

Skills Competency



Hand expressing and safe milk storage

Skills displayed	Yes or No	Supervisor's 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		

