

# Human Milk Insights

May 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 Pediatric Health Outcomes
- Human Milk and Organizational Statements/Resources Regarding COVID-19
- Human Milk and Breastfeeding
- Human Milk and Maternal Health

### HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- COVID-19 Breastfeeding and Pregnancy: Fact vs Fiction recorded webinar and YouTube video updates
- Neonatal Perspectives
- Thank you!

### CLINICAL PEARLS IN LACTATION

- Congratulations! 2020 is the year of the Nurse and Midwife

### TOOLS YOU CAN USE

- Some things positive and free in these hard times

### SPOTLIGHT ON PRACTICE

- Barbara Haase, PhD, MSN, APRN, CPNP, IBCLC

## NEWS YOU CAN USE

### HUMAN MILK AND PEDIATRIC HEALTH OUTCOMES

#### Breastfeeding reduces risk of respiratory allergies

Galya Bigman/March 2020

For those without family history, breastfeeding exclusively throughout the first three months of life may decrease the chances of developing respiratory allergies and asthma.

<https://onlinelibrary.wiley.com/doi/full/10.1111/apa.15162>

### HUMAN MILK AND ORGANIZATIONAL STATEMENTS/RESOURCES REGARDING COVID-19

#### CDC: The Centers for Disease Control and Prevention

#### Interim Guidance on Breastfeeding for a Mother Confirmed or Under Investigation for COVID-19

CDC's facts and guidance for pregnancy and breastfeeding, addresses frequently asked questions updated and in a simplified format

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html)

#### Preliminary Estimates of the Prevalence of Selected Underlying Health Conditions Among Patients with Coronavirus Disease 2019 — United States, February 12–March 28, 2020

CDC's estimates regarding health conditions among COVID-19 positive patients

[https://www.cdc.gov/mmwr/volumes/69/wr/mm6913e2.htm?s\\_cid=mm6913e2\\_e&deliveryName=USCDC\\_921-DM24524](https://www.cdc.gov/mmwr/volumes/69/wr/mm6913e2.htm?s_cid=mm6913e2_e&deliveryName=USCDC_921-DM24524)

#### USBC: United States Breastfeeding

#### Committee

#### Updated instructions on feeding during emergencies including COVID-19 crisis

<http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

COVID-19 Infant and Young Child Feeding Constellation

Free resources accessible to the public, to inform of the collective efforts can be found here:

<http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eld=4c337c8d-6010-4cca-b60b-de9ff838cc14>

#### The American Academy of Pediatrics

Publication to address the care of infants whose mothers are confirmed or under investigation for COVID-19

<https://downloads.aap.org/AAP/PDF/COVID%2019%20Initial%20Newborn%20Guidance.pdf?eType=EmailBlastContent&eld=4c337c8d-6010-4cca-b60b-de9ff838cc14>

The AAP also has a webpage to provide initial guidance for patient management:

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/faqs-management-of-infants-born-to-covid-19-mothers/?eType=EmailBlastContent&eld=4c337c8d-6010-4cca-b60b-de9ff838cc14>

**Breastfeeding Medicine**

Details the risks of separation of mothers and infants during the pandemic  
<https://www.liebertpub.com/doi/10.1089/bfm.2020.29153.ams?eType=EmailBlastContent&eld=bf5c9e02-324b-4a1b-8a4c-61a7d7146021>

**The International Society for Research in Human Milk and Lactation (ISRHML)**

Released recorded presentation detailing latest research and answers to commonly asked questions  
[https://www.youtube.com/watch?v=sFJ\\_yTlFkhY&feature=youtu.be&eType=EmailBlastContent&eld=bf5c9e02-324b-4a1b-8a4c-61a7d7146021](https://www.youtube.com/watch?v=sFJ_yTlFkhY&feature=youtu.be&eType=EmailBlastContent&eld=bf5c9e02-324b-4a1b-8a4c-61a7d7146021)

**The Family Larsson-Rosenquist Foundation**

Fact sheet addressing concerns about COVID-19 and lowering exposure  
[https://www.larsson-rosenquist.org/media/1353/2003\\_nicu\\_babies\\_covid19.pdf?eType=EmailBlastContent&eld=bf5c9e02-324b-4a1b-8a4c-61a7d7146021](https://www.larsson-rosenquist.org/media/1353/2003_nicu_babies_covid19.pdf?eType=EmailBlastContent&eld=bf5c9e02-324b-4a1b-8a4c-61a7d7146021)

**ACOG: American College of Obstetricians and Gynecologists/Society for Maternal-Fetal Medicine**

Frequently asked questions to supplement CDC guidance regarding optimization of obstetric care  
<https://www.acog.org/en/Clinical%20Information/Physician%20FAQs/COVID%2019%20FAQs%20for%20Ob%20Gyns%20Obstetric?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc>

**La Leche League International (LLL)**

Released a webpage featuring LLLI resources and publications in many languages  
<https://www.llli.org/coronavirus-resources/?eType=EmailBlastContent&eld=444e43fa-69a6-4edb-812d-be3b1eba0583>

**AWHONN: The Association of Women's Health, Obstetric and Neonatal Nurses**

Released a website dedicated to updates and position statements related to the pandemic  
<https://awhonn.org/novel-coronavirus-covid-19/?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc>

**HMBANA: The Human Milk Banking Association of North America**

Published infographic regarding milk donation during the COVID-19 pandemic  
<https://www.hmbana.org/news/milk-donation-covid-19.html?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc>

Published a statement regarding the role of human donor milk during pandemic  
<https://www.hmbana.org/news/why-donor-human-milk-is-an-essential-need-during-covid-19.html?eType=EmailBlastContent&eld=4c337c8d-6010-4cca-b60b-de9ff838cc14>

Published a statement regarding safe handling of expressed breast milk containers  
<https://www.hmbana.org/news/correcting-the-record-safe-handling-of-expressed-milk-containers.html?eType=EmailBlastContent&eld=bf5c9e02-324b-4a1b-8a4c-61a7d7146021>

**NWA: The National WIC Association**

Published a website featuring links to WIC resources and programs

<https://www.nwica.org/covid-19-resources?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc>

Published a messaging toolkit which includes resources in both Spanish and English

[https://docs.google.com/document/d/1T7dM\\_y\\_nVDj9J6jERObjhVj11Er4mrELkXpjLRyWOPJl/edit?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc](https://docs.google.com/document/d/1T7dM_y_nVDj9J6jERObjhVj11Er4mrELkXpjLRyWOPJl/edit?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc)

Published a concise summary on CDC COVID-19 pandemic recommendations  
[https://s3.amazonaws.com/aws.upl/nwica.org/covid\\_bf\\_3\\_18\\_2020.pdf?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc](https://s3.amazonaws.com/aws.upl/nwica.org/covid_bf_3_18_2020.pdf?eType=EmailBlastContent&eld=848de19c-1cdc-4dc9-b16d-005ada32fddc)

**WHO: The World Health Organization**

Published information and recommendations for pregnancy and postpartum period  
<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

**HUMAN MILK AND BREASTFEEDING**

Effects of Skin-to-Skin Care During Cesareans: A Quasiexperimental Feasibility/Pilot Study

**Breastfeeding Medicine Vol. 14, No. 10**  
Jeannette T. Crenshaw.../2019 Describes feasibility and outcomes of skin-to-skin care that began during cesarean surgery and continued, uninterrupted, for about 5 hours.  
<https://www.liebertpub.com/doi/10.1089/bfm.2019.0202>

**HUMAN MILK AND MATERNAL HEALTH****Incidence of and Risk Factors for Lactational Mastitis: A Systematic Review**

Emily Wilson, MSc.../April 2020  
Systematic review of available literature to summarize evidence, risk factors and areas of priority for future research.  
<https://journals.sagepub.com/doi/abs/10.1177/0890334420907898>

**Association Between Breastfeeding and Ovarian Cancer Risk**

*JAMA Oncology*/ April 2, 2020  
Examination of association between breastfeeding and overall ovarian cancer risk.  
<https://jamanetwork.com/journals/jamaoncology/fullarticle/2763398?questAccessKey=647b898d-aab1-44c5-baee-43f9185b7479&eType=EmailBlastContent&eld=4c337c8d-6010-4cca-b60b-de9ff838cc14>

**HUMAN MILK EDUCATION**

On Wednesday, May 20<sup>th</sup>, [Laura Candelaria, PhD, MS, RN, FNP](#) will be presenting [Informal Milk Sharing for the Hospitalized at Risk Infant in the Ultra-Orthodox-Haredi Jewish Community in the United States](#). Complimentary registration is now open! For more information or to register, visit [www.MedelaEducation.com](http://www.MedelaEducation.com).

On Wednesday, June 3<sup>rd</sup>, [Jessica Donahue, RN, IBCLC](#) will be presenting [Virtual Breastfeeding Support: Are You Billing for Lactation Support?](#) Complimentary registration is now open! For more information or to register, visit [www.MedelaEducation.com](http://www.MedelaEducation.com).

On Wednesday, June 17<sup>th</sup>, [Diane Spatz, PhD, RN-BC, FAAN](#) will be presenting

[Exploring Human Milk and Breastfeeding for LGBTQ Families.](#) Complimentary registration is now open! For more information or to register, visit [www.MedelaEducation.com](http://www.MedelaEducation.com).

Recorded webinar [COVID-19: Breastfeeding and Pregnancy: Fact versus Fiction](#), presented by [Kristen Kelley, MPH, CIC, RN-BSN, FAPIC](#). Click [here](#) to register. Please note, CE's will **not** be available with this recorded webinar.

Medela in partnership with Kristen Kelley, MPH, CIC, RN-BSN, FAPIC are giving weekly updates regarding COVID-19: Breastfeeding and Pregnancy: Fact versus Fiction. Click [here](#) to view on our YouTube channel.

Our 2020 webinar schedule is available! Email [education@medela.com](mailto:education@medela.com) to receive a copy.

### **Neonatal Perspectives**

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

### **Thank You!**

Medela wants to send a heartfelt thank you to all of the frontline workers keeping us safe and healthy!

## 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.*

### **Congratulations! 2020 is the Year of the Nurse and Midwife**

To all you hardworking nurses and midwives, this is the time to celebrate YOU– all year long! You read that right: The World Health Organization has designated 2020 as the year to celebrate who you are, the important work you do and to acknowledge the many lives you touch each day.

Why 2020? To begin with, it's the 200<sup>th</sup> anniversary of Florence Nightingale's birth. Florence Nightingale, a British statistician and social reformer, was the founder of modern nursing,

Not too unlike the conditions of today with the coronavirus pandemic overwhelming units in hospitals, Florence Nightingale also faced overcrowding, lack of supplies and medical equipment, and untrained staff when called to the Crimean War. Nightingale and her team of 38 nurses found that wounded soldiers were receiving poor care from an overworked medical staff in the face of official indifference. Under her leadership, medical care and sanitary conditions in military hospitals were greatly improved and the reported death rate was reduced from 42% to 2%!

Florence Nightingale was one of the few early women leaders in the world whose contributions live on and remain relevant today. She legitimized nursing as a respectable profession and she was the leading figure who improved healthcare, sanitation and public health in India. As a mathematician and statistician, she was a pioneer in graphically representing numbers and statistics – what we now know as infographics. In her reports to members of Parliament and other civil servants, she could tell a story with graphics which made it understood by all.

Many of today's leaders in public health are nurses and midwives who make up of most the healthcare workforce around the world and are the frontline caregivers. Every day they make critical contributions to community and global health.

In May of this year, the World Health Organization will be releasing the first State of the World's Nursing and Midwifery Report which will describe the nursing workforce and how it interfaces with the organization's healthcare priorities in the next 5 years. One of the goals includes reducing the global maternity mortality rate by 30%, a major priority near and dear to our hearts.

Midwives and nurses have long been on the frontlines of promoting, supporting and protecting breastfeeding. You are all unsung heroes during crises such as the one our world is experiencing right now.

Know that organizations all over the world are supporting the work that nurses and midwives continue to do daily to improve conditions for mother and babies. We admire your dedication, tireless work and commitment. We share your joys and your tears. Thank you for your service. In our eyes, you are heroes.

Congratulations to each and every one of you as the world celebrates 2020 as the Year of the Nurse and Midwife!

## TOOLS YOU CAN USE

### Some Things Positive and Free in these Hard Times

These are challenging and difficult times. Professionals working in all areas of healthcare are finding that life in the workplace and at home has changed.

Several companies in the United States have decided to do what they can to help ease the strain on frontline and essential workers. Here's a list of just a few companies that want to say thank you and give something back to the many healthcare professionals who continue to serve in myriad ways:

**Starbuck's:** [www.starbucks.com](http://www.starbucks.com) is offering frontline workers and first responders a free tall hot or iced coffee through May 31

**AAA:** is offering free Roadside Assistance services to medical personnel and first responders. These individuals can receive help with vehicle breakdowns, battery problems, or flat tires by calling 1-800-400-4222. PLEASE NOTE: may not be available in every state. Contact AAA for more details.

**Airbnb:** [www.airbnb.com](http://www.airbnb.com) Airbnb hosts are offering healthcare staff and first responders places to stay that allow them to be close to their patients — and safely distanced from their own families. Airbnb will waive their fees through May 31, 2020.

**Auntie Annes:** [www.auntieannes.com](http://www.auntieannes.com) A free pretzel.

**BP/Amoco:** [www.bp.com/localheroes](http://www.bp.com/localheroes) A one-time 50 cents off per gallon discount at BP and Amoco stations.

**Choice Hotels:** [www.choicehotels.com](http://www.choicehotels.com) is offering a "Choice Cares" special rate for nurses, doctors, paramedics, firefighters, food/agriculture workers, transit employees, and others outlined by CISA guidelines. Up to 9 nights can be booked with the special rate.

**Diamond Resorts:** Assist with finding housing for healthcare staff near patients and away from family. Call: 1-800-438-2929 or email: [Groups@diamonoresorts.com](mailto:Groups@diamonoresorts.com)

**Headspace:** [www.headspace.com](http://www.headspace.com) To take care of your mental health right now, Headspace is offering its meditation app to anyone working in a public health setting. All you have to do is visit the website and sign up.

**Marriott:** [www.marriott.com](http://www.marriott.com) In an effort to support frontline healthcare workers, Marriott launched the **Community Caregiver Program**. This initiative, available in the United States, Canada, the Caribbean and Latin America, provides significantly discounted rates for first responders and healthcare professionals who want to book rooms at hotels in close proximity to the hospitals where they're working. The rate is available on Marriott.com at nearly 2,500 hotels.

**Otterbox:** [www.otterbox.com](http://www.otterbox.com) Offering 40% off products for broadly-defined frontline workers



**Owala:** [www.owalalife.com](http://www.owalalife.com) Water bottle company Owala is helping first responders, government workers and medical professionals stay hydrated with 50% off their orders. Verification is done via VerifyPass. Retirees in the aforementioned fields are eligible as well.

**Tech21:** [www.tech21.com](http://www.tech21.com) Healthcare workers simply need to reach out with their professional ID to Tech21 via email to get 60% off antimicrobial phone cases.

**The North Face:** [www.thenorthface.com](http://www.thenorthface.com). Apparel company The North Face is offering a 50% discount off non-sale items to healthcare workers in the U.S. through December 31, 2020 (good online and at retail locations). They will also offer these individuals a 10% discount on non-clearance items at their U.S. outlet stores during the same period. Check the link to see which healthcare workers are eligible and to verify your status.

**Uber:** [www.uber.com](http://www.uber.com) Uber is offering free transportation for healthcare workers between patient's homes (for homecare nurses) and healthcare facilities. Also, free rides for patients with Uber Health and free food with Uber Eats!

**WAWA:** [www.wawa.com](http://www.wawa.com); is giving free coffee at its locations to healthcare workers throughout the coronavirus pandemic.

*Since some of these offers are for a limited time only, be sure to check the websites to ensure the discounts and promotions are still active.*

We salute you. We support you. Thanks for all you do.

## 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](mailto:education@medela.com).

*This month we are spotlighting Barbara Haase, PhD, MSN, APRN, CPNP, IBCLC  
Charleston, SC*

A much-admired clinician, Barbara Haase has extensive experience in pediatrics and lactation in community, hospital and outpatient settings. She is certified as both a pediatric nurse practitioner and lactation consultant. Barbara has worked in university-based hospitals and community-based settings in Milwaukee, Chicago, and Charleston, SC and in private practice in Belgium. She is currently a lactation consultant at the Medical University of South Carolina (MUSC) for the high-risk nurseries, postpartum and outpatient areas. Her special interest lies in the breastfeeding high risk infant.

Barbara grew up in Milwaukee, Wisconsin and began undergraduate work as a graphic artist. After a year of study, she realized her true passion was in human health specializing in Pediatrics. After earning a bachelor's degree in nursing at UW Milwaukee, Barbara practiced as a pediatric nurse at the Children's Hospital of Wisconsin and in the WIC projects of Milwaukee. Barbara earned a master's degree as a Pediatric Nurse Practitioner from UW Milwaukee and began working as a nurse practitioner at the University of Illinois Medical Center (UIC) where she recognized a need for lactation support among the population she was caring for. She and three other clinicians became certified as lactation consultants and helped establish the UIC multidisciplinary breastfeeding task force developing policies, training programs, conferences, and educational materials for breastfeeding training.

After leaving the Chicago area, Barbara lived and worked in Belgium, where she practiced as an independent lactation consultant providing in-home lactation support and breastfeeding resources to professionals involved in the care of breastfeeding mothers. Barbara was instrumental in aiding the initial group of IBCLC candidates to take the first IBCLE examination offered in Belgium.

For the last sixteen years, Barbara has worked at MUSC assisting breastfeeding families within the normal nursery and high risk nursery settings and the outpatient clinic. She has been a vital contributor to multiple committees, including high risk lactation, discharge nutrition planning, a multi-disciplinary feeding team, and the Best Fed Beginning Project which led to MUSC achieving the Baby Friendly designation. Barbara has actively participated in multiple research projects in the areas of domperidone use for treatment of mothers with premature hospitalized infants, breast milk fat and caloric content, and management of low milk supply in mothers of hospitalized infants. Barbara is an accomplished lecturer at national and international conferences including at ILCA, the South Carolina Breastfeeding Coalition, the University of Minneapolis Medical School, and the Medical University of South Carolina. She is also the lead author of several peer reviewed publications.

While managing parenthood and her full-time role at MUSC, Barbara earned a nursing PhD from the University of Wisconsin-Milwaukee. Her dissertation entitled, *"Fat and Caloric Content of Breast Milk of Mother of Premature Infants: Comparison of High vs Average to Low Volume*

*Producers and Impact of Intervals Between Pumping Sessions*” was the theme of a poster presentation at the 2018 Academy of Breastfeeding Medicine Conference held in San Francisco.

This summer, Barbara will relocate with her two daughters to Milwaukee. She has accepted a full-time Assistant Professor position at the University of Wisconsin - Milwaukee beginning this fall. Although Barbara will be in a faculty position, she will primarily be involved in lactation research. “I am excited to conduct research and contribute to the science of lactation and breastfeeding support of mothers of term, preterm and medically fragile infants,” Barbara says. She is looking forward to living near her siblings, reconnecting with many of her former professors from the university, and resurrecting her interest in art history, painting and sculpting.

Barbara will be remembered at MUSC for her work with high-risk/preterm infants and transitioning them to breastfeeding. Her first peer-reviewed publication in which she was the principal investigator, “The development of an accurate test weighing technique for preterm and high-risk hospitalized infants”, *Breastfeeding Medicine*, 2009; 4(3):151-56 continues to receive much acclaim. The accuracy of the research was validated (Rankin et al., *J Pediatr*, 2016), remains an essential method for measuring breastfeed intakes, and a valuable component of clinical practice in NICUs globally. Barbara’s excellent clinical skills and scholarly curiosity will be valued by her colleagues and the many breastfeeding families she cared for. We wish Barbara continued success in her academic role.