



University Hospitals
Cleveland Medical Center

Skills Checklist

Annual or Orientation

Breastfeeding Skills Lab

Competency: Demonstrates skill in providing breastfeeding support utilizing various techniques

Name: _____ Position: _____ Area: _____

Item	Evaluation/ Validation Method	Level of Performance
Supplemental Nursing System (SNS)		
A. Wash hands		
B. Assemble supplies		
C. Assemble SNS as in package directions		
D. Fill SNS with fluid		
E. Latch baby first and then slip in the corner of baby's mouth. OR baby latches to tube and breast at the same time.		
F. After feeding clean apparatus with warm water		
Finger-feeding		
A. Wash hands		
B. Assemble supplies		
C. Latex glove if nurse is doing the feeding. Teach parents to do without glove		
D. Assemble SNS as in package directions		
E. Fill SNS with fluid		
F. Tape open end of tube to pad side of finger		
G. Gently slide into baby's mouth.		
H. Clean with warm water.		
Cup-feeding		
A. Use designated cup		
B. Tuck cloth diaper under		
C. Sit baby upright on your lap with baby's head supported with hand behind baby's shoulders and neck.		
D. Allow baby to lap milk from cup. Do not pour liquid into baby's mouth.		
E. Go slow and be patient letting baby set the pace and when she is finished.		

Evaluation/validation method	Level of Performance
Please circle A or B in the appropriate column by each process step. =====	Please document 1 or 2 in the appropriate column above by each item. =====
A. Direct observation/demonstration	E. Chart review
B. Verbal review	F. Inservice
C. Written Test	G. Other, please list
D. Review Policy	
	1. Competent
	2. Cannot perform independently (requires practice and supervision)

Item	Evaluation/ Validation Method	Level of Performance
Spoon-feeding		
A. Use approved plastic spoon.		
B. Support baby in upright position on your lap as in cup feeding, placing tip of plastic spoon on her lower lip.		
C. Allow baby to take the milk and swallow at her own pace.		
Pumping Breastmilk		
A. Explain Types of pumps and is able to set up the pump		
B. Explain when to start pumping—2 phases of electric pump		
C. Able to explain Breastmilk storage guidelines		
D. Explain how to choose the correct personal fit breastshield		
Paced Bottle Feeding		
A. Verbalize why do paced bottle feeding		
B. Wash Hands		
C. Hold bottle at 45 degree angle for 5 suckles and then down.		
D. Allow baby to set the pace		
LATCH Score		
Describes the components of the LATCH score		
Describes the documentation requirements for LATCH score		
Nipple Shield		
A. Wash hands		
B. Turn shield partly inside out and then rolled over nipple to draw nipple into the shield.		
C. Mother should feel a tug but no pain and see milk in the shield.		
D. Sizing		
Breast Massage		
A. Wash hands, quiet location		
B. Gently shake breast.		
C. Can use warm washcloth or olive oil (optional).		
D. Top and bottom, back and forth.		
Breast Milk Hand Expression		
A. Thumb and index finger to areola outer edge, not nipple.		
B. Gently Press, compress, Relax		
C. Able to demonstrate on cloth breast model		

Evaluation/validation method	Level of Performance
Please circle A or B in the appropriate column by each process step. =====	Please document 1 or 2 in the appropriate column above by each item. =====
A. Direct observation/demonstration	1. Competent
B. Verbal review	2. Cannot perform independently (requires practice and supervision)
C. Written Test	
D. Review Policy	
E. Chart review	
F. Inservice	
G. Other, please list	

Scenarios-Rooming In, Pacifiers, Supplementation		
A. First ask "Why?" Use Open ended questions.		
Affirm her feelings		
Educate and document		

Employee Signature/date

Evaluator Signature/date

Evaluation/validation method	Level of Performance
Please circle A or B in the appropriate column by each process step. ===== A. Direct observation/demonstration E. Chart review B. Verbal review F. Inservice C. Written Test G. Other, please list D. Review Policy	Please document 1 or 2 in the appropriate column above by each item. ===== 1. Competent 2. Cannot perform independently (requires practice and supervision)