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of hospitals
& mothers*

Interview about the Preemie⁺ programme

“I recommend double pumping from the start!”

Interview with Franziska Wicki, senior Lactation Consultant at the Cantonal Hospital of Lucerne

Each year, approximately 1'800 babies are born in the Cantonal Hospital of Lucerne and there are 27 specialised neonatal beds available. We talked to the senior lactation consultant Franziska Wicki about the breastfeeding requirements in the neonatal unit and her experience with the Preemie⁺ programme.

The Cantonal Hospital of Lucerne is certified as a “Baby Friendly Hospital”. What does this mean?

This label originated from UNICEF and WHO and has been awarded to hospitals since 1992. To receive the label “baby friendly” a hospital has to implement defined steps to successful breastfeeding and monitor them consistently. Criteria range from the regular training of personnel to the guidance and support of mothers including procedures such as rooming-in which allows mother and child to be together day and night.



Franziska Wicki appreciates how easy it is to use the Symphony and has the Preemie⁺ programme particularly for mothers of preterm infants

It is particularly challenging to provide breastmilk for premature babies. How do you help their mothers?

We use the Symphony breastpump

together with the Preemie⁺ Initiation Card. Specifically, mothers of premature infants profit from the program's ability to reflect the varying sucking and pausing



rhythm of a newborn baby during the early post-birth period.

What is the experience of staff and mothers in handling the Premie+ card?

The operation of the card is very simple and therefore, very quickly and easily understood by mothers. In addition, most mothers mention that the breastpump feels very comfortable. The training effort is very low – and the results for our lactation consultants very satisfying. The Premie+ programme was even an incentive to buy additional Symphony breastpumps: we now have one Symphony breastpump per room available.

In relation to expressing, what is important for supporting mothers of premature babies?

Mothers should familiarise themselves with the breastpump as soon as possible: We usually introduce it two to six hours after birth. Generally not in the delivery room; but as soon as the mother

is on the maternity ward she immediately has a breastpump available.

On average how long do mothers use the Premie+ pumping pattern?

Usually only three to four days and afterwards they can switch to the Standard 2.0 programme. If a baby has been born very early and the mother was not emotionally and physically ready to give birth, therefore her body was not ready to produce milk, she may need more time. These mothers generally stay a few days longer in the hospital.

What accessories do you use with the Symphony breastpump?

We find the One-Day Pump sets are excellent: For preterm babies we even use them as One-Time Pump Sets. This may seem to create a large amount of waste, but for hygienic reasons – and after consulting with our hygiene specialist – we insisted in this restriction. Only if a mother could not express any breastmilk at all in her first pumping session, she can use her pump set for a

second time. We also use the Colostrum Container: This bottle is quite small and because of the small amount of milk produced initially, this bottle has a motivating effect for mothers. Moreover, the shape prevents a loss of this precious liquid when drawing it up into a syringe.

What is your most important advice to mothers?

Mothers would like to be able to exclusively breastfeed when they can take their baby home, and we support them towards this goal. I recommend double pumping from the start. Double pumping stimulates the breasts more than single pumping and it is much more practical. It will also save time, since mothers should express milk every three hours. They would otherwise be pumping nearly permanently.

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