

Human Milk Insights

June 2017

The Human Milk Insights newsletter presents the latest breastfeeding topics and clinical practice solutions, addresses coding issues challenging the lactation community, features a lactation service, as well as announces upcoming webinars and conferences.

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FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Human Milk and Initiation of Milk Supply
- Human Milk and Medications
- Human Milk Protocols
- Human Milk and Pediatric Offices
- Human Milk in the NICU
- Human Milk and Organizations

HUMAN MILK CONFERENCES

- Upcoming Webinars

CODING CORNER

- Clinical Tools You Can Use

CLINICAL PEARLS IN LACTATION

- Shout-Out to Breastfeeding Mom Attendees at the 2017 Pediatric Academic Societies Meeting

SPOTLIGHT ON PRACTICE

- Cara J. Riek DNP, RN, FNP-BC, IBCLC

NEWS YOU CAN USE

HUMAN MILK AND INITIATION OF MILK SUPPLY

Infographic on Initiating Milk Supply for Mothers

The "Initiating Milk Supply" infographic outlines how milk supply is initiated, and steps you can take to help mothers in your care.

<http://www.medelabreastfeedingus.com/professionals/lactation-professional-information/184/initiating-milk-supply>

HUMAN MILK AND MEDICATIONS

FDA Recommendation Regarding Codeine and Tramadol use in Breastfeeding Women

The U.S. Food and Drug Administration has recommended that breastfeeding women not use medications with codeine or tramadol due to the risk of potential harm to infants. The agency is requiring the manufacturers of medications that contain these drugs to change the labeling strengthening the warning to breastfeeding mothers. Adverse reactions in breastfed infants include difficulty in breastfeeding, excessive sleepiness, or serious breathing problems that could result in death.

<https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/UCM553285.htm>

Drugs that Suppress Lactation, Part 1

Article discussing drugs that can impact the initiation of lactation when given before or during delivery.

<http://online.liebertpub.com/doi/full/10.1089/bfm.2017.0012>

Drugs that Suppress Lactation, Part 2

Article discussing medications given postpartum that affected lactation.

http://online.liebertpub.com/doi/abs/10.1089/bfm.2017.0029#utm_source=ETOC&utm_medium=email&utm_campaign=bfm

HUMAN MILK PROTOCOLS

Updated ABM Clinical Protocols

The Academy of Breastfeeding Medicine (ABM) has released two updated clinical protocols. A central goal of ABM is the development of clinical protocols for managing common medical problems that may impact breastfeeding success. These protocols serve only as guidelines for the care of breastfeeding mothers and infants and do not delineate an exclusive course of treatment or serve as standards of medical care.

Guidelines for Breastfeeding and Substance Use or Substance Use Disorder, Revised 2015 Clinical Protocol #21

<http://www.bfmed.org/Media/Files/Protocols/Guidelines%20for%20Breastfeeding%20and%20Substance%20Use%20or%20Use%20Disorder.pdf>

Supplementary Feedings in the Healthy Term Breastfed Neonate Clinical Protocol #3

http://online.liebertpub.com/doi/abs/10.1089/bfm.2017.29038.aik#utm_source=ETOC&utm_medium=email&utm_campaign=bfm

HUMAN MILK AND PEDIATRIC OFFICES

The Breastfeeding-Friendly Pediatric Office Practice from AAP

Article in Pediatrics by Joan Younger Meek, MD, MS, FAAP outlining how pediatricians can establish a breastfeeding-friendly office. Recommendations include developing a written policy, providing a lactation room, training staff to support breastfeeding, becoming knowledgeable about contraindications to breastfeeding, introducing the topic of breastfeeding early, encouraging exclusively feeding human milk, and working with local hospitals and birthing centers about providing breastfeeding-friendly care.

http://pediatrics.aappublications.org/content/139/5/e20170647?utm_source=highwire&utm_medium=email&utm_campaign=Pediatrics_etoc

HUMAN MILK AND THE NICU

Association of Timing of Initiation of Breast Milk Expression on Milk Volume and Timing of Lactogenesis Stage II Among Mothers of Very Low-Birth-Weight Infants

Study regarding timing of initiation of milk expression showed that initiation within one hour of delivery had more lactation success compared to those initiating within six hours.

<http://online.liebertpub.com/doi/full/10.1089/bfm.2014.0089>

Hospital Outcomes of Extremely Low-Birth-Weight (ELBW) Infants after Introduction of Donor Milk to Supplement Mother's Milk

Research studied the impact of an exclusive human milk diet with ELBW infants. The study showed an association between exposure to formula in preterm infants and the need for respiratory support.

<http://online.liebertpub.com/doi/full/10.1089/bfm.2014.0138>

Enteral Feeding Pump ASPEN Practice Recommendations: Safe and Accurate

Patrice Hatcher discusses the ASPEN practice recommendations regarding enteral pumps in the NICU.

<http://blog.neonatalperspectives.com/2017/05/16/enteral-feeding-pump-aspen-practice-recommendations-safe-and-accurate-delivery/>

Guidelines for Neonatal Enteral Feeding

Kathy Quellen discusses the Academy of Nutrition and Dietetics guidelines, "Infant Feedings Guidelines for Preparation of Human Milk and Formula in Healthcare Facilities."

<http://blog.neonatalperspectives.com/2017/05/09/guidelines-for-neonatal-enteral-feeding/>

5 Reasons for NICU Tubing Misconnections

Sandy Beauman discusses five reasons for NICU tubing misconnections.

<http://blog.neonatalperspectives.com/2017/05/02/5-reasons-for-nicu-tubing-misconnections/>

Neonatal Enteral Feeding Pumps: Delivering Full Human Milk Nutrition: Part 3

Patrice Hatcher discusses ways to enhance the fat delivery with enteral feeding pumps.

<http://blog.neonatalperspectives.com/2017/04/24/neonatal-enteral-feeding-pumps-delivering-full-human-milk-nutrition/>

HUMAN MILK AND ORGANIZATIONS

BFHI Implementation Report, from World Health Organization (WHO)

The World Health Organization has released a new report entitled, "[2017 Report on National Implementation of the BFHI](#)." The report provides an analysis of the status of the Baby-Friendly Hospital Initiative in countries around the world. In addition, the report provides qualitative information on some of the challenges countries have faced in implementing the Baby Friendly Hospital Initiative.

<http://www.who.int/nutrition/publications/infantfeeding/bfhi-national-implementation2017/en/>

HUMAN MILK CONFERENCES

Please go to www.MedelaEducation.com to learn more about upcoming webinars.

CODING CORNER

CLINICAL TOOLS YOU CAN USE

Hey, have you been the Medela website lately? There are some useful clinical tools available to download.

One especially handy clinical coding tool is a Pocket Guide that helps you convert the most common breastfeeding, lactation and breast pumping ICD-9 codes to ICD-10 codes. All you need to do is download, print, fold it up, put it in your jacket pocket and the codes are there – right at your fingertips.

To get there, go to www.medelabreastfeedingus.com, choose Healthcare Professionals, then click Healthcare Professional Info (at the top), and click Literature and Brochures. In the second section under Clinical Tools, click Commonly Used Diagnosis Codes Conversions From ICD-9 to ICD-10 Codes, then click the link under Related Files. You may also email education@medela.com to receive a free laminated copy.

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Commonly Used Diagnosis Codes
Conversions From ICD-9 To ICD-10 Codes



While on the page, check out some of the other offerings under the Literature and Brochures heading. Here are just a few of the other cool clinical tools you may find helpful:

- Product Competency Validations
- Infographics on:
 - The Benefits of Human Milk Add Up
 - Initiate, Build, Maintain
 - Human Milk: The NICU Economic Story
 - What is the Range of “Normal” When it Comes to Breastfeeding?
 - The Right Technology: To Support Breastfeeding from Hospital to Home
 - What Makes Breastfeeding So Unique?
 - Others . . .
- CDC Growth Charts for Breastfed Babies
- Support for Patient Education

We’re working on lots of projects to support you in clinical practice. Over the next few months in this space, we plan to highlight a few that we hope you will find helpful.

CLINICAL PEARLS IN LACTATION

This column is for lactation practitioners to share clinical challenges and successes, observations and pearls with colleagues. To share a clinical pearl, [submit it here](#). If your submission is selected for publication in future issues of Human Milk Insights, you will receive a \$25.00 VISA gift card.

SHOUT-OUT TO BREASTFEEDING MOM ATTENDEES AT THE 2017 PEDIATRIC ACADEMIC SOCIETIES MEETING

Medela recently sponsored Nursing Mothers' Rooms for mothers who attended the Pediatric Academic Societies Meeting in San Francisco. This room was set up for attendees who bring their infants to the sessions and would like a private, comfortable place to breastfeed. Medela also provided Symphony breast pumps and kit setups for mothers who were pumping for babies not in attendance – some babies were home with dad and some were at the hotel waiting for mom to finish her conference sessions.

The Pediatric Academic Societies (PAS) Meeting brings together thousands of pediatricians and other healthcare providers united by a common mission: Improve the health and well-being of children worldwide. This international gathering included researchers, academics, as well as clinical care providers and community practitioners.

The Pediatric Academic Societies staff and delegates, together with Medela and the San Jose Mothers' Milk Bank (a non-profit member of HMBANA) set up a depot in the Nursing Mothers' Room where mothers could pump and donate breast milk that was not needed for their own little ones. For four days of the conference, milk was collected, refrigerated and taken to the San Jose Mothers' Milk Bank.

Did you know it only takes ¼ ounce of donated breast milk to help a premature baby thrive? Throughout the four days of the conference, mothers donated a whopping 938 ounces of their precious breast milk! That's nearly 7 ½ gallons!

Thanks to the PAS committee, the San Jose Mothers' Milk Bank and the Medela staff whose hard work resulted in 938 ounces of the life-giving gift of human milk that will go to vulnerable babies in need!

For more information, please call 1-877-375-6645 or visit www.mothersmilk.org.

SPOTLIGHT ON PRACTICE

This month we are spotlighting Cara J. Riek DNP, RN, FNP-BC, IBCLC.

Nestled within the environs of Scottsdale, Arizona, is a special place for mothers seeking breastfeeding counsel and care. Arizona Breastfeeding Medicine and Wellness is a holistic breastfeeding medicine clinic founded in 2015 by Dr. Cara Riek and her colleague and fellow lactation consultant, Marissa Honey-Jones to provide compassionate, evidence-based care to breastfeeding mothers and babies across the breastfeeding spectrum. The location offers individualized breastfeeding consults, a latch clinic, private prenatal consultations, tongue and lip tie revisions (frenotomies/frenectomies), a couple's prenatal breastfeeding class and more. The practice is contracted with several large health insurance plans for breastfeeding services. Since first opening, the practice has gained the reputation as a center where mothers receive compassionate, evidence-based breastfeeding care in a comfortable, welcoming and caring environment.

Dr. Riek has found a welcoming home in Arizona. After graduating from Lawrence University in Appleton, Wisconsin, majoring in Biology, she spent several years living there while participating in HIV research. She also worked as a research specialist in the department of OB/GYN at the University of Wisconsin, aiding doctors and researchers to find the cause and effects of pre-eclampsia. Her journey into lactation started with the birth of her first son when she encountered significant breastfeeding issues that complicated her lactation journey. Not wanting another mother to experience the difficulties and emotional toils she experienced, Dr. Riek decided to change her career path; she began a nine-year journey that focused on caring for, promoting and preserving the breastfeeding dyad. Her journey led her to Arizona where she pursued degrees in nursing culminating with a Doctor of Nursing Practice from Arizona State University in 2016. Her doctoral thesis focused on developing lactation education modules for healthcare professionals. Dr. Riek presented her thesis work at the 2016 International Lactation Consultant Association (ILCA) conference held in Chicago.

Dr. Riek's passion in supporting breastfeeding mothers led her to volunteer with La Leche League of Arizona beginning in 2013. She remains an active leader with the organization and is a mentor to fellow leaders. In addition to being a Family Nurse Practitioner and IBCLC, Dr. Riek holds certifications as a Lactation Educator and in Clinical Lactation Management. Dr. Riek is the president of the Arizona Breastfeeding Coalition and has presented educational content to the United States Breastfeeding Committee (USBC). She has lectured alongside Martin Kaplan, DMD and Rajeev Agarwal, MD about tongue and lip ties and its effect on breastfeeding. Dr. Riek especially enjoys lecturing on breastfeeding to nurses and nursing students alike at various hospitals and conference throughout the state.

Dr. Riek and her husband have found the lifestyle of suburban Scottsdale an ideal location to raise their family of three, two daughters and one son. They are close to family members living in southern Arizona and enjoy bike riding and hiking on the many trails in the area. The direction her career path has taken to assist and support breastfeeding mothers and babies is thrilling work for

her. She is in awe of the strong spirit of breastfeeding mothers and their families to persevere through challenges in meeting their lactation goals. Dr. Riek acknowledges breastfeeding mother-baby dyads have goals and needs that are unique and individual to them. “My mission is to support mothers where they are at and help them journey into the breastfeeding relationship they desire.” Dr. Riek has established herself as a respected lactation advisor and counselor in the Scottsdale community striving to build amazing breastfeeding experiences for mothers and babies.

This column is for lactation practitioners and facilities who wish to acknowledge the work of others. We invite you to submit suggested practitioners or facilities you would like to spotlight. If you have a suggestion, [submit it here](#).