p> <p><input type="checkbox"/> تمرن على تحضير الرضعات لطفلي</p> <p><input type="checkbox"/> كيف أمزج الرضعات وأعطيتها للطفل بأمان في البيت</p> <p><input type="checkbox"/> نصائح أخرى: _____</p>
[Code.2]	17.	<p>هل أعطيت لك أية نشرات أو لوازم تروج لبدائل حليب الأم؟</p> <p><input type="checkbox"/> نعم <input type="checkbox"/> لا</p> <p>ما الذي أعطي لك مما يلي، إن وجد: [علمي على كل ما ينطبق]</p> <p><input type="checkbox"/> نشرة من شركة للحليب الصناعي تروج للرضاعة الصناعية أو اللوازم ذات العلاقة بها؟</p> <p><input type="checkbox"/> هدية أو عينات لأخذها إلى البيت، بما في ذلك الحليب الصناعي أو زجاجات إرضاع أو لوازم أخرى ذات علاقة؟</p> <p><input type="checkbox"/> غير ذلك (يرجى إخبارنا ما هي): _____</p>
[10.1]	18.	<p>هل أعطيت لك أية اقتراحات من الطاقم تبين كيف وأين يمكنك أن تجدي المساعدة إذا واجهتك مشكلات في إرضاع طفلك بعد العودة إلى البيت؟</p>

		<input type="checkbox"/> نعم <input type="checkbox"/> لا
[10.2]	<p>19. [إذا كانت الإجابة نعم:] ما الاقتراحات التي أعطيت لك؟ [علمي على كل ما ينطبق]</p> <p><input type="checkbox"/> الحصول على مساعدة من المستشفى</p> <p><input type="checkbox"/> الحصول على مساعدة من مهني صحي</p> <p><input type="checkbox"/> الاتصال بخط هاتفي للمساعدة</p> <p><input type="checkbox"/> الحصول على مساعدة من مجموعة دعم بين الأمهات أو من أم مرشدة</p> <p><input type="checkbox"/> الحصول على مساعدة من خدمة مجتمعية أخرى</p> <p><input type="checkbox"/> غير ذلك (يرجى إخبارنا ما هي): _____</p>	

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Annex (5)

BFHI Monitoring: Summary of Results			
Health facility name and address: _____			
Dates of monitoring period: _____			
Monitoring team members: _____			
Step 1: Have a written breastfeeding policy that is routinely communicated to all health care staff.			
1.1	A review of the breastfeeding or infant feeding policy indicates that it covers the following topics adequately: <input type="checkbox"/> The Ten Steps to Successful Breastfeeding (not only listing the Steps but also giving appropriate policy guidance) <input type="checkbox"/> The Code of Marketing of Breast-milk Substitutes and regulations the facility and staff need to follow to comply A <input type="checkbox"/> requirement that HIV-positive mothers receive counselling, including information about the advantages and disadvantages of various infant feeding options and specific guidance in selecting the options likely to be suitable for their situations, supporting them in their choices	Covers all topics adequately: <input type="checkbox"/> Yes <input type="checkbox"/> No	1.1
1.2	Observations indicate that the policy is displayed in all appropriate areas of the facility in appropriate languages:	<input type="checkbox"/> Yes <input type="checkbox"/> No	1.2
1.3	Discussions with managers and staff indicate that staff is aware of the policy and it is being appropriately implemented:	<input type="checkbox"/> Yes <input type="checkbox"/> No	1.3
Step 2: Train all health care staff in skills necessary to implement this policy.			
2.1	A review of the training curriculum, course outlines and attendance sheets indicates that: <input type="checkbox"/> At least 80% of the clinical staff members responsible for the care of pregnant women, mothers and infants have been given training of at least 20 hours in length, and <input type="checkbox"/> The training includes at least 3 hours of supervised clinical experience.	Complies with both 3 criteria: <input type="checkbox"/> Yes <input type="checkbox"/> No	2.1
2.2	The training curriculum or course outlines cover the following topics adequately: <input type="checkbox"/> The Ten Steps to Successful Breastfeeding <input type="checkbox"/> Mother-friendly care <input type="checkbox"/> The Code of Marketing of Breast-milk Substitutes <input type="checkbox"/> HIV and infant feeding (optional) <input type="checkbox"/> Support for the non-breastfeeding mother	Covers all topics adequately: <input type="checkbox"/> Yes <input type="checkbox"/> No	2.2
2.3	Appropriate refresher training is provided for staff at least every two years:	<input type="checkbox"/> Yes <input type="checkbox"/> No	2.3

General information on mothers responding to the discharge questionnaire			
G.1	The following mothers report that their babies weighed at least 1500 grams (or 3 lbs. 5 oz.) at birth: <i>[Y = yes, N = no, 0 = didn't answer]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30	Total: ___ out of ___: ___%	Q5
G.2	The following mothers report that they gave birth vaginally, by Caesarean section without general anaesthesia, or by Caesarean section with general anaesthesia: <i>[V = vaginal, C-WGA = C-section without general anaesthesia, C-GA = C-section with general anaesthesia, 0 = didn't answer]</i> ___1 ___2 ___3 ___4 ___5 ___6 ___7 ___8 ___9 ___10 ___11 ___12 ___13 ___14 ___15 ___16 ___17 ___18 ___19 ___20 ___21 ___22 ___23 ___24 ___25 ___26 ___27 ___28 ___29 ___30	V: ___ out of ___: ___% C-WGA: ___ out of ___: ___% C-GA: ___ out of ___: ___%	Q6
G.3	The following mothers report that they are breastfeeding exclusively, both breastfeeding and feeding breast-milk substitutes (mixed feeding) or feeding breast-milk substitutes and not breastfeeding at all: <i>[BF = breastfeeding exclusively, MF = mixed feeding, NBF = not breastfeeding, 0 = didn't answer]</i> ___1 ___2 ___3 ___4 ___5 ___6 ___7 ___8 ___9 ___10 ___11 ___12 ___13 ___14 ___15 ___16 ___17 ___18 ___19 ___20 ___21 ___22 ___23 ___24 ___25 ___26 ___27 ___28 ___29 ___30	BF: ___ out of ___: ___% MF: ___ out of ___: ___% NBF: ___ out of ___: ___%	Q7
Step 3: Inform all pregnant women about the benefits and management of breastfeeding.			
3.1	The following mothers report that a staff member gave them information during their antenatal visits on at least two out of the following three key topics – the importance of immediate skin-to-skin contact, 24-hour rooming-in, and the risks of giving water, formula or other supplements in the first 6 months if breastfeeding: <i>[Y = yes, N = no, 0 = didn't answer or didn't receive antenatal care]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30	Total: ___ out of ___: ___%	Q3

Step 4: Help mother initiate breastfeeding within a half-hour of birth. This Step is now interpreted as: Place babies in skin-to-skin contact with their mothers immediately following birth for at least an hour. Encourage mothers to recognize when their babies are ready to breastfeed and offer help if needed.			
4.1	The following mothers report that they were able to hold their babies immediately or within five minutes of birth or as soon as they were able to respond (in the case of Caesarean sections with general anaesthesia): [Y = yes, N = no, 0 = didn't answer]	Total: ___ out of ___: ___%	Q8
	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30		
4.2	The following mothers report that they held their babies "skin-to-skin" that first time: [Y = yes, N = no, 0 = didn't answer]	Total: ___ out of ___: ___%	Q9
	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30		
4.3	The following mothers report that there was no delay in holding their babies this first time or, if there was, it was for a justified medical reason (child needed help/observation, mother recovering from anaesthesia, or other valid reason): [Y = yes, N = no, 0 = didn't answer]	Total: ___ out of ___: ___%	Q10
	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30		
4.4	The following mothers report that they held their babies for an hour or more: [Y = yes, N = no, 0 = didn't answer]	Total: ___ out of ___: ___%	Q11
	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30		
4.5	The following mothers report that during the first time their babies were with them the staff encouraged them to look for signs that their babies were ready to feed and offered help with breastfeeding: [Y = yes, N = no, 0 = didn't answer]	Total: ___ out of ___: ___%	Q12
	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20		

	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30		
Step 5: Show mothers how to breastfeed, and how to maintain lactation even if they should be separated from their infants												
5.1	The following <u>breastfeeding</u> mothers report that the staff helped them with breastfeeding again within 6 hours of delivery: <i>[Y = yes, N = no, 0 = didn't answer or was NBF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q13 (BF)
5.2	The following <u>breastfeeding</u> mothers report that the staff gave them help with positioning and attachment before discharge: <i>[Y = yes, N = no, 0 = didn't answer or was NBF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q14 (BF)
5.3	The following <u>breastfeeding</u> mothers report that the staff showed or gave them information on how to express milk by hand: <i>[Y = yes, N = no, 0 = didn't answer or was NBF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q15a (BF)
5.4	The following <u>breastfeeding</u> mothers report that they had tried expressing milk themselves and were at least partially successful: <i>[Y = yes, N = no, 0 = didn't answer or was NBF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q15b (BF)
5.5	The following <u>non-breastfeeding</u> mothers report that someone had offered to show them how to prepare and give their baby's feeds and that they were given at least two types of useful advice: <i>[Y = yes, N = no, 0 = didn't answer or was BF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20										Total: ___ out of ___: ___%	Q16 (NBF)

	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30		
Step 6: Give newborn infants no food or drink other than breast milk, unless <i>medically</i> indicated.												
6.1	The following mothers report that their babies had been given nothing other than breast milk since they were born or, if so, it was for a medically justified reason: <i>[Y = yes, N = no, 0 = didn't answer]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q19 & 20 (BF) & Q14 & 15 (NBF)
Step 7: Practice rooming-in – allow mothers and infants to remain together – 24 hours a day												
7.1	The following mothers report that their babies were always with them both day and night or, if not, it was for a justified reason: <i>[Y = yes, N = no, 0 = didn't answer]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q16 (BF) and Q13 (NBF)
Step 8: Encourage breastfeeding on demand												
8.1	The following <u>breastfeeding</u> mothers report that they had been told to feed their babies whenever they seemed hungry: <i>[Y = yes, N = no, 0 = didn't answer or NBF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q17 (BF)
8.2	The following <u>breastfeeding</u> mothers report that they had been told that their babies should suckle for as long as they wanted to: <i>[Y = yes, N = no, 0 = didn't answer or NBF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30										Total: ___ out of ___: ___%	Q18 (BF)
Step 9: Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.												
9.1	The following <u>breastfeeding</u> mothers report that their babies were not fed any fluids in bottles with teats, as far as they knew: <i>[Y = yes (not fed with bottles and teats), N = no, 0 = didn't answer or NBF]</i> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10										Total: ___ out of ___: ___%	Q21 (BF)

	<input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30	___%	
9.2	<p>The following <u>breastfeeding</u> mothers report that their babies had <u>not</u> sucked on a pacifier, as far as they knew:</p> <p style="text-align: center;"><i>[Y = yes (had <u>not</u> sucked on a pacifiers, N = no, 0 = didn't answer or NBF)]</i></p> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30	Total: ___ out of ___: ___%	Q22 (BF)
Step 10: Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.			
10.1	<p>The following mothers report that they had been given suggestions about where to get help, if they had problems with feeding their babies after returning home:</p> <p style="text-align: center;"><i>[Y = yes, N = no, 0 = didn't answer]</i></p> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30	Total: ___ out of ___: ___%	Q24 (BF) and Q18 (NBF)
10.2	<p>The following mothers are able to describe at least one useful appropriate suggestion for getting help with feeding problems on return home that they have been given by the staff:</p> <p style="text-align: center;"><i>[Y = yes, N = no, 0 = didn't answer]</i></p> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20 <input type="checkbox"/> 21 <input type="checkbox"/> 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/> 25 <input type="checkbox"/> 26 <input type="checkbox"/> 27 <input type="checkbox"/> 28 <input type="checkbox"/> 29 <input type="checkbox"/> 30	Total: ___ out of ___: ___%	Q25 (BF) and Q19 (NBF)
Code compliance			
C.1	<p>A review of records and receipts indicates that any breast-milk substitutes, including special formulas and other feeding supplies, are purchased by the health care facility for the wholesale price or more:</p> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> No BMS used	Complies with Code: <input type="checkbox"/> Yes <input type="checkbox"/> No	C.1
C.2	<p>The following mothers report that they have <u>never</u> received leaflets from formula companies promoting formula feeding or gifts or samples that include formula, bottles or other related supplies:</p> <p style="text-align: center;"><i>[Y = yes (<u>never</u> received), N = no, 0 = didn't answer]</i></p> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12 <input type="checkbox"/> 13 <input type="checkbox"/> 14 <input type="checkbox"/> 15 <input type="checkbox"/> 16 <input type="checkbox"/> 17 <input type="checkbox"/> 18 <input type="checkbox"/> 19 <input type="checkbox"/> 20	Total: ___ out of ___: ___%	Q23 (BF) and Q17 (NBF)

	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30		
Mother-friendly care												
MF.1	The following mothers report that during their antenatal visits staff told them that they could have companions during labour and birth and what alternatives there were for dealing with pain and what was better for mothers and babies: <i>[Y = yes, N = no, 0 = didn't answer]</i>										Total: ___ out of ___: ___%	Q2
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10		
	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20		
	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30		
MF.2	The following mothers report that they were encouraged to walk and move about during labour or that, if not, there was a medical reason: <i>[Y = yes, N = no, 0 = didn't answer]</i>										Total: ___ out of ___: ___%	Q4
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10		
	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20		
	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30		
HIV and infant feeding <i>[optional, to include if covered by the Initiative]</i>												
HIV.1	The following mothers report that during their antenatal visits the staff gave them information on the fact that a woman who is HIV positive can pass the HIV infection to her baby: <i>[Y = yes, N = no, 0 = didn't answer]</i>										Total: ___ out of ___: ___%	Q3
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10		
	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20		
	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30		
HIV.2	The following mothers report that during their antenatal visits the staff gave them information on why testing and counselling for HIV is important for pregnant women: <i>[Y = yes, N = no, 0 = didn't answer]</i>										Total: ___ out of ___: ___%	Q3
	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10		
	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20		
	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30		

Scoring

For continued compliance with the Ten Steps and other BFHI components, the following responses are the minimum required:

- | | |
|---|---|
| <input type="checkbox"/> Step 1: “Yes” for all items
<input type="checkbox"/> Step 2: “Yes” for all items
<input type="checkbox"/> Step 3: 70%
<input type="checkbox"/> Step 4: At least 80% on 3 items and 70% on 2
<input type="checkbox"/> Step 5: At least 80% on 3 items and 50% on 2
<input type="checkbox"/> Step 6: 80%
<input type="checkbox"/> Step 7: 80% | <input type="checkbox"/> Step 8: 80% for both items
<input type="checkbox"/> Step 9: 80% for both items
<input type="checkbox"/> Step 10: 80% for both items
<input type="checkbox"/> Code compliance: “Yes” and 80%
<input type="checkbox"/> Mother-friendly care: 70% for 1 item and 50% for the other
<input type="checkbox"/> HIV and infant feeding: 70% for 1 item and 50% for the other |
|---|---|

Review of Monitoring Results and Recommendations

The health facility continues to fully comply with all Ten Steps and other BFHI components:

Yes **No**

Achievements:

Improvements required:

Improvements suggested:

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