



Skills Competency

Hand expressing and safe milk storage

Competency 11 and Steps 5 & 6 addresses management of expressing milk.

The following are the performance indicators that measure the staff competency or ability:

Demonstrate to a mother how to hand express breast milk, noting 8 points.	Explain at least 3 aspects of appropriate storage of breast milk.	Explain at least 3 aspects of handling of expressed breast milk.
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Knowledge – what to do; Skills – how to apply Knowledge; Attitude – Know when to apply skills within an appropriate ethical framework

Skills displayed	Yes/No	K, S, A	Comments
Prepared for the consultation <ul style="list-style-type: none"> Suitable milk container Teaching aids, including milk storage guidelines leaflet for mother 			
Used effective communication skills throughout			
Ascertained mother's prior knowledge and discussed <ul style="list-style-type: none"> When hand expressing is useful Preparation and hygiene Why and how to stimulate milk ejection reflex 			
Described and observed mother achieve <ul style="list-style-type: none"> Hand hygiene Correct finger/thumb placement on breast Correct compression technique 			
During procedure indicated and discussed <ul style="list-style-type: none"> Milk ejection Collecting milk without contamination How much to express, related to need 			
Confirmed mother's understanding of why, when and how to hand express			
Used teaching aids effectively			
Used Safe Storage leaflet to discuss storage containers, transport of expressed milk and storage times under all conditions			
Confirmed mother's understanding of safe breastmilk storage			
Completed documentation as appropriate			

Name/ID: _____

Date Completed: _____

Checked by: _____



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