

Human Milk Insights

November 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 Legislation
- Human Milk and the Community
- Human Milk and the NICU

HUMAN MILK EDUCATION

- Webinar November 14
- Education Tools
- New resource for moms

CLINICAL PEARLS IN LACTATION

- Breastfeeding Support as Part of
Obstetric Practice

TOOLS YOU CAN USE

- Breastfeeding Resource for Obstetric
Providers

SPOTLIGHT ON PRACTICE

- Portia L. Williams, RN, BSN, IBCLC,
RLC

NEWS YOU CAN USE

HUMAN MILK AND LEGISLATION

Friendly Airports for Mothers Act

The Federal Aviation Administration (FAA) reauthorization bill that recently passed includes the provisions of the Friendly Airports for Mothers (FAM) Act, requiring all large and medium hub airports to provide a private, non-bathroom space in each terminal for mothers to express breast milk. The space must be accessible to persons with disabilities, available in each terminal building after the security checkpoint, and include a place to sit, a table or other flat surface, and an electrical outlet.

<http://www.usbreastfeeding.org/p/bl/et/blogid=61&blogaid=2092>

USBC Breastfeeding Legislation and Policy Toolkit

USBC has published an updated edition of the "[Breastfeeding Legislation and Policy Update](#)." The toolkit provides information, talking points, and action opportunities on a variety of policy topics that impact breastfeeding families.

http://org2.salsalabs.com/o/5162/p/salsa/web/common/public/signup?signup_page_KEY=10430

HUMAN MILK AND THE COMMUNITY

NICHQ Webinar – Better Conversations About Breastfeeding

The National Institute for Children's Health Quality (NICHQ) is hosting a webinar on Wednesday, November 7, from 3-4 p.m. ET entitled "[Improving Our Approach: Better Conversations About Breastfeeding](#)." The webinar will provide approaches and strategies that health professionals can use to help mothers open up about the challenges they face when breastfeeding.

<https://www.nichq.org/improving-our-approach-better-conversations-about-breastfeeding>

ACOG Committee Opinion on Breastfeeding Support and Postpartum Toolkit

The American College of Obstetricians and Gynecologists has updated their committee opinion, "[Optimizing Support for Breastfeeding as Part of Obstetric Practice](#)." The update includes additional guidance for obstetrician–gynecologists and other obstetric care providers to better enable women in unique circumstances to achieve their breastfeeding goals. They have also released the [ACOG Postpartum Toolkit](#). The toolkit includes resources on key components of Fourth Trimester care such as long-term weight management, pregnancy complications, reproductive life-planning, a sample postpartum checklist for patients, as well as reimbursement guidance.

<https://www.acog.org/Clinical-Guidance-and-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Optimizing-Support-for-Breastfeeding-as-Part-of-Obstetric-Practice>

<https://www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Postpartum-Toolkit>

NACCHO Breastfeeding Program Evaluation Issue Brief

The National Association of County and City Health Officials has released an issue brief titled "[Breastfeeding in the Community: Setting Up Your Own Monitoring and Evaluation Plan](#)." The brief describes steps to develop monitoring and evaluation plans for community-level breastfeeding programs and shares lessons learned from the NACCHO Breastfeeding Project evaluation. <https://www.naccho.org/uploads/full-width-images/Breastfeeding-Setting-up-your-own-ME-plan.pdf>

Systematic Review of Effect of Lactation on Hypertension

Breastfeeding Medicine has published a systematic review titled "*Effect of Lactation on Maternal Hypertension: A Systematic Review.*" The review concluded that the beneficial association of breastfeeding on future maternal health should be incorporated into routine counseling for women before and throughout pregnancy, as well as during the postpartum period. The full-text article is available on the *Breastfeeding Medicine* website for free through Friday, November 23. <https://www.liebertpub.com/doi/10.1089/bfm.2018.0108>

HUMAN MILK AND THE NICU

Revised CPQCC Toolkit on Nutritional Support of the VLBW Infant

The California Perinatal Quality Care Collaborative (CPQCC) has updated their Nutrition Support of the VLBW Infant Toolkit. <https://www.cpqcc.org/resources/nutritional-support-vlbw-infant>

NICU Feeding Tubes: A Source of Infection

Patrice Hatcher, MBA, BSN, RNC-NIC
Patrice Hatcher discusses the current information on the frequency of changing neonates' feeding tubes. <http://blog.neonatalperspectives.com/2018/10/08/nicu-feeding-tubes-a-source-of-infection/>

Breastfeeding and Maternal Depression in the NICU

Sue Hall, MD
Sue Hall discusses the prevalence of maternal depression among mothers of infants in the NICU and shares ideas to help mothers have successful experiences within and beyond the NICU. <http://blog.neonatalperspectives.com/2018/10/02/breastfeeding-and-maternal-depression-in-the-nicu/>

Breastfeeding Mothers in the NICU Benefit from Education and Support

Jenny Murray, BSN, RN
Jenny Murray shares information on how various groups and individuals can support mothers of NICU infants in meeting their breastfeeding goals. <https://blog.neonatalperspectives.com/2018/10/24/breastfeeding-mothers-in-the-nicu-benefit-from-education-and-support/>

HUMAN MILK EDUCATION

Human Milk Webinar

[Debunking the gastric residual in defining feeding intolerance](#)

[Jae Kim](#), MD, PhD

Wednesday, November 14th 1:00- 2:00 pm
Central Standard Time

1.0 Nursing Contact Hours
1.0 Dietitian CPE Credits

Registration fee: Complimentary

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

Education Tools

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

Support, Encourage, and Empower

Looking for a resource to share with your breastfeeding moms? Check out [The Moms' Room](#), a free program designed to give moms personalized support, education, tools, and services to help them reach their breastfeeding goals.

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.

Breastfeeding Support as Part of Obstetric Practice

Last month, the American College of Obstetricians and Gynecologists released their 2018 Committee Opinion No. 756 on *Optimizing Support for Breastfeeding as Part of Obstetric Practice*. This is an update from 2016 and the first since the original Committee Opinion was written in 2007.

Both the 2016 and the 2018 updates discuss the need for obstetrical providers to receive up to date breastfeeding education so they can better support their patients.

This is especially important since obstetric providers, both OBGYN physicians and Certified Nurse-Midwives, are consistently in contact with pregnant women during prenatal care. Each point of contact is an opportunity for education on the myriad benefits of choosing breastfeeding as a baby's feeding method. In addition, each contact is also a time to screen for risk factors which could lead to breastfeeding problems.

The 2018 Committee Opinion states that enabling women to breastfeed is a public health priority because failure to meet breastfeeding goals is associated with adverse health outcomes for both women and children. For women, this includes higher rates of breast cancer, ovarian cancer, diabetes, hypertension, and heart disease. Infants face greater risks of

infectious disease, sudden infant death syndrome, and metabolic disease.

Education on lactation management is often lacking in graduate and postgraduate medical education. Since lactation is an integral part of reproductive physiology, obstetric providers should develop and maintain skills to provide anticipatory guidance, support for normal breastfeeding, and manage common problems in lactation.

ACOG recommends that:

- Obstetric providers incorporate the 10 Steps to Successful Breastfeeding into their practices.
- Throughout the prenatal period, providers help women make informed decisions by discussing important medical and non-medical benefits of breastfeeding.
- Optimal care should be provided throughout prenatal care, maternity stay and throughout the 4th trimester.
- Women should be able to rely on their OB providers for breastfeeding support and assistance throughout the entire breastfeeding relationship.

- Members should support policies that enable women to integrate breastfeeding into their daily lives and in the workplace.

The 2018 update is more comprehensive than the previous Committee Opinion and includes additional guidance so that providers can better assist women in unique circumstances achieve their breastfeeding goals.

Some of the noted 2018 updates to the 2016 Committee Opinion include:

- Exclusive breastfeeding is recommended for the first six months of life, and continued breastfeeding after complementary foods are added into the infant's diet. Breastfeeding should be encouraged to continue for as long as the mother and infant mutually desire.
- Discuss contraceptive methods. Both hormonal and non-hormonal options should be explained in detail. The Committee Opinion endorses the CDC's evidence-based eligibility criteria for contraceptive use. This includes the use of immediate postpartum contraception and combined birth control after 6 weeks postpartum (although there are many reports of some women with decreased milk supplies with this practice, most research studies do not support that result).

- Explanations of safe positioning for the newborn while being held skin to skin.
- Assistance for mothers in unique circumstances includes mothers who have had surgery for breast cancer and reconstruction. These mothers may choose to breastfeed using a feeding device at the chest. Evidence is presented which supports the safety of breastfeeding through a pregnancy.
- The use of donor milk is mentioned in the 2018 revision

This comprehensive ACOG Committee on Breastfeeding has broadened the scope of the expected role of the OBGYN physician and other obstetric providers. It may be very helpful for the pregnant patient to share this document with their care providers and to refer to it when choosing their obstetric health care providers.

Reference:

Breastfeeding Expert Work Group Committee on Obstetric Practice, American College of Obstetricians and Gynecologists. (2018). *ACOG Committee Opinion Number 756: Optimizing support for breastfeeding as part of obstetric practice*. Washington DC; American College of Obstetricians and Gynecologists.

TOOLS YOU CAN USE

Breastfeeding Resources for Obstetric Providers

In February 2014, The American College of Obstetricians and Gynecologists founded a Breastfeeding Expert Work Group to demonstrate its commitment to helping women achieve their goals in providing the best care for their infants by breastfeeding. This group was also created to develop accurate content and education for practicing physicians and other health care professionals who care for women and babies.

Here is a website that lists a number of resources that, as a health care professional, you may find helpful, particularly if you are gathering up-to-date educational materials to share with your OB physician colleagues:

<https://www.acog.org/About-ACOG/ACOG-Departments/Breastfeeding>.

On this page, there is a link to the ACOG Breastfeeding Toolkit, an excellent collection of resources with links to the following:

The Updated 2018 Committee Opinion, “Optimizing Support for Breastfeeding as Part of Obstetric Practice.”

- Physician Conversation Guide on Support for Breastfeeding
- Breastfeeding Coding
- Breastfeeding: Frequently Asked Questions
- Breastfeeding Infographic (in English and Spanish)
- Patient Education Packet on Breastfeeding Your Baby (for ACOG members)
- Comprehensive List of Breastfeeding Resources

There’s even more helpful breastfeeding information on this webpage for patients as well as providers. To name a few: clinical guidelines for providers, articles, archived webinars, finding breastfeeding professionals, understanding health care coverage, and specialized topics for patients that includes subjects like medication use and breastfeeding at work.

Today, with more attention being paid to caring for women in the fourth trimester, obstetric care providers need the knowledge and skills to support breastfeeding families. Tapping into the resources offered by ACOG is a great place to start.

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 Portia L. Williams, RN, BSN, IBCLC, RLC from New Orleans, Louisiana

Portia L. Williams is well known in the New Orleans community for her integral role in promoting quality breastfeeding. Her tireless efforts to educate the community about breastfeeding and preventative healthcare have earned her the respect of her fellow professionals and so many families. A self-described strong woman, she has worked diligently to build a robust breastfeeding outreach program for all families.

A native of New Orleans, Portia grew up in a blended family with 4 siblings. Family unity and caring for one another were values she quickly learned and embraced. Interested in becoming a nurse, she stayed close to home to attend the University of Louisiana at Lafayette, and earned a Bachelor of Science Degree in Nursing. Her first professional role was as a bedside clinician in a NICU, transferring to a position as a post-partum clinician after one year. As part of her orientation to the birthing unit, she shadowed a lactation consultant. It was her first encounter with breastfeeding mothers and she was fascinated by this new feeding experience. Portia continued to work in the birthing unit, to learn as much as she could about lactation and then became certified as an IBCLC in 2008.

Portia's first personal breastfeeding experience began with pumping; her first son was born at 33 weeks. Educated about the value of her own breast milk, she ardently pumped until her son could exclusively breastfeed. Nineteen months later, Portia delivered her second child while still breastfeeding her older son. Thus, a 3.5-year experience of tandem nursing began that she described as a "wonderful and unique experience."

Portia continued to work part-time while her children were young, when she was employed as a school nurse and as a post-partum nurse at area schools and hospitals. Since 2015, Portia has worked as a Lactation Consultant at Touro Infirmary. In this role, she provides inpatient breastfeeding assistance, prenatal breastfeeding education, outpatient follow-up assistance and serves as an expert resource to nursing and medical departments. She recently assisted in helping the facility achieve its Baby-Friendly status and has contributed to the facility's 'Living Well' blog by writing articles about returning to work while breastfeeding and techniques to improve milk volumes. In January 2016, Portia was nominated as CHAMPion of the week by CHEER (Center for Health Equity, Education and Research) for her enthusiastic support and valuable contributions at two CHAMPS (Communities and Hospitals Advancing Maternity Practices) conferences.

Challenged by the direction of CHAMPS, and through the support provided by Healthy Start's Best Babies Zone Project, ROSE (Reaching Out Sisters Everywhere) and the National Birth

Equity Collaboration, Portia opened New Orleans's and Louisiana's 1st Baby Café in 2016. Her vision was to create a supportive and educational place for pregnant and breastfeeding women. A second New Orleans's Baby Café West Bank location opened in 2017. Portia also heads the Lactation Services for H.E.R. (Health Education Research), a non-profit New Orleans organization that inspires, educates and supports healthy life choices for families.

Portia has gained recognition as a valuable contributor to professional conferences in Mississippi and Louisiana. She recently presented a lecture entitled, 'Breastfeeding Challenges: Decreasing Disparities in Care' at the 21st National Mother Baby Conference (ANNC) in New Orleans.

Portia is a very proud mother of two breastfed sons, now 10 and 12. She says they are both 'gifted' and are never sick which she attributes to the amount of human milk they received. They appeared with Portia in the film, *Chocolate Milk: The Documentary* as she described her own breastfeeding experiences. Portia claims she was always a Tom-boy and now enjoys watching the Transformer Movie Series with her sons. She loves to work-out and read when she's not caring for her sons, attending their sporting events and working full-time. Portia is passionate about educating women about breastfeeding. "I can't image myself doing anything else – I so much love helping mothers make the decision to breastfeed." Her professional career goal of increasing the number of minority Lactation Consultants and increasing breastfeeding rates by providing culturally relevant, supportive care guides her in the work she does.

Portia is much admired among her circle of fellow nurse, physician and breastfeeding support colleagues for her knowledge, strength and passion. Her work within the New Orleans community supporting breastfeeding is well known; her professional colleagues and multitudes of breastfeeding families are grateful for the work she has accomplished. Keep your eyes on Portia L. Williams; she is destined to make a powerful impact on breastfeeding support and empowerment for all families.