

Human Milk Insights

December 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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Happy Holidays

FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Human Milk and Newborn Health
- Human Milk and COVID-19
- Human Milk in the NICU
- Human Milk and Maternal Health
- Human Milk Production
- Human Milk and Public Health

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

- High Energy Drinks and Breastfeeding, Are They Safe?

TOOLS YOU CAN USE

- Medela's Online Breastfeeding Guide

SPOTLIGHT ON PRACTICE

- Paula M. Sisk, PhD, RD, IBCLC

NEWS YOU CAN USE

HUMAN MILK AND NEWBORN HEALTH

Research Review and Meta-Analysis

The Calming Effect of Maternal Breast Milk on Term Infant: A Randomized Controlled Trial

Bircan Taşçı .../Published online Nov 2020
Maternal breast milk odor and impact on newborn pain during heel prick blood sampling

<https://doi.org/10.1089/bfm.2020.0116>

Research Review

A Scoping Review of Research on the Human Milk Microbiome

Maureen Wimberly Groer, PhD.../July 2020 Appraisal of current research regarding four areas of the milk microbiome and health effects for infants

<https://doi.org/10.1177/0890334420942768>

HUMAN MILK AND COVID-19

State of the Science

Implications of the COVID-19 Pandemic Response for Breastfeeding, Maternal Caregiving Capacity and Infant Mental Health

Karleen Gribble, PhD, BrurSc*.../ FABM, FAAP.../Aug 2020 Outline review of breastfeeding and infant health during the pandemic

<https://doi.org/10.1177/0890334420949514>

Early Identification of IgA Anti-SARSCoV-2 in Milk of Mother With COVID-19 Infection

Cibele Wolf Lebrão, MD, MSc.../September 2020 Case Study : Human milk antibodies and protection against COVID-19 with infected mothers

<https://doi.org/10.1177/0890334420960433>

A Call to Ensure Access to Human Milk for Vulnerable Infants During the COVID-19 Epidemic

Virginie Rigourd MD, PhD.../June 2020 Impact of COVID-19 on human milk banking including reduction in donors and impact on recipients

<https://journals.sagepub.com/doi/10.1177/0890334420938036>

Research Article

Telelactation: A Necessary Skill With Puppet Adjuncts During the COVID-19 Pandemic

Sarah Dhillon BSc Midwifery, IBCLC.../September 2020 Lactation care via telehealth and useful supports during telehealth lactation consults

<https://doi.org/10.1177/0890334420958623>

HUMAN MILK AND NICU

Systematic Review

The Role of Human Milk in Decreasing Necrotizing Enterocolitis Through Modulation of the Infant Gut Microbiome: A Scoping Review

Jessica A. Davis, BSN.../August 2020 Review summarizing gut microbiome and relationship of human milk and decreased rate of necrotizing enterocolitis in

premature infants

<https://doi.org/10.1177/0890334420950260>

HUMAN MILK AND MATERNAL HEALTH

Systematic Review

Incidence of and Risk Factors for Lactational Mastitis: A Systematic Review

Emily Wilson, MSc.../, April 2020 Summary of risk factors for mastitis in an effort to identify prevention and continuation of breastfeeding

<https://doi.org/10.1177/0890334420907898>

Research Review

Breastfeeding Among Mothers Who Have Experienced Childhood Maltreatment: A Review

Amara Channell Doig, MPH.../September 2020 Review of current research: maternal personal experience of maltreatment in childhood and impact on breastfeeding outcomes and duration.

<https://doi.org/10.1177/0890334420950257>

HUMAN MILK PRODUCTION

Research Review

Methods and Success Factors of Induced Lactation: A Scoping Review

Gemma Cazorla-Ortiz.../September 2020 Assessment of differing approaches to induce lactation and factors that influence successful milk production

<https://doi.org/10.1177/0890334420950321>

HUMAN MILK AND PUBLIC HEALTH

Systematic Review

Breastfeeding Protection, Promotion, and Support in Humanitarian Emergencies: A Systematic Review of Literature

Immacolata Dall'Oglio, RN, MSN, IBCLC, PhD.../Feb 2020 Review of optimal practices supporting interventions during emergencies

<https://doi.org/10.1177/0890334419900151>

ORGANIZATIONAL STATEMENTS AND RESOURCES REGARDING COVID-19

CDC: The Centers for Disease Control and Prevention

CDC released several updated publications and resources:

Risk comparison of pregnant and non-pregnant women with COVID-19

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6944e3.htm?eType=EmailBlastContent&eId=5f8868d4-f92c-49d6-9c2f-e86a1e43b1f3>

Preterm birth during pregnancy while infected with COVID-19

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6944e2.htm?eType=EmailBlastContent&eId=5f8868d4-f92c-49d6-9c2f-e86a1e43b1f3>

Updated webpage resource list reflects new evidence and considerations for pregnancy, breastfeeding, and provision of human milk related to COVID-19:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/care-for-breastfeeding-women.html?eType=EmailBlastContent&eld=61111735-e7b7-4ca5-aaeb-0f5a4079d857>

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?eType=EmailBlastContent&eld=5f8868d4-f92c-49d6-9c2f-e86a1e43b1f3>

JAMA: The Journal of the American Medical Association Pediatrics
Updated resource with information and guidelines for breastfeeding while COVID-19 positive, or with known exposure

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2772176>

HUMAN MILK EDUCATION

On Wednesday, December 2ND, [Nania Schärer-Hernández, PhD](#) and [Leon Mitoulas, PhD](#) presented [Breastfeeding, Human Milk and COVID-19: What Does the Evidence Say?](#) To watch the recorded webinar, please visit the following link. Please note, this recording does not offer Nursing Contact Hours.
<https://www.medela.com/breastfeeding-professionals/news-events/2020-webinar-series>

On Thursday, December 10th, [Dani Dumitriu, MD, PhD](#) and [Cynthia Gyamfi-Bannerman, MD, MSc, FACOG](#) will be presenting [Protecting the Mother-Baby Dyad During the COVID-19 Pandemic: The Columbia University Experience.](#)

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 would like to invite you to look at a brand new dedicated webpage for healthcare professionals on the global impact of COVID on Breastfeeding. It contains a lot of resources, important facts and figures from research, and educational materials for professionals.

www.medela.com/breastfeedingduringcovid

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

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.

High Energy Drinks and Breastfeeding, Are They Safe?

It's getting close to the holidays, which means it's time for even more shopping, cooking, cleaning - all while helping the little ones with their online lessons, caring for a newborn, and perhaps even working from home too. How is a mother to manage? No wonder some mothers are reaching for popular energy drinks to get an energy boost and relieve fatigue.

But are energy drinks safe to consume while breastfeeding?

As a general rule, consuming caffeine in moderation is considered safe for breastfeeding mothers. That means about 3 cups of coffee per day (300 - 500 mg) or a couple of energy drinks, depending on the brand.

It's important for mothers to observe their babies for signs of caffeine stimulation because some infants who are very sensitive to the effects of caffeine may exhibit a rapid heart rate, fussiness, and sleeplessness. Caffeine is a unique drug in that it has a long half-life in infants. The half-life of caffeine in a newborn is approximately 100 -120 hours. At 3-5 months of age, the half-life is decreased to 14 hours. As infants get older, they can metabolize caffeine more efficiently, and may be able to tolerate caffeine if their mothers are consuming it in beverages or foods versus showing stronger sensitivity signs to this drug as newborns.

Mothers who are breastfeeding babies who are ill, have gastroesophageal reflux, diagnosed heart arrhythmias, or prolonged QT interval should use extreme caution when using caffeine, as these symptoms can be exacerbated. It's also important for mothers who drink coffee, tea, or energy drinks to be aware of other products that also contain caffeine: chocolate, sports drinks, over-the counter medications, soft drinks, some herbal products, and other items. Encourage mothers to read labels, know what they are putting into their bodies, and understand how it can affect them and, in turn, their babies.

So, like most things in life, when it comes to energy drinks and breastfeeding, moderation is key.

References:

<https://www.caffeineinformer.com/the-caffeine-database>

<http://infantrisk.com/content/high-energy-drinks-and-breastfeeding>

<http://www.energyfiend.com/the-caffeine-database>

TOOLS YOU CAN USE

Medela's Online Breastfeeding Guide

Are you looking for a handy ready-to-use online resource to introduce to the mothers you work with? You need look no further than the Medela website: <https://www.medela.us/breastfeeding/articles>

Mothers are still the same as they've always been, which means often needing a lot of information and support during pregnancy, birth and afterwards. During the time of COVID-19, mothers are not able to access all the breastfeeding assistance resources that were so plentiful before. In many locations, group in-person prenatal breastfeeding classes are no longer being held, face-to-face visits with other moms with new babies are not happening and, even visits from experienced friends and family members have stopped. The need for education and support is still here - even more acute in COVID times, with new mothers being isolated and alone.

The online Breastfeeding Guide is a collection of short articles – on 242 subjects related to breastfeeding and motherhood. There is a search function at the top of the page where mothers can type in a topic, or they can scroll down the page to read the titles associated with fun and attractive pictures.

Sample topics include:

- What Breast Milk is Made of: Liquid Gold Science
- How to Prepare for Breastfeeding While Expecting
- How Does Breastfeeding Work?
- Mastering the Breastfeeding Latch for Success
- Breastfeeding a Premature Baby: Best Practices
- Breastfeeding Resources: Tools (from Medela) You Can Use
- 6 Common Breastfeeding Myths, Busted
- How to Manage Cluster Feeding and Fussy Evenings
- 6 Tips for Increasing Your Breast Milk Supply
- The Best Breast Pump Options for Every Mom
- Breast Shield Sizing and How to Get the Best Fit
- How Does Maternity Leave Work? Understanding Your Rights and Protections
- Important Breast Milk Storage Guidelines and Tips
- Introducing Solids and Baby-Led Weaning

Medela's website contains numerous "mom-sized" bites of information that mothers will find useful throughout their breastfeeding journeys. Every mother's situation is unique; she can pick and choose the topics in the Breastfeeding Guide that she's most interested in and feels will be most helpful in her situation.

Check out the Medela website: <https://www.medela.us/breastfeeding/articles> and see what kind of support is available to the mothers you care for.

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 Paula M. Sisk, PhD, RD, IBCLC,
Winston-Salem, NC*

Paula M. Sisk has spent her professional career as a gifted Registered Dietitian (RD) working to improve the nutritional health of vulnerable infants. An ardent researcher and voracious author of numerous peer reviewed journal articles, Paula currently works as a Registered Dietitian and Lactation Consultant in the NICU at Novant Health Forsyth Medical Center.

Born and raised in a little North Carolina mountain town, Paula knew her family's expectation to attend college would take her away from the small town of Spruce Pine. Her interest in studying nutrition and the program of studies offered at nearby universities drew Paula to attend Western Carolina University in Cullowhee, NC, another small town. After graduation, Paula secured a one year clinical dietetic internship at Emory University and afterward moved to Black Mountain, where she worked as Clinical Dietitian at a residential facility. After a few years and realizing her desire to provide nutrition guidance within an acute care facility, Paula began working with patients in a cardiac rehabilitation program. After she was asked to cover for a pediatric RD on maternity leave, Paula became involved in providing nutrition assessments for infants in the NICU.

After relocating with her family to Winston-Salem, Paula secured a position as a RD in an acute care facility. Within a couple of years she began working in the neonatal intensive care unit. Having breastfed her own children, Paula became acutely aware of what she didn't know about breastfeeding. Supported by the guidance of the Medical Director of the NICU, Paula sought to learn as much as she could about supporting mothers on their breastfeeding journeys. The support and guidance she received propelled her to achieve the IBCLC certification and earn her PhD.

Paula has witnessed significant challenges NICU families are experiencing in light of the coronavirus pandemic. She acknowledges families face increased stressors, such as caring for school age children in hybrid learning situations and transportation issues getting to the hospital. When the pandemic first occurred, parental visiting in the NICU was restricted to one parent but that has evolved to allowing both parents to visit simultaneously. In spite of 24/7 lactation consultant coverage on the mother/baby units and 7 day/week lactation consultant coverage in the NICU, mothers still struggle to maintain a pumping schedule. Increased responsibilities caring for family members, community lock-downs, lack of extended family contact, and social isolation – all of which make keeping a pumping schedule challenging for even the most disciplined mothers.

Paula acknowledges her professional success would not have occurred without the support of her loving husband, Mark. Married for 38 years, they have three adult children, one grandson and a 2 year old chocolate Labrador retriever. The family enjoys spending time together and relaxing in the family backyard pool. Paula and Mark recently purchased a camper and found it convenient to travel on weekends this summer accompanied by their dog.

Paula also acknowledges and greatly appreciates the wisdom and guidance of specific individuals who influenced her career. The late Mary Rose Tully was the first person Paula heard speak on the topic of

breastfeeding and was immediately enthralled. After listening to Ms. Tully's remarkable presentation, Paula began to explore a career path assisting breastfeeding families.

Currently a retired professor from the University of North Carolina at Greensboro, Dr. Cheryl Lovelady was Paula's graduate advisor while she was earning her PhD. Paula credits Dr. Lovelady's guidance on researching lactation and nutrient needs as an impetus for her own subsequent research.

Paula credits Dr. Robert Dillard for being her mentor and for the course her career has taken. The father of 6 breastfed children, he encouraged and supported Paula's initial work assisting NICU breastfeeding families and the pursuit of her PhD. He recruited Paula to work alongside him at Novant Health Forsyth Medical Center when he became the NICU's Neonatal-Perinatal Medical Director. Together, they have conducted and published several research studies.

Paula admits, 'I have been very fortunate to have these remarkable people enter my life at key times in my career. I suppose it was destiny.'

As a registered dietician and lactation consultant, Paula has committed herself to supporting the nutritional needs of vulnerable infants. She has directed many research projects on the provision of human milk for vulnerable infants with particular emphasis on education and support for mothers. Paula is a prolific author of publications that are well recognized within lactation and NICU settings. She is the recipient of many notable honors and awards, including the Outstanding Dissertation Award for her PhD from the University of North Carolina (Greensboro), the North Carolina Dietetic Association Graduate Scholarship, the David Stedman Graduate Scholarship, the Ramsey Johnston Ferguson Scholarship, and a travel grant to attend the 2002 International Society for Research in Human Milk and Lactation (ISRHML) meeting in Mexico City, Mexico. Paula is also an Adjunct Professor in the Department of Pediatrics at Wake Forest School of Medicine. Paula's enthusiasm for educating families and clinicians about the value of human milk for NICU infants is boundless. Multitudes of families are grateful for her wisdom, her quest for conducting research, her compassion and her energy. The Lactation Community is grateful for her work.