

Human Milk Insights

August 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 the NICU
- Professional Organizations and Human Milk
- World Breastfeeding Week
- Induction of Human Milk Lactation
- Human Milk and Health Insurance

HUMAN MILK EDUCATION

- Education Opportunities

TOOLS YOU CAN USE

- Medela's Guide for Breastfeeding the Late-Preterm Infant

CLINICAL PEARLS IN LACTATION

- The importance of Reinforcing Guidelines for Cleaning Breast Pump Parts

SPOTLIGHT ON PRACTICE

- Susie Amick, MSN, RN, IBCLC, LCCE

NEWS YOU CAN USE

HUMAN MILK AND THE NICU

Randomized Controlled Trial On Effect Of Intermittent Early Versus Late Kangaroo Mother Care On Human Milk Feeding In Low-Birth-Weight Neonates

A study comparing early Kangaroo Mother Care with late Kangaroo Mother Care found significant increases among the early KMC regarding exclusive human milk feeding and direct breastfeeding in the hospital.

<http://journals.sagepub.com/doi/abs/10.1177/0890334416685072>

Can La La Land Save Our NICU Babies?

Dr. Jae Kim discusses the impact of sound in the NICU and strategies for reducing sound and the potential benefit of music in the NICU environment.

<http://blog.neonatalperspectives.com/2017/06/27/can-la-la-land-save-our-nicu-babies/>

Comfort Measures For Infants During Insertion Of Nasal/Oral Gastric Tube

Patrice Hatcher highlights the best procedures to minimize pain and discomfort for NICU infants while inserting a feeding tube.

<http://blog.neonatalperspectives.com/2017/07/03/comfort-measures-for-infants-during-insertion-of-nasaloral-gastric-tube/>

Decreasing Breast Milk Volumes In The NICU: Can Clinicians Make A Difference?

Irene Zoppi highlights the role clinicians play in making breast milk expression and breastfeeding successful in the NICU setting.

<http://blog.neonatalperspectives.com/2017/07/09/decreasing-breast-milk-volumes-in-the-nicu-can-clinicians-make-a-difference/>

ENFit Syringes And Their Impact To New Standards In The NICU

Kim Flanagan discusses the new standards for minimizing risk in the NICU with the use of ENFit syringes.

<http://blog.neonatalperspectives.com/2017/07/15/enfit-syringes-and-their-impact-to-new-standards-in-the-nicu/>

PROFESSIONAL ORGANIZATIONS AND HUMAN MILK

Presentations From The Ninth Annual Summit On Breastfeeding – June 2017

Presentations from the Ninth Annual Summit on Breastfeeding are available on YouTube. Included are a presentation from the Haywood Brown, MD, President of ACOG, Jerome Adams, who has recently been nominated to be Surgeon General of the US, and Ruth Peterson, MD, MPH with the Centers for Disease Control.

<https://www.youtube.com/playlist?list=PLNjm9nbuUu4uJatLun5Bz51ejdM6SfKlK>

CDC Report - Overview Of National Trends In Health Statistics

The Centers for Disease Control and Prevention, National Center for Health Statistics has released the 40th annual report card on the nation's health. The report features data on breastfeeding as well as low birth weight collected from the National Survey of Family Growth (NSFG).

<https://www.cdc.gov/nchs/hus/index.htm>

WORLD BREASTFEEDING WEEK

World Breastfeeding Week 2017

August 1-7, 2017 is World Breastfeeding Week. The theme for 2017 is Sustaining Breastfeeding Together. For more information and promotional downloads, visit:

<http://www.worldbreastfeedingweek.org/downloads.shtml>

Black Breastfeeding Week 2017

August 25-31, 2017 is Black Breastfeeding Week. The theme for 2017 is Bet on Black: Nourishing Our Families, Communities & Futures. This is the 5th annual Black Breastfeeding Week celebration.

<http://blackbreastfeedingweek.org/>

INDUCTION OF HUMAN MILK LACTATION

Induction Of Lactation In The Biological Mother After Gestational Surrogacy Of Twins: A Novel Approach And Review Of Literature

Article in Breastfeeding Medicine discussing the induction of lactation including a case study of a mother who had twins by a surrogate mother.

http://online.liebertpub.com/doi/pdf/10.1089/bfm.2016.0112#utm_source=ETOC&utm_medium=email&utm_campaign=bfmPROTOCOL

HUMAN MILK AND HEALTH INSURANCE

Research Reveals Breastfeeding Support Policies Have High Reward And Low Cost

Report finds that Breastfeeding support has negligible impact on insurance premiums while saving hundreds of millions of dollars and improving health outcomes for babies and mothers.

http://www.prnewswire.com/news-releases/new-research-reveals-policies-that-support-access-to-breastfeeding-counseling-and-supplies-have-high-rewards-low-cost-300480315.html?tc=eml_cleartime

Medela created an infographic highlighting the findings of this research:

<http://www.medelabreastfeedingus.com/media-center/284/new-research-reveals-access-to-breastfeeding-counseling-and-supplies-have-high-rewards-low-cost>

HUMAN MILK EDUCATION

Please go to www.MedelaEducation.com for education opportunities.

New online course for nursing students developed and presented by Diane Spatz, PhD, RN-BC, FAAN.

The Human Milk & Breastfeeding Science & Technology for Nursing Students, is a course that provides up to date information about breastfeeding and human milk.

For more information or to register please visit www.MedelaEducation.com. Use promo code **HMIAJ4YNJ** for complimentary access! Promo code expires 9/30/17.

Recorded Webinars

Donor Human Milk and Mothers' Own Milk: Why are Outcomes Different for VLBW Infants? by Paula Meier, PhD, RN, FAAN. Visit www.MedelaEducation.com and use promo code **HMITQ6PCZ** to enjoy 50% off registration. Offer expires 8/31/17.

It's all about the Milk: Informal Milk Sharing & Donor Milk by Diane Spatz, PhD, RN-BC, FAAN. Visit www.MedelaEducation.com and use promo code **HMIYT6XKA** to enjoy 50% off registration. Offer expires 8/31/17.

TOOLS YOU CAN USE

MEDELA'S GUIDE FOR BREASTFEEDING THE LATE PRETERM INFANT

Did you know that Medela has a great booklet for breastfeeding families of late preterm infants? Babies born in the late preterm period, from 34 0/7 weeks to 36 6/7 weeks gestation are missing the last 3 to 6 weeks in utero when their brains, other organs and metabolic processes are just beginning to mature and function correctly.

Most late preterm babies are born healthy and go out to postpartum units to stay with their mothers. Others may have some difficulty adjusting to extrauterine life and may need a short stay in the NICU. Although these babies may weigh as much as their full-term counterparts, they often show signs that they're not ready to feed quite like term babies.

Breastfeeding may be more difficult as these babies sometimes act more like preemies at the breast – not waking for feeds, unable to maintain suction and falling asleep before the milk is drained from the breast. If this is the case, mothers will need assistance in initiating and building their milk supplies while their babies become strong and mature enough to maintain a milk supply. A hospital grade (multi-user), double, electric breast pump is necessary to bridge the time until the baby can breastfeed exclusively at the breast.

Dr. Paula Meier, from Rush University, developed the content of Medela's 22-page booklet, *Breastfeeding Your Late Preterm Infant*, with contributions from mothers and their babies. This booklet educates, supports and accompanies a mother throughout her

personal journey with her baby born just a few weeks too soon.

This patient education tool contains beautiful pictures of late preterm babies with their mothers and illustrates different concepts and strategies to assist with feeding. Several mothers share their experiences in detail. These personal stories show how challenging breastfeeding a late preterm baby can be in the early weeks after birth, and how rewarding it is after all the extra work and lactation aids are discontinued.

Learning the subtleties and intricacies of the breastfeeding late preterm infant takes time and experience, and is essential when caring for mother/baby couples.

Because the educational content is so comprehensive and based on the latest evidence, this booklet should be a "must read" for every new staff member on the labor and delivery and postpartum units.

You can download a copy of this booklet on the Medela website:

<http://www.medelabreastfeedingus.com/professionals/lactation-professional-information/196/breastfeeding-your-late-preterm-infant>

Also, a new Donor Milk Infographic is available! You can download a copy of this infographic by clicking the link below.

<http://www.medelabreastfeedingus.com/professionals/lactation-professional-information/214/why-choose-mothers-own-milk-over-donor-human-milk-infographic>

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.

THE IMPORTANCE OF REINFORCING GUIDELINES FOR CLEANING BREAST PUMP PARTS

There's so much to tell new mothers about their little ones who are in the NICU. We give them booklets, papers, have them watch videos and listen to tons of verbal instructions. Information overload! As you know, even new mothers with healthy, term babies only absorb about 10% of their postpartum instructions.

We know that mother's own milk is SO important to the health, growth and development of a baby born prematurely, so much so that we often refer to it as "medicine." We give mothers a lot of information about how and when to pump, what to pump into, how to store their milk and bring it to the NICU, and finally how to clean and store pump parts. All aspects are essential for cleanliness and keeping babies healthy especially in their immunocompromised state. Because of information overload, mothers will do their best, but they may overlook the importance of cleaning and storing their pump parts properly.

As clinicians, we need to provide consistent, detailed instructions (both verbally and written) to every pumping mother about how to hygienically clean breast pump parts after each use. It's also critically important to make sure that the mother can verbalize that she understands both the instructions and the importance of cleaning and storing pump parts correctly **after each use** to reduce her infant's risk of infection.

The CDC has recently released their version of "How to Keep Your Breast Pump Kit Clean." Here are some of the highlights:

- Wash hands carefully before handling pump parts or pumped milk
- Clean pump parts soon after each use
- Separate all parts that come into contact with the breast or milk
- Rinse pump parts under running cool water to remove any milk – *DON'T* put the pump parts in the sink to rinse.
- Use either a dishwasher or scrub with soap and a brush in a wash basin used only for cleaning the pump kit and infant feeding items – *not by washing in the kitchen sink*.
- For **Dishwasher**: place small parts into a closed-top basket or mesh laundry bag, add soap and use hot water (sanitizing cycle, if possible). Remove from dishwasher with clean hands and if parts are not completely dry, place on a clean dish towel to dry thoroughly before storing.
- If **Hand-washing**: Place parts in a clean wash basin (*Don't place pump parts in the sink*). Add soap and HOT water, scrub items with a clean brush only used for infant feeding items. *Air dry* thoroughly on a clean towel. Do not use towel to rub or pat items dry.
- Clean wash basin and bottle brush, rinse and allow to air dry
- For extra germ removal, sanitize the pump kit once daily; this provides an extra level of protection from contamination.
- Store dry items safely. Items must be completely dry before storing to help prevent germs and mold from growing.

It's very helpful if the clinician will engage the pumping family in a dialogue daily about their pumping experience, including the cleaning and storing of pump parts. Make sure everyone in the family is aware of the health risks if the guidelines are not followed.

Medela has many resources on how to clean the breast pump and its parts: <http://www.medelabreastfeedingus.com/products/573/pump-in-style-advanced/faqs>

There is also a link to a video for mom to watch on how to safely clean their pump parts.

Resources:

www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html.

Bowen A, Wiesenfeld HC, Kloesz JL, et al. (2017). Notes from the Field: Cronobacter sakazakii Infection Associated with Feeding Extrinsically Contaminated Expressed Human Milk to a Premature Infant — Pennsylvania, 2016. MMWR Morb Mortal Wkly Rep 2017;66:761–762.

Medela's pump cleaning and sanitizing instructions:

<http://www.medelabreastfeedingus.com/products/573/pump-in-style-advanced/faqs>

SPOTLIGHT ON PRACTICE

This month we are spotlighting Susie Amick, MSN, RN, IBCLC, LCCE

Susie Amick's boundless energy and dedication in assisting breastfeeding families is well known both in her native city of New Orleans and across Louisiana. She has been recognized locally and nationally for her work promoting evidence-based maternity care practices for improved maternal and infant outcomes by increasing breastfeeding initiation and duration rates.

Susie began her nursing career over 35 years ago. Although her early undergraduate studies were focused on biology and psychology, with plans for a career in pediatric clinical psychology, her desire to connect with birthing families led to an interest in nursing. On completing her initial nursing education, Susie became active in childbirth and breastfeeding education and achieved certification as a Lamaze International Certified Childbirth Educator (LCCE) and an International Board Certified Lactation Consultant (IBCLC). Never one to rest on her laurels, in 2014 she completed her Masters of Science in Nursing (MSN) at Loyola University, New Orleans.

Since 1992, she has worked as a Lactation Consultant and Perinatal Educator at East Jefferson General Hospital (EJGH) in Metairie, Louisiana (LA). Susie was instrumental in helping EJGH achieve The Gift designation and their Baby Friendly USA designation. The Gift is a program of the Louisiana Department of Health-Office of Public Health- Bureau of Family Health. The Gift is an evidence-based program designed to assist Louisiana birthing facilities in increasing breastfeeding rates and hospital success by improving the quality of their maternity services and enhancing patient-centered care. It is a hospital designation program that provides resources and a framework to help improve breastfeeding outcomes through incremental adoption of internationally recognized practices.

Since 2007, Susie has been a nurse consultant for The Gift, providing one-on-one technical assistance and support to LA birthing hospitals, while fostering community partnerships. She developed a nursing staff full-day program promoting The Gift, which was presented to 39 hospitals across LA.

Susie has been recognized by the hospital as an EJGH Employee of the Month and has been selected as a "Great 100" nurse in Louisiana. She has also served as a charter member and steering committee member of the Louisiana Breastfeeding Coalition. As well as her one day seminars across Louisiana, she has presented at Statewide and National conferences in poster and podium presentations, including the 2014 Association of Neonatal Nursing Conference and the 2015 AWHONN convention. The results of her statewide breastfeeding promotion program were published in a peer-reviewed journal, The Journal of Community and Public Health Nursing, in the article, "Statewide Breastfeeding Program Improves Maternity Staff Knowledge, Attitudes and Self-Efficacy".

Susie and her husband, Les, met while vacationing in Hawaii, Susie having just completed her undergraduate studies, and Les relaxing after his first Vietnam tour serving as a Marine Corps aviator. They began a long-distance relationship culminating in marriage and a military life,

traveling with their two children in locations including Hawaii, Japan, South Carolina, Mississippi and Virginia. They presently have four grandchildren and a yellow lab named Dixie.

Susie is a much-admired professional within the Louisiana community, at East Jefferson General Hospital, and with the many families she serves. She is passionate in her efforts, “to educate and motivate hospital staff to implement evidence-based maternity practices for improved outcomes for women and infants.”

Susie believes that, “ALL expectant mothers should be provided education for making informed infant feeding and care decisions, as well as supportive birthing environments that promote bonding of mother-infant couplets and facilitate breastfeeding.”

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](#).