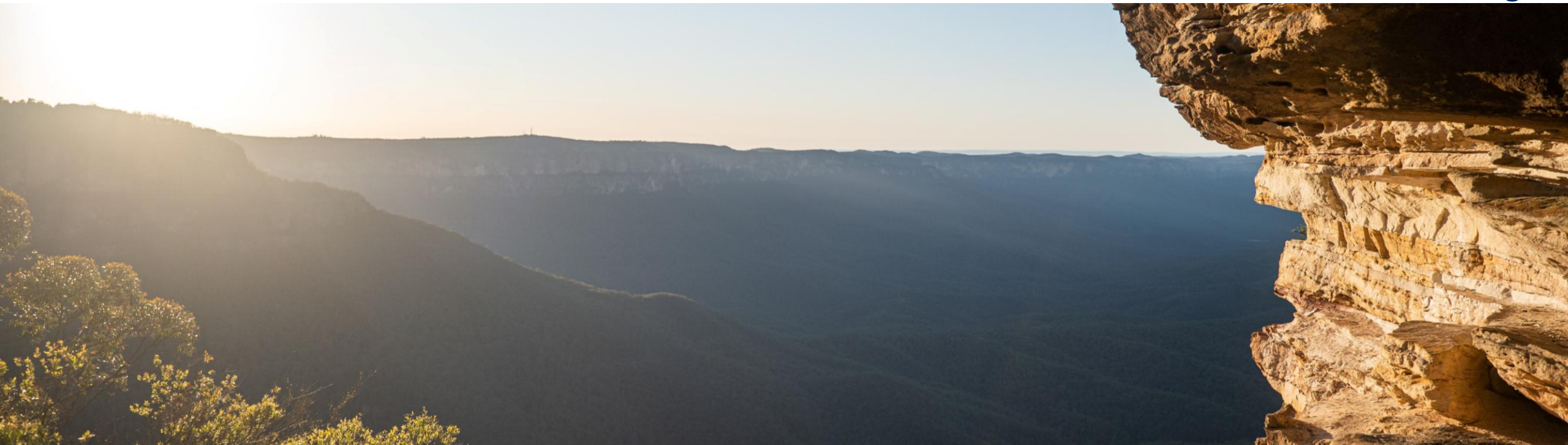


Breastfeeding at Nepean Hospital and referral pathways

June 2025

Sarah McSpadden
Clinical Midwifery
Consultant Infant Feeding



Background



Information sessions **Breastfeeding**

Antenatal breastfeeding sessions are held regularly at Nepean Hospital.

Sessions cover breastfeeding advice, including tips, demonstrations and what to expect including:

- How to breastfeed
- Your first breastfeed
- Responding to your baby's feeding cues
- How to know if your baby is getting enough milk
- Antenatal expressing
- Where to get help if you need

Support persons welcome to attend.

Bookings can be made through the Antenatal Clinic in person or by calling 4734 2373.

Classes held at Nepean Hospital, Level 3, Building D.

For a personalised consultation:
Sarah McSpadden
Infant Feeding Consultant
4734 2373 or 0434 605 428



Antenatal breastfeeding support



Antenatal breastfeeding classes

Free 2-hour session (every second Friday and first Monday of the month for Opal clinic >BMI)

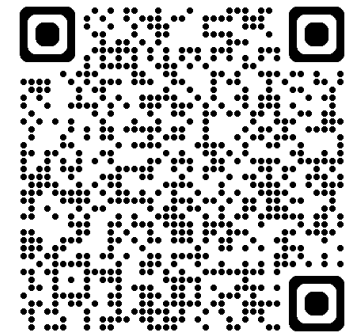
Available to women and their partners/support person

Bookings through antenatal clinic at Nepean hospital

Antenatal lactation consultation

Women can be directly referred to CMC lactation from antenatal clinic for more complex issues

- Hypoplastic breasts
- Previous breast surgery
- Endocrine disorder's
- Multiplies





Postnatal support

- Midwifery/Nursing support
- Parent/breastfeeding talk
- Lactation team – CMC Infant Feeding, CMS2 lactation in postnatal and CNS2 lactation in Neonatal services

Breastfeeding support post discharge

- Midwifery in the home
- MAPs
- Caseload
- CMC Infant feeding
- Child and Family Health Nurses and Infant Feeding clinics
- Tresillian
- Australian Breastfeeding Association
- Raising Children's network
- Lactation Consultants of Australia and New Zealand
- Breastfeeding and infant feeding support in Nepean Blue Mountains





Midwifery in the home/MAPs/Caseload models of care

General postpartum care -up to 14 days in the home

Breastfeeding support

Referral to Nepean Hospital lactation team

Up to 14 days postpartum

- Localised breast inflammation “*The Mastitis Spectrum*”
- Suspected low supply
- Attachment issues
- Nipple trauma
- Slow weight gain

Nepean hospital- postnatal ward

02 4734 2311/ 0408 737 009

BREASTFEEDING MEDICINE
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ABM Protocol

Open camera or QR reader and
scan code to access this article
and other resources online.



Academy of Breastfeeding Medicine Clinical Protocol #36:
The Mastitis Spectrum, Revised 2022

Katrina B. Mitchell,¹ Helen M. Johnson,² Juan Miguel Rodriguez,³ Anne Eglash,⁴
Charlotte Scherzinger,⁵ Irena Zakarija-Grkovic,⁶ Kyle Widmer Cash,⁷ Pamela Berens,⁸
Brooke Miller,⁹ and the Academy of Breastfeeding Medicine



Child and Family Health

Home visits -triaged according to needs- up to 3 visits in the first 6 weeks

Referrals to breastfeeding clinics

- Penrith, St Clair, Springwood, Katoomba, Hawkesbury

Nepean Blue Mountains Local Health District



Child and Family Health Nursing

Free community-based health service for families with children aged 0-5 years across Penrith, Blue Mountains and Lithgow LGA.

Referrals and appointments can be made by individuals, family or health professionals, Monday to Friday, 9am to 4pm by calling 1800 222 608.



Get free information and support regarding feeding your baby from our Child and Family Health Nurses who have education and experience in:

- Breastfeeding
- Bottle feeding, formula feeding and/or mixed feeding
- Other feeding challenges, including starting family foods and weaning

For bookings or enquiries talk to your Child and Family Health Nurse or contact your nearest Community Health Centre:

Penrith

Clinical Nurse Unit Manager, PH: 9834 0500

Blue Mountains and Lithgow

Clinical Nurse Unit Manager, PH: 4751 0100

Hawkesbury

Hawkesbury Community Health Centre, PH: 4587 0714

Nepean Blue Mountains Local Health District

Free Parent's Help Line

1300 272 736

FREE trusted advice for your bub,
from a Tresillian Nurse.



tresillian.org.au



Tresillian



- Breastfeeding issues triaged as high priority
- Parent Helpline
- Referral can be made via website
- Health professional tab or Self-referral

GP referral greatly appreciated –to inform and prioritise care.

Emergencies

Emergency (Ambulance, Fire or Police) 000

For emergency phone using a mobile phone
please check with your mobile service provider

Poisons Information 13 11 26

Helplines and advice

healthdirect Australia 1800 022 222

Advice for looking after a sick child can be found here:
www.healthdirect.gov.au/looking-after-a-sick-child.
In an emergency see your GP or go straight to
the emergency department at your nearest hospital.

Karitane 1300 CARING
1300 227 464

Tresillian Family Care Centres 1300 2 PARENT
Free call outside Sydney metro area 1300 272 736
Sydney metro area (02) 9123 8800

Australian Breastfeeding Association 1800 mum2mum
Free call from landlines 1800 686 268

Perinatal Anxiety and Depression Australia (PANDA)
www.panda.org.au 1300 726 306

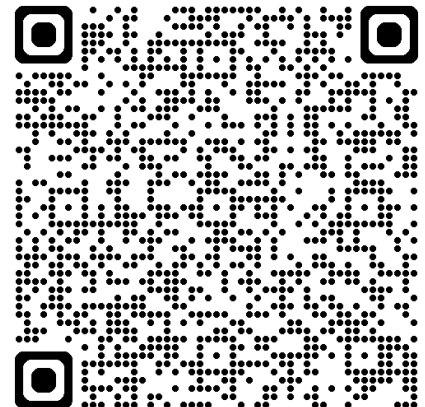
Translating and Interpreting Service 13 14 50

Child Protection Helpline 13 21 11



Australian
Breastfeeding
Association

- 24-hour hotline support
- Website
- Live chats
- Mum2mum app
- Free local events and catch ups



Case presentation- table discussion

Rosie

Antenatally

- G1 P0
- 24/40
- BMI 42
- Anxiety
- Wishes to exclusively breastfeed



Management?

- Antenatal breastfeeding classes
- CMC Infant Feeding consultation
- Australian Breastfeeding Association
- Raising Children's network
- Global Health Media Project videos

Case presentation- table discussion

Rosie:

Postpartum

- Presents to you on day 7
- Emergency
Caesarean section
- Day 5 lactogenesis II
- Baby has reduced output



Management?

- Midwifery in the home/maps/caseload
- CMC Infant feeding consultation
- Child & Family Health/Infant feeding clinics
- Tresillian day or residential stay
- Australian Breastfeeding Association
- Raising Children's network
- Global Health Media Project
- LCA NZ
- Karitane

Questions?