

Human Milk Insights

September 2021

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.

CONTRIBUTORS

Katie McGee, RN, BSN, IBCLC
Education Consultant
Westchester, IL.

Maria Lennon, MSN, CNM, IBCLC
Nurse-Midwife, Perinatal Education
Consultant
Sedona, AZ.

Kim Colburn, BPC
Education & Program Coordinator
Medela LLC

FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Breastfeeding and COVID-19
- Organizational Statements and Resources Regarding COVID-19
- Breastfeeding and Maternal Health

HUMAN MILK EDUCATION

- Medela's 15th Global Breastfeeding and Lactation Symposium
- Human Milk Monthly Webinar Series
- Neonatal Perspectives Blog
- Professional Resources
- Lactation Science and Breastfeeding Advocates Around the World Mourn the Passing of Professor Peter Hartmann, UWA

CLINICAL PEARLS IN LACTATION

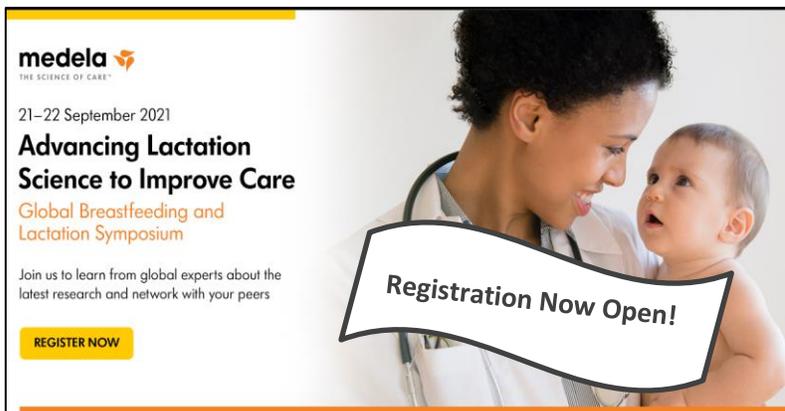
- The Concept of Consent in Lactation Care

TOOLS YOU CAN USE

- A Great Resource for All Things Breastfeeding

SPOTLIGHT ON PRACTICE

- Donna Warr, RN, IBCLC



Click [here](#) to watch our symposium teaser video!

NEWS YOU CAN USE

BREASTFEEDING AND COVID-19

[Quantification of Specific Antibodies Against SARS-CoV-2 in Breast Milk of Lactating Women Vaccinated With an mRNA Vaccine](#)

JAMA Network Open Letter characterizing emerging research regarding the levels of SARS-CoV-2 antibodies in the breast milk of women vaccinated with first and second dose mRNA vaccines and corresponding serum antibody levels.

[SARS-CoV-2 Antibodies Detected in Mother's Milk Post Vaccination](#)

Jill K. Baird, MD.../July 2021

Longitudinal cohort study to investigate which, if any, immunoglobulins are present in milk in lactating women vaccinated against SARS-CoV-2.

[Human Milk Antibodies Against SARS-CoV-2: A Longitudinal Follow up Study](#)

Hannah G. Junker, MD.../July 2021

Longitudinal follow up study regarding the continuation of antibodies in human milk over time following a SARS-CoV-2 infection.

ORGANIZATIONAL STATEMENTS AND RESOURCES REGARDING COVID-19

CDC: The Centers for Disease Control and Prevention

[Released data summarizing infant breastfeeding rates from a 2018 survey.](#)

[Released updated COVID-19 recommendations for pregnancy and breastfeeding.](#)

BREASTFEEDING AND MATERNAL HEALTH

[Antiemetics and Breastfeeding](#)

Philip O. Anderson/July 2021

Examination of antiemetics commonly used for nausea, vomiting, and postoperatively, and considerations for use of these medications while breastfeeding.

[Breastfeeding Motivation Predicts Infant Feeding Intention and Outcomes: Evaluation of a Novel Adaptation of the Treatment Self-Regulation Questionnaire](#)

Hayley Martin, MD, PhD.../July 2021

Investigation into prenatal motivation for breastfeeding as a predictor for areas of need for additional breastfeeding support.

[Realigning Expectations With Reality: A Case Study on Maternal Mental Health During a Difficult Breastfeeding Journey](#)

Mason Elder, BSN, RN.../July 2021

Case study detailing mental health during and after breastfeeding difficulty.

HUMAN MILK EDUCATION

Symposium



Join Medela on September 21st- 22nd for our 15th Annual (and first-ever fully virtual)

[Global Breastfeeding and Lactation Symposium titled Advancing Lactation Science to Improve Care.](#)

We are excited to host some of the world's most influential human milk and lactation experts for a unique opportunity to understand new insights, research, and discoveries while exchanging ideas, experiences, and best practices with like-minded medical professionals and interacting with leaders in the field of human milk.

Our list of [speakers](#) includes Professor Christoph Fusch, Dr. Dani Dumitriu,

Professor Diane Spatz, Professor Donna Geddes, Professor Shuping Han, Professor Hans van Goudoever, Kimberly Seals Allers, Professor Lars Bode, Professor Paula Meier, Dr. Rebecca Powell, Dr. Rosalina Barroso, and H.E. Toyin Saraki.

Click [here](#) to register and reserve your space today! Registration fee is 60€ (approx. \$70 US). You can help support breastfeeding families at registration. At registration, answer “yes” when asked and Medela will use your registration fee to provide additional breastfeeding supplies to several [Ronald McDonald House Charities®](#) chosen by Medela.

This event will offer 6.25 Nursing Contact Hours for US attendees and 6.25 CL Hours for Canadian Attendees.

We are also thrilled to host our popular [poster exhibition session](#) – for the first time virtually. Abstract submission is now closed, but you can still vote for the best poster during the Symposium. You'll also have access to all posters until June 2022, along with a downloadable abstract booklet, as part of your registration fee!

[September 21 Symposium Time:](#)

10:00 am – 12:50 pm Eastern
 9:00 am – 11:50 am Central
 8:00 am – 10:50 am Mountain (MDT)
 7:00 am - 9:50 am AZ (MST)
 7:00 am – 9:50 am Pacific
 6:00 am – 8:50 am Alaska
 4:00 am – 6:50 am Hawaii

[September 22 Symposium Time:](#)

10:00 am – 1:30 pm Eastern
 9:00 am – 12:30 pm Central
 8:00 am – 11:30 am Mountain (MDT)
 7:00 am - 10:30 am AZ (MST)
 7:00 am – 10:30 am Pacific
 6:00 am – 9:30 am Alaska
 4:00 am – 7:30 am Hawaii

Webinars

On Wednesday, September 15th, [Angela Groshner, MSN, RN, CCRN, IBCLC](#) and [Jenny Murray, BSN, RN, IBCLC](#) will present their topic [Mother’s Own Milk vs Donor Human Milk](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com

On Wednesday, October 20th, [Sandra Sundquist Beauman, MSN, RNC-NIC](#) will present the October webinar. Complimentary registration will open shortly.

Neonatal Perspectives Blog



[Conversion to ENFit® Using the Dual Cap](#)

Enteral feeding changes can bring about practice change for the pharmacy and for clinicians, especially in the area of medication administration. What are these practice changes that impact clinical areas in the NICU/Pediatrics and Pharmacy? This blog will review some of these.



[Adopting ENFit in the NICU: Problem Solving Common ENFit Challenges](#)

This blog will address 3 key areas of focus when adopting ENFit in order to actively problem-solve known challenges.

Lactation Science and Breastfeeding Advocates Around the World Mourn the Passing of Professor Peter Hartmann



Dear Friends from the Breastfeeding and Lactation Community,

I am deeply saddened to inform you of the passing of Peter Hartmann, who died peacefully on August 12, 2021. Peter Hartmann was one of the world's leading research experts in human milk and lactation. With a career spanning over 50 years, Peter Hartmann's legacy is immense, and his reach and influence will continue to be felt for many years to come.

Peter was a long-standing Medela partner and loyal friend, and always an example for his thirst for knowledge, modesty and loyalty.

As a tribute to his life and contributions to lactation research, we would like to share his obituary with all of you.

He will be missed, but his memory will last.

Warm regards,
Michael Larsson on behalf of Medela and the Larsson Family

Click [here](#) to read the full obituary.

Condolence Book for Peter Hartmann's Family

Peter was an outstanding human being and well-known to most of you. We would therefore like to give you the opportunity to leave a condolence message – all messages will be compiled into a Condolence Book for Peter Hartmann's family.

If you would like to leave a condolence note to Peter Hartmann's family, please send a personal email with the subject "Condolence" to symposium@medela.com by September 23. In case you wish to leave a handwritten message, please take a photo of the handwritten note, save it as a PDF file, attach it and send it to the above-mentioned email.

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.

The Concept of Consent in Lactation Care

As lactation professionals, we are very familiar and comfortable with babies, breasts, pumping and breastfeeding and sometimes our work involves “hands on” help. We may even provide “hands on” assistance several times a day. But do we always get consent from others before we touch their bodies, especially their breasts? The issue of consent is of the utmost importance when caring for mothers and their babies.

What exactly is consent when it comes to helping with breastfeeding? There are multitudes of definitions, and each individual health provider has her own interpretation of what consent means. Consent implies an intention to do no harm and should be fully informed and freely given. It can be defined as a discussion between a patient and a healthcare professional that results in the patient authorizing or declining an intervention – even something as seemingly benign as hands on assistance with breastfeeding. If the healthcare professional proceeds without explicit consent, the touch could be construed as an assault.

Due to unequal power dynamics of a healthcare provider over a patient, the provider must be careful not to coerce the patient to agree. The consent process is an opportunity for patients to take responsibility for their own care and to be empowered by the patient/provider relationship.

Increasingly, students are being precepted by lactation providers in clinical areas, and concepts of ethics and consent apply here too. Patients must give consent for a student to be involved, and they should be informed as to what role the student will take in their care. The conversation should be held without the student present, and patients should be assured they can decline a student’s involvement without adversely affecting their care.

To improve care for all breastfeeding patients, lactation professionals may need to examine their practices, reflect on the concept of fully informed consent, and how it can be incorporated into daily patient/provider interactions.

TOOLS YOU CAN USE

A Great Resource for All Things Breastfeeding

The United States Breastfeeding Committee is an independent non-profit coalition of over 100 organizations that support collaborative efforts for policies and practices that support breastfeeding throughout the United States. It also happens to have a wealth of resources available for people who are interested in “all things breastfeeding.”

The mission of the USBC is to improve the nation’s health by working collaboratively with communities to protect, promote, and support breastfeeding. Its vision is to see breastfeeding as the norm for infant and child feeding across the nation, which helps to achieve optimal health, enhance child development, promote knowledgeable and effective parenting, support women in breastfeeding, and make optimal use of resources.

Here’s a sampling of just a few of the many resources that are available on the website:

For people who have personal breastfeeding concerns, there’s LOTS of information. Families can find information on how to:

- Find a lactation consultant
- Find a La Leche League group
- Call the National Women’s Health and Breastfeeding Hotline
- Find breastfeeding support through local WIC offices.
- Find information on Baby Friendly birth facilities
- Find information on taking medications or vaccinations while breastfeeding
- Find information on donating or obtaining donor human milk
- Learn about rights in the workplace
- And much more . . .

For people interested in pursuing careers helping families achieve their breastfeeding goals, there is a directory of some national organizations that offer lactation support training both online and in-person, and there is also a Lactation Support Provider Pathways webpage. These resources include options ranging from volunteer opportunities through specialty credentialing for health professionals.

The USBC has created a series of websites to showcase news and resources related to monthly observances in the US, such as: Black History Month (February), Asian American and Pacific Islander Heritage Month (May), LGBTQIA+Pride Month (June), National Breastfeeding Month (August), National Preparedness Month/Infant and Young Child Feeding in Emergencies (September), Hispanic Heritage Month (September 15-October 15), Safe Sleep and SIDS Awareness Month (October) and Native American Heritage Month (November). These websites contain information and resources on how to increase awareness of the subjects and the unique issues facing them.

One special offering that is available on the USBC website is the “Landscape of Breastfeeding Support” Image Gallery, a library of over 10,000 high-quality high resolution images illustrating how communities across the US support breastfeeding families. These professional-looking images are available for use by breastfeeding advocates, news media, researchers, educators and others who plan to promote positive portrayals of breastfeeding support in action. Users may download the images for free after agreeing to the Terms of Use detailed on the webpage.

Other resources on the USBC webpage are dedicated to coalition building, Public Health Partners, the Surgeon General’s Call to Action to Support Breastfeeding (SGCTA) Directory, an annual conference and weekly news updates. If you’re looking for information regarding various breastfeeding issues, the United States Breastfeeding Committee webpage www.usbreastfeeding.org is a great place to start.

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 Donna Warr, RN, IBCLC
Cape Coral, FL.*



Donna Warr, R.N., IBCLC began her healthcare career as a CNA while attending nursing school. Upon completion of her education, she began working as a NICU nurse at Thomas Jefferson University Hospital in Philadelphia. It was there that her interest in neonatal nutrition was sparked and her newly-realized passion around the importance of breast milk for premature infants led to Donna's focus on lactation consultancy. After achieving the position of Lactation Consultant with completion of her CBC designation in 2005, she oversaw the inception and development of a very successful NICU breastfeeding program at the hospital.

Donna received her IBCLC certification in 2010 and currently works as a lactation consultant through Lee Health's Family Education and Lactation Services in Southwest Florida. They are a Baby-Friendly healthcare system, featuring two birthing hospitals and a free-standing children's hospital. Through the hospital system, Donna also helps cover the mom and baby unit, though she primarily provides lactation coverage, support, and education in the NICU. She is a proud committer of the MOMs (mother's own milk) initiative, which strives to ensure a higher level of lactation support for NICU mothers, and a longtime member of her hospital system's NICU feeding committee.

With over 30 years of experience as a NICU nurse, Donna understands the challenges that new families face, particularly when encountering so many different caregivers throughout their prenatal and labor and delivery experience – and the confusion that inconsistent or mixed messages from these different caregivers can cause. She strives to make lactation education and assistance as seamless as possible for these new families, so they understand the incredible benefits of breast milk as well as what to expect during their breastfeeding journey and how to overcome common nursing and/or pumping challenges. Designated NICU coverage and resourcing to allow for extended lactation assistance is another area of focus that Donna believes could positively impact breastfeeding success rates.

Donna is a member of several breastfeeding associations, including the Breastfeeding Coalition of Lee County, the United States Breastfeeding Committee, and Pro-LC. She has shared her expertise through presentations at multiple National Mom Baby Conferences, the United States Breastfeeding Committee Conference, and the Florida Perinatal Quality Collaborative Conference. She has also published an article, *After the Loss of an Infant: Suppression of Breast Milk Supply*, in Neonatal Network The Journal of Neonatal Nursing's July/August 2019 issue.

When Donna isn't busy educating and taking care of new moms and babies, she enjoys swimming, exercising, jewelry-making, and ceramics in her spare time. She is greatly admired and respected by her colleagues and the families she works alongside every day!