



# Say Yes to Breastfeeding Initiative

## Triangle of Integrated Care: Science of Breastfeeding, Maternal Medication Quality & Patient Safety

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### Background/Introduction:

"If a new vaccine became available that could prevent more than one million child deaths a year; a vaccine that was cheaper, safer and administered orally. It would become an immediate public health imperative. Breastfeeding can do all of this and more, but it requires a warm chain of support. That is skilled care for mothers to build their confidence; to show them how to assure protection from harmful practices. If this chain of support has been lost from the culture, or is faulty, then it must be made good by healthcare providers.

### Aims & Objectives:

To train physicians, nurses and pharmacists to play an important role in the promotion of breastfeeding and to support breastfeeding mothers. To educate the general community, specifically targeting women, about the benefits and proper methods of breastfeeding and the use of maternal medication.

### Method:

Avoid drug therapy when possible; use topical therapy. Generally medications that are safe for infant use are safe for breastfeeding mothers. Use reliable references for obtaining information on medication and breast milk; choose medications with the shortest half-life and highest protein – binding ability. Choose medications that are well studied in infants; medications with the poorest oral absorption. Choose medicine with the lowest lipid solubility. Radioisotopes, antimetabolites and anticancer agents may be extremely dangerous, even in miniscule doses. Temporarily ceasing breastfeeding may be necessary. We as healthcare providers must always be thoughtful about infant safety with reference to lactation.

### Results:

First unique outcome due to best efforts of Al Khor Hospital Breastfeeding Resource and Management Centre in Qatar. Only HMC hospital use medical prescription forms that include information about breastfeeding. Through knowledge, information and awareness, Al Khor Hospital has become the first hospital in Qatar following WHO Guidelines for Maternal Medications and Breastfeeding.

### Conclusion:

Al Khor Hospital Breastfeeding Management and Resource Centre has an extensive database on drugs and their transfer into human milk and provides healthcare providers extensive details on the transfer of specific classes of medication to breastfed infants.

### Sustainability/Replication Potential:

The Al Khor Hospital Breastfeeding Management and Resource Centre will continue advocating across Qatar on behalf of the Science of Breastfeeding, thoughtful use of medication and to be a member of the Supreme Council for Health team working for health Improvement and patient safety.

### Lessons Learned/Critical Success Factors:

If a single lesson is to be learned for health improvement and patient safety, it must be the establishments of a clear vision with direction and updates of relevant specialties. This journey began at Al Khor Hospital, to create awareness, and Al Khor Hospital has received international recognition from the Royal College of Gynecology as well as locally and at international pharmacy conferences

### References:

**Adel-Latif ,ME, Pinner J, Clews S, Cooke F, Lui K, Oei J. Effects of breast milk among infants of drug dependent of mothers. Paediatrics. 2006:117:1163-e1169, Begg EJ Clinical Pharmacology Essentials. The principles behind the prescribing process, Auckland: Adis International: 2000.**

