

Breastfeeding Matters

supporting your breastfeeding needs

RISK ASSESSMENT/ ACTION FOR BFM APPOINTMENTS AT COSHAM HEALTH CENTRE 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 and to 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 am adhering to any results (all negative thus far)
- 2) using the NHS Track and Trace App and adhering to the recommendations
- 3) not currently offering home visits as consider seeing families in a more clinical environment is a safer and more controlled setting
- 4) asking Covid-19 screening questions on
 - a. my booking form
 - b. the morning of the appointment via text
 - c. my consent form during visit
- 5) obtaining as much information before an appointment thus minimising / reducing time in face to face contact including within
 - a. my electronic Booking Form
 - b. my Health Questionnaire
 - c. our booked pre clinical appointment Zoom
 - d. my Before And After Tongue-Tie Division Booklet
- 6) 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

- 7) discussing with the family before and during the visit about actions / Personal Protective Equipment (PPE) to minimise infection / contamination
- 8) handwashing or hand sanitising on entering the clinical room
- 9) adhering to recommendations with PPE used / action
 - a. 2 metres distance
 - b. we all (myself and parents) wear masks
 - c. for tongue-function assessment where social distancing is not possible
 - i. disposable gloves
 - ii. apron
 - iii. FFP2 mask (I have many to rotate their use) or a water-resistant mask
 - iv. disposable tongue depressor
 - v. torch
 - d. for tongue-tie division where social distancing is not possible
 - i. sterile gloves
 - ii. apron
 - iii. FFP2 mask (I have many to rotate their use) or a water-resistant mask
 - iv. sterile gauze, scissors
- 10) reducing the equipment taken into the clinical setting
- 11) documenting, as usual, in the Personal Child Health Record Book (PHR/ Red Book) and extensive electronic documentation notes sent after the visit in full to family. A summary will also be sent to the GP if a division has been performed
- 12) disposing of items within the clinical setting
 - a. Clinical Waste Bin
 - b. Sharps Bin
- 13) documenting in my BFM electronic notes the itemised steps that I am taking to minimise cross infection

Additional and personal information: -

I have received both of my COVID-19 vaccinations (second one on 30.04.2021) and 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.
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](#)

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