

Human Milk Insights

December 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 Breast Pumps
- Human Milk and Protocols
- Human Milk and Drugs
- Human Milk and Legislation
- Human Milk in the NICU

HUMAN MILK EDUCATION

- Human Milk Webinar Series
- Online Education
- Education Tools
- Resource for Moms

CLINICAL PEARLS IN LACTATION

- Mastitis: The Scourge of the Holiday Season

TOOLS YOU CAN USE

- NEC Society: Children's Hospitals and NICUs Using Human Milk

SPOTLIGHT ON PRACTICE

- Renee E. McCann, RN, IBCLC, RLC

NEWS YOU CAN USE

HUMAN MILK AND BREAST PUMPS

Breast Pump Insurance Reimbursement: What's In It for Mothers

Irene Murphy Zoppi, RN, MSN, IBCLC
<https://blog.neonatalperspectives.com/2018/11/13/breast-pump-insurance-reimbursement-whats-in-it-for-mothers/>
 Irene Zoppi discusses the recent changes in the level of reimbursement for breastpumps and the impact on mothers

HUMAN MILK AND PROTOCOLS

ABM Clinical Protocol #7: Model Maternity Policy Supportive of Breastfeeding

https://www.liebertpub.com/doi/abs/10.1089/bfm.2018.29110.mha#utm_source=ETOC&utm_medium=email&utm_campaign=bfm
 The Academy of Breastfeeding Medicine updated Protocol #7 on the model maternity policy for breastfeeding management of maternal infant care. The updated protocol will be available in the future at www.bfmed.org/protocols.

HUMAN MILK AND DRUGS

https://www.liebertpub.com/doi/full/10.1089/bfm.2018.0173#utm_source=ETOC&utm_medium=email&utm_campaign=bfm
 Article in Breastfeeding Medicine about drug treatment of rheumatoid arthritis in breastfeeding mothers.

HUMAN MILK AND LEGISLATION

Breastfeeding Policy Toolkit Updated

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

The US Breastfeeding Committee has published an updated edition of the "Breastfeeding Legislation and Policy Update." The toolkit features background

information, status updates, key messages and individual and organizational action opportunities.

State-by-State Premature Birth Report Cards

<https://www.marchofdimes.org/mission/prematurity-reportcard.aspx>
The 2018 Premature Birth Report Cards were released by the March of Dimes. March of Dimes has published the "2018 Premature Birth Report Cards." Report Cards provide county and race/ethnicity data to highlight the importance of addressing equity in areas and populations with elevated risk of prematurity.

HUMAN MILK IN THE NICU

Successfully Navigating the Path to ENFit Transition

Lori Wood, MSN, CNS, RNC-NIC, IBCLC
 Lori Wood outlines the steps and strategies her hospital utilized in making the successful transition to ENFit®.
<https://blog.neonatalperspectives.com/2018/11/19/successfully-navigating-the-path-to-enfit-transition/>

Research in Neonates Survey: For Clinicians and Families

Sandy Sundquist Beauman, MSN, RNC-NIC
 Sandy Beauman discusses the importance of neonatal research and invites health professionals and parents to participate in a survey to help understand individual perspectives on neonatal research.
<https://blog.neonatalperspectives.com/2018/11/05/research-in-neonates-survey-for-clinicians-and-families/>

Neonatal Hocus POCUS: When Did We Become Laggards in Using Point-Of-Care Ultrasound Magic?

Jae Kim, MD, PhD

Dr. Jae Kim discusses the challenges of new technology in the NICU, specifically the use of ultrasound at the bedside – known as POCUS, or point of care ultrasound. <https://blog.neonatalperspectives.com/2018/10/29/neonatal-hocus-pocus-when-did-we-become-laggards-in-using-point-of-care-ultrasound-magic/>

Breastfeeding Mothers in the NICU Benefit from Education and Support

Jenny Murray, BSN, RN
Jenny Murray reviews the various levels of education and support that should be available to NICU breastfeeding mothers. <https://blog.neonatalperspectives.com/2018/10/24/breastfeeding-mothers-in-the-nicu-benefit-from-education-and-support/>

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.

HUMAN MILK EDUCATION

Human Milk Webinar

As we approach the end of 2018, the Education Team is hard at work putting together the 2019 Webinar schedule. We would love to hear from you! If you have topic ideas, feel free to email our team at education@medela.com.

Online Education Courses

We offer a variety of online courses. In the spirit of the Holiday Season, our gift to you is a promo code that will allow you to take our [Initiation of Lactation: At Risk Mothers and Proactive Interventions](#) course at no charge! Promo code: **HMleH4w7M**

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>



**Promo code:
HMleH4w7M**

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.

Mastitis: The Scourge of the Holiday Season

The holidays are upon us once again and, although we love the food, songs and family cheer, there's still quite a lot of hustle and bustle that must be done in order to pull it off successfully. There are parties to go to, carpool schedules to keep, holiday decorating and baking to do, plans for visiting family- commitments seem endless. Have you ever awakened on Christmas or another holiday morning, only to find yourself totally exhausted and barely able to enjoy the day's activities?

Imagine having all this going on and, in addition, having a new baby to attend to. Is it any wonder that the risk of experiencing mastitis increases around the holidays? All too often, some breastfeeding mothers find themselves stretched to the limit, missing some feedings, fighting with plugged ducts and finally ending up with a painful case of mastitis.

How can we best help the mothers we work with? How can we help them avoid mastitis, the scourge of the holiday season?

Help mothers help themselves by being prepared ahead of time. The holidays come around the same time every year so being forewarned is half the battle. Knowing that late November through December are going to be extremely busy, mothers can often ask for some extra support from family and friends during this time. Friends and relatives are often thrilled to be asked to help out. They can run errands, drive for carpool, wash and dry a load (or 2) of laundry, cook a meal, even supervise the other children as they decorate the yard.

Here are some tips that may help the mothers in your practice:

- Prioritize – Decide what **has** to be done vs what **would be nice** to have done. Breastfeeding a young baby is high on the priority list. Setting a perfect holiday table for 12 guests may not even make the list this year.
- Take care of YOU – It's important for you to care for yourselves physically, mentally and emotionally. Have some easy-to-eat protein snacks available to grab and go. Yogurt cups, nuts, peanut butter crackers and cubed cheese are healthy and filling options. Carve out some "me" time: Get your nails or hair done. Go for a walk/run. Meditate for 15 minutes while Dad watches the baby. You *need* it. You *deserve* it.
- Know signs of plugged ducts – sore and reddened areas on your breast, body aches, and fever under 100° F. The key is keeping the breast as empty as possible with frequent nursing and/or pumping. "Heat. Rest. Massage. Empty breast."
 - Heat: Moist heat is best. Apply warm, wet towels to the affected breast or soak the breast in the bath or shower.

- Rest: This is essential. Stay in bed, if at all possible. Rest, sleep, breastfeed, apply heat, massage, breastfeed, etc. Your body needs to heal.
- Massage: Breast massage can help “work out” a plugged duct. Gently massage the tender area and work down towards the nipple. Apply slight pressure while breastfeeding or pumping.
- Empty breast: Breastfeed frequently, starting on the affected side if possible. You may need to hand express or use a breast pump if baby is not nursing effectively enough to get the milk out.
- Know when to seek help. If you feel progressively worse, have chills, feel like you have the flu, or if your temperature is 100.4° or higher, call your doctor or midwife. You may need antibiotic treatment.

Yes, the holiday season is here and there is much to be done. Maybe we caregivers can use a little of our own advice and sit down, have a cup of tea, and decide what needs to be done and what can be done away with so we, too, can care for ourselves as we prepare to enjoy this festive season. Happy Holidays!

TOOLS YOU CAN USE

NEC Society: Children's Hospitals and NICUs Using Human Milk

Necrotizing Enterocolitis (NEC) is a devastating intestinal disease affecting mainly premature babies and medically fragile infants. NEC is a leading cause of infant death that impacts thousands of babies every year in the United States.

The NEC Society is a non-profit collaboration among a diverse group of clinicians, researchers, and families dedicated to reducing the incidence of NEC, improving outcomes for at-risk infants, and advocating on behalf of patient-families.

Unique in its make-up, the NEC Society brings together NEC families, internationally renowned clinicians, and researchers with community stakeholders, legislators, businesses, and other individuals who are concerned about infant health. This collaborative is well-known and respected in the neonatal field around the world, as it strives to reduce the risks of NEC. It raises awareness by empowering NICU families and urges NICUs to implement practices that best reduce the risks of NEC, including the prioritization of human milk

Use of Donor Human Milk in US Hospitals

Medically fragile and premature infants are at risk of developing necrotizing enterocolitis; its effects can be devastating. Mothers' own milk (MOM) helps reduce the risks of NEC. When mother's own milk is unavailable, pasteurized donor milk is the next best option.

In a new policy statement in the January 2017 journal *Pediatrics*, The American Academy of Pediatrics says that human milk offers advantages for all newborns, but particularly benefits infants weighing less than 1,500 grams (about 3.5 pounds). Studies show infants fed human milk have lower rates of necrotizing enterocolitis.

Mother's own milk is always preferred, in part because some of breast milk's beneficial biological components may be reduced after pasteurization. But donor human milk can be an effective alternative when maternal milk isn't available or falls short of the infant's needs.

The NEC Society is committed to raising awareness, improving outcomes, and driving NEC research. In pursuit of these goals, the NEC Society is working to map out the use of donor milk for medically fragile infants in the United States.

Map of US Hospitals Using Donor Human Milk

"We are proud to share that the following children's hospitals provide their most fragile infants with pasteurized donor milk when mother's milk is unavailable:" The NEC Society.

<https://necsociety.org/the-best-childrens-hospitals-and-nicus-use-donor-milk/>.

The NEC Society hosts an annual, nationally-attended meeting focused on NEC in premature and fragile infants. The 2019 NEC Society Conference, *“Breaking Down the Barriers of NEC Prevention and Treatment”*, will be held in Ann Arbor, Michigan from June 2-5. For more information:

https://necsociety.org/wp-content/uploads/2018/11/NEC_Symposium_AnnArbor_2019.pdf



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, email education@medela.com.

This month we are spotlighting Renee E. McCann RN, IBCLC, RLC, Elmira, NY

On December 7, 2018, after twenty years employed as a Registered Nurse at Arnot Ogden Medical Center, Renee E. McCann will retire from her position as the facility's Lactation Consultant. Renee's boundless energy, ever-present positive attitude and dedication to the Elmira community is well-known. Renee leaves a legacy of providing evidence-based care to breastfeeding families.

Renee grew up in the small town of Big Flats, located in the southern tier of New York. After graduating from high school in nearby Horseheads, Renee delayed her interest in becoming a nurse to start her family. Once her two daughters entered school, Renee began studying to become an LPN. For over twelve years, she worked in a Pediatric office and began attending nearby Corning Community College part-time to become a Registered Nurse. She was hired at Arnot Ogden Medical Center as an evening nurse on the Perinatal unit learning as much as she could about breastfeeding. Encouraged by management, Renee became an IBCLC in 2003 and has overseen the lactation program for the hospital for the last fifteen years. Arnot Ogden Medical Center offers a Perinatal Program serving an eight-county region with 1,500 annual deliveries and a Level III NICU. In her role as a Lactation Consultant, Renee provides direct lactation care for the inpatient Perinatal units, conducts telephone follow-up calls, oversees all staff breastfeeding education and annual breastfeeding competencies, and coordinates and conducts the hospital's outpatient breastfeeding education. Renee is an active member of the Twin Tiers Breastfeeding Network, a collaboration of representatives from many local agencies whose goal is to improve initiation and duration rates of breastfeeding through support, education and referrals and has been a recipient multiple times of the Annual Breastfeeding Friendly Place Award given by the network.

Renee has been married to her high school sweetheart, Bob - a retired school teacher for 44 years. They have two grown daughters and two granddaughters who live next door. It may be difficult to close the door of her office for the last time on December 7th, but retirement offers Renee more free time to accompany Bob as he travels with his job, take more trips on their Harley, and to spend more time with her grand-daughters. She plans on continuing her 5:15 a.m. classes at the gym and looks forward to having more time to cook, read, do crafts, and may even try her hand at gardening.

Renee's legacy as a valued member of the lactation community in Elmira, New York will not be forgotten. Her many colleagues cherish her influence, mentoring and collaboration. One NICU nurse who became an IBCLC because of Renee's encouragement said, "Renee is a wonderful mentor. I could not have succeeded in becoming an IBCLC without her support and encouragement." Many breastfeeding families are grateful for her many years of compassion, knowledge and support.

Wishing you well, Renee, as you embark on this new journey! Enjoy your family, traveling, and gardening. Your work as a much-admired member of the Elmira community will always be remembered.

