TONGUE-TIE IN INFANT FEEDING

Pathway for diagnosis and referral for frenulotomy

(ANKYLOGLOSSIA)

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Key Documents Owner/Lead:	Dr Hillman Consultant Obstetrician			
Approved by:	Maternity Governance Meeting			
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Key Amendments

Date	Amendments	Approved by

Ankyloglossia, also known as Tongue-tie, is a congenital anomaly characterized by an abnormally short lingual frenulum which may restrict mobility of the tongue. It varies from a mild form in which the tongue is bound only by a thin mucous membrane, to a severe form in which the tongue is completely fused to the floor of the mouth.

A discussion with the woman should occur around feeding history.

Associated Problems for the breastfeeding mother;

- Sore nipples as unable to achieve a comfortable latch
- Engorgement /Mastitis as unable to effectively drain the breast of milk
- Misshaped nipples despite effective positioning and attachment
- low milk supply

Associated Problems for the baby when breastfeeding;

- Inability to latch
- Unable to maintain a latch
- Constant feeding
- Frustration
- Crying
- Wind
- Reflux
- Excessive weight loss or slow weight gain / Static weight
- Breastfeeding supplemented or stopped breastfeeding
- Clicking sounds

Associated problems for baby when bottle feeding;

- Slow to feed
- Fussy with teat
- Dribbles
- Inadequate weight gain
- Reflux
- Wind
- Frequent feeds

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Feeding problems alone should not be used to make a diagnosis of tongue tie, as many early feeding issues as described above are due to poor positioning and attachment at the breast. . Mothers should be sign posted to the breastfeeding support service and local breastfeeding support groups. Bottle feeding mothers should be advised to try alternative teats and flows to improve feeding

Many tongue ties are asymptomatic and cause no problems. Conservative management includes breastfeeding information, support and careful assessment to determine whether the frenulum is causing feeding difficulties and whether division is appropriate.

Referral pathway for babies with visible frenulum with feeding problems

If the baby is on postnatal ward and is identified as having a visible frenulum which is significantly affecting feeding, the mother and baby should be referred to the Infant Feeding Advisor/Frenulotomy Practitioner for further assessment of the degree of tongue tie and its impact on feeding.

- The mother should be assisted with her feeding and given additional support on how to feed her baby and maintain lactation, if the tongue-tie is contributing to feeding problems. Any health professional can give this level of support
- History gathering should be used and referral to tongue tie service by emailing form 1 (see appendix 1) to email address; <u>wah-tr.Tongue-Tie@nhs.net</u>
- Mothers will be contacted within a week on receipt of the referral
- Ensure that mothers have access to the patent information leaflet "visible frenulum (Tongue Tie) leaflet. Accessible via http://www.worcsacute.nhs.uk/services-a-z/maternity-services/after-your-baby-is-born-postnatal-care/ or give the leaflet from the postnatal ward clearly explaining the referral process
- A frenulotomy will only be made on a new-born baby once it has had the opportunity to feed and an assessment of the feeding has been made

Assessment by Infant Feeding Advisor /Frenulotomy Practitioner

- The Infant Feeding Advisor/Frenulotomy Practitioner will take a detailed feeding history, problems the mother is experiencing Inc. family history, by phone and complete form 2 (see appendix 2)
- If needed the mother will be offered an appointment in the tongue tie clinic in a timely manner

Prior to preforming a frenulotomy

- The procedure must be undertaken by an appropriately trained Frenulotomy Practitioner within a clinical setting
- Inspection of the mouth using Hazelbaker Assessment tool form 3 (see appendix 3) for lingual Frenulum function to determine tongue function, andabilityand a function score and appearance score will be given to determine if frenulotomy is needed
- Discussion with parents to include all the evidence available, information regarding the procedure and post procedure follow on issues

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• Parents to have opportunity to ask questions and to the sign consent form

Frenulotomy may not be offered to babies who don't meet the criteria for the following reasons;

- The biological parents have clotting disorders
- Vitamin k has not been administered
- The baby is under care of a paediatric/neonatal doctor
- The baby is undergoing diagnostic tests or investigations or signs of illness
- The baby is on certain medication including antibiotics
- NIPE Check not preformed

For all of the above reasons a frenulotomy may only be performed; if the baby has been deemed well enough to have the procedure done by a relevant consultant. This should be documented on the neonatal records or Personal Child health record (red book) that the baby can have a frenulotomy and signed by a named consultant or letter provided.

If the mother has made a fully informed choice not to give the baby Vitamin K at birth, the risks of the procedure will be discussed. The consent form Appendix 6 will be signed by the parents before the procedure takes place.

Equipment needed to perform a Frenulotomy

The following equipment must be available:

- Correct sizes gloves
- Sterile blunt ended scissors
- Small gauze squares
- Clean Towel Blankets
- Aprons
- In case of emergency neonatal and paediatric resuscitation equipment.
- A good Light source
- A safe flat surface area to lie the baby on
- Hand washing facilities

An assistant is required to support the baby during the procedure; this can be the parent / guardian if they consent to do so.

Post procedure

- Having established that all is well and there is no excess bleeding, the practitioner must document in the Personal child health record (red book). A summary of the type of tongue tie, frenulotomy assessment and procedure.
- Discuss the post procedure advise sheet (appendix 4)
- Ensure the parents have appropriate contact numbers for further enquires or feeding support
- Send written notification of attendance to the clinic to the GP via Blue Speir.
- Advise the parents/guardian of the follow up letter will arrive in the post with a return envelope

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Reformation

In some circumstances a tongue tie can reform. At each Frenulotomy parents must be made aware of the potential for reformation, they must be advised that this is normally accompanied by an improvement in feeding and then a re-occurrence of initial feeding problems. If this happens parents are advised to contact the Frenulotomy practitioner and request a reassessment in the clinic. A further Frenulotomy can be offered at the practitioner's discretion.

Follow up and audit

Every patient that has had a frenulotomy will be sent a follow up feedback form to complete and return via a stamped addressed envelope. (See appendix 5)

Training and development

Every quarter practitioners will attend Midlands Regional Tongue Tie Meeting at Russells Hall hospital. This will ensure knowledge and skills are up to date and allow cases to be discussed. Practioners must show evidence of mandatory neonatal, paediatric resuscitation, and infection control update. It is advised to attend the Association of Tongue Tie Practitioner's Conference if able.

Linked documents

- Neonatal resuscitation
- NIPE
- Infant feeding policy

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UNICEF (2012) Preventing diseases and saving resources; see http://www.unicef.org.uk/Documents/Baby_Friendly/Research/Preventing_disease_saving_r esources.pdf?epslanguage=en accessed 3.1.2015

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information.

Appendix 1 – Form 1 (page 1 of 2)

REFERRAL FOR TONGUE TIE ASSESSMENT CLINIC

Please complete All the details Incomplete referrals will delay appointments

Baby full name:	Parents/Guardian full name:
NHS number: Date of birth: Address:	Telephone number:
Postcode: Gender: Ethnicity:	Email address:
Baby's place of birth: i.e. name of hospital or county	GP name :
	Name and Address of surgery :
Baby's original EDD	Baby's Age at referral
Reason for referral:	
Breast Feeding issue	Bottle feeding issue
Current issue with feeding : (Provide brief exp	planation)
DETAILS OF REFERRER: (Tick as appropriate	9)
 Parent /self-referral Breastfeeding support worker/buddy Infant feeding specialist Community Midwife 	 Health visitor General Practitioner Paediatrician Other (please state)
Hospital Midwife	
 Hospital Midwife Name of Referrer: Contact details : 	
Name of Referrer:	
Name of Referrer: Contact details :	

document supporting information and/or Key Document intranet page, which will provide approval and review



Appendix 1 - Form 1 (page 2 of 2)

Checklist for those completing the referral forms.	Yes, No
Do any close family members have a heredity clotting disorders?	
Is the Baby's age no more than 16 weeks from its Expected Date of delivery	
Is this the referral is to address a current feeding problem. Referrals for speech will not be accepted.	
Be aware that a tongue tie practitioner will be in contact within a week of receiving the referral.	
Please be aware that this referral will first involve a telephone consultation, following this an assessment for the tongue tie assessment /feeding clinic MAY be offered.	
Ensure that the patient information leaflet "Tongue Tie" has been accessed on- line. <u>http://www.worcsacute.nhs.uk/services-a-z/maternity-services/after-</u> your-baby-is-born-postnatal-care/	
Did the baby receive Vitamin K?	
Is the baby currently being treated for an infection (i.e. on antibiotics or treatment for thrush)?	
Is the baby awaiting any hospital appointments or under care of GP or Paediatrician?	
Are you receiving breastfeeding support from a health professional?	
Print Name	Date/time

Please note that the key documents are not designed to be printed, but to be used on -line. This is to ensure that the correct and most up-to-date version is being used. If, in exceptional circumstances, you need to print a copy, please note that the information will only be valid for 24 hours and should be read in conjunction with the key document supporting information and/or Key Document intranet page, which will provide approval and review information.

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Appendix 2 – Form 2 (page 1 of 2)



Telephone/ First Consultation Form

Baby name Guardian Name Unit number Dob	Parent /
Contact Details -	
Email address-	
Criteria for appointment to Asse	essment clinic
All babies All babies Weight loss Slow weight gain Prolonged jaundice Slow /prolonged feeds Frequent Feeds Noisy feeds/Clicking Dribbling during feeding Colic, wind , hiccups or flatulence Restricted tongue movement Restless during feeds Unsettled post feed Difficulties' staying attached at bottle Difficulties to keep a dummy in	Breastfeeding Babies Difficulties latching Misshaped nipples post feed Blanched nipples Engorgement Inability to stay latched /slides off Mastitis Painful feeds Sore /damaged nipples Reduced milk supply Using Nipple shields Anything other please state below; Has mother attended group or had local breastfeeding support

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Appendix 2 - Form 2 (page 2 of 2)



Telephone/ First Consultation Form

Advice Given				
No Further Action		Obtain Feeding	g Support From	:
 Contact General Practitioner 	*	Contact Breas	tfeeding suppor	t Worker
 Attend tongue tie clinic 	*	Contact comm	unity midwife	
Frenulotomy on Ward	 Contact Health visitor 			
✤ Other	*	Contact local s	support Group	
Frenulotomy Assessment Clir		Required	/Not required	a
Date: Time : KTC	Venue:	(please circle)	Alex	WRH
Appointment Sent via :	Email	Text	Verbal	Post
Parents/Guardian Advised :				
 Not to Feed their Baby within Ensure the Child health book They have read the Patient in The baby has had vitamin K The baby is Not Waiting for a investigations There are no Clotting Disord The baby is not currently bei They inform the clinic immed appointment. 	k (Red boo nformation any Contra ers in Clos ing treated diately if th	ok) is brought t Leaflet indicated hosp e Family memb for an infection ey are unable o	to the appointn ital Appointme pers n ie Thrush	nts or
Name of Telephone Assessme Signature	ent Practi	itioner Print		
Date/time of telephone consul	Itation:			
Date and time of failed Telephone C		gn:		
2	•	gn:		
3		gn:		
On Third Occasion Send ' unable to make co Letter sent	ontact 'Letter	via post to parents		

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Appendix 3 - Form 3 (Page 1 of 4)

Affix Patient ID label	Date /time seen in clinic Baby age /52wks
Baby name;	Gestation at birth /40
Baby Dob;	Attended with :
Address;	
Current feeding method:	

Current feeding method:

- Breast feeding
- □ Artificial Feeding
- Mixed Feeding
- □ Expressed breastmilk via bottle /cup

Comments (if feeding Difficulties different Form 2- telephone triage)

CHECKLIST PRIOR TO FRENULOTOMY

There needs to be a tick in each green box to proceed	YES	NO
Have the parent/guardian read the patient information leaflet		
'tongue tie' and been provided with an opportunity for questions		
surrounding this information		
Do the biological parents have any clotting or heredity disorders		
Has the baby had Vitamin K at birth (check red book)		
Has the neonatal examination been performed (if any problems		
noted, consider paediatric liaison before proceeding)		
Is the baby currently under the care of a paediatric/neonatal		
doctor		
Is the baby undergoing any diagnostic tests or investigations		
Is baby receiving any medications (Prescribed by GP/DR)		
Was there any excess bleeding following NNS Screening		
Has the baby had a NIPE check		
If parents are out of area, have parents bought a GP letter		

Please record any relevant details below.

Frenulotomy Practitioner print name:

Signature

Date:

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Function items LATERLIZATION 2 Complete 1 Body of tongue but not tongue tip 0 None	CUPPING 2 Entire edge , Firm Cup 1 Side edges only , Moderate Cup 0 Poor or no cup
 LIFT OF TONGUE 2 Tip to mid mouth 1 Only edges to mid mouth 0 Tip stays at alveolar Ridge or rises to mid mouth only with jaw closure 	 PERISTALSIS 2 Complete , anterior to posterior(originates from the Tip) 1 Partial Originating posterior to tip 0 None or Reverse Peristalsis
SNAPBACK 2 None 1 Periodic 0 Frequent or with each suck SPREAD OF ANTERIOR TONGUE 2 Complete 1 Moderate or partial 0 Little or None	 EXTENSION OF TONGUE WHEN LIFTED 2 Tip over lower lip 1 Tip over lower gum only 0 Neither of above, Or Anterior or mid tongue Humps
Appearance Items ELASTICITY OF FRENULUM 2 Very Elastic 1 Moderately elastic 0 Little or no elasticity LENGTH OF FRENULUM WHEN TONGUE LIFTED	APPERANCE OF TONGUE WHEN LIFTED 2 Round or square 1 Slight cleft in tip apparent 0 Heart shaped ATTACHMENT OF FRENULUM TO INFERIOR ALVEOLAR RIDGE 2 Attrached to floor of mouth or Well below ridge
 LIFIED 2 More than 1cm or embedded in tongue 1 1cm 0 Less than 1cm 	 2 Attached to floor of mouth or Well below ridge 1 Attached at ridge 0 Attached just below ridge
FEEDING DIFFICULITIES YES NO Function item Score	 ATTACHEMENT OF LINGUAL FRENULUM TO THE TONGUE 2 Posterior to tip 1 At Tip 0 Notched or under the mucosa of the tongue base
 14 Perfect Function Score regardless of Appearance item score - Frenotomy not recommended 11 Acceptable Function Score only if appearance item is 10 < 11 Function Score indicates Function Impaired. Frenotomy 	 PLAN: Restricted Tongue mobility yes no FRENULOTOMY HOME WITH FEEDING SUPPORT NO FOLLOW UP REQUIRED APPOINTMENT REBOOKED FOR:
considered	Midwife Tongue Tie Practitioner Signature

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Baby Name

Baby unit number

Tongue assessment (Hazelbaker Assessment Tool)

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Form 3 (Page 3 of 4)

PARENT/GUARDIAN SECTION

Consent to Frenulotomy by Parents/Guardian

- I have read the patient information leaflet entitled 'Tongue Tie' I have had an opportunity to ask any questions about the leaflet and the frenulotomy procedure, and the following have been discussed
 - ✓ Bleeding
 - ✓ Risk of damage to tongue and surrounding tissues area
 - ✓ Infection
 - ✓ Pain
 - ✓ Reformation
 - ✓ Change in feeding pattern
- I understand all of the implications of a frenulotomy and consent to my baby having a frenulotomy
- □ I have had all my questions answered fully and are happy with information

Parent/guardian PRINT name

Signature of Parent/guardian

Date

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Form 3 (Page 4 of 4)

Consent for students to be present	yes	no	NA	
Parents /guardian present/absent from appropriate)	m room	n during	procedure	(delete as
Signature of Practitioner Performing t	the Divi	ision		Print
Date and Time of Procedure			_	Number of Snips
Comments				

Pre procedure swab count number	Post procedure swab count	
Count performed by	number	
Signature	Count Preformed by	
Counter signature	Signature	
Date/Time	Counter Signature	
	Date/time	

Feeding Method post procedure

□ Breastfeed			
Artificial feed			
EBM via Bottle			
Did not feed			
Any Reported Feeding improvement	yes	No	

ACTION	TICK FOR COMPLETED OR ENTER
Give post procedure patient information	
leaflet, with discussion and non-urgent	
contact numbers	
Advise parents that we will be following them up with a phone call approximately a week later. Confirm preferred	
telephone number	
Letter to General Practitioner sent	
Appendix 4 Form 4 (Page 1 of 2)	

Appendix 4 - Form 4 (Page 1 of 2)

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Post Procedures Assessment Sheet

Baby	name		Parents Name	
Baby	Dob		Contact Number	
UN/NH	HS number		Email address	
			Date of Procedure	
Metho	od of feeding Before Prod	cedure	Method of Feeding at tim	e of follow up
B/F	A/F Mixed		B/F A/F Mixed	
For a	I babies	Improvement	For Breastfeeding	Improvement
	Weight loss		babies	
	Slow weight gain		Difficulties latching	
	Prolonged jaundice		 Misshaped nipples post feed Engorgement Inability to stay latched 	
	Slow /prolonged feeds			
	Frequent Feeds			
	Noisy feeds/Clicking			
	Dribbling during feeding		Mastitis	
	Colic, wind , hiccups or flatulence		Painful feeds	
			Sore nipples	
	Restricted tongue movement		Reduced milk supply	
	Restless during feeds		Anything other please state below;	
	Unsettled post feed			
	Difficulties' staying attached at bottle			
	Difficulties to keep a dummy in			

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Form 4 (Page 2 of 2)

Patient sent fe	nt feedback questionnaire by post	
Date sent Signed		
Date	returned	
Advice given	in clinic	

Re division – 2 nd Appointment to tongue tie clinic		
Original division date	Performed by	
Appointment Date:	Time: Venu	Je:
Appointment given over the phoneAppointment sent by text	Appointment sent byAppointment sent by	

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Appendix 5 – Feedback Form (Page 1 of 2)



Dear _____

We hope that you and baby are doing well.

You attended an appointment at the Tongue Tie assessment Clinic on/...... and we would like to hear about your experiences of our service.

As part of our feedback and audit, we would be grateful if you would complete this questionnaire return it in the envelope provided.

Many thanks

Infant Feeding Midwives

Parents/Guardian full	name and address	Baby Name
		Date of Birth
		NHS number
Date of Frenlotomy:		Comments
Did you receive a pho making the initial refer	one call within a week from	
Yes		
No		
Which Site did you atte	end	
Kidderminster		
Redditch		
Other		
Did you have any	Yes	
problems making the		
referral?	No 🗌	
Feeding method before procedure	Breastfed	
	Formula	
	Mixed Feeding	

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		N
Feeding method post	Breastfed	Comments;
procedure		
	Formula	
	Mixed Feeding	
Did you have any	Pain	
immediate problems		
at home with;		
	Breast refusal	
	New feeding problems	
	Unsettled for more than 48	
	hours	
	Signs of infection	
	Dlaading	
	Bleeding	
	Other	
Did You need to give	Yes	
Pain relief such as		
Calpol		
	No	
Has feeding	Yes	
improved?		
	No	

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What was good about your visit?
Wouldyourecommendourservice to friends andfamily if they neededsimilar care?

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Appendix 6 - PARENT/GUARDIAN CONSENT

This form is to be discussed by Tongue tie Practitioner

PARENT/GUARDIAN CONSENT FOR FRENULOTOMY WHEN THEIR BABY HAS NOT RECEIVED VITAMIN K

- □ I confirm my baby has not received Vitamin K.
- □ I confirm I have received and read the information leaflet "Vitamin K information for parents to be".
- □ I understand the reasons for administering Vitamin K and I am aware that this is recommended prior to Frenulotomy being performed.

□ I have been offered vitamin k injection prior to the frenulotomy

 \Box Accepted

 \Box Declined

□ I have been offered a clotting Screen

 \Box Accepted

 \Box Declined

□ I confirm, I understand that my baby may require Vitamin K injection to treat bleeding post procedure

Parent/Guardian Printed Name

Signature of Parent/Guardian

Date

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