

Guidance for the Breastfeeding Friendly Birth Center Five-Star Recognition Program

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These guidelines provide further detail on how to measure and document requirements when completing the Five-Star Recognition program application.

"The global standards call for a minimum of 80% compliance for all process and outcome indicators..." [2018 UNICEF/WHO Baby Friendly Hospital Initiative Implementation Guide \(https://www.who.int/nutrition/publications/infantfeeding/bfhi-implementation-2018.pdf\)](https://www.who.int/nutrition/publications/infantfeeding/bfhi-implementation-2018.pdf), p. 14.

When considering Step 3, take into account how many prenatal patients receive care at affiliated clinic(s) annually. It may be different than the number of deliveries per year at your facility (e.g. clinics not affiliated with facility/hospital system whose patients deliver at your facility). If there is more than one site for an affiliated clinic, sampling across various sites ensures that Step 3 is established across all sites.

- 399 or fewer prenatal visits annually - sample 5 prenatal patients in their last trimester per month
- 400-699 prenatal visits annually - sample 10 prenatal patients in their last trimester per month
- 700-999 prenatal visits annually - sample 15 prenatal patients in their last trimester per month
- 1000 or more prenatal visits annually - sample 25 prenatal patients in their last trimester per month

Sample size for Steps 4 to 10 is determined by the number of deliveries/year at your facility. When sampling, first verify that there are no medical indications that would exclude mother or newborn from the measured Step (e.g., not an ICU/NICU/SCN admission, or transfer).

- Less than or equal to 399 deliveries/year - sample 5 deliveries/month
- 400-699 deliveries/year - sample 10 deliveries/month
- 700-999 deliveries/year - sample 15 deliveries/month
- 1000 or more deliveries/year - sample 25 deliveries/month

As much as possible, sample should reflect both the facility's vaginal and cesarean birth percentages, breastfeeding and partial or exclusive formula feeding patterns as well as births that occur across different shifts and days of the week. For example, in Step 4, a facility that has 500 deliveries/year needs a sample of 10 deliveries/month. The denominators of the samples in 4.1 and 4.2 should add up to at least 10 deliveries.

Data is best measured by both patient interview and chart audits. Data from both sources is ideal, but not required.

Data to be uploaded to the MDH/REDCap application as a summary table with what was measured (specific aspects of the Step), how it was measured (documentation screen shot, patient interview questions and so on), summary table of results with numerator/denominator and time frame (months sampled). Please do not include patient identifiers.

A REDCap tutorial video is available to provide instructions on completing your application. This [4-minute instructional webinar \(https://youtu.be/l1Ktv-GMh58\)](https://youtu.be/l1Ktv-GMh58) provides details on creating an account, entering your facility's information and submitting your application for review.

Audit duration: measure is achieved and sustained at $\geq 80\%$ compliance for a minimum of 2 to 3 consecutive months. Consider monitoring Step(s) on a weekly basis to see how it's going, and to verify practice is improving. One can then tally weekly results at the end of the month.

Building measurements into documentation helps to drive practice (e.g. time baby is out/in room, time skin-to-skin begins/ends, education/response of mother/parent to education regarding supplementation liquid or supplementation method, and so on).

"Monitoring" (WHO guidelines verbiage) implies more than a onetime audit. It's observation over a period of time.

Spell out abbreviations in their first use when reporting data, processes and information, e.g. electronic medical record (EMR).

Star recognition is valid for 3 years. Centers that wish to renew their recognition are encouraged to reapply before the end of the three years to prevent a lapse in recognition.

If Five-Star Recognition is achieved in conjunction with Baby Friendly designation, it is valid for 5 years.

Developed in collaboration with the Minnesota Breastfeeding Coalition

To obtain this information in a different format, call: 651-201-4905.