

Human Milk Insights

April 2019

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 Promotion
- Human Milk and Governmental Programs
- Human Milk and Storage
- Human Milk and NICU
- Human Milk and Disease
- Human Milk and Travel

HUMAN MILK EDUCATION

- Human Milk Monthly Clinical Education Webinar Series
- Online courses
- Neonatal Perspectives
- Resource for Moms

CLINICAL PEARLS IN LACTATION

- National Minority Health Month and Black Maternal Health Week

TOOLS YOU CAN USE

- Black Maternal Health Week

SPOTLIGHT ON PRACTICE

- Randie Shapiro, IBCLC

NEWS YOU CAN USE

HUMAN MILK PROMOTION

Breastfeeding Advocacy Toolkit

The Global Breastfeeding Collective, led by UNICEF, has updated their Breastfeeding Advocacy Toolkit. It includes 7 policy actions with tools and resources to support each goal.

<https://www.k4health.org/toolkits/breastfeeding-advocacy-toolkit?eType=EmailBlastContent&eld=060e4e50-b51d-425f-8773-7256e9d322bd>

HUMAN MILK AND GOVERNMENTAL PROGRAMS

The Economic Impacts of Breastfeeding: A Focus on USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

USDA's Economic Research Service released the report from the March 2019 study of the economic impact of increased breastfeeding rates in the WIC program and Medicaid. There is also a webinar on the report that is available at

<https://www.ers.usda.gov/multimedia>.
<https://www.ers.usda.gov/publications/pub-details/?pubid=91272&eType=EmailBlastContent&eld=4db364e7-91cf-4583-92ac-fbda0f16f20a>

USDA's Pregnancy and Breastfeeding Webpage

The USDA Choose My Plate website has added a pregnant and breastfeeding moms section to the website. The section provides information on a number of topics, including making healthy food choices, weight loss while breastfeeding, and nutritional needs while breastfeeding.

<https://www.choosemyplate.gov/moms-pregnancy-breastfeeding?eType=EmailBlastContent&eld=060e4e50-b51d-425f-8773-7256e9d322bd>

HUMAN MILK AND STORAGE

HMBANA New Guidelines Available

The new 4th edition of Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes, and Child Care Settings is now available.

<https://www.hmbana.org/our-work/publications.html>

HUMAN MILK AND NICU

How Can NICU Nurses Best Support Breastfeeding?

Sandy Sundquist Beauman, MSN, RNC-NIC / March 2019

Sandy Beauman discusses how NICU nurses can best support breastfeeding mothers. This includes managing expectations, staffing needs, feeding practices and education needs.

<https://blog.neonatalperspectives.com/2019/03/18/how-can-nicu-nurses-best-support-breastfeeding/>

“Shaken, Not Stirred”: How Does Your Preemie Take Their Milk?

Jae Kim, MD, PhD / March 2019

Dr. Jae Kim discusses the various properties of human milk and the variety that is seen regarding composition and taste among mother's milk. He also discusses the effect of freezing and pasteurization.

<https://blog.neonatalperspectives.com/2019/03/11/shaken-not-stirred-how-does-your-preemie-take-their-milk/>

NICU Feeding Tubes: Change Frequency Guidelines to Minimize Bacterial Contamination

Jenny Murray, BSN, RN / March 2019

Jenny Murray discusses things that can be done in the NICU to decrease the risk of contamination.

<https://blog.neonatalperspectives.com/2019/03/04/nicu-feeding-tubes-change->

[frequency-guidelines-to-minimize-bacterial-contamination/](#)

HUMAN MILK AND DISEASE

When the Heart Is Not in It: Breastfeeding with Cardiovascular Disease

Philip Anderson discusses the impact of drugs used to treat cardiovascular disease on breastfeeding.

<https://www.liebertpub.com/doi/full/10.1089/bfm.2018.0255>

HUMAN MILK AND TRAVEL

CDC's Travel Recommendations for Nursing Families

The Centers for Disease Control and Prevention have published a webpage titled "Travel Recommendations for Nursing Families." The webpage features information and considerations for traveling with a breastfeeding baby as well as for traveling without a breastfeeding child, including information on the Friendly Airports for Mothers (FAM)

<https://www.cdc.gov/nutrition/infantandtoddernutrition/breastfeeding/travel-recommendations.html?eType=EmailBlastContent&eld=4bde08ce-d8dd-4c79-baf9-76c0d2d8fc6a>

HUMAN MILK EDUCATION

Human Milk Webinar

On Wednesday, April 24th, [Bonnie DiPietro, MS, RN, NEA-BC, FACHE](#) will be presenting [The Maryland Patient Safety Center NAS Collaborative: A Multi-Center QI Project Improving Care to Improve Outcomes](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

Feel free to email education@medela.com for a copy of the 2019 webinar schedule.

Online Course

Learn how mothers' milk volumes are initiated, built and maintained throughout the breastfeeding journey. The normal progression of human lactation is described, along with normal infant sucking patterns. A review of lactation risk factors is presented by examining current research. Proactive interventions that can positively impact lactation success are included in the presentation. Click on the link below and use promo code **HMIEH4W7M** to register for the [Initiation of Lactation: At Risk Mothers and Proactive Interventions](#) course.

[Connecting the Dots Between Increasing Lactation Risk Factors and Suboptimal Breastfeeding Outcomes: A Proactive Approach to Clinical Practice](#) details how

mothers' milk volumes are initiated, built, and maintained throughout the breastfeeding journey. The 2017 WHO guidelines that update the original 10 Steps to Successful Breastfeeding and their implications for practice changes in birthing facilities are examined. Recent discoveries in lactation science that link infant behavior and maternal physiology to long-term breastmilk production are presented. A review of significant maternal health risk factors and trends associated with delayed onset of lactogenesis and/or suboptimal milk production are discussed. Evidence-based technologies and strategies that can positively impact lactation outcomes and integrate current WHO guidelines into clinical practice are offered in the presentation. Click on the title of the course to register and use promo code **HMIqT6XAf** to receive \$15 off the registration fee.

Neonatal Perspectives

Neonatal perspectives is a blog for NICU professionals that features clinical information from neonatal consultants,

industry news and popular topics. Click [here](#) to read the latest blogs.

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>

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.

National Minority Health Month and Black Maternal Health Week

April 2019 is recognized in the United States as National Minority Health Month - a month-long initiative to advance health equity on behalf of all racial and ethnic minorities. This year, the HHS Office of Minority Health is joining partners in raising awareness about the important role an active lifestyle plays in keeping us healthy.

Joining the Office of Minority Health in promoting healthy lifestyles is the Black Mamas Matter Alliance (BMMA), a Black women-led cross-sectoral alliance that envisions a world where Black mothers have the rights, respect and resources to thrive before, during and after pregnancy. The website, <https://blackmamasmatter.org/about/>, lists the goals for the organization:



- **Change Policy:** Introduce and advance policy grounded in the human rights framework that addresses Black maternal health inequity and improves Black maternal health outcomes
- **Cultivate Research:** Leverage the talent and knowledge that exists in Black communities and cultivate innovative research methods to inform the policy agenda and improve Black maternal health
- **Advance Care for Black Mamas:** Explore, introduce, and enhance holistic and comprehensive approaches to Black mamas' care
- **Shift Culture:** Redirect and reframe the conversation on Black maternal health and amplify the voices of Black mamas.

In the spirit of promoting awareness, inspiring activism, and strengthening community building, the Black Mamas Matter Alliance founded **Black Maternal Health Week** which takes place every **April 11-17**. 2019, will be the second annual week-long observance of community-led efforts bringing awareness to specific issues and racial disparities facing Black mothers in the United States.

In the article, "It's Becoming More Evident: The Stress of Racism is Killing Our Babies . . . and Us", published online in The Root on March 27, 2019, Angela Helm presents the "jarring" statistics that African-American women are three to four times more likely to die due to a pregnancy-related cause, twice as likely to give birth prematurely as white women, and black babies are twice as likely to die as white babies in the United States. She goes on to discuss a research study from 2018 that connects racism, stress and PTSD to preterm birth.

Black Maternal Health Week intends to:

- Deepen the national conversation about Black maternal health in the US
- Amplify community-driven research and care solutions
- Center the voices of Black mamas, women, families, and stakeholders
- Provide a national platform for Black-led entities and efforts on maternal health, birth and reproductive justice, and
- Enhance community organizing on Black maternal health.

In addition to the campaign, the Black Mamas Matter Alliance (BMMA) is joining dozens of global organizations who are fighting to end maternal mortality globally in advocating that the United Nations recognize April 11th as the International Day for Maternal Health and Rights. There's a lot going on this month with National Minority Health Month and Black Maternal Health Week. Click the links below and check out the Tools You Can Use column to find out more.

For more information on:

National Minority Health Month: <https://www.minorityhealth.hhs.gov/>

Black Mamas Matter Alliance and Black Maternal Health Week: <https://blackmamasmatter.org>.

TOOLS YOU CAN USE

Black Maternal Health Week

How can you learn more about Black women's maternal health issues (including breastfeeding) and lend your support to the campaign?

Black Maternal Health Week will be celebrated **April 11-17, 2019**.

"The campaign and activities for Black Maternal Health Week serve to amplify the voices of Black mamas and center the values and traditions of the reproductive and birth justice movements. Activities during BMHW are rooted in human rights, reproductive justice, and birth justice frameworks." (BMMA website)

There will be numerous online and local activities held that week so individuals and groups can join the conversation and lend support to the campaign. Here are some ways to become involved:

Website: <https://blackmamasmatter.org/>

Use the Hashtags: #BMHW19; #BlackMamasMatter; #BlackMaternalHealth; BlackMaternalHealthWeek;

Twitter: Follow @blkmamasmatter for lots of important information

Sign up to get download a copy of the **Black Maternal Health Week Toolkit**, which will be available soon: <https://blackmamasmatter.org/bmhw/toolkit/>.

Black Maternal Health Week 2019 Online Activities

There are two national webinars scheduled:

"Decolonizing Data and Research in Black Maternal Health" on April 12, 2019 at 3pm EST. This important discussion will highlight gaps in data to accurately assess maternal health outcomes and quality of care for Black Mamas, and the need to recognize Black women scholarships in maternal health research.

"Maternal Health Policy Priorities for Black Mamas": Monday April 15, 2019 at 3 pm EST. This webinar will discuss policy priorities for the Black Mamas Matter Alliance and Kindred Partners organizations working on Black Maternal Health Policy and will discuss policy issues in their states.

Local agencies and supporters in your area may be hosting other events and activities that you may be interested in attending. For example, The California Breastfeeding Coalition has scheduled a program, "Prioritizing Black Maternal Health: Breastfeeding, Media, and Public Health" in Oakland, CA on April 17. Other activities are scheduled throughout the week in other cities in California, Florida, Georgia, Michigan, New Jersey and Texas. Check the website to see the myriad activities that may be happening in your area.

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 Randie Shapiro, IBCLC
Albany, NY*

Dynamic health care leader. Passionate about breastfeeding families and the people that take care of them. Advocate for positive healthcare communication. These are some of the phrases that describe who Randie Shapiro is and the work she does at Albany Medical Center.

Born and raised in Brooklyn, NY, Randie's gift for writing led her to a career in journalism and teaching high school English. After graduating from college, she wrote and managed television and radio promotions for a popular talk show and became a teacher in her childhood neighborhood of Sheepshead Bay. A desire to experience a 'change and a different life-style', Randie moved to Portland, Oregon where she continued to pursue her interests in writing and teaching. Although Randie completed the coursework for a Master of Arts in English Literature, she was uncertain about a lifetime career as a teacher.

Randie's interest in assisting families to meet their breastfeeding goals became acute after she experienced weeks of nipple pain while nursing her first daughter. A home visit by a Nursing Mothers Counsel of Oregon volunteer and IBCLC revealed the cause of her issue; she received evidence-based care to treat her symptoms and went on to fulfill her breastfeeding goals. Randie subsequently enrolled in a peer counselor training program; she had found inspiration and direction for her career.

While living in Oregon, Randie became involved as a breastfeeding coordinator where she organized a volunteer base to staff community events, facilitated the creation of a pumping suite at the Oregon Museum of Science and Technology, and answered a breastfeeding hotline. She also served as the President to the state's Nursing Mother's Counsel, where she was actively involved with the passing of Oregon's Breastfeeding and Return to Work law. Randie also gained exposure to the acute hospital setting as a perioperative technician and a health educator while pursuing her IBCLC credential. As a health educator, she taught prenatal breastfeeding classes, redesigned the hospital prenatal curriculum and facilitated parenting. After she passed her boards, Randie took a job as a staff lactation consultant for the Legacy Health System-the largest hospital system in Oregon. In this role, she supported breastfeeding families in all perinatal inpatient and outpatient settings and served as a member of the hospital's baby-friendly steering committee.

Before moving back to the east coast, Randie relocated to Arizona where she served as the state's breastfeeding coordinator at the Department of Health Services, where she spent time creating and facilitating breastfeeding trainings for nutrition workers and home visitors throughout the state. She applied for and received the ILCA Care Award for outstanding lactation work in a community-based agency.

Settling in the Albany area, Randie worked as the Assessment Manager for Baby-Friendly USA, leading a team of twenty-five staff conducting on-site assessments of birthing facilities and

managing nation-wide accreditation programs with facilities both in the US and military bases abroad.

Since June of 2016, Randie has been employed as the Lactation Program Director at Albany Medical Center leading a team of six 'home-grown' lactation consultants. There was a lack of IBCLCs in the area so they began their own training program. She says, "It's such a pleasure to watch people grow within their roles. I'm proud of what they have accomplished. I have always felt that treating staff with compassion and respect leads to staff treating patients with compassion and respect. It's my goal that every family that walks in the door leaves feeling empowered and competent, regardless of feeding choices." The lactation team provides breastfeeding support to all perinatal inpatient units in the medical center, including a 60-bed Level IV NICU, three pediatric units and anywhere else a breastfeeding family might be. Development of a mom-to-mom breastfeeding support group and an employee lactation program are well underway. Randie is currently developing an information brochure for breastfeeding employees when they return to work about managing breastfeeding, securing breast pump supplies, and communicating with managers about their breast pumping needs. She is also involved in a research project targeted at increasing administration of colostrum in low-birthweight babies.

In less than a month, Randie will graduate from Hudson Valley Community College, earning a degree in Nursing. Although she never imagined becoming a nurse when she first graduated from college, she now knows this is exactly who she is supposed to be.

Randie and her husband Jon reconnected when she relocated to Albany. Originally meeting in high school when they both sang in the choir, they will celebrate four years of marriage this summer. Together, they are raising two amazingly talented, spirited, and caring teenaged daughters. Randie is grateful for their love and support; she acknowledges she needs their guidance in completing the last hurdle of fulfilling her career aspirations. They are extremely proud of what she has accomplished.

Randie wishes all families were able to overcome the hurdles that are often encountered while breastfeeding. She knows all too well how feelings of self-doubt can interfere with meeting personal breastfeeding goals and recognizes the humanizing benefit of individual lactation support. Randie and her colleagues share the goals of the Albany Medical Center to ensure all mothers receive the support and services they need for challenges they may encounter while achieving their personal breastfeeding goals. Kudos to this dynamic and passionate woman who dared to take chances in fulfilling her career ambitions!