

FF - Formula Feeding

FF-FS FORMULA FEEDING SKILLS

OUTCOME: The patient/family will understand the skills for successful formula feeding during a baby's first year.

STANDARDS:

1. Explain the importance of selecting an age appropriate nipple that is comfortable to baby's mouth to feed formula at a rate that the baby can manage.
2. Emphasize that the infant should be held at a proper angle during feeding and that bottles should never be propped to prevent choking.
3. Explain that the choice between plastic and glass bottles is up to parents. Glass is easy to clean, dries quickly and holds temperature better than plastic.
4. Explain the types of formulas available that are best suitable for baby's needs. Most infants require iron fortified formulas for brain growth.
5. Explain that fussing, spitting up, pulling off the nipple, or baby not wanting to eat during or after feeding may not necessarily be a problem with formula intolerance. However, frequent stomachaches or vomiting, cough, runny nose and wheezing, skin itching, and rash are examples of formula intolerance or allergy.
6. Explain that a formula fed baby over 6 months of age may need a fluoride supplement if the water used to prepare formula is un-fluoridated tap water, bottled water, or filtered water.

FF-I INFORMATION

OUTCOME: The patient/family will have a basic understanding of the characteristics associated with formula feeding.

STANDARDS:

1. Explain that breastmilk has some characteristics that cannot be duplicated by even the most sophisticated formula; however, formula feeding is a good substitute.
2. Explain the higher risk of childhood obesity and type 2 diabetes for babies that are not breastfed.
3. Explain the higher risk of diarrhea, ear infections, constipation, dental carries, and lung infections for babies that are not breastfed.
4. Explain the higher risk of post partum hemorrhage and breast/ovarian cancer for mothers that do not breast-feed.
5. Explain that an infant under one year of age may be harmed by feeding goat/cow milk.

6. Explain resources, such as WIC, for formula feeding and types.

FF-L LITERATURE

OUTCOME: The patient/family will receive literature about formula feeding.

STANDARDS:

1. Provide patient/family with literature on formula feeding.
2. Discuss the content of the literature.

FF-ME MATERNAL ENGORGEMENT

OUTCOME: The mother/baby will understand how to successfully transition through breast engorgement in postpartum period.

STANDARDS:

1. Explain that stimulation to breast, such as pumping or suckling will prolong engorgement beyond 48 hours.
2. Encourage the mother to use breast binder or snug bra until swelling goes away.
3. Explain the signs of breast infection, such as sudden fever/malaise and need for pursuing medical evaluation.
4. Explain the current treatments for engorgement.

FF-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

FF-N NUTRITION

OUTCOME: The patient/family will understand nutrition, as it relates to ____.

STANDARDS:

1. Review nutritional needs for optimal health.
2. Discuss current nutritional habits. Assist the patient in identifying unhealthy nutritional habits.
3. Emphasize the importance of full participation to the prescribed nutritional plan.

FF-NJ NEONATAL JAUNDICE - (see CHN-NJ)

FF-S SAFETY

OUTCOME: The patient/family will understand preparing and storing formula.

STANDARDS:

1. Explain that babies during the first three months of age have low resistance to bacteria. Boiling water for five minutes before mixing formula may be necessary. This applies to all water sources. **Refer to PB-TX.**
2. Explain that boiling bottles and nipples for five minutes, washing with hot, soapy water, and/or using a dishwasher before use is also recommended. Explain that bottle liners must be discarded after each use, and discard bottle nipples that are old, soft, cracked, or discolored.
3. Explain that following manufactures instructions for mixing formula is extremely important and also using recommended measuring cups and spoons.
4. Explain that bottles should be prepared one at a time or in small batches, label, cover, refrigerate, and use within 48 hours. Discard any unused formula after each feeding and then wash the bottle immediately.
5. Explain that warming a formula bottle is best done under warm, running tap water. Do not use a microwave oven to warm formula bottles.

FF-SF INTRODUCTION TO SOLID FOODS - (see CHI-SF)