



## Bio

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**Current Role & Organisation:  
Infant Feeding Lead, NHS  
Highland**

**ScIL Cohort: 32**

**Date: 2022**

## Completing ScIL

The focus of my ScIL project was implementing vitamin D distribution to breastfeeding dyads (mum and baby) on discharge from maternity.

There were so many highlights in my ScIL journey (and at the start of my journey I would have laughed if you had told me that). The highlight for me was how ScIL allowed you the permission to look at your system and not just continue in the same way you have always done. Prior to ScIL I would have implemented vitamin D distribution pan Highland and hoped for the best and just relied on counting the orders processed to confirm that distribution was a success. ScIL enabled me to look at the system and, through using QI tools, start the process right where the first vitamin D supplementation was needed - in the maternity unit.

ScIL allowed us to work with one area at a time, testing and changing until we had the data to confirm that our process was working effectively.

## QI Tools & Techniques

I love a run chart, I really do. That visual account of a project through the highs and lows, detailing processes and events and seeing change in a visual format is worth its weight in gold.

## Advice

It is a huge step, a huge commitment but one you will never ever regret.



## Post ScIL

Actually ScIL is now embedded in all the workstreams that I am involved in and we are really able to look and see what we have achieved and where we need to go. Taking this approach means that infants and families are at the heart of all we are doing and especially with the UNCRC act we are ensuring we have their voice. ScIL has really been fundamental to ensuring that inclusion.

My local work is driven by driver diagrams and our most recent work has involved supporting families with early excessive crying. This project has involved parents, paediatricians, GPs, paediatric dietitians, Pharmacy, Health visiting, perinatal and infant mental health team and our own infant feeding team. Through understanding our system and data we were aware of an increasing trend of medicating young infants for colic or cows milk protein allergy and through quality improvement so far we have a parental leaflet, monthly parental and quarterly staff webinars on normalising the first 8 weeks of life, staff training programmes, reviewed policy for reflux and CMPA and now we are in an excellent position to integrate the ICON work that will be rolled out Nationally.

I also work with the Scottish Government as part of the Breastfeeding Leadership Team and this programme has enabled me to evolve a toolkit supporting infant feeding staff throughout Scotland to implement and evaluate colostrum harvesting in the ante natal period. This toolkit provides QI tools and exemplar examples of the tools in action thanks to Lee Urquhart who works within the national team.

There are lots of challenges and I think at present the one that is really apparent is workforce pressures but ScIL enables that step by step approach and bringing everyone together and a reminder that you cannot do everything at once. Its just that gentle reminders that Rome wasn't built in a day and doing what you can to support staff during project development and testing within the time or workforce they have available.

## Contact

Email Karen if you'd like to discuss their ScIL journey further:

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