

Clinical Competency Programme: Bottle Feeding

Knowledge and Skills Assessment Tool

Name & Designation: _____

Signature: _____ Date: _____

Assessor Name & Designation: _____

Assessor Signature: _____ Date: _____

Competency Assessment Guidelines

During the assessment, the assessor / preceptor assigns a category corresponding to the performance level for each performance criteria.

A copy of the completed assessment tool is provided for the staff member and completion is recorded and filed in personnel file.

Category	Action Required
C – Competent Standard of practice is at /above the performance criteria outlined	Aspects of performance that are satisfactory are documented and positive feedback given, where appropriate, to the nurse
NYC – Not Yet Competent Standard of practice is below the performance criteria outlined	All areas in which the standard of performance is below the criteria are discussed and documented through the use of examples of actual and expected practices. The nurse is provided with a learning program and times for further practice to expected standard can be achieved within prescribed time frame.
Risks associated with bottle feeding	States the risk (implications) associated with bottle feeding that are increased with improper bottle feeding techniques. <i>[Key Points: contamination if poor hygiene; associated gastroenteritis; inaccurate measurements of water or formula powder – illness, stunted growth or malnutrition; burnt infant if temperature too hot; choking; overfeeding – obesity]</i> States the risks associated with early introduction and regular use of bottles and teats to breastfeeding babies. <i>[Key Points: nipple/teat confusion; breast refusal; altered sucking action which may inhibit milk removal from the breast; infant irritability due to difference in milk flow]</i>

<p>Care and selection of bottle feeding equipment</p>	<p>States what equipment is required for bottle feeding</p> <p><i>[Key Points: clean hands; bottle, bottle collar, appropriate teat, steriliser (dependant on method); cap; measuring jug; if for formula: electric jug or pot for boiling water, appropriate formula powder with associated scoop; cleaning equipment including bottlebrush and small teat brush]</i></p> <p>States cleaning and maintenance requirements for bottles and teats</p> <p><i>[Key Points: clean hands; clean equipment in hot soapy water; dry using bottle brush and teat brush; clean rims thoroughly; rinse thoroughly; empty kettle or pot before refilling to boil; boil water for a minimum of five minutes to sterilize equipment; keep covered until needed]</i></p>
<p>Code of compliance with bottles feeding equipment</p>	<p>State how the World Health Organisation International Code of Marketing of Breast milk substitutes applies to feeding bottles and teats in care settings.</p> <p><i>[Key Points: products are in the scope of the Code; keep out of sight from mothers; no displays; teach mothers on a one-to-one basis]</i></p>
<p>How to bottle feed a baby</p>	<p>Describes the important steps in giving a bottle to a baby</p> <p><i>[Key Points: accurate measuring of water and powder; test bottle temperature before feeding to baby; do not use a microwave to heat; baby held during feed; maintain eye contact with infant throughout feed; infant position semi-upright; bottle at an angle which keeps liquid within teat; break teat vacuum frequently; 'burp' infant periodically throughout the feed; discard any formula not taken at a feed; store as recommended]</i></p>
<p>Signs that indicate that a baby is properly hydrated</p>	<p>List signs that indicate that an baby is properly hydrated</p> <p><i>[Key Points: appropriate weight gain; urine output (at least six very wet nappies daily); stooling appropriate for age – generally two <u>soft</u> stools daily; good skin tigor]</i></p> <p>Lists the average formula requirements for healthy term infants up to two weeks of age.</p> <p><i>[Key points: 150mls/kg/day acceptable; guidelines on the side of the formula tin]</i></p>

Date: _____ Competency Achieved YES / NO

COMMENTS: _____

