

Breastfeeding Matters

supporting your breastfeeding needs

RISK ASSESSMENT/ ACTION FOR BFM HOME VISITS 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 visit and to myself whilst I continue to offer a vital service in supporting ongoing breastfeeding, safe bottle feeding and maternal wellbeing

I am

- 1) taking my own temperature every morning and have a heightened awareness of my well-being
- 2) asking Covid-19 screening questions on
 - a. my booking form
 - b. the morning of the visit via text
 - c. my consent form during visit
- 3) obtaining as much information before a visit thus minimising / reducing time in family home including
 - a. my before and after tongue-tie division booklet
 - b. within my electronic booking form
- 4) requesting with the family a facility for my hand washing including my own towel / paper towel for drying
- 5) discussing with the family before and during the visit about actions / Personal Protective Equipment (PPE) to minimise infection / contamination
- 6) adhering to recommendations with PPE used / action
 - a. 2 metres distance
 - b. for tongue-function assessment where social distancing is not possible
 - i. disposable gloves
 - ii. apron
 - iii. FFP2 mask (I have three) or a water-resistant mask
 - iv. disposable tongue depressor

- v. torch
 - c. for tongue-tie division where social distancing is not possible
 - i. sterile gloves
 - ii. apron
 - iii. FFP2 mask (I have three) or a water-resistant mask
 - iv. sterile gauze, scissors
 - d. for both assessment and division, I am offering the parent who is holding the baby the option to wear a face mask which I am able to provide
- 7) reducing the equipment taken into the home setting
- 8) documenting, as usual, in the Personal Child Health Record Book (PHR/ Red Book) plus extensive electronic documentation notes sent after the visit in full to family and in a summary to GP if a division has been performed
- 9) disposing of items in the usual
- a. double bagging of waste / rubbish
 - b. Sharps Bin
- 10) documenting in my BFM electronic notes the itemised steps that I am taking to minimise cross infection

Summary

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

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

