

FOLLOW-UP Practice Reflection Tool
(to be completed as a group several months after the Small Group PBLP session)

Name of Module: Breast Feeding Challenges and Infant Nutrition February 2021

Facilitator's Name:

Group:

Session Dates: 2021-12-21

Please fill in all of the practice change options that we discussed:

A. We made the following planned change(s) in our practice:

[Member 1/ Member 2/ Member 3] Create a Breast Feeding resources file - within the pediatric folder - adding [Local Region] Breast Feeding Resources as a handout - PDF. And ensure to give to patients.

What strategies were helpful in making these changes?

Making the changes to the resources right after

B. We were unable to make the following planned changes:

Doing a breast exam at 12 weeks, due to the limited evidence that this is beneficial and it is much less valuable than all of the other topics covered during the First Prenatal Visit.

What were the barrier(s) that prevented us from making these changes?

the length of time it takes to do the examination and the requirement that the patient be changed, also the lack of robust evidence that the examination is fruitful.

C. We made the following practice change(s) that we did not anticipate initially:

n/a

D. In light of our discussion, we now plan to make the following changes to our practice:

[Member 5] has a domperidone handout and will distribute it to the group
[Member 6] mentioned moms who give birth at [Local Hospital A] are much more prepared to breast feed than those that deliver at [Local Hospital B]