

Human Milk Insights

August 2018

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, and announces upcoming webinars and conferences.

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FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Human Milk and World Breastfeeding Week
- Human Milk and Medications
- Human Milk and Organizations
- Human Milk and the NICU

HUMAN MILK EDUCATION

- August is back to school month! Enjoy \$15 off online education and recorded webinars.
- Education Tools
- New initiatives to support, encourage, and empower breastfeeding moms

TOOLS YOU CAN USE

- Breastfeeding: Foundation of Life

CLINICAL PEARLS IN LACTATION

- Foundation of Life: World Breastfeeding Week August 1-7

SPOTLIGHT ON PRACTICE

- Kathy L. Mason, BSN, RNC-NIC, IBCLC

NEWS YOU CAN USE

WORLD BREASTFEEDING WEEK

World Breastfeeding Week

World Breastfeeding Week was August 1-7, 2018. This year's theme for 2018 was *Breastfeeding: Foundation of Life*. Resource material is available at <http://worldbreastfeedingweek.org/>

Breastfeeding Grand Rounds - Increasing Skin-To-Skin Contact to Improve Perinatal Outcomes and Breastfeeding Success - August 2, 2018, 8:30 - 10:30 am E.T. The Breastfeeding Grand Round is available online for 2 weeks after the live webcast at <https://www.albany.edu/sph/cphce/bfgr.shtml>

HUMAN MILK AND MEDICATIONS

Chronic use of psychotropic medications in breastfeeding women: Is it safe?

Research published in PLOS One journal found that the use of psychotropic monotherapy during lactation is associated with normal growth and gross motor developmental as by milestone achievements reported by parents. Sleepiness was reported, though it seemed self-limited with no developmental effect. <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0197196>

Drugs of Abuse During Breastfeeding

Philip Anderson reviews the available published information on using drugs of abuse during breastfeeding. https://www.liebertpub.com/doi/abs/10.1089/bfm.2018.0084#utm_source=ETOC&utm_medium=email&utm_campaign=bfm

HUMAN MILK AND ORGANIZATIONS

Breastfeeding: Support, Challenges, and Benefits

The American Academy of Pediatrics has published a resource available online with links to numerous articles and websites regarding the support, challenges, and benefits of breastfeeding. <http://www.aappublications.org/breastfeeding-pc>

ABM Clinical Protocol #29: Iron, Zinc, and Vitamin D Supplementation During Breastfeeding

The Academy of Breastfeeding Medicine has released a new protocol on *Iron, Zinc and Vitamin D Supplementation During Breastfeeding*. The complete protocol will be available on the ABM website at <https://www.bfmed.org/protocols>.

https://www.liebertpub.com/doi/abs/10.1089/bfm.2018.29095.snt#utm_source=ETOC&utm_medium=email&utm_campaign=bfm

HUMAN MILK AND THE NICU

Effects of Pacifier Use on Transition Time from Gavage to Breastfeeding in Preterm Infants: A Randomized Controlled Trial

Study showed that the use of pacifiers with preterm infants during gavage feeding reduced the transition period to oral feeding and the duration of hospital stay. https://www.liebertpub.com/doi/abs/10.1089/bfm.2018.0031#utm_source=ETOC&utm_medium=email&utm_campaign=bfm

Does the Post-Feeding Position Affect Gastric Residue in Preterm Infants?

Study looked at the effect of post-feeding position of preterm infants on gastric residue.

https://www.liebertpub.com/doi/abs/10.1089/bfm.2018.0028#utm_source=ETOC&utm_medium=email&utm_campaign=bfm

Diagnosis and Management of Gastroesophageal Reflux in Preterm Infants

The American Academy of Pediatrics has updated their protocol on Diagnosis and Management of Gastroesophageal Reflux in Preterm Infants.

http://pediatrics.aappublications.org/content/142/1/e20181061?utm_source=highwire&utm_medium=email&utm_campaign=Pediatrics_etoc

Oral Colostrum Care: A Self-Driving Practice, or Is There a Driver?

Jae Kim, MD, PhD

Dr. Kim discusses the practice of oral colostrum care and the various drivers that may be causing the quick practice change.

<http://blog.neonatalperspectives.com/2018/07/16/oral-colostrum-care-a-self-driving-practice-or-is-there-a-driver/>

Making Babies Grow: Necessity and Timing of Human Milk Fortification

Sandra Sundquist Beauman, MSN, RNC-NIC

Sandy Beauman shares information on the necessity and timing of human milk fortification.

<http://blog.neonatalperspectives.com/2018/07/09/making-babies-grow-necessity-and-timing-of-human-milk-fortification/>

Fats First in Enteral Feeding Human Milk Delivery – New Research & Recommendations

Kathleen Quellen, RN, BSN

Kathy Quellen outlines the new research from ASPEN and recommendations for feeding fats first when feeding human milk to preterm infants.

<http://blog.neonatalperspectives.com/2018/06/25/fats-first-in-enteral-feeding-human-milk-delivery-new-research-recommendations/>

Confirming Gastric Tube Placement: What's New?

Sandra Sundquist Beauman, MSN, RNC-NIC

Sandy Beauman updates information on the process of confirming proper placement of gastric tubes in preterm infants.

<http://blog.neonatalperspectives.com/2018/06/18/confirming-gastric-tube-placement-whats-new/>

The Rule of Law: The Secret To Change In The NICU

Jae Kim, MD, PhD

Dr. Kim discusses the Rule of Law and how it impacts care in the NICU.

<http://blog.neonatalperspectives.com/2018/06/12/the-rule-of-law-the-secret-to-change-in-the-nicu/>

NICU Milk Warmers: How Many is Enough?

Meredyth Thompson, BSN, RN

Meredyth Thompson discusses scenarios within the NICU regarding the need for milk warmers.

<http://blog.neonatalperspectives.com/2018/07/23/nicu-milk-warmers-how-many-is-enough/>

HUMAN MILK EDUCATION

Education Opportunities

August is back to school month and it's a great time to register for an online course. Visit www.MedelaEducation.com and click on the 24/7 Online Courses icon. There, you will find a variety of our online courses as well as our recorded webinars. Email education@medela.com and mention this edition of Human Milk Insights for a promo code to enjoy \$15 off the registration fee!

Education Tools

Education is key for a successful breastfeeding experience. Medela offers a variety of tools that healthcare professionals can share to assist mothers with their breastfeeding journey while helping them meet their breastfeeding goals. For more information, visit:

<http://www.medelabreastfeedingus.com/for-professionals/healthcare-professional-information>

Initiatives to Support, Encourage and Empower

This year, we are celebrating National Breastfeeding Month by introducing two exciting new initiatives to support, encourage, and empower breastfeeding moms. We have launched The Moms' Room, a free program designed to give moms personalized support, education, tools, and services to help them reach their breastfeeding goals. We have also introduced 22Victories, a campaign which follows two real first-time moms live via Instagram, on their journey to and through day 22 of breastfeeding. Check our website and follow us on social media to learn more!

<https://www.medelabreastfeedingus.com/the-moms-room>

<http://www.medelabreastfeedingus.com/>

TOOLS YOU CAN USE

Breastfeeding: Foundation of Life

Nutrition, food security, and poverty reduction are fundamental to achieving the United Nation's Sustainable Development Goals. Breastfeeding is one intervention that prevents hunger and malnutrition in all its forms and ensures food security for babies, even in times of crisis.

Here are links to resource materials for World Breastfeeding Week and beyond.

The following tools are available from WABA, the organization that coordinates World Breastfeeding Week. They can be accessed at:

www.worldbreastfeedingweek.org.

- The World Breastfeeding Week 2018 [Action Folder](#) is available for download.
- 2018 [Social Media Kit](#): There are creative assets and opportunities for interaction on the different social media channels. There are Photo Frames for your profile pictures, general posts that can help you INFORM your friends, and "Followers", along with Instagram and Twitter assets and photos to share your #WBW2018 event.
- [Media Kit](#): Contains documents to review and download, as well as other resources relevant to the WBW2018 campaign. There is the 2018 Press Release, Innocenti Declaration from both 1990 and 2005, a bookmark that explains WABA, a copy of the WHO Global Strategy on infant and Young Child Feeding, and Actions of the World

Health Assembly. There is also a video on the website that highlights the huge progress that has been made by the World Health Organization. The video discusses the challenges that lie ahead to keep the world safe, improve health, and serve the vulnerable.

Tools Available from ILCA (International Lactation Consultant Association): In [Lactation Matters](#), the official blog of the International Lactation Consultant Association, you'll find articles, images, action steps and more to help you engage more people in the effort to protect, promote and support optimal breastfeeding. Throughout the week of August 1-7, *Lactation Matters* featured blog posts and resources to use as support tools whenever needed.

Check out the resources on the Medela website at: www.medela.com. These will be helpful as you work toward meeting the objectives of #WBW2018.

From the Medela Home page, choose "Healthcare Professional Information" and go to the "Literature and Brochures" section. From there, you can peruse several evidence-based items that will fit your plan to INFORM more people that breastfeeding is the foundation of life. These three items are a good place to start:

- **Benefits of Human Milk: Evidence and Talking Points:** This 12-page booklet of talking points gives evidence-based information in a format that can easily be shared with

mothers.
<http://www.medelabreastfeedingus.com/for-professionals/lactation-professional-information/179/benefits-of-human-milk-evidence-and-talking-points>.

- Why Choose Mother's Own Milk Over Donor Human Milk? is an infographic that explains why mother's own milk should always be the first choice before acquiring human donor milk for babies who are in the NICU.
<http://www.medelabreastfeedingus.com/for-professionals/lactation-professional-information/214/why-choose-mothers-own-milk-over-donor-human-milk-infographic>
- Providing Breastmilk for your Premature Baby is a 24-page booklet that is loaded with evidence-based information and tips for mothers providing breast milk to their premature infant.
<http://www.medelabreastfeedingus.com/for-professionals/lactation-professional-information/194/providing-breast-milk-to-your-premature-baby>

The state of California has several publications which you might find useful. You can:

- Review California's WBW Campaign:
<http://californiabreastfeeding.org/coalition-information/world-breastfeeding-weeknational-breastfeeding-month/>.

- Listen to a recorded webinar, "Social Media Skill Building Workshop".
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/Breastfeeding/Pages/Social-Media-Skill-Building-Workshop.aspx>.
- Download a Fact Sheet: Know Your Breastfeeding Rights: Lactation Accommodation for Both Employers and Lactating Parents.
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/CDPH%20Document%20Library/BFP/BFP-Knowing-Your-Breastfeeding-Rights.pdf>.
- Read Sample Social Media Posts available in both English and Spanish.
<https://www.cdph.ca.gov/Programs/CFH/DMCAH/breastfeeding/pages/world-Breastfeeding-Week.aspx>.

Don't worry if you haven't yet planned your celebration. The message of World Breastfeeding Week doesn't end on August 8 – in fact, the work is just beginning.

"We all have an important role to play in ensuring the growth, development and survival of children around the world." -- WABA

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 a future issue of Human Milk Insights, you will receive a \$25.00 VISA gift card.

Foundation of Life: World Breastfeeding Week August 1-7, 2018

It's that time of year again . . . yep, you guessed it. It's World Breastfeeding Week! August 1-7 is celebrated all over the world and this year's (2018) theme for World Breastfeeding Week is **Foundation of Life**.

"In a world filled with inequality, crises and poverty, breastfeeding is the foundation of lifelong good health for babies and mothers." – World Alliance for Breastfeeding Action (WABA)

A foundation built on the promotion, protection and support of breastfeeding saves many babies' and mothers' lives, as well as tremendous amounts of money. Globally, each year 823,000 child deaths, 20,000 maternal deaths and \$302 billion in economic losses are attributed to NOT breastfeeding! The reality is that these losses are preventable. Unfortunately, malnutrition, food insecurity, and poverty are "alive and well" in our world today.

The United Nations launched Sustainable Development Goals (SDGs) in 2015, an agenda to transform the world through sustainable development by the year 2030. WABA has linked the SDGs to the World Breastfeeding Week campaign to highlight how the protection, promotion, and support of breastfeeding is critical to sustained development.

The first sustainable development goal (SDG) is: *Preventing malnutrition in all its forms*.

On a global scale, did you know that globally?

- There are 155 million children under 5 years of age whose growth is stunted, 52 million are "wasted" and 41 million are overweight.
- In low/medium-income countries, babies who were breastfed had a 21% lower risk of death in their first year, compared with babies who never breastfed.
- The risk of obesity or becoming overweight is reduced by 10% when breastfeeding (rather than formula feeding).

The second SDG is: Ensuring food security, even in times of crisis. Did you know...

- 815 million people are food insecure and malnourished and 489 million live in countries affected by conflict.
- By 2019, the global infant formula market will reach sales of \$70.6 billion.
- More than 4000 liters of water are needed to produce just 35 ounces of powdered formula!
- The quality and quantity of milk production is relatively unaffected by a mother's nutritional status, except

in extremely malnourished women (only 1%).

Breaking the Cycle of Poverty, the 3rd Sustainable Development Goal. Did you know that . . .

- In developing regions, 1 in 5 people still live on less than \$1.90 a day.
- Every \$1 invested in breastfeeding generates \$35 in economic returns.
- *Not* breastfeeding is associated with \$302 billion in annual economic losses.

To tie it all together and to establish breastfeeding as the key to sustainable development, this year's Objectives for World Breastfeeding Week are to:

- INFORM people about the links between good nutrition, food, security, poverty reduction and breastfeeding,
- ANCHOR breastfeeding as the foundation of life,

- ENGAGE with individuals and organizations for greater impact, and
- GALVANIZE action to advance breastfeeding as a part of good nutrition, food security and poverty reduction.

How have you and your practice celebrated World Breastfeeding Week this year?

"If breastfeeding did not already exist, someone who invented it today would deserve a dual Nobel Prize in medicine and economics" ~ Keith Hansen, World Bank

This information was derived from the World Alliance Breastfeeding Action (WABA), Press Release Kit, World Breastfeeding Week 2018.

For more information on WABA and World Breastfeeding Week (WBW), check out their website: www.worldbreastfeedingweek.org. Contact them by email: wbw@waba.org.my

SPOTLIGHT ON PRACTICE

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](#).

This month we are highlighting Kathy L. Mason, BSN, RNC-NIC, IBCLC

Kathy Mason's over 40 year nursing career has been full of challenges, rewards, and accomplishments. Although she has delivered care in a variety of neonatal settings, providing compassionate care to breastfeeding families remains her greatest professional accomplishment.

As a young child growing up near Reading, Pennsylvania, Kathy knew she wanted to be a nurse. She recalls always playing the role of a nurse when she and her siblings played together. She graduated from a nursing program and began her career as a perinatal nurse. Though she started as a bedside clinician in an adult neuro-surgical unit and later in a mother-baby unit, her real passion was working in the Neonatal Intensive Care Unit. Living in five different states while relocating to meet the demands of her husband's career, Kathy has worked in nine different in-patient facilities.

Kathy found working in Neonatal Intensive Care units to be most rewarding. She was challenged by the intensive care the newborns required and their ever-changing medical needs. Kathy was involved in staff education within the NICU setting for a period of 17 years, and decided to become an IBCLC to assist her in caring for NICU babies and their mothers. In 2008, she moved to Indianapolis and became a Certified Lactation Consultant.

Kathy began working as an IBCLC at Riley Hospital for Children at Indiana University Health in 2009. She and her colleagues oversee lactation services for the hospital and serve as a resource for the on-site Milk Lab and WIC clinic. In addition to her clinical role supporting breastfeeding families, Kathy began the Riley Lactation Council which provides on-going education for hospital-wide CLCs/CLSs, and is co-chair of the IU Health Lactation Council which develops lactation parent education documents & reviews and revises policies. She also developed and implemented an interdisciplinary Riley Hospital Lactation Advisory Committee to advance and promote lactation within the hospital. Comprised of lactation consultants, nurse educators, dietitians, social workers, occupational therapists, and pharmacists, its aim is to develop specific breastfeeding policies and protocols. The Committee has developed a protocol for using colostrum for oral care, a policy for breastfeeding with illicit drug use, and has discussed many topics such as breast milk as first feedings, and informal milk sharing. In 2011, Kathy developed a breastfeeding pathway for NICU staff describing breastfeeding guidelines and parent education centered around developmentally appropriate ways to transition breastfeeding within the NICU setting – from admission to discharge.

Kathy is a well-recognized lactation expert at Riley Hospital for Children and within the Indianapolis community. She serves as a board member of The Milk Bank, is a member of the Indiana Breastfeeding Coalition, recently delivered a short talk at the annual Indiana State Breastfeeding Conference, and was an active member on a hospital team which contributed to the collection of data for the Neonatal Intensive Care Quality Improvement Collaborative experience for the Vermont Oxford Network in 2002.

Kathy and her husband of 43 years settled in Indianapolis from Ohio to be closer to their daughter and her family. Her twin granddaughters, now 11 years old were born at 33 weeks

gestation and Kathy knew she needed to be with her daughter and her family. They also have a son and daughter-in-law living in Pennsylvania and four other grandchildren ranging from 7 years to 6 months. Both Kathy and her husband enjoy gardening, traveling, visiting with family on the east coast, and spending time with the grandchildren. A special treat this summer was being able to spend a week in Maine with their son and his family.

Kathy has worked tirelessly to help guide NICU families to achieve their breastfeeding goals. She looks forward to further serving the needs of these families at Riley Hospital for Children and throughout the Indianapolis community. The many families she has supported and guided along their breastfeeding journeys are grateful too.