



## GUIDELINE

# Pasteurised Donor Human Milk (PDHM)

<b>Scope (Staff):</b>	Nursing and Medical Staff
<b>Scope (Area):</b>	NICU KEMH, NICU PCH, NETS WA

### Child Safe Organisation Statement of Commitment

CAHS commits to being a child safe organisation by applying the National Principles for Child Safe Organisations. This is a commitment to a strong culture supported by robust policies and procedures to reduce the likelihood of harm to children and young people.

This document should be read in conjunction with this [disclaimer](#)

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## Aim

The aim of this guideline is to outline the management of neonates requiring PDHM.

## Risk

Incomplete informed consent or provision of PDHM may delay delivery of adequate nutrition for the preterm infant.

## Perron Rotary Express Milk (PREM) Bank

- Human breast milk provides optimal nutrition and reduces the risks of illness and disease. PDHM retains most of its bioactive properties and is the next best option where the mother's own milk is not available or there is insufficient volume.
- All PDHM is provided from the PREM Bank, and all donors are thoroughly screened for viruses. All donor milk is pasteurised and microbiologically tested before being released from the milk bank.
- Pasteurised Donor Human Milk (PDHM) is available as a feeding choice for infants **≤ 32+6 weeks** post-conception age, and/or **≤ 1500 grams** whose mothers are unable to provide sufficient breast milk for adequate nutrition.
- Other infants with a risk of feed intolerance will be considered for PDHM on an individual basis by Consultant/Senior Registrar (SR).
- Usage will be restricted to neonates **≤31+6 weeks** post-conception age and/or ≤1500 grams, and any other neonate prioritised by SR/Consultant to protect the most at-risk infants when there is very high demand for PDHM.
- PDHM is fed until 34 weeks CGA unless ceased earlier on medical review.


## Key Points

- Mother's own milk should always be prioritised prior to providing PDHM.
- Contact the PREM Bank Manager, Dr Aaron Raman if there are any concerns regarding the use of PDHM.
- Do not use pre-allocated frozen PDHM to supplement feeds.
- PDHM is **not to be sent with patients to peripheral hospitals** due to loss of traceability. If insufficient maternal EBM is available, the receiving hospital should be advised to decide on an appropriate alternative prior to the transfer.
- On weekends, pre-dispensed frozen units to remain frozen for collection by PREM Bank during next business day.

## PDHM Procedure at KEMH

### Consent

- Obtain informed **parental consent on MR416.00** prior to obtaining Pasteurised Donor Human Milk. Consent is needed for each patient if multiple birth (i.e. twins/triplets). Refer parents to [PREM Bank Information for parents](#) website.

 PQ328001	Child and Adolescent Health Service Neonatology  <b>CONSENT FOR PDHM</b> (PASTEURISED DONOR HUMAN MILK)	Med Rec. No: ..... Surname: ..... Forename: ..... Gender: ..... D.O.B. ....	<p><b>Monday to Friday:</b> PREM Bank Lactation Consultant</p> <p><b>Weekends/After hours:</b> NICU Lactation Consultant/CNC, or Reg/Senior Reg/Consultant.</p>
	DECLARATION OF HEALTH PRACTITIONER (to be completed by Lactation Consultant / Doctor obtaining consent)		
I have explained the information as below			
Full Name (print) _____ Position / Title _____			
Signature _____ Date _____			

## Ordering

- A medical order for PDHM must be written in the inpatient progress notes MR420.
- Update iSOFT Clinical Manager with details of feeding requirements and consented date for PDHM. Where expressed breast milk (EBM) is available, update accordingly as below:

Diet:  
Milk Room

Diet Notes:  
EBM L1/PDHM L1 8mls/hrly CMF  
PDHM consent 18/9

- PDHM for the following 24-hour period will be delivered to the Milk Room labelled "Pasteurised Donor Human Milk" with the infants UMRN and the date dispensed.
- PDHM can be used for the 24-hour period following thawing. Milk will be provided in single-use sterile bottles.
- PDHM is not to be shared between twins/triplets as donor milk may be from different donors.
- Document feeds on 'Neonatal Observation and Nursing Assessment ICU' chart (MR489). Write 'PDHM' NOT 'EBM'.
- **Unopened** bottles of PDHM should be returned to the Milk Room to be recorded and disposed of. Partially used bottles can be emptied and reprocessed by the PCA's.
- **NOTE:** If insufficient PDHM is supplied, or more milk is required due to spillage or increased feed volumes, an emergency supply will be available in the Milk Room Freezer. Any nurse utilising this milk should record the unit number i.e. 105000-01 (clearly marked on PDHM label), in the Record sheet attached to the emergency supply container. Any PDHM used from the emergency supply freezer should be labelled appropriately with the infants UMRN (patient sticker if available) and the date thawed.

## PDHM Procedure at 3B PCH

### Consent

- Obtain informed **parental consent on MR416.00** prior to obtaining Pasteurised Donor Human Milk. Consent is needed for each patient if multiple birth (i.e. twins/triplets). Refer parents to [PREM Bank Information for parents](#) website.

Child and Adolescent Health Service Neonatology	Med Rec. No: .....
<b>CONSENT FOR PDHM</b> (PASTEURISED DONOR HUMAN MILK)	Surname: .....
	Forename: .....
	Gender: ..... D.O.B. ....
DECLARATION OF HEALTH PRACTITIONER (to be completed by Lactation Consultant / Doctor obtaining consent)	
I have explained the information as below	
Full Name (print) _____	Position / Title _____
Signature _____	Date _____

Monday to Friday: Reg/Senior  
Reg/Consultant  
Lactation Consultant/CNC 3B  
After hours: Reg/Senior Reg/Consultant.

Email the signed consent form and medical order to Dr Aaron Raman or Ms Tracey Sedgwick.

## Calculating PDHM volume to order

Check EBM volume first by checking the 3B refrigerator or the Special Feeds Unit for frozen EBM. The required volume of PDHM can then be calculated by the difference of available expressed breast milk (EBM) from Total Volume of feed required.

For example:

**216mL (Total volume required) – 100mL (available EBM) = 116mL PDHM required.**

PDHM is available in aliquots of **200ml, 100ml and 50ml**. Therefore, in this example order 150mL PDHM (1 x 100mL plus 1 x 50mL aliquot) from the PREM Bank.

## Ordering

- A medical order for PDHM must be written in the inpatient progress notes MR420.
- Midwife/Lactation Consultant on duty is responsible to order PDHM. PDHM is to be ordered by 08:00am for each 24-hour period. The calculated weekend feed volumes will be dispensed with Friday's order.
- All PDHM is labelled "Pasteurised Donor Human Milk" with the infants UMRN and the date dispensed.
- Weekdays: PDHM for the following 24-hour period will be delivered to the Special Feeds Unit (SFU) from PREM Bank by 12pm. Weekends: PDHM will be delivered on Friday and stored in the freezer located at 3B.
- Update iSOFT Clinical Manager with details of feeding requirements and consented date for PDHM. Where expressed breast milk (EBM) is available, update accordingly as below

The screenshot shows a digital interface for entering patient information. Under the 'Diet:' section, 'Milk Room' is selected in a dropdown menu. Below that, in the 'Diet Notes:' section, the text 'EBM L1/PDHM L1 8mls/hrly CMF' and 'PDHM consent 18/9' is entered into a text field.

- PDHM can be used for the 24-hour period following thawing. Milk will be provided in single-use sterile bottles.
- PDHM is not to be shared between twins/triplets as donor milk may be from different donors.
- Document feeds on 'Neonatal Observation and Nursing Assessment ICU' chart (MR489). Write 'PDHM' NOT 'EBM'.
- **Unopened** bottles of PDHM should be returned to the PREM Bank to be recorded and disposed of. Partially used bottles can be emptied and reprocessed by the PCA's.
- Unopened **frozen** bottles of PDHM from the weekend should remain in the freezer (notify PREM Bank staff on Monday for collection).

## PCH After Hours PDHM access from KEMH

- If additional PDHM is required from the 'KEMH After Hours supply', follow the steps below.
  - Liaise with KEMH Nutrition Room (ext 81190) or SCN 3 coordinator (82003) to organise collection of PDHM after hours
  - Utilise NETS staff to retrieve PDHM where possible. If the NETS ambulance officer is out on a retrieval a nurse from 3B or KEMH NICU can use a taxi to pick-up and deliver to 3B.
  - On arrival at KEMH present a copy of **consent form** to Nutrition Room Nurse or SCN3 coordinator/CNC together with infants **UMRN sticker** for PDHM After Hours Supply records.
  - Two staff co-sign for removal of PDHM as per instructions on After Hours Supply storage.
  - PDHM must be transported in an appropriate cool box with ice bricks.
  - Email PDHM consent and medical order to PREM Bank for recordkeeping (if newly consented).

### Contact Information

PREM Bank business hours are 7:00am to 3:00pm, Monday to Friday.

Contact:


- Phone PREM Bank: Ext 81207.
- Dr Aaron Raman or Ms Tracey Sedgwick.
- Email: [aaron.raman@health.wa.gov.au](mailto:aaron.raman@health.wa.gov.au) or [tracey.sedgwick@health.wa.gov.au](mailto:tracey.sedgwick@health.wa.gov.au)

#### Related CAHS internal policies, procedures and guidelines

[Enteral Feeding: Initiation and Progression](#)

[Perron Rotary Express Milk \(PREM\) Bank](#)

This document can be made available in alternative formats on request.

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