

Human Milk Insights

November 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 Composition
- Human Milk and COVID-19
- Human Milk & Breastfeeding Support
- Human Milk in the NICU
- Human Milk and Maternal Diet
- Human Milk and Medications
- Organizational Updates

HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- COVID-19 and Breastfeeding Webinar Series
- Breast Shield Research
- Neonatal Perspectives
- Initiation Education

CLINICAL PEARLS IN LACTATION

- Looking for the Positive in the Time of COVID-19

TOOLS YOU CAN USE

- Ready, Set, BABY: A Prenatal Breastfeeding Education Resource

SPOTLIGHT ON PRACTICE

- Lauren Burrus Russell, MSN, RNC-OB, IBCLC

NEWS YOU CAN USE

HUMAN MILK COMPOSITION

Factors Affecting the Composition of Expressed Fresh Human Milk

Quyên Pham.../Published online Sept 2020
Examination of the factors that affect the constituents of breast milk including maternal diet and milk handling.
<https://doi.org/10.1089/bfm.2020.0195>

Immunomodulatory Constituents of Human Donor Milk

Arieh Riskin/Published online Sept 2020
Review and summary of the effects of pasteurization on components of human donor milk and significance when related to protection of the infant from complications such as NEC.
<https://doi.org/10.1089/bfm.2020.0192>

Effect of Freezing and Thawing on Human Milk Macronutrients and Energy Composition: A Systematic Review and Meta-Analysis

Sivan Yochpaz.../Published online Sept 2020
Systematic review of the impact of the freeze thaw cycle on human milk composition.
<https://doi.org/10.1089/bfm.2020.0193>

The Effect of Infant's Sex on Human Milk Macronutrients Content: An Observational Study

Laurence Mangel.../Published Online Sept 2020
Examination of differences in human milk macronutrient content based on infant's sex <https://doi.org/10.1089/bfm.2020.0228>

Impact of Maternal Anxiety on Human Milk Macronutrients Content: A Prospective Observational Study

Gili Palnizky Soffer/Published Online Sept 2020
Impact on macronutrient levels of human milk with maternal anxiety and stress
<https://doi.org/10.1089/bfm.2020.0034>

The Effect of Prolonged Freezing and Holder Pasteurization on the Macronutrient and Bioactive Protein Compositions of Human Milk

Ieva Jura Paulaviciene.../Published Online Sept 2020
Highlighting the changes in human donor milk composition when frozen or pasteurized using the Holder method.
<https://doi.org/10.1089/bfm.2020.0219>

Melatonin Content of Human Milk: The Effect of Mode of Delivery

Sonia Aparici-Gonzalo/Published Online Sept 2020
Determination of influences on type of delivery and human milk melatonin content
<https://doi.org/10.1089/bfm.2020.0157>

ORGANIZATIONAL UPDATES

The U.S. Dept. of Health and Human Services, Office on Women's Health

Updated resource for mothers to provide support, answer common questions and address the importance of breastfeeding
<https://www.womenshealth.gov/patient-materials/resource/guides?eType=EmailBlatContent&eld=ace35104-36bd-4805-a958-4c52e21e4526>

HUMAN MILK AND COVID-19

Antivirals for COVID-19 and Breastfeeding

Philip O. Anderson/Published Online Oct 2020 Review of the use of medications that may be active against SARS-CoV-2 while breastfeeding
<https://doi.org/10.1089/bfm.2020.0268>

HUMAN MILK AND BREASTFEEDING SUPPORT

Leveraging Limited Resources Through Cross-Jurisdictional Sharing: Influences on Breastfeeding Rates

M. Elizabeth Gyllstrom, PhD, MPH.../October 2020 Assessment of breastfeeding initiation rate changes in local health departments after introduction of a breastfeeding specialist as a maternal resource.
<https://journals.sagepub.com/doi/10.1177/0890334420963638>

HUMAN MILK IN THE NICU

Demographic, Social, and Personal Factors Associated with Lactation Cessation by 6 Weeks in Mothers of Very Low Birth Weight Infants

Parker, PhD.../October 2020 Mother's own milk decreases complications for premature infants. Among mothers of very low birthweight babies, this article highlights factors associated with discontinuing lactation at the 6-week postpartum mark. Demographic, social and skin to skin are examined in this study.
<https://journals.sagepub.com/doi/10.1177/0890334420940239>

Associations Between Single-Family Room Care and Breastfeeding Rates in Preterm Infants

Hege Grundt, RN, MSc.../October 2020 Comparison of mother's own milk provision in single family room vs. shared space in a neonatal ICU
<https://doi.org/10.1177/0890334420962709>

HUMAN MILK AND MATERNAL DIET

Dietary Changes Among Breastfeeding Mothers

Marina Iacovou, PhD.../October 2020 Exploration of prevalence of dietary changes made by breastfeeding mothers postpartum.
<https://doi.org/10.1177/0890334420959283>

HUMAN MILK AND MEDICATIONS

Exploring the Prescribing Process of Domperidone for Low Milk Supply: A Qualitative Study Among Mothers, IBCLCs, and Family Doctors

Lara A. Tauritz Bakker, BSc, MA.../October 2020 Examination of healthcare provider and patient perspectives regarding prescription of domperidone for insufficient milk volume.
<https://doi.org/10.1177/0890334420964070>

ORGANIZATIONAL STATEMENTS AND RESOURCES REGARDING COVID-19

USBC: United States Breastfeeding Committee Updated webpage with resources regarding COVID19 and infant feeding
<http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eld=637a09e9-dbb5-43b7-9064-d91686bcb51f>

HUMAN MILK EDUCATION

On Wednesday, November 18th, [Jennifer Thomas, MD, MPH, IBCLC, FAAP, FABM](#) will be presenting [Supporting Breastfeeding During COVID-19](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

On Wednesday, December 16th, [Amanda Gontarek, BSN, RN, IBCLC](#) will be presenting [Evolution of Hawaiian Birthing and Breastfeeding Traditions and the Influence of COVID-19](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

Medela has partnered with leading human milk experts to provide education around COVID-19 and breastfeeding. These recorded webinars can be accessed at any time by you and your colleagues at no charge. We hope you find this education helpful in your practice.

<https://www.medela.com/breastfeeding-professionals/news-events/2020-webinar-series>

Improving pumping effectiveness is critical for many women who express their milk. Breast shield design and fit are important factors that can improve milk removal, comfort, and the overall pumping experience. Click [here](#) to watch the recorded webinar by [Danielle Prime, PhD](#) *The PersonalFit™ PLUS/Flex 105° Oval Breast Shield: [Research](#) Review and Sizing/Fitting Guidelines*.

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.

Interested in learning more about initiation of breast milk? Click [here](#) to see what education tools we have available. We also have promo codes for the following online courses.

[Initiation of Lactation: At Risk Mothers and Proactive Interventions](#) Promo code XS6TSP

[Initiate, Build and Maintain Milk Supply](#) Promo code GQ6NET

[Connecting the Dots Between Increasing Lactation Risk Factors and Suboptimal Breastfeeding Outcomes: A Proactive Approach to Clinical Practice](#) Promo code KS6TKC

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.

Looking for the Positive in the Time of COVID-19

You may be thinking what could possibly be positive about the coronavirus pandemic, especially since most of us are experiencing more than a little bit of coronavirus fatigue. In the United States, we are entering our ninth month of dealing with the fear, anxiety, precautions, restrictions, masks, PPE, not-enough-PPE, isolation, and confusion about ever-changing recommendations and still, the pandemic is not over. We all know there are a lot of negative outcomes we have been forced to accept due to the coronavirus and it has thrown our care of prenatal, birthing and postpartum women and their families into chaos. However, in talking with maternity care and lactation clinicians across the US, there are some positive effects and unforeseen consequences of the pandemic. Here are a few **positive** effects some maternity caregivers and lactation consultants have noticed over the last few months:

- *Increased interest in breastfeeding:* In some hospitals, nurses say they're aware that more women have expressed interest in "trying" breastfeeding. Some mothers mention they want to provide the health benefits of breast milk, some are concerned about the availability of infant formula during the pandemic and some mothers, now able to spend more time at home with their babies, say they feel they have the time to give breastfeeding a try.
- *More babies are discharged from the hospital exclusively breastfeeding:* As a result of the coronavirus, hospitals and birthing units have been forced to reduce the number of visitors. As a result, mothers are spending more time feeding their babies and not feeling they have to entertain friends, visitors and family members. Several hospitals have mentioned that they may continue to limit visitors on their maternity units even after the pandemic is over.
- *Expanded access to care through virtual means:* The expansion of telehealth services continues to increase access to quality care and community-based services for at-risk communities. The HRSA Maternal and Child Health Bureau awarded \$15 million of funding through the CARES Act to increase telehealth access and infrastructure for maternal and child health providers and marginalized families, including virtual doula care and remote pregnancy monitoring.
- *Increased options for education and support of breastfeeding women:* Equipping lactation consultants, midwives and doulas with telehealth access bolsters the maternity workforce and creates opportunities for more equitable solutions for underserved communities, which in turn improves health outcomes. Programs such as the *Ready Set,*

BABY curriculum are providing live online classes for free to educate and support women about breastfeeding and maternity care issues.

- *More mothers are able to work from home:* This has enabled some women to meet or exceed their breastfeeding goals by increasing exclusivity and continuing for longer durations. In many cases these mothers are planning to continue working from home in the future.

Have you noticed any positive changes or effects in your patient population either directly or indirectly from the COVID-19 pandemic? If so, please send us your stories so we can share them with the professional community. We can give others some ideas that may help them improve care to breastfeeding mothers while learning to coexist with the coronavirus.

References:

Association of State and Territorial Health Officials (ASTHO) Brief, [The impact of COVID-19 telehealth flexibilities on maternity care. September 2020](#) (accessed 10/29/2020).

“Sometimes you will never know the value of a moment, until it becomes a memory.”

Dr. Seuss

TOOLS YOU CAN USE

Ready, Set, BABY: A Prenatal Breastfeeding Education Resource

Are you looking for a great resource for prenatal breastfeeding education materials that are available for free? Would you like a resource that has a comprehensive program for pregnant women who need information on breastfeeding and how to make it work?

The Carolina Global Breastfeeding Institute at the University of North Carolina's Gillings School of Global Public Health has developed *Ready, Set, BABY*, an evidence-based prenatal educational program designed to counsel women about the benefits and management of breastfeeding. It also incorporates information about maternity care best practices and other important information to help women achieve their breastfeeding goals. Use of this non-commercial curriculum is designed to be used in any trimester and has been shown to improve breastfeeding outcomes.

Ready, Set, BABY reflects best practices for Step 3 in the Ten Steps for Successful Breastfeeding, the cornerstone for the Baby Friendly Hospital Initiative, and has updated information regarding COVID-19 information and precautions. This program is interactive and contains:

- 24-page colorful patient booklet representing all mothers available to download and print
- Flipchart for use by a facilitator
- Digital file of the flipchart for use in classes
- Handouts available for review

In collaboration with the Connecticut Department of Public Health, a self-directed online version of this innovative prenatal education program has been made available at www.readysetbabyonline.com. It is easy to navigate and has sections on Breastfeeding Basics, Before Birth, First Hours, Home Again, Back to Work or School, For Partners, Common Concerns and Resources.

A unique offering of the *Ready, Set, BABY* program is that there are LIVE classes/meetings held online at no cost to participants. This virtual conferencing program is facilitated by lactation students in training and staff at the Carolina Global Breastfeeding Institute and are precepted by an International Board Certified Lactation Consultant (IBCLC). These Zoom meetings are also HIPAA-compliant. For the dates, times, and Zoom meeting information: <https://sph.unc.edu/cgbi/ready-set-baby-live-online-classes/>.

Ready, Set, BABY is a comprehensive prenatal education program that is especially suited to assist in teaching women about breastfeeding and offering support during the COVID-19 crisis. The materials are thorough, concise, colorful, easy-to read, culturally diverse and available to download and print or access online. For more information check out the website at: <https://sph.unc.edu/cgbi/ready-set-baby/>.

References:

Palmquist EL Aunchalee, Parry KC, Wouk K. *Ready, Set, BABY Live virtual prenatal breastfeeding education for COVID-19*. Journal of Human Lactation, first published online September 14, 2020. <https://doi.org/10.1177/0890334420959292>

Parry KC, Tully KP, Hopper LN, Schildkamp PE, Labbok MH. *Evaluation of Ready, Set, BABY: A prenatal breastfeeding education and counseling approach*. Birth. 2019 Mar;46(1):113-120. doi: 10.1111/birt.12393. Epub 2018 Sep 6. PMID: 30191591. <https://pubmed.ncbi.nlm.nih.gov/30191591/>

Parry KC, Tully KP, Moss SL, Sullivan CS. *Innovative prenatal breastfeeding education curriculum: Ready, Set, BABY*. J Nutr Educ Behav. 2017 Jul-Aug;49(7 Suppl 2):S214-S216.e1. doi: 10.1016/j.jneb.2017.05.348. PMID: 28689562. <https://pubmed.ncbi.nlm.nih.gov/28689562/>

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 Lauren Burrus Russell, MSN, RNC-OB, IBCLC
Memphis, TN*

Born and raised in Memphis, TN, Lauren B. Russell's career in perinatal nursing has provided guidance and support to multiple families during the birth process and while learning to breastfeed. Lauren's passion for supporting families centers around empowering women to feel confident about their bodies' ability to birth, breastfeed, and nurture their children.

As a young new mother, Lauren witnessed the healing power and benefit of words from a close friend and colleague who guided her through difficult breastfeeding challenges. When hearing her friend's empathetic words, including "this is hard and you are doing a great job", Lauren confidently knew she could overcome her breastfeeding challenges. For over thirteen years while working as a bedside nurse in Labor and Delivery, Lauren has used empowering words to support families through the birth process. She used positive affirmations and praise to help families with the hurdles of birth and breastfeeding.

Six months ago, Lauren transitioned to a new role as the Coordinator of Lactation at Regional One Health. Though not in the role of a bedside clinician, Lauren remains committed to ensuring families receive evidence-based breastfeeding care. Her goal is to provide high quality breastfeeding care to all families. In managing the lactation department, Lauren oversees the Donor Milk Program at the hospital which includes being a donation depot for the Mother's Milk Bank of Tennessee. She instituted a 'Pump Early, Pump Often' initiative for mothers separated from their infants that advocates for pumping within one hour of delivery. Lauren has facilitated breast pump access in each patient room, serving as a visual prompt for mothers to begin early pumping if needed.

Lauren agrees the Coronavirus Pandemic has brought significant challenges for birthing facilities. She recognizes clinicians are stretched by increased work demands while families are dealing with increased anxiety about their hospitalization and about breastfeeding. Families are requesting to be discharged as early as possible, often resulting in limited lactation visits. Hospital visits from family members are not allowed and though not ideal, Lauren says some families view the lack of visiting hours as a benefit to breastfeeding with increased time for skin to skin care, bonding, and rest. Follow-up phone calls with breastfeeding families are regularly conducted after they are discharged. Regional One Health recently received a grant from Reaching Our Sisters Everywhere (ROSE) to increase telehealth and follow up services for breastfeeding families.

Lauren acknowledges that she and her husband, Jamie, make a 'great team.' Married for fourteen years, they are raising two amazingly bright and independent young girls. Like so many families in the midst of the pandemic, Lauren admits her family has made adjustments to their daily routines. Their elder, very independent daughter is able to continue attending school remotely; their younger daughter also attends school remotely but within a small group setting with other children. Jamie's remote working from home allows Lauren to continue to work full-time. The family enjoys supporting U of Memphis football and basketball and attending their elder daughter's soccer games. Lauren spends her free time reading parenting books; her current read is 'Raising Grateful Kids In An Entitled World'.

Lauren's work-life balance strategy is to be a good steward for her daughters and to be a 'smart mom who balances work and loves her children.'

As a perinatal nurse and lactation consultant, Lauren has committed herself to supporting families in having a positive birth and breastfeeding experience. She has been recognized as a nominee for the Daisy Service Award and for her clinical excellence while attending Union University. Lauren has been a presenter for the Council of Women's and Infants' Specialty Hospitals (CWISH), is a member of Sigma Theta Tau, serves on the Micro-Premie and Nutrition NICU Committee at Regional One Health, and is an Adjunct Faculty member at the University of Memphis. Lauren's empowering energy has positively affected the many families she has supported and she is a dynamic role model to her two daughters. Kudos to Lauren for her gift of nurturing and guiding families to believe in themselves.