

Human Milk Insights

September 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.

CONTRIBUTORS

Cindy Wagner MS, RD, IBCLC
Education Consultant
Medela LLC.
Tuscaloosa, AL.

Maria Lennon, MSN, CNM, IBCLC
Nurse-Midwife, Perinatal Education
Consultant
Sedona, AZ.

Irene M. Zoppi RN, MSN, IBCLC
Clinical Education Specialist
Medela, LLC.
McHenry, IL.

FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Human Milk and Government Resources
- Human Milk and Prenatal Practices
- Human Milk and the Workplace
- Human Milk Legislation
- Human Milk in the NICU

HUMAN MILK EDUCATION

- Webinar September 19
- Education Tools
- New initiatives to support, encourage, and empower breastfeeding moms

TOOLS YOU CAN USE

- Talking About the Benefits of Mothers' Milk

CLINICAL PEARLS IN LACTATION

- Reviewing the Uniqueness of Mother's Milk

SPOTLIGHT ON PRACTICE

- Kathleen Moren, RN, BSN, IBCLC

NEWS YOU CAN USE

HUMAN MILK AND GOVERNMENT RESOURCES

2018 Breastfeeding Report Card

The Centers for Disease Control and Prevention has released the 2018 Breastfeeding Report Card. Breastfeeding initiation rates continue to rise in the United States. The ever-breastfed rate is now 83.2% and the percentage of infants breastfeeding at 6 months is now 57.6%. Individual state rates are available on the CDC website.

<https://www.cdc.gov/breastfeeding/data/reportcard.htm>

Systematic Review on Breastfeeding Programs and Policies

The Agency for Healthcare Research and Quality has released their Systematic Review titled, "Breastfeeding Programs and Policies, Breastfeeding Uptake, and Maternal Health Outcomes in Developed Countries." The purpose of the review was to summarize the effectiveness of community, workplace, and healthcare system-based programs and policies aimed at supporting and promoting breastfeeding, while also determining the association between breastfeeding and maternal health.

<https://effectivehealthcare.ahrq.gov/topics/breastfeeding/research>

<https://effectivehealthcare.ahrq.gov/sites/default/files/cer-210-breastfeeding-summary.pdf>.

HUMAN MILK AND PRENATAL PRACTICES

Prenatal Exposure to Stressful Life Event and Infant Breastfeeding

Study on Impact of Stressful Life Events on Breastfeeding Initiation, from *Breastfeeding Medicine* has published a study titled, "Prenatal Exposure to Stressful Life Events and Infant Breastfeeding." The study found

that decreased odds of breastfeeding initiation

were associated with prenatal exposure to four or more stressful life events, emotional stressors, and traumatic stressors. This study underscores the impact of exposure to prenatal stressful life events on breastfeeding initiation among postpartum women. Findings may assist providers in identifying at-risk women for anticipatory guidance to improve breastfeeding rates.

<https://www.liebertpub.com/doi/pdf/10.1089/bfm.2017.0200>

MMWR Report on Opioid Use Disorder at Labor and Delivery

The Centers for Disease Control and Prevention have published a *Morbidity and Mortality Weekly Report* entitled, "Opioid Use Disorder Documented at Delivery Hospitalization — United States, 1999–2014." The report found that the number of women with opioid use disorder (OUD) at labor and delivery has quadrupled from 1999 to 2014. Increasing trends over time were observed in all 28 states with available data. OUD during pregnancy has been associated with a range of negative health outcomes for both mothers and their babies including maternal death, preterm birth, stillbirth, and neonatal abstinence syndrome (NAS).

https://www.cdc.gov/mmwr/volumes/67/wr/mm6731a1.htm?s_cid=mm6731a1_w

HUMAN MILK AND THE WORKPLACE

State-Specific Fact Sheets on Talking to an Employer About Breastfeeding Accommodations

The Center for WorkLife Law and A Better Balance have released a resource for breastfeeding employees titled "How to Talk to Your Boss About Your Pump."

Employees can choose their state and learn about planning for pumping and lactation

accommodations when returning to work, as well as relevant state and federal laws.

<https://www.pregnantatwork.org/pregnant-women-pregnancy/breastfeeding-employees/>

HUMAN MILK LEGISLATION

Updated Directory of State Breastfeeding Laws

The National Conference of State Legislatures has updated the "Breastfeeding State Laws" webpage to include recently passed legislation. The webpage also includes information on federal health reform and nursing mothers. <http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>

HUMAN MILK AND THE NICU

Supporting Breastfeeding in High Risk Infant Populations

Sandy Sundquist Beaman, MSN, RNC-NIC

Sandy Beaman highlights strategies for supporting breastfeeding with late preterm infants.

<http://blog.neonatalperspectives.com/2018/08/20/supporting-breastfeeding-in-high-risk-infant-populations/>

Why is Now the Right Time for ENFit® Enteral Connectors?

Kathleen Quellen, RN, BSN

Kathy Quellen discusses the ISO standards and the value in converting to ENFit enteral connectors.

<http://blog.neonatalperspectives.com/2018/08/13/why-is-now-the-right-time-for-enfit-enteral-connectors/>

Are We Gambling with Our Babies' Lives?

Jae Kim, MD, PhD

Dr. Jae Kim discusses the difficult decisions that health professionals and parents have to make with premature infants.

<http://blog.neonatalperspectives.com/2018/08/06/are-we-gambling-with-our-babies-lives/>

The Impact of Human Milk Oral Care

Jenny Murray, BSN, RN

Jenny Murray shares information on the use of human milk for oral care, including the rationale and basics needed for protocol/policies.

<http://blog.neonatalperspectives.com/2018/07/31/the-impact-of-human-milk-oral-care/>

HUMAN MILK EDUCATION

Human Milk Webinar

Using Collaboration to Improve Breastfeeding Outcomes in a Large Women's and Children's Hospital System

Nancy Hurst, PhD, RN, IBCLC

Wednesday, September 19th 1:00- 2:00 pm
Central Standard Time

1.0 Nursing Contact Hours

1.0 Dietitian CPE Credits

Complimentary

Click [here](#) for more information and to register.

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/professionals/healthcare-professional-information>

Initiatives to Support, Encourage, and Empower

Last month we introduced two exciting new initiatives to support, encourage, and empower breastfeeding moms. We 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 also introduced [22Victories](#). Over the next couple months, we'll be following the journey of two new moms, in real-time, as they face the ups, downs, and realities of breastfeeding. We'll provide them with the support, encouragement, and resources they need to conquer the first 21 days of breastfeeding.

TOOLS YOU CAN USE

Talking About the Benefits of Mothers' Milk

Medela has a number of tools available on their website:

<http://www.medelabreastfeedingus.com/for-professionals/healthcare-professional-information> that can help hospital, clinic and lactation consultants when talking to mothers and family members about the superiority of a mother's milk for her baby.

An infographic, [What Makes Breast Milk So Unique?](#) is available for download on the Medela website. This sheet has several interesting facts and evidence-based research that highlights how human milk is specifically made to protect, as well as grow human infants.

Another download available is the infographic, [The Benefits of Breast Milk Add Up.](#) This infographic is a visual comparison of how the components of infant formula stack up next to some of the many components of breast milk. This sheet, available in both English and Spanish, is helpful when speaking to family members who initially think that breast milk and formula are equal. While both have some of the same nutrients to help babies grow, the graph clearly highlights the extra components in human milk that are impossible to replicate in a man-made product.

One of the nicest tools that Medela offers for health professionals on the website is the booklet, [Benefits of Human Milk: Evidence and Talking Points.](#) The booklet, written by Dr. Paula Meier and the Rush Mothers' Milk Club, is divided into ten pages, each page listing the supportive

evidence, and certain talking points to cover when discussing the importance of using human milk.

The subjects covered include: Health Outcomes for Mothers, Health Outcomes for Infants, Colostrum, Use of Infant Pacifiers, Adequacy of Maternal Milk Volume, Exclusivity of Human Milk, Maternal Medications as a Barrier, Ways to Feed Your Milk, Perceived Infant Hunger with Breastfeeding Alone. The last page reviews the Joint Commission's Perinatal Care Core Measure Set on Exclusive Breast Milk Feeding -an effective measure set that is now mandatory for all hospitals with 1100 or more births per year.

Medela is committed to assisting healthcare providers and lactation professionals in meeting their breastfeeding education goals by developing and offering evidence-based tools that can be used for teaching mothers, their partners and other family members.

How do you talk with mothers and families about the uniqueness and superiority of human milk? Are there any tools that you have found to be most helpful? Please let us know at: education@medela.com.

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.

Reviewing the Uniqueness of Mothers' Milk

Most mothers are aware that breast milk is best for their babies and that's why they choose to breastfeed. However, many think that infant formula is just about as good. Even though we know mothers' milk is more than just a simple mix of proteins, sugars and fats and cannot be easily duplicated and replaced by formulas, most people are unaware of the incredible powers of human milk. It's a good idea to review the uniqueness of human milk with expectant and new mothers. It's also good for staff to be updated, too.

Yes, mothers' milk is truly a SUPERFOOD!

Infant formulas have common nutrients that help babies grow, but in human milk, there are many thousands of other components that are living cells, each with a specific job to not only in grow healthy babies, but also protect them from short-term and long-term illness and disease.

The lactation process and milk production is GREAT for moms' health, too. Most mothers have heard that breastfeeding burns calories and helps get the uterus back to normal faster. However, they probably don't know that evidence now supports claims that women who breastfeed have a significantly lower risk of developing breast, ovarian and uterine cancer later in life. They are also at decreased risk for osteoporosis,

Type 2 diabetes, and have a lower chance of developing high blood pressure, heart disease and becoming overweight. The longer a woman produces milk in her lifetime, the lower her risk of developing these health problems.

Every mammal produces milk specifically suited for the survival of its young. Human milk functions like both a food and a medicine that protects babies while they are young, as well as keeps them healthier as adults. Like a medicine, human milk reduces the risk of developing health problem in the short- and long-term and does so in a dose-response relationship. In other words, the longer a baby is breastfed, or receives mothers' milk, the more protection the baby receives. Mechanisms for risk reduction include nutritional/immunological/anti-inflammatory "programming" that changes the structure and function of infants' body systems. Thus, the protection lasts long after breastfeeding ends.

Mothers are often fascinated to learn that breast milk is a living fluid. The milk actually changes to meet the developmental, health and growth needs of the child. Breast milk contains thousands of live cells, such as white blood cells, prebiotic and probiotic bacteria; and even stem cells. These stem cells can be directed to become other body

cell types such as bone, fat, liver and brain cells and may act as a type of “internal repair system” for the baby’s body.

There are over 130 complex sugars, called oligosaccharides, that help protect the gut from different types of harmful microbes and keep them out of the bloodstream. In addition, there are over 415 different proteins in breast milk and many have more than one function. Some of these proteins help to kill bacteria, whereas others identify pathogens and activate the immune response.

Human milk is unlike any other mammal’s milk and cannot be replicated in any infant formula. For mothers to make a truly informed infant feeding decision, we need to share the latest information regarding breast milk composition and make sure they know that breast milk is specifically suited to meet the needs of their growing babies, throughout the entire period of lactation.

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 spotlighting Kathleen Moren, RN, BSN, IBCLC, East Greenwich, Rhode Island.

Kathy Moren is a woman with a purpose, a dream and a mission to ensure breastfeeding families receive the education and support they need to meet their breast milk feeding goals. For 30 years, Kathy has worked passionately to ensure access to breastfeeding support is available to all who need it.

A native of Chicago and a graduate of Marquette University, Kathy worked as a NICU bedside clinician for 10 years at Rush Presbyterian Medical Center. She transitioned into a part-time home health position at *Pediatric Services of America Inc*, that allowed her to spend more time with her young family. Her colleagues had limited breastfeeding experience and knowledge and often relied on Kathy, an experienced breastfeeding mother to conduct postpartum visits. In 1995, she convinced her employer to support her efforts in becoming an IBCLC. In 1998, she began working for *Transitions into Parenting Inc*, one of Medela's first San Vita companies. In 1999, when Kathy relocated to Rhode Island for her husband's employment opportunity, she managed the East Coast corporate accounts of *Transitions into Parenting, Inc*.

Since 2000, Kathy has been the owner and operator of *Healthy Babies, Healthy Moms Inc.*, (*HBHM*) a licensed home-health nursing agency and Durable Medical Equipment provider specializing in breastfeeding support. With eight employees, *HBHM* provides in-home and office lactation consults, as well as classes on breastfeeding, infant sleep, newborn care, and breastfeeding support groups. They also provide equipment for the provision of in-home infant phototherapy, breast pump rentals, personal use breast pumps for purchase and some additional breastfeeding supplies. *HBHM* is also the Rhode Island depot for the Mothers' Milk Bank of New England. Kathy is well-respected for her knowledge, experience and compassion with breastfeeding families by area physicians and hospitals who refer families directly to her.

Healthy Babies, Healthy Moms Inc. is nationally accredited by the Accreditation Commission for Healthcare and licensed by the Rhode Island Department of Health. Kathy is the recipient of multiple state grants to support breastfeeding training to her nurses and breastfeeding support to Rhode Island employers. Recently, *HBHM* won a seven-year contract to provide breast pumps to Medicaid recipients for the state of Montana.

Kathy has been a frequent lecturer in the Rhode Island community on a variety of topics such as breastfeeding, pumping and returning to work, infant nutrition, child care options and infant sleep management. She holds a teaching associate position in the Department of Family Medicine at the Warren Alpert Medical School at Brown University. She provides clinical experience to medical students and residents with an interest in breastfeeding and has twice received the

Dean's Excellence in Teaching Award. She has contributed to an Academy of Breastfeeding Medicine protocol regarding working and breastfeeding and an article in the Rhode Island Medical Journal about the challenges of physician mothers who are breastfeeding. Nominated by her peers, Kathy was inducted in 2011 into the Medela, Inc., Hall of Excellence in recognition of her achievements as a Lactation Consultant. She is a Past Chair of the Rhode Island Breastfeeding Coalition (RIBC) and is the recipient of the RIBC Crème de la Crème award and the Rhode Island Birth Network for Extraordinary Service. She was designated the 2015 Community Champion, Woman to Watch by the Rhode Island Small Business Journal. In 2017, she was one of 26 Rhode Island business owners selected to receive a scholarship and graduate with the second cohort of the *10,000 Small Businesses initiative*, an executive MBA program sponsored by Goldman Sachs. She credits this program for her success with her Montana contract and a 50% increase in her revenue.

Kathy has been married to her high school sweetheart, Michael, for 29 years. They have four sons ranging in ages from 27 to 16. Family time includes spending time at the many Cape and Rhode Island beaches, cooking and dining out, and being together for many sporting events. A family trip to Tuscaloosa, Alabama is planned this fall to visit her third son at the University of Alabama and attend her first Crimson Tide football game.

Kathy loves the work she does to support breastfeeding families. She says, "My mission is to help mothers achieve success in their breastfeeding goals by providing them with the information and assistance they need to be confident in their ability to breastfeed and care for their children." Kathy recognizes breastfeeding can be an overwhelming venture for new families but realizes how impactful education and support can be when assisting them on their breastfeeding journeys. So many families are grateful for her dream and mission to support them.