

Appendix D

Peer Counseling Program Assessment

Assessment Question	Yes	No
1. Do you conduct an annual assessment to determine each of the following: (a) the needs of your target audience; (b) where gaps exist in breastfeeding services and resources within your local agency and the community that can be addressed through peer counseling; and (c) where improvements in your program are needed?	Yes	No
2. Do you have a protocol that describes how peer counselors address a mother's concerns and needs outside of usual clinic hours, including how peer counselors make after-hour referrals?	Yes	No
3. Do you have opportunities for peer counselors to observe and shadow experienced lactation experts and experienced peer counselors?	Yes	No
4. Do you routinely monitor the work of peer counselors through spot checks, chart reviews or contact forms?	Yes	No
5. Do you routinely observe newly trained peer counselors during contacts with mothers to provide guidance and affirmation?	Yes	No
6. Do you schedule routine meetings to discuss case studies with your peer counselors?	Yes	No
7. Do you have adequate supervision of peer counselors by staff with advanced lactation training? (Adequate supervision is defined as having at least a .25 full time employee (FTE) supervisor for every 3-5 peer counselors.)	Yes	No
8. Do you have a written defined scope of practice for peer counselors that (1) describes the peer counselor's role to provide basic breastfeeding education and support to WIC mothers, and (2) lists breastfeeding concerns and conditions that are outside the scope of practice of the peer counselor where she should "yield" to the WIC-Designated Breastfeeding Expert?	Yes	No
9. Do you have a process/protocol in place for WIC staff to refer WIC participants to peer counselors as part of your usual WIC certification, assessment and nutrition education process?	Yes	No
10. Do peer counselors routinely contact mothers, at a minimum, monthly during pregnancy and weekly 2 weeks prior to a woman's expected delivery date?	Yes	No

Assessment Question	Yes	No
11. Do peer counselors routinely contact mothers, at a minimum, every 2-3 days in the first week after delivery, AND within 24 hours if the mother reports problems with breastfeeding, AND weekly throughout rest of first month?	Yes	No
12. Do peer counselors routinely contact mothers after a woman's first month postpartum, at a minimum monthly, as long as things are going well?	Yes	No
13. Do peer counselors routinely contact mothers after a woman's first month postpartum, at a minimum, 1-2 weeks before the mother plans to return to work or school, AND 1-2 days after she returns to work or school?	Yes	No
14. Do you have a referral process in place between hospitals and the WIC Program to facilitate peer counselor follow-up care for newly-delivered mothers after discharge?	Yes	No