

Human Milk Insights

March 2020

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 Maternal Health
- Human Milk and Organizations
- Human Milk and Breastfeeding

HUMAN MILK EDUCATION

- Human Milk Monthly Clinical Education Webinar Series
- Neonatal Perspectives
- Initiation of Lactation Online Course
- Education Tools on Initiation
- Updated Breast Shield Sizing Tool

CLINICAL PEARLS IN LACTATION

- COVID-19

TOOLS YOU CAN USE

- Coronavirus COVID-19 Resources

SPOTLIGHT ON PRACTICE

- Tammy Kowalik, BSN, RN, IBCLC

NEWS YOU CAN USE

HUMAN MILK AND MATERNAL HEALTH

Putting the “M” in Breastfeeding Medicine

Alison Stuebe / January 2020 Most research related to breastfeeding focuses on infant outcome. This article details holistic approaches to not just support but also enable breastfeeding with much consideration to the dyad.
<https://doi.org/10.1089/bfm.2019.29143.ajs>

Postpartum Breastfeeding and Cardiovascular Risk Assessment in Women Following Pregnancy Complications

Julie Yu... / Dec 2019 Investigation of the short-term effects of breastfeeding on markers of cardiovascular disease risk following complicated delivery
<https://doi.org/10.1089/jwh.2019.7894>

Association Between Breastfeeding and Postpartum Multiple Sclerosis Relapses

Kristen M. Krysko, MD, MAS... / *JAMA Neurol.* / December 2019
 This systematic review and meta-analysis identified a reduced rate of postpartum multiple sclerosis relapses in breastfeeding mothers
[doi:10.1001/jamaneurol.2019.4173](https://doi.org/10.1001/jamaneurol.2019.4173)

Breastfeeding May Reduce Type 2 Diabetes Among Women with Gestational Diabetes

Cuilin Zhang, M.D., Ph.D., / *Diabetes Care.* 2019
 Women with gestational diabetes who breastfeed significantly decrease their risk of developing type 2 diabetes
<https://doi.org/10.2337/dc19-2237>

HUMAN MILK AND ORGANIZATIONS

The Centers for Disease Control and Prevention

Announced the release of the **2018 Pregnancy Risk Assessment Monitoring System (PRAMS) data**. PRAMS questionnaire is funded in 50 sites covering 83% of all live births in the U.S. and allows access of researchers to the current and previous years' data.
<https://www.cdc.gov/prams/new-data-release.html?eType=EmailBlastContent&eld=81172016-2618-462a-9566-899d1b68092f>

Statement on Breastfeeding and Coronavirus Concerns:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>

NIH Pregnancy, breastfeeding may lower risk of early menopause, NIH-funded study suggests

NIH News Release: January 2020
 According to an analysis funded by the National Institutes of Health, exclusive breastfeeding as well as pregnancy are shown to reduce the risk of early menopause
<https://www.nih.gov/news-events/news-releases/pregnancy-breastfeeding-may-lower-risk-early-menopause-nih-study-suggests?eType=EmailBlastContent&eld=81172016-2618-462a-9566-899d1b68092f>

HUMAN MILK BREASTFEEDING

Academy of Breastfeeding Medicine New Clinical Protocol

#32: Management of Hyperlactation
 Feb 2020

This protocol reviews diagnosis and details recommendations for management of oversupply.
<https://doi.org/10.1089/bfm.2019.29141.hmj>

HUMAN MILK EDUCATION

Human Milk Webinar

On Wednesday, March 18th, [Kelley Baumgartel, PhD, RN](#) will be presenting [The Impact of Maternal Genetics on Breast Milk Composition](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

On Wednesday, April 15th, [Glenda Dickerson, MSN, RN, IBCLC](#) will be presenting [Utilizing Motivational Interviewing to Promote, Protect, and Support Breastfeeding](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

Our 2020 webinar schedule is now available! Email education@medela.com to receive a copy.

Neonatal Perspectives

This blog for NICU professionals features clinical information from neonatal consultants, industry news and popular topics. Click [here](#) to read the latest blogs.

Initiation of Lactation Online Course

Successful initiation is essential for building and maintaining milk supply during mom's breastfeeding journey. The Initiation of Lactation: At Risk Mothers and Proactive Interventions course explains how mothers' milk volumes are initiated, built and maintained throughout the breastfeeding journey and beyond. For more information click [here](#). To register for this complimentary course, visit www.MedelaEducation.com and enter promo code HR6QMA.

Education Tools on Initiation

Medela offers a variety of tools geared towards healthcare professionals that focus on initiation. Click [here](#) to learn more.

Updated Education Tool on Breast Shield Fitting

Medela offers a variety of breast shield sizes to help moms select the proper size. Click [here](#) to download a copy of the Choosing Your PersonalFit Breast Shield Sizes tool.

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.

COVID-19:

Most of us have heard the new coronavirus (COVID-19) a respiratory disease that it is now present in the United States and over 100 countries worldwide. The Centers for Disease Control (CDC) in the U.S. is “Command Central”, responding to the crisis and keeping the public informed.

Some suggestions from the CDC:

How to Protect You and Your Family from Respiratory Viruses:

Wash your hands often with soap and water. Take a full 20 seconds (the time it takes to sing the Happy Birthday song twice).

Use an alcohol-based hand sanitizer frequently when soap and water are not available.

Avoid touching your face, eyes, ears, nose and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay away from sick people and large crowds of people

Avoid shaking hands and start using a fist bump or elbow bump greeting

Stay home when you are sick and keep children home from school when they are sick

Cover coughs and sneezes with a tissue and throw into the trash immediately.

If you think you’ve been exposed to the virus call your healthcare provider immediately.

For people who work in healthcare settings, information is changing rapidly regarding testing, use of protective equipment, reporting guidelines and recommendations for patients in special populations. It’s critical that health professionals keep abreast of the most current information regarding the coronavirus and help allay the fears of the public.

www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html

TOOLS YOU CAN USE

Coronavirus COVID-19 Resources

A new virus has appeared in our country, and communities all over the U.S. are trying to prepare for the spread of the virus and residents' accompanying fears and anxieties. It's important to remember that the situation surrounding the coronavirus is constantly being reviewed and revised, so it's important to keep updated daily. The following are trusted resources that distribute accurate information that is of interest to healthcare professionals and the mothers and babies we serve.

The Center for Disease Control and Prevention (CDC) www.cdc.gov/coronavirus is the U.S. government's lead agency responding to the global outbreak and preparing for the potential of community spread in the United States. There are printed materials and many other resources available on the CDC website that you may find helpful for your co-workers and patients.

The CDC has developed Interim Guidance on Breastfeeding for a Mother Confirmed or Under Investigation for COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html>. Outside of the immediate postpartum setting they say, "Breast milk is the best source of nutrition for most infants. However, much is unknown about COVID-19. Whether and how to start or continue breastfeeding should be determined by the mother in coordination with her family and healthcare providers. A mother with confirmed COVID-19 or who is a symptomatic Person Under Investigation (PUI) should take all possible precautions to avoid spreading the virus to her infant, including washing her hands before touching the infant and wearing a face mask, if possible, while feeding at the breast. If expressing breast milk with a manual or electric breast pump, the mother should wash her hands before touching any pump or bottle parts and follow recommendations for proper pump cleaning after each use. If possible, consider having someone who is well feed the expressed breast milk to the infant." Again, the mother should decide in conjunction with her family and healthcare providers. As more becomes known about the virus and how it is spread, recommendations may be revised.

The National Perinatal Association www.nationalperinatal.org/COVID-19/ has launched a campaign to educate and empower people with accurate information, so that we all can make informed decisions. They say that health care professionals can help address anxieties and fear by:

- Acknowledging that everyone's concerns are valid
- Sharing our own experiences and reactions
- Explaining proven public health responses
- Promoting the evidence
- Dispelling the myths

The website lists excellent resources and samples of social media posts which get the evidence-based information across to both mothers and healthcare professionals.

Mother to Baby www.mothers-to-baby.org is a service of the non-profit Organization of Teratology Information Specialists and provides evidence-based information to mothers, healthcare professionals, and the public about medications and other exposures during pregnancy and

while breastfeeding. Together with the CDC, they are monitoring the situation closely and will educate the public if there is a new danger to the unborn or breastfeeding baby.

Regarding breastfeeding and breast milk, the Mother to Baby Fact Sheet states, “Seven women diagnosed with COVID-19 in late pregnancy provided samples of their first breast milk. All 7 milk samples tested negative for the virus. However, more information is needed to know the effects of coronavirus on breast milk. Women who are breastfeeding should talk with their healthcare providers and weigh the known benefits of breastfeeding against the unknown risks of breastfeeding with coronavirus. If you choose to breastfeed while you have a coronavirus, taking precautions, such as frequent hand washing and wearing a facemask, can limit the risk of passing the virus to the baby.” www.mothers-to-baby.org/fact-sheets/coronaviruses/pdf/.

Most importantly, throughout this period of uncertainty, healthcare professionals must update their knowledge daily to provide the latest, most up-to-date information regarding COVID-19 so that families can make informed decisions based on facts- not fears.

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 Tammy Kowalik, BSN, RN, IBCLC, Buffalo, NY.

Living in Western New York has multiple winter challenges: an average snow fall of 93 inches, snow packed streets, and compulsory hats, gloves and boots. Growing up in the Buffalo area, Tammy Kowalik is well accustomed to both winter challenges and her professional challenges as the lactation lead at Mercy Hospital. Here, she is focused on helping families meet their breastfeeding goals.

Tammy and her younger siblings, two sets of twins, were raised by a single mother in Western New York. Her siblings were hearing and visually impaired, so Tammy knew at a young age that being a caregiver was in her future. After becoming a graduate nurse, she worked as a bedside clinician on a medical-surgical unit until beginning work as a school nurse. She later began working in a large pediatric office that included assisting mothers experiencing breastfeeding challenges. Tammy's own breastfeeding experiences were positive but after observation and hearing many new moms' personal stories of struggle, guilt, lack of consistent information, and misinformation, it became Tammy's goal to help guide new moms to feeling empowered in their breastfeeding journey. It is all about what moms want and what works best for themselves and their babies. The pediatric practice appreciated Tammy's desire to become a lactation professional and supported her achievement of becoming an IBCLC in 2000. She is a motivated advocator of breastfeeding and gladly shares her knowledge and passion with new and expectant mothers. Tammy wants mothers to view breastfeeding as a journey and not as a destination.

For the last 15 years, Tammy has led the lactation department at Mercy Hospital. With a staff of three lactation consultants, the department provides seven days per week in-patient lactation care. Tammy oversees the hospital's monthly breastfeeding classes, assists moms in obtaining breast pumps, and conducts follow-up calls and texts to new mothers. She has mentored numerous colleagues to seek certification as lactation professionals. In 2016, Tammy went back to school to complete her BSN and graduated *Magna Cum Laude* from Niagara University in 2018.

In 2017, Tammy helped Mercy Hospital participate in the NY Milk Bank Program by becoming a milk bank depot. Tammy knows breast milk donation is one of the most beautiful and selfless acts a mother could do.

Tammy and a fellow nurse colleague were honored as 'Angels of Mercy' from a grateful family who wished to acknowledge the outstanding care they received during the birth of their daughter. In addition to sending a letter to recognize their nurses, they donated to the Mercy Hospital Foundation in their honor.

Tammy has been a Daisy Award nominee but was also recently honored by a patient as a recipient of the Daisy Award.

Tammy and her husband, Joe, met while in high school and they dated for 5 ½ years before they were married in 1993. To celebrate their 27th wedding anniversary, they are planning a 2 ½

week Panama Canal cruise in March. They have three young adult children who live nearby; a son, also a nurse, works at Mercy Hospital, one daughter who works as a health and wellness advocate, and another daughter enrolled at a nearby university. The family enjoys traveling together and are Disney enthusiasts. Tammy is an avid reader of historical prose that depict the valor of women conquering life's challenges. Tammy's passion for assisting breastfeeding families is well recognized by her grateful colleagues, the staff at Mercy Hospital, and countless families from the Buffalo area. As one recent relative of a breastfeeding mom said, 'She's the Dairy Princess.' Kudos to Tammy for her dedication and support of breastfeeding families.