

## RISK ASSESSMENT FOR BREASTFEEDING MATTERS DURING COVID-19

Since the outbreak of the COVID-19 pandemic I have been keeping myself up to date on recommendations from the Government , NHS England and the World Health Organisation whilst participating in on-line updates ( [Gold Learning](#) and the [Microbiome School](#)) and professional discussions ( within the [Association of Tongue-tie Practitioners](#) )

This document gives details of my considered risk assessment and actions to reduce the risk to the families I see, to colleagues, trainees and myself, whilst I continue to offer a vital service in supporting ongoing breastfeeding, safe bottle feeding and maternal wellbeing. I am happy to discuss any of these points further with families to clarify issues.

### **The steps I am taking: -**

I am

- 1) taking a COVID-19 Self-Test (lateral flow test) twice a week and I am adhering to any results ( all negative thus far)
- 2) using the NHS Track and Trace App and adhering to the recommendations
- 3) restricting home visits as I consider seeing families in a more clinical setting is a safer and more controlled environment
- 4) encouraging follow-up contacts as a virtual consultation
- 5) offering theoretical training sessions as a virtual option
- 6) asking Covid-19 screening questions and lateral flow results on booking any face-to-face consultations or training sessions
- 7) discussing and obtaining as much information as possible before any consultations or training session to minimise face to face contact
- 8) adhering to guidelines on Personal Protective Equipment (PPE); handwashing and social distancing, use of sterile equipment and safe disposal clinical and sharps waste
- 9) adhering to additional local NHS guidelines during the delivery of frenulotomy training in their specific clinical setting

For the current families that I am seeing privately in the clinical setting at Cosham Health Centre, I am additionally

- 1) requesting the family remain in the car park / their car until I call them in for their appointment thus minimising contact with any other health centre users
  
- 2) documenting in
  - a. my BFM electronic notes the itemised steps that I am taking to minimise cross infection plus an extensive recording of issues discussed, action taken and ongoing plan
  - b. their baby's Personal Child Health Record Book (PHR/ Red Book)
  - c. electronic form where a summary will be sent to the GP after frenulotomy

**Additional and personal information: -**

I have received both of my COVID-19 initial vaccinations and follow up booster. Whilst this provides significant protection, I am fully aware that I need to continue abiding by all the above steps and current recommendations

**Summary: -**

I trust the above detail is useful  
The main themes of this document will also be discussed with families, trainees and associated NHS Trust employment.  
This document will be reviewed as new details become available

**More information: -**

Association of Tongue-tie Practitioners - [consensus statement on PPE](#)

Public Health England - [Government Publication on PPE](#)

World Health Organisation - [Frequently Asked Questions: Breastfeeding and COVID-19 For health care workers](#)

**Lynn Timms**

T: 07851 069146

E: [bfeedingmatters@yahoo.co.uk](mailto:bfeedingmatters@yahoo.co.uk)

W: <http://www.breastfeedingmatters.co.uk>

