

# Human Milk Insights

April 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 in the NICU
- Human Milk and COVID-19
- Human Milk and Prevention
- Human Milk and Maternal Health
- Human Milk and Pediatric Health

### HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- COVID-19 Breastfeeding and Pregnancy: Fact versus Fiction recorded webinar
- Neonatal Perspectives
- Talking Points Flashcards

### CLINICAL PEARLS IN LACTATION

- Social Distancing in Lactation Care During the COVID-19 Outbreak

### TOOLS YOU CAN USE

- Resources for Lactation Care During the COVID-19 Outbreak

### SPOTLIGHT ON PRACTICE

- Heather Collie Chase, RN, MS, IBCLC

## NEWS YOU CAN USE

### HUMAN MILK IN THE NICU

#### **Analysis of Disialyllacto-N-Tetraose (DSLNT) Content in Milk from Mothers of Preterm Infants**

Denise Hassinger, MD.../Feb 2020  
Investigation of specific human milk oligosaccharides and correlation and or risk of development of necrotizing enterocolitis.  
<https://doi.org/10.1177/0890334420904041>

### HUMAN MILK AND COVID-19

#### **COVID-19 Related Research:**

#### **Breastfeeding and Respiratory Antivirals: Coronavirus and Influenza Breastfeeding Medicine/Philip O.**

Anderson/9 Mar 2020  
Treatments aggressively sought for nursing mothers and general population during Covid-19 outbreak  
<https://doi.org/10.1089/bfm.2020.29149.poa>

#### **Organizational Statements and 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, and addresses frequently asked questions.  
[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)

Interim Considerations for Infection Prevention and Control of Coronavirus Disease 2019 (COVID-19) in Inpatient Obstetric Healthcare Settings

CDC specifically addressing inpatient considerations, including discharge  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html?eType=EmailBlastContent&Id=fd71ffa0-f676-426d-ae52-da9efc6ca26e>

#### Frequently Asked Questions and Answers: Coronavirus Disease-2019 (COVID-19) and Children

CDD addresses common questions about risk and protection for children  
[https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren-faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fchildren-faq.html)

#### **ABM: The Academy of Breastfeeding Medicine**

#### ABM Statement On Coronavirus 2019 (COVID-19)

Summary of suggestions for in-home and in-hospital for mother and baby  
<https://www.bfmed.org/abm-statement-coronavirus?eType=EmailBlastContent&eld=26a9a3c2-4728-4a7c-9504-f20d2a291994>

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

Updates and evolving statements from HMBANA on milk banking and COVID-19  
<https://www.hmbana.org/news/statement-on-coronavirus.html?eType=EmailBlastContent&eld=26a9a3c2-4728-4a7c-9504-f20d2a291994>

#### **UNICEF: United Nations International Children's Emergency Fund**

Coronavirus disease (COVID-19): What parents should know  
Details, facts, and myths related to the crisis  
<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

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

Outpatient Assessment and Management for Pregnant Women with Suspected or Confirmed Novel Coronavirus (COVID-19) Assessment and management tool for pregnant women  
[https://s3.amazonaws.com/cdn.smfm.org/media/2263/COVID-19\\_Algorithm5.pdf?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34](https://s3.amazonaws.com/cdn.smfm.org/media/2263/COVID-19_Algorithm5.pdf?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34)

**National Perinatal Association**

Information and resources from National Perinatal Association  
<http://www.nationalperinatal.org/COVID-19?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

**USBC: United States Breastfeeding Committee**

Detailed instructions on feeding during emergencies including the COVID-19 crisis  
<http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eld=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

**AAP: American Academy of Pediatrics**

Critical updates and links to resources from the AAP  
<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/?eType=EmailBlastContent&eld=945754c8-722c-4131-b5b0-dd5ccfaec688>

**HUMAN MILK AND PREVENTION**

Advocacy Brief on Breastfeeding and Obesity Prevention  
Breastfeeding and Prevention of Overweight in Children  
 Unicef's summary of breastfeeding as risk reducer for childhood obesity with programs toward effective increase of breastfeeding practices.

**HUMAN MILK AND MATERNAL HEALTH**

**ABM Clinical Protocol #32: Management of Hyperlactation**

Helen M. Johnson.../March 2020  
 Management of maternal oversupply during lactation  
[https://www.liebertpub.com/doi/10.1089/bfm.2019.29141.hmj?utm\\_source=sfmc&utm\\_medium=email&utm\\_campaign=BFM%20FP%20Mar%2023%202020&d=3/23/2020&mcid=846095816](https://www.liebertpub.com/doi/10.1089/bfm.2019.29141.hmj?utm_source=sfmc&utm_medium=email&utm_campaign=BFM%20FP%20Mar%2023%202020&d=3/23/2020&mcid=846095816)

**HUMAN MILK AND PEDIATRIC HEALTH**

**Exclusive breastfeeding for the first 3 months of life may reduce the risk of respiratory allergies and some asthma in children at the age of 6 years**

Investigation via longitudinal study of the associations between allergies and asthma and breastfeeding  
 Galya Bigman/ March 2020  
<https://doi.org/10.1111/apa.15162>

**HUMAN MILK EDUCATION**

On Wednesday, April 15<sup>th</sup>, [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](http://www.MedelaEducation.com).

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).

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.

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.

### **Talking Points Flashcards**

Talking Point flashcards are scripted, evidence-based answers to common questions about:

- [Benefits of Exclusive Breastfeeding](#)
- [Providing Mother's Own Milk to Infants at Risk](#)
- [Donor Human Milk](#)

Each section has an extensive reference list. These Talking Points flashcards summarize evidence for staff and standardize messaging for families. Click on the links above to download your copy today!

## 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.*

### **Social Distancing in Lactation Care During the COVID-19 Outbreak**

The COVID-19 worldwide pandemic has caused day-to-day life changes for everyone. The thing is, breast milk is still the life-giving and protective substance it always has been. There's nothing in the world that is more perfectly suited for a baby than his /her own mother's milk. The novel coronavirus has not changed the fact that mothers and babies still need help when problems develop. What has changed is how many lactation professionals are providing that help.

Many lactation consultants and other healthcare professionals have had to be very creative in discovering ways to connect with their clients and provide the care they need. Instead of in-person outpatient and home visits, many have turned to virtual lactation visits, "seeing" mothers and babies by telephone and video chats.

These visits, in many cases, are reimbursable by insurance and in some states Medicaid is also reimbursing for telehealth visits. What's most important is that mothers and babies continue to get the help they need to successfully breastfeed.

Lactation consultants who work in hospitals are experiencing unique challenges and are finding that national and in-hospital guidelines are changing from one day to the next. Some hospitals require that the person providing patient care wear a mask; others are having all patients wear masks and some are not providing any personal protective equipment at all. Some hospitals are mandating that COVID positive and PUI mothers be separated from their newborns immediately after birth, and others allow direct breastfeeding if the mother wears a mask and practices excellent hand hygiene. Multiple changes in practice, some not based on good evidence, are occurring daily and lactation professionals are struggling to ensure that mothers and babies are properly cared for and that mothers can still achieve their breastfeeding goals.

Here at Medela, we'd love to hear the stories of what you are experiencing with the COVID-19 virus in your area. Please share the challenges you're facing, the difficulties you encounter and the victories you see. Connection with others during this unprecedented crisis is a way to help colleagues who are also in the trenches and a way for you to get much needed support. Send to [education@medela.com](mailto:education@medela.com)

To the very dedicated lactation workers on the front lines, we admire you, salute you and thank you for all you do!

## TOOLS YOU CAN USE

### Resources for Lactation Care During the COVID-19 Outbreak

The COVID-19 pandemic has impacted our world in ways we never thought possible. Mother/baby caregivers, clinical care providers and lactation professionals are faced with unprecedented challenges when ensuring that their clients continue to receive the highest-level evidence-based care. It's encouraging that new information is being released every day to assist healthcare professionals in caring for patients, although the data is not clear and evidence is scarce as to the best way to care for mothers and babies throughout the pandemic.

The following are some resources that you may find helpful as you look for guidance in your practice and care of patients.

#### **Resources for Public Health Guidelines:**

<https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html>

<https://www.acog.org/en/Clinical/Clinical%20Guidance/Practice%20Advisory/Articles/2020/03/Novel%20Coronavirus%202019>

#### **Other Resources**

Podcast #82: Adapting the Practice of Breastfeeding Medicine During the COVID-19 Pandemic, Anne Eglash, MD, IBCLC and Karen Bodnar, MD, IBCLC and Panelists. [www.lacted.org](http://www.lacted.org).

Facebook Video Session: Kathleen Kendall-Tackett and Lauren Majors Virtual Lactation Consulting: How to Use Technology and Telemedicine to Continue Supporting Mothers.

<https://www.facebook.com/kathleen.kendalltackett/videos/>

To learn more about the COVID-19 virus, Harvard Medical School students developed a curriculum that includes topics such as virology, immunology, epidemiology, testing, clinical management, treatment, vaccine development, and how to talk to others about the disease.

<https://curriculum.covidstudentresponse.org/>

#### **Studies in Progress:**

A study on the short and long term effects of COVID-19 on a developing baby is being conducted by the Organization of Teratology Information Specialists (OTIS). This organization provides evidence-based information on the safety of medications and other exposures during

pregnancy and breastfeeding and includes the Mother-to-Baby service. For more information: call 1-877-311-8972 or visit [www.mothertobaby.org](http://www.mothertobaby.org).

There are many other resources that are constantly being updated as more information about the virus is received. Please share your most valued resources by sending an email to [education@medela.com](mailto:education@medela.com) and we will pass them along to others. Thank you for your help.



## 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 Heather Collie Chase, RN, MS, IBCLC  
Chester, VT*

Corporate Lactation Services, Inc. (CLS) is headquartered in the southwest portion of Vermont. But its outreach extends far beyond the mountains and ski resorts located within this northeast state. Founded in 1996 by Heather Chase, CLS is a work-life company providing lactation services to large and small businesses across the country. Heather began her company in response to witnessing so many families not achieving their personal breastfeeding goals. CLS can assist one company at a time, while assisting one woman at a time in meeting individual breastfeeding goals.

Although born in Canada, Heather was raised in Wyoming. Her parents, both medical professionals, wanted to raise their family in the wide-open spaces of America's West. Heather's interest in becoming a nurse started as a teenager after working as a nurse's aide. Her chosen career path led her to Seattle University where she earned a BS in Nursing and then traveled back to Wyoming to become a bedside clinician on a medical-surgical setting. Heather's love interest and a desire to start a family led her to explore living in many cities and a distant continent. She and her expanding family lived in several different areas of California, Sydney, Australia, Florida, and New Jersey, finally settling in Vermont. Heather enjoyed working as a bedside staff nurse, a school nurse, a lecturer and clinical nursing instructor, and in public health as an HIV-AIDS coordinator while living in Australia. Heather continued to pursue her own professional education by earning an MS in Community Health from San Jose State University.

When the family moved to Florida, Heather pursued a position as a bedside clinician on a family birth unit. Her passion to support breastfeeding families led her to become an IBCLC; the direction of her career path focused solely on supporting lactation from then on.

Today, CLS partners with Fortune 500 companies and insurers to provide corporate sponsored breastfeeding lactation education and support. The company designs and implements turn key lactation services including on-site consulting, site development for employee lactation rooms, parent education materials, management of program operations, and client consulting services. With a staff of 12 IBCLC certified lactation consultants, CLS utilizes telephonic and video technology to connect with families. Across the country, pregnant women and new mothers receive personal, comprehensive lactation education and support. A lactation consultant establishes a personal relationship with new clients during pregnancy, maintaining the relationship after delivery. Unlike other virtual lactation companies, CLS maintains a primary care model of care, allowing for one lactation consultant to follow clients throughout their breastfeeding journey. CLS telephonic consulting services are offered 24 hours a day, 356 days a year. Recently expanded services include a program called *CLS Ships*, a milk shipping service coordinating refrigerated and overnight shipping of breast milk from traveling mothers back to their babies. In 2018, CLS added a unique NICU support program. CLS has focused a



great amount of energy becoming HITRUST certified, which assures their clients a high degree of security.

In January of last year, CLS opened their newly renovated corporate headquarters, which includes a gathering space and Lactation Center for breastfeeding families. The Lactation Center allows new mothers to visit with their babies by appointment and visit with a lactation consultant. Breastfeeding and baby products, nursing mother supplies, and breast pumps are also available for purchase.

Heather resides in the Vermont with her new love, Ted. Between them, they have eight kids. Although Heather loves skiing, being outside walking, and occasionally completing needlepoint projects, her favorite activity is being with her family.

Heather is a dedicated, results-driven professional with an astute business sense who has positively impacted the lives of so many breastfeeding families. She says “the universe has pushed me. I’ve been blessed to be a part of so many families’ breastfeeding journeys.” As a highly effective business woman, health professional and manager, Heather has succeeded in making a difference. Countless families are grateful for her work, her passion, and business insights. CLS is an important contributor to the health of breastfeeding families