

# Human Milk Insights

September 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 COVID-19
- Human Milk and the Microbiome
- Human Milk and Breastfeeding
- Human Milk and Donation
- Human Milk and Organizations
- Human Milk and the NICU
- Organizational Statements and Resources Regarding COVID-19

### HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- Virtual Program with Diane Spatz, PhD, RN-BC, FAAN
- Neonatal Perspectives

### CLINICAL PEARLS IN LACTATION

- American Academy of Pediatrics (AAP) Revision of the Newborn Guidance Regarding COVID-19 and Breastfeeding

### TOOLS YOU CAN USE

- Additional Resources for Lactation Visits During COVID-19

### SPOTLIGHT ON PRACTICE

- Austin Rees, IBCLC, LMT

## NEWS YOU CAN USE

### HUMAN MILK AND COVID-19

**Review Article: Maternal transmission of SARS-COV-2 to the neonate, and possible routes for such transmission: a systematic review and critical analysis**

KF Walker .../June 2020 Research review examining mode of delivery, type of infant feeding and interaction between newborn and mother and estimated risk of infection  
<https://doi.org/10.1111/1471-0528.16362>

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

Authors outline the protective influences of breastfeeding, detail the state of the science, and summarize interventions during the pandemic Karleen Gribble, PhD, BrurSc.../Aug 2020  
<https://journals.sagepub.com/doi/10.1177/0890334420949514>

### HUMAN MILK AND THE MICROBIOME

**Review Article: A Scoping Review of Research on the Human Milk Microbiome**

Maureen Wimberly Groer, PhD.../July 2020 Appraisal of milk microbiome: research review  
<https://journals.sagepub.com/doi/10.1177/0890334420942768>

### HUMAN MILK AND BREASTFEEDING

**Review Article: Duration of Breastfeeding and Early Growth: A Systematic Review of Current Evidence**

Bernadeta Patro-Gołąb.../ May 2019  
Evaluation of evidence related to duration of both partial and exclusive breastfeeding and infant growth  
<https://doi.org/10.1089/bfm.2018.0187>

**Review Article: Telehealth and Breastfeeding: An Integrative Review**

Laura Ferraz dos Santos.../July 2020  
Identification of telehealth as support for breastfeeding  
<https://www.liebertpub.com/doi/10.1089/tmj.2019.0073>

### HUMAN MILK AND DONATION

#### Original Research

**An Alternative to Mother's Own Milk: Maternal Awareness of Donor Human Milk and Milk Banks** Lindsay Ellsworth, MD.../July 2020 Examination of many aspects regarding donor human milk use and donation.  
<https://doi.org/10.1177/0890334420939549>

### HUMAN MILK AND ORGANIZATIONS

**CDC: The Centers for Disease Control and Prevention**  
Published new data on breastfeeding rates.  
[https://www.cdc.gov/breastfeeding/data/nis\\_data/index.htm?eType=EmailBlastContent&eId=81a53315-88f6-43c4-8208-e6bf9a025ae9](https://www.cdc.gov/breastfeeding/data/nis_data/index.htm?eType=EmailBlastContent&eId=81a53315-88f6-43c4-8208-e6bf9a025ae9)

### HUMAN MILK AND NICU

Rush University Medical Center released "PROVIDE- A Training compendium on providing Mothers' Own Milk in NICU Settings" through LactaHub. This new series of videos and informational sheets

train NICU staff in best practices in mothers' own milk feeding.

<https://www.lactahub.org/nicu-training>

### **Organizational Statements and Resources Regarding COVID-19:**

#### **CBC: The California Breastfeeding Coalition**

Published resource for families focused on shared decision-making and care options for mothers with COVID-19

<http://californiabreastfeeding.org/focus-areas/covid-19-coronavirus/parent-resources/>

### **HUMAN MILK EDUCATION**

On Wednesday, September 16<sup>th</sup>, [Darlene Silver, MSN, RN, IBCLC](#) will be presenting [Initiation Technology & Stress Management Strategies for NICU Families at Risk for Suboptimal Milk Production in Light of Compounding Stressors Related to the COVID-19 Pandemic](#). Complimentary registration is now open! For more information or to register, visit [www.MedelaEducation.com](http://www.MedelaEducation.com).

On Wednesday, October 21<sup>st</sup>, [Rebecca Penders, PhD, RNC-OB](#) will be presenting [Employed Mothers' Satisfaction with the Breastfeeding Provisions in the Patient Protection and Affordable Care Act](#). Complimentary registration is now open! For more information or to register, visit [www.MedelaEducation.com](http://www.MedelaEducation.com).

We are excited to announce our first virtual education program. [Diane Spatz, PhD, RN-BC, FAAN](#) will present her topic [Getting it Right – The Critical Window of Opportunity to Establish Lactation and Improve Patient Satisfaction](#). This virtual program will be presented Tuesday, September 29,

Tuesday, October 6, Tuesday, October 13, Tuesday, October 20 and Tuesday, October 27. The content will be the same each day, so pick the date and time that best fits your schedule. Complimentary registration is now open! For more information or to register, visit [www.MedelaEducation.com](http://www.MedelaEducation.com).

Medela has compiled information about COVID-19. Visit the site by locating the orange banner on the top of the Medela.US website. Click [here](#) to view.

Miss any of our special Thursday COVID-19 webinars? Click [here](#) to listen now. Please note, these recorded webinars do **not** offer Nursing Contact Hours.

On August 5<sup>th</sup> [Danielle Prime, PhD](#) presented her topic *The PersonalFit™ PLUS/Flex 105° Oval Breast Shield: Research Review and Sizing/Fitting Guidelines*. If you missed this webinar and would like to view it, please [click here](#).

On August 7<sup>th</sup> Medela along with WBFA presented a webinar titled *Breastfeeding in High Risk Countries - WBFA and Medela Partner to Fight Infant Mortality and Improve Breastfeeding in Nigeria*. If you missed this webinar and would like to view it, please [click here](#).

On August 11, 12, and 20<sup>th</sup>, we unveiled our new [Pump in Style® with MaxFlow™ Technology](#). If you missed these webinars, please click here to learn more about this exciting new pump.

#### **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.*

### **American Academy of Pediatrics (AAP) Revision of the Newborn Guidance Regarding Covid-19 and Breastfeeding**

On July 22, 2020, the AAP issued revised guidance for newborn care based, on the latest evidence regarding transmission of COVID-19. The new guidance states it is now Okay for mothers with suspected or confirmed COVID-19 to room-in with their newborns so long as precautions are taken to protect the infants from maternal respiratory secretions. Evidence shows that infection rates in infants who have roomed-in with their mothers using precautionary measures are similarly low when compared to infants who have been cared for while separated from their mothers.

In their updated clinical guidance document, *Breastfeeding Guidance Post Hospital Discharge for Mothers or Infants with Suspected or Confirmed SARS-Co-V-2 Infection*, the updated information is presented in an FAQ format. First, they stress the importance of breastfeeding, especially during the pandemic. In addition to discussing the protective qualities of human milk in preventing other illnesses, they also mention that the release of oxytocin can help reduce mothers' stress and anxiety – in addition to other important health benefits. An important note is that breastfeeding is sustainable – at a time when there may be shortages of formula, clean water, and feeding supplies, breast milk is always available and “ready-to-feed”. Families who are considering not breastfeeding or early weaning should be counseled to possibly consider initiating and/or extending breastfeeding to maximize its protective effects during the pandemic.

The second question addresses how pediatricians and other healthcare providers can support breastfeeding when the mother and/or infant has been diagnosed with COVID-19. Parents, family members and caregivers need to be educated on infection prevention and the precautions necessary to prevent spread of the virus. Mothers who test positive should wash their hands with soap and water for 20 minutes and wear a mask before feeding and/or caring for the baby, and should try to remain at a safe distance when not directly involved in the care of their newborn. Mothers may breastfeed their infants directly, though some may choose to pump their milk - especially if they are feeling poorly. For families that have chosen not to breastfeed, the AAP recommends that providers consider asking the family whether they “might reconsider this choice and engage in a discussion about the importance of breastfeeding and expressed human milk in protecting against infections and other diseases during this most vulnerable time.”

The last question addresses the clinical management of breastfeeding during the pandemic. Of course, weight checks after hospital discharge with lactation support are still the gold standard of care. It may be possible to connect with a lactation specialist by telemedicine if an in-person consultation is unavailable. Video calls can assess latch, milk transfer, infant's diaper output and stool color, breast engorgement, sore nipples, advice about maternal medications, and other common questions or concerns. If parents have access to a food scale, postal scale, or a baby scale, the baby's weight can

also be checked. If the lactation consultant/specialist has any concerns, the infant should be referred for an immediate in-person evaluation.

In light of the established short- and long-term benefits of breastfeeding, the AAP strongly supports breast milk as the best choice for feeding infants during the pandemic. Post-discharge education and guidance are essential to ensure maternal and infant health. Therefore, this new guidance is an important, positive change in maternity clinical practices to protect and support breastfeeding in COVID-19 times.

Resources:

<https://www.aappublications.org/news/2020/07/22/newbornguidance072220>

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/faqs-management-of-infants-born-to-covid-19-mothers/>

## TOOLS YOU CAN USE

### Additional Resources for Lactation Visits During COVID-19

Getting paid for services rendered during the COVID-19 pandemic is still as important as it ever was. However, just as there are changes in guidelines regarding the clinical care of mothers and babies, there are also changes going on regarding payments and documentation required for getting paid. During this unprecedented time, it's important to stay up-to-date on the myriad changes in payer requirements for reimbursement.

The American Academy of Pediatrics (AAP) has put together some helpful resources to assist providers with reimbursement issues. Here is a six-page document, *Supporting Breastfeeding and Lactation: The Primary Care Pediatrician's Guide to Coding*.

[https://downloads.aap.org/AAP/PDF/coding\\_breastfeeding\\_lacation.pdf](https://downloads.aap.org/AAP/PDF/coding_breastfeeding_lacation.pdf) \*Note the spelling of "breastfeeding" and "lacation" – that's how they are spelled in the URL.

Here is another booklet from the AAP on coding that many providers may find useful: *Coding During the COVID-19 Public Health Emergency (PHE)*:

<https://downloads.aap.org/AAP/PDF/COVID%202020.pdf>

A helpful AAP Telemedicine Coding Fact Sheet:

[https://www.aap.org/en-us/Documents/coding\\_factsheet\\_telemedicine.pdf](https://www.aap.org/en-us/Documents/coding_factsheet_telemedicine.pdf)

Here is a collection of articles on various aspects of coding for certain conditions:

<https://www.aappublications.org/collection/coding-corner>

Here is a list of the AAP Chapter Breastfeeding Coordinators:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Chapter-Breastfeeding-Coordinators-Roster.aspx>

Be sure to check your state policies and telehealth-related laws. The Center for Connected Health Policy (CCHP) has a map and search options that covers current laws and regulations for all fifty states and the District of Columbia.

<https://www.cchpca.org/telehealth-policy/current-state-laws-and-reimbursement-policies?jurisdiction=32&category=All&topic=All>

The National Breastfeeding Center used a scoring system to grade insurance payers on their policies and support of breastfeeding couplets. The latest published insurance payer scorecard is for 2016-2017.

<https://nbfcenter.wordpress.com/2017/03/08/fourth-year-of-ranking-healthcare-insurers-on-support-for-breastfeeding-moms-asuris-zooms-to-the-top-most-grades-remained-consistent/>

Lactation assistance is now being recognized as an essential component of care management in the health of mothers and infants. As we all continue to navigate through the uncharted waters of healthcare management during the COVID-19 pandemic, no doubt we will encounter many changes regarding reimbursement issues. Keeping abreast of those changes will help to ensure that lactation care providers will continue to get paid for the essential services they provide.

## 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 Austin Rees, IBCLC, LMT  
Baltimore, MD.*

Austin Rees, an IBCLC and Licensed Massage Therapist (LMT) has an extensive background in lactation, tongue tie, and craniosacral therapy. She is the owner of Nourish and Align, specializing in pre-and post-frenotomy bodywork for infants, and uses an individualized approach for each client and family.

Austin's mother, a former leader for La Leche League International (LLL), one of the first IBCLCs, and a nurse midwife, taught her to trust her body to carry, birth, and nourish her children. Always being around breastfeeding parents and babies, it was natural for Austin to follow her mother's lead into the healthcare field. As a biology student while at Hollins University, Austin intensified her interest in pregnancy, childbirth, and lactation through independent study. She later attended the Lotus School of Integrated Professions' Massage Therapy Program in Richmond, Virginia, later becoming a Licensed Massage Therapist.

Austin became an LLLI leader after she began her own breastfeeding journey. Eventually she became an IBCLC in 2011. She is a certified Babywearing Consultant through the Center of Babywearing Studies. Austin is also a certified TummyTime! Method Professional, a Reiki Master Practitioner, and also became a Tethered Oral Tissues (TOT) Trained Professional to better assist families challenged with breast/chest feeding.

Austin is aligned professionally with Indigo Physiotherapy, an innovative Baltimore pelvic physical therapy practice. She provides onsite craniosacral therapy, and continues to provide TummyTime! Method classes and Babywearing consultations virtually. Austin's client base is referrals she receives from midwives, IBCLCs, and doula colleagues, along with a pediatric Baltimore dentist.

Austin understands the healing that can come from sharing stories. She and fellow IBCLC, Sara Goff, have held space for parents to circle together and share their own milk stories. Raw Milk stories create a safe space where parents can grieve, heal, celebrate, and acknowledge their milk journey while being heard.

Austin, her husband Brad - a 25-year veteran of the U.S. Army - and their four children and two dogs reside in Baltimore, Maryland. Austin and her husband met while both attending college in

Virginia. While he deployed numerous times throughout the Middle East and the Balkans over 15 years, Austin raised their young family and found comfort and support from her many LLLI friends. Over the course of this time, prenatal and postpartum support for military families became a passion for Austin after experiencing the hardships of military life and solo parenting while her husband was overseas.

After graduating college, Austin reprioritized her marriage and family over her equestrian interests, which had been a mainstay of her life since she was a young child. Recently, she happily shared that she plans to take up riding again soon, now that her youngest daughter has begun riding lessons. Another favorite pastime for Austin is attending and hosting introspective women's retreats. Despite the need to limit social gatherings due to the recent COVID-19 pandemic, Austin looks forward to reuniting in circle with others very soon.