



# Imetysmatkalla sairaana tai ennenaikaisena syntyneen vauvan kanssa

Vauvamyönteisyysohjelma 2018

Pia Ruohotie 2019

# WHO Vauvamyönteisyysohjelma 2018

- Neo-Vauvamyönteisyysohjelma 2011 ja 2015
- WHO Vauvamyönteisyysohjelman päivitys 2018
- Vuonna 2018 WHO:n ohjelmaan on sisällytetty myös sairaat tai ennenaikeisena syntyneet vastasyntyneet
- Suomessa ensimmäinen lastenosasto läpäisi Neo-Vauvamyönteisyyssarvioinnin 2019 (Satakunnan keskussairaala Pori)



# Ten steps to successful breastfeeding 2018 revised

- **Critical management procedures**

- **1a.** Comply fully with the *International Code of Marketing of Breast-milk Substitutes* and relevant World Health Assembly resolutions.
- **1b.** Have a written infant feeding policy that is routinely communicated to staff and parents.
- **1c.** Establish ongoing monitoring and data-management systems.
- **2.** Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.

- **Key clinical practices**

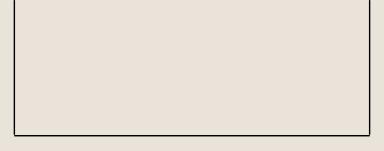
- **3.** Discuss the importance and management of breastfeeding with pregnant women and their families.
- **4.** Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
- **5.** Support mothers to initiate and maintain breastfeeding and manage common difficulties.
- **6.** Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.
- **7.** Enable mothers and their infants to remain together and to practise rooming-in 24 hours a day.
- **8.** Support mothers to recognize and respond to their infants' cues for feeding.
- **9.** Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.
- **10.** Coordinate discharge so that parents and their infants have timely access to ongoing support and care.

# Step 9: Feeding bottles, teats and pacifiers

- **9: Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.**
- **Rationale:**
  - Proper guidance and counselling of mothers and other family members enables them to make informed decisions on the use or avoidance of pacifiers and/or feeding bottles and teats until the successful establishment of breastfeeding. While WHO guidelines (3) do not call for absolute avoidance of feeding bottles, teats and pacifiers for term infants, there are a number of reasons for caution about their use, including hygiene, oral formation and recognition of feeding cues

# Neo-BFHI 2015 Step 9

- Step 9: Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
- Expansion: Use alternatives to bottle feeding at least until breastfeeding is well established, and use pacifiers and nipple shields only for justifiable reasons.**



# **Ennenaikeisena syntyneen vauvan imemisrytmi kotona**

Pia Ruohotie 2019

# Breastfeeding Patterns in Preterm Infants Born at 28-33 Gestational Weeks. Journal of Human Lactation 2015

[Oras P<sup>1</sup>](#), [Blomqvist YT<sup>2</sup>](#), [Nyqvist KH<sup>2</sup>](#), [Gardin M<sup>3</sup>](#), [Rubertsson C<sup>2</sup>](#),  
[Hellström-Westas L<sup>2</sup>](#), [Funkquist EL<sup>2</sup>](#)

- **BACKGROUND:**

- Studies of breastfeeding patterns during preterm infants' first year of life are scarce but are important for providing breastfeeding mothers of preterm infants with optimal support.

- **OBJECTIVE:**

- This study aimed to describe breastfeeding patterns in preterm infants up to 1 year of corrected age.

- **METHODS:**

- As part of a larger study on kangaroo mother care in Sweden, a 24-hour breastfeeding diary was sent home after discharge from hospital, and at 2, 6, and 12 months of the infant's corrected age. Eighty-three mothers responded to the follow-up questionnaires, and the number of respondents to the breastfeeding diary was 48 at discharge, 43 at 2 months, 22 at 6 months, and 8 at 12 months. Infants were born at a median (range) gestational age of 32 (28-33) weeks. Breastfeeding patterns were analyzed according to durations, frequencies per 24 hours, and intervals between sessions.

- **RESULTS:**

- In exclusively breastfed infants, the median (range) breastfeeding session frequency was 14 (8-26) times per 24 hours including 4 (1-9) times per night after discharge ( $n = 24$ ) and 10 (6-25) times per 24 hours including 2 (0-5) times per night at 2 months ( $n = 23$ ). In partially breastfed infants, the median (range) frequency was 5 (1-14) times per 24 hours including 2 (0-4) times per night at 6 months ( $n = 20$ ) and 5.5 (1-12) times per 24 hours including 2 (0-3) times per night at 12 months ( $n = 8$ ).

- **CONCLUSION:**

- Mothers reported large variations in breastfeeding patterns, with higher median breastfeeding session frequencies than previously described in term infants in affluent settings.

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# Breastfeeding Patterns in Preterm Infants Born at 28-33 Gestational Weeks.

- Kotituessa ennenaikeisena syntynyt vauva imi rinnalla keskimäärin 14 kertaa vrk:ssa (8-26):
  - - 4 kertaa öisin (1-9)
- In exclusively breastfed infants, the median (range) breastfeeding session frequency was 14 (8-26) times per 24 hours including 4 (1-9) times per night after discharge (n = 24)
- Kahden kuukauden korjatussa iässä imetyksiä oli keskimäärin 10 (6-25):
  - - 2 kertaa öisin (0-5)
- and 10 (6-25) times per 24 hours including 2 (0-5) times per night at 2 months (n = 23).
- Osittain imetetyillä ennenaikeisilla vauvoilla imetyksiä oli keskimäärin 5 (1-14) 6 kuukauden korjatussa iässä
  - - 2 kertaa öisin (0-4)
  - 20 vauvaa
- In partially breastfed infants, the median (range) frequency was 5 (1-14) times per 24 hours including 2 (0-4) times per night at 6 months (n = 20)
  - Vuoden korjatussa iässä imetyksiä oli keskimäärin 5,5 (1-12) vuorokaudessa.
  - - 2 kertaa öisin (0-3)
  - 8 vauvaa
- and 5.5 (1-12) times per 24 hours including 2 (0-3) times per night at 12 months (n = 8).

# Sansa – 32+2 SGA

- 1280g kiireellinen sektio KTG-muutosten takia (napablokki)
- Hyväkuntoinen, noin 2vrk:n ajan ylipainehoito Optiflow
- Perheen toinen lapsi, esikoinen oli myös keskonen ja siirtyi täysimetykselle 2 kk ikäisenä
- Vanhemmat alkoivat etsiä imetysohjausta jo ennen synnytystä
- Sansa oli rinnalla ensimmäisiä kertoja muutaman vrk ikäisenä
- 9 vrk rinnalla 1370g
- 14vrk 10g rinnalla
- 16 vrk 30g rinnalla
- Nml tarve loppui noin 4 vrk ennen kotiutumista
- Sansa kotiutui 35+4 "täysimetyksellä"
- Kun äiti ei ollut osastolla, Sansa söi maitoa pullossa ja hän tarvitsee BMF-lisäravintetta (10ml lypsettyä maitoa)
- Paino kotiutuessa 1830g

# Jon – HLHS yksikammioinen sydän



- Jon syntyi yksikammioisen sydämen kanssa
- Äiti lypsi hänelle maitoa ja kun alkuvaiheesta oli selvitty, Jon siirtyi rinnalle ja täysimetykseen
- Jon oli töysimetyksellä ja maisteli kiinteää ennen toista leikkausta
- Nyt Jon on palannut rinnalle toisen avosydänleikkauksen ja sitä seuranneen 4 viikon tehohoidon jälkeen, 6 viikkoa leikkauksesta