



Health Promotion for Mother and Child

Breastfeeding - A Good Start to Life



From left to right: Dagmar Röstel, lactation consultant (IBCLC), Elisabeth Leibe, ward sister of the maternity unit



Dr. Ulrike Effelsberg, Head of the Department of Gynaecology and Obstetrics



Oliver Wittig, Head of Nursing Services, Bachelor of Business Administration 02841 107-1 pdl.wittig@st-josef-moers.de

Since 1995 the Department for Obstetrics and Gynaecology at the St. Josef Hospital in Moers has been home to the breastfeeding project supported jointly by the specialists within the department, the paediatricians, midwives, nurses and paediatric nurses, as well as two specially trained lactation consultants (IBCLC).

In March 2009 the Obstetrics Department at the St. Josef Hospital received the international seal of "baby-friendly hospital" of the WHO/UNICEF. These organisations have set themselves the target of providing special protection to the first phase of life of a newly born baby. Clinics which receive the award of "baby-friendly hospital" implement the international care standards of the WHO and UNICEF. 20,000 birth clinics are now associated with this care concept worldwide. In Germany forty hospitals are recognised as being baby-friendly. According to current studies they promote the mother-child bond. For future parents the birth at the St. Josef Hospital in Moers should be gentle and natural. In the three bright, friendly delivery rooms a wide variety of design options is available for the delivery.

Baby-friendly hospitals avoid routine measures and promote the development of the bond between mother and child (bonding). In order to make bonding easier for the baby, the Obstetrics Department at the St. Josef Hospital promotes close skin contact between mother and child while the baby is still in the delivery room. Breastfeeding is a natural consequence of successful bonding.

The breastfeeding project is aimed at pregnant women and breastfeeding mothers in the Moers region. It is not a precondition that the mothers have to have delivered their babies at the St. Josef Hospital. The following differentiated consultation and care offerings promote the willingness to breastfeed and support the following during the breastfeeding process:

- the breastfeeding groups
- the breastfeeding hotline
- Breastfeeding information for pregnant women
- Breastfeeding outpatient service

In addition to the two breastfeeding groups a monthly mothers' advisory meeting is held every month at the offices of the Health Authority with the focus on breastfeeding advice. Those mothers who are not breastfeeding are also looked after individually and provided with detailed advice.

Breastfeeding Group at the St. Josef Hospital					
Year	Breastfeeding Group Appointments	Breastfeeding Group Contacts	Hotline	Home Visits	Breastfeeding Info for Pregnant Women
1995	17	129	13	2	0
1996	46	1065	52	2	0
1997	47	1628	56	7	91
1998	49	2010	70	2	141
1999	48	1762	115	5	145
2000	49	1726	52	1	188
2001	50	1770	90	3	200
2002	50	1828	78	0	277
2003	50	2076	133	7	372
2004	52	2086	124	5	328
2005	52	2428	228	3	337
2006	51	2147	77	3	366
2007	49	2224	113	1	334
2008	51	2115	44	0	298
2009	46	2131	59	5	282
Sum Total	707	27177	1305	46	3359

Breastfeeding Outpatient Service Statistics	
Year	Breastfeeding Outpatient Service Outpatient Treatments
1997	34
1998	52
1999	35
2000	35
2001	76
2002	71
2003	60
2004	39
2005	95
2006	101
2007	138
2008	96
2009	116
	948

Problems treated: breast information, galactostasis, sore nipples, too much milk, too little milk, problems with weaning, outpatient bilirubin checks, outpatient weight checks of the child

Department of Gynaecology and Obstetrics

Tel. +49 (0)2841 107-2430 Fax: +49 (0)2841 107-2326 elternschule@st-josef-moers.de



St. Josef Krankenhaus GmbH Moers
 Asberger Straße 4 • 47441 Moers Germany • www.st-josef-moers.de