

# Session 7

## Appraising policies and practices

### Objectives

At the conclusion of this session, participants will be able to:

- Use the *WHO/UNICEF BFHI hospital self-appraisal tool* to appraise how well their health facilities are following the “Ten steps to successful breastfeeding” and on which steps improvement is needed.

### Duration

Introduction: 5 minutes

Completion of *Self-appraisal tool* (during session or evening before): 15 -25 minutes

Group or individual work to summarize results: 15 minutes

Total: 20-45 minutes during session

### Teaching methods

Group or individual work

### Preparation for session

- Course planners and facilitators should decide when this session should be scheduled during the course. Two options include:
  - Scheduling the session between *Session 6: Costs and savings* and *Session 8: Developing action plans* on the second day of the course.
  - Scheduling this session right after *Session 3: The Baby-friendly Hospital Initiative* on the first day of the course.
- Option one has two advantages. If the session is scheduled for the second day course facilitators can ask the participants to get together the evening before and fill out the *Self-appraisal tool*, thus saving 10-15 minutes in the course schedule and allowing each team to complete the task at its own pace. In addition, the participants can be asked to develop their Action plans (Session 8) right after identifying areas needing improvement in their health facilities through this analysis.
- Option two has the advantage that participants will have analyzed their own hospital policies and practices through the use of the *Self-appraisal tool* before they get introduced to the *Scientific basis of the Ten Steps* (Session 4) and then work on general strategies for *Becoming*

*baby-friendly* (Session 5). Knowing where they “fall short” in implementing the *Ten Steps* in their own institutions may motivate them to pay special attention to information that will assist them in justifying and making the improvements needed.

- If option one is selected, decide whether participants will be asked to fill out the *Self-appraisal* the previous evening or during the session itself.

### **Training materials**

The *BFHI Hospital self-appraisal tool* (copy distributed to participants as a handout during Session 3)

### **References**

UNICEF/WHO. *Baby-friendly Hospital Initiative, revised, updated and expanded for integrated care: Section 4: Hospital Self-Appraisal and Monitoring*, Preliminary Version, UNICEF, New York, New York, 2006.

## Outline

Content	Trainer's Notes
<p><b>1. Review the purpose of the WHO/UNICEF BFHI hospital self-appraisal tool</b></p> <p>Review of the use of the <i>Hospital self-appraisal tool</i> to assess where each health facility is in the process of implementing the <i>Ten Steps</i>, what further work is needed to support breastfeeding, and whether to apply for external assessment.</p>	<p><b>Review: 5 minutes</b></p> <p>Briefly review the use of the <i>Hospital self-appraisal tool</i>, reminding the participants of the points made during the BFHI presentation in Session 3 and stressing that the results from the self-appraisal will be helpful to consider when developing action plans for the participants' health facilities during Session 8.</p>
<p><b>2. Completion of the Hospital self-appraisal Tool</b></p> <p>Completion of the <i>Hospital self-appraisal tool</i> by team or individual from each health facility.</p>	<p><b>Individual or group work (during session or evening before): 15 -25 minutes</b></p> <p>Ask the team or individual from each health facility to complete the <i>Hospital self-appraisal tool</i> either during the session or the evening before.</p>
<p><b>3. Summary of Results</b></p> <p>Preparation of summary of accomplishments and areas where the health facility needs to improve.</p>	<p><b>Individual or group work: 15 minutes</b></p> <p>After the <i>Hospital self-appraisal tool</i> is completed each group (or individual) should summarize both its accomplishments and key areas in which further work is needed to implement the <i>Ten Steps</i> and fully implement the <i>International Code</i>. This summary should be recorded either on transparencies or on flip chart paper, so that it can be presented during Session 8, just before the presentation of the <i>Action plan</i>.</p> <p>Participants should be encouraged to be as frank as possible, as the results will help them identify particular problem areas on which they should focus, as they develop their own Action plans during Session 8. If facilitators sense that participants will worry about divulging their facilities' shortcomings, arrangements can be made to make sure that self-appraisal results remain confidential, and teams can be asked only to report "in general" on areas needing improvement.</p>