

Human Milk Insights

April 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.

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Thank you, Irene Zoppi, for your contributions to Human Milk Insights. Congratulations on your retirement!!



FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Human Milk and NICU
- Human Milk and Infant Health
- Breastfeeding in the Hospital
- Organizational Statements and Resources Regarding COVID-19
- Human Milk Composition
- Breastfeeding Support

HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- Global Impact of COVID-19 on Breastfeeding
- Neonatal Perspectives Blog
- New Medela YouTube Channel
- Dr. Paula Meier Video Series
- Retirement Announcement

CLINICAL PEARLS IN LACTATION

- Breastfeeding Competency Assessments: How is Your Staff Doing?

TOOLS YOU CAN USE

- Staff Competency Assessment Tools

SPOTLIGHT ON PRACTICE

Leslie Bowling, RN, BSN, IBCLC

NEWS YOU CAN USE

HUMAN MILK AND NICU

Human Colostrum and Derived Extracellular Vesicles Prevent Infection by Human Rotavirus and Respiratory Syncytial Virus in Vitro

Andrea Civra, PhD*.../February 2021
Investigation of preterm colostrum, the functional role of human milk, as both protective and therapeutic, in preterm infants. Specifically, this is a study of antiviral activity related to rotavirus and RSV. <https://journals.sagepub.com/doi/10.1177/0890334420988239>

HUMAN MILK AND INFANT HEALTH

Maternal Transfer of Cetirizine Into Human Milk

Hannah Wilkerson, BS... /August 2020
This study investigates transfer of the common medication Cetirizine into human milk and effects on infants receiving human milk. <https://journals.sagepub.com/doi/10.1177/0890334420949847>

Maternal Worry About Infant Weight and its Influence on Artificial Milk Supplementation and Breastfeeding Cessation

Diane DiTomasso, PhD, RN, IBCLC.../March 2021
Examination of the barrier of maternal worry about infant weight in relation to breastfeeding cessation <https://journals.sagepub.com/doi/10.1177/08903344211000284>

BREASTFEEDING IN THE HOSPITAL

Maternal and Infant Outcomes Associated with Maternity Practices Related to COVID-19: The COVID Mothers Study

Melissa C. Bartick.../March 2021

Evaluation of outcomes related to hospital maternity care practices and disruption of these practices due to COVID-19 <https://www.liebertpub.com/doi/10.1089/bfm.2020.0353>

ORGANIZATIONAL STATEMENTS AND RESOURCES REGARDING COVID-19

USBC: The United States Breastfeeding Committee

Updated website resource for breastfeeding and COVID-19 <http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eld=f0666665-f940-4a74-b603-d9f26f2ba1ba>

CDC: The Centers for Disease Control and Prevention

Released a toolkit of resources, guidance, and infographics. <https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/pregnant-people-and-new-parents.html?eType=EmailBlastContent&eld=f0666665-f940-4a74-b603-d9f26f2ba1ba>

WHO: The World Health Organization

Released a publication ensuring important practices promoting close contact for newborns are continued during pandemic. [https://www.who.int/news/item/16-03-2021-new-research-highlights-risks-of-separating-newborns-from-mothers-during-covid-19-pandemic#:~:text=A%20study%20published%20in%20the,or%20too%20soon%20\(preterm\).?eType=EmailBlastContent&eld=f0666665-f940-4a74-b603-d9f26f2ba1ba](https://www.who.int/news/item/16-03-2021-new-research-highlights-risks-of-separating-newborns-from-mothers-during-covid-19-pandemic#:~:text=A%20study%20published%20in%20the,or%20too%20soon%20(preterm).?eType=EmailBlastContent&eld=f0666665-f940-4a74-b603-d9f26f2ba1ba)

National Academy of Sciences, Engineering, and Medicine

Ilana R. Azulay Chertok PhD, MSN, RN, IBCLC
Summary of existing recommendations for feeding of infants and children. <https://pubmed.ncbi.nlm.nih.gov/33351686/>

HUMAN MILK COMPOSITION

Original Research

Tandem Breastfeeding and Human Milk Macronutrients: A Prospective Observational Study
 Gilad Rosenberg MD.../March 2021
 Examination of tandem breastfeeding and impact on human milk macronutrient content
<https://doi.org/10.1177%2F08903344211003827>

BREASTFEEDING SUPPORT

Original Research

Breastfeeding During a Pandemic: The Influence of COVID-19 on Lactation Services in the Northeastern United States

Jennifer Schindler-Ruwisch DrPH.../March 2021
 Prospective survey to investigate pandemic influence on breastfeeding support services and telehealth services
<https://doi.org/10.1177%2F08903344211003898>

HUMAN MILK EDUCATION

Breast milk initiation and breastfeeding has changed drastically over the last year due to the effects of COVID-19 on our hospital systems, our healthcare professionals and breastfeeding families. Join us for a series of thought leadership-based webinars designed to raise awareness of COVID-19 and breastfeeding and the impact of the coronavirus on breast milk initiation. Each month, we'll learn about areas of breastfeeding research from leading human milk researchers and clinicians to better understand these dynamic changes, current research and findings, and where we go from here. The next webinar in this five part series will be presented on Thursday, April 15th. [Diane Spatz, PhD, RN-BC, FAAN](#) will present her topic [Changing](#)

[the Prenatal & Intrapartum Care Paradigm to Improve Lactation Initiation During COVID-19 Pandemic and Beyond.](#)

Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

On Wednesday, April 21st, [Laurie Jones, MD, FAAP, IBCLC, FABM](#) will present her topic [Hypolactation: Risk Factors, Diagnosis, and Treatment](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com

Our 2021 webinar schedule is available! Click [here](#) to download a copy.

COVID-19 Information Website

Medela invites you to see a brand-new dedicated webpage for healthcare professionals on the global impact of COVID-19 on breastfeeding. It contains a lot of resources, important facts and figures from research, and educational materials for professionals.

www.medela.com/breastfeedingduringcovid

Webinar Series on Breastfeeding and Lactation in the COVID-19 Era

The COVID-19 pandemic has brought about changes in clinical practice on the maternity ward: a shortened length of stay in the hospital after delivery, the possible separation of the mother from her baby and increased pressure on healthcare personnel.

All these factors can impact the appropriate initiation of the mother's breastfeeding journey as well as its duration. In order to provide you the latest information and research results on breastfeeding, breast milk, safety and health of pregnant women, nursing mothers and their babies in the COVID-19 era, we have created a bespoke webinar series. Click [here](#) to listen to these recorded webinars.

Neonatal Perspectives Blog

Medela's clinician and NICU professional blog features important clinical information and resources from neonatal consultants, as well as industry news, popular topics, and innovative research. Check out the recently written blogs by Medela's Neonatal Intensive Care Specialists.

[Informed Decision: How it Can Help Breastfeeding Outcomes](#) – Patrice Hatcher, MBA, BSN, RNC-NIC

[Warming Human Milk: Details Matter](#) – Jenny Murray, BSN, RN

Medela YouTube Channel

Medela is happy to announce our new YouTube channel for [Lactation Professionals!](#) Professionals can now access Medela in-servicing and instructional videos on YouTube in a format tailored specifically for the healthcare professional. Select patient education, including the newly released breastfeeding series with lactation consultant and midwife, Katie James, IBCLC, has also been included. Each video includes a short description and relevant links to the product page on medela.us.

<https://www.youtube.com/channel/UCONXFpEp4zbKNZEQHroMHTQ/featured>

Let's Talk about Breastfeeding, The Early Days: A Video Series with Paula Meier, PhD, RN

Medela is excited to introduce a six video series chat with Paula Meier, PhD, RN that focuses on breastfeeding during the first two weeks after birth. A practitioner and researcher in the field of human milk, lactation and breastfeeding for nearly 50 years, Dr. Meier draws on her extensive experience to emphasize that reaching the end of the first two weeks after birth with a good milk supply is the best prediction that mothers will be able to breastfeed for the weeks and months to come. Directed to the

mother in easy to understand language, the video series provides information to support mothers achieve their personal breastfeeding goals. Dr. Meier discusses why the first two weeks are important, key tips for getting breastfeeding off to a good start and helpful solutions to overcome mother/baby conditions that can cause breastfeeding problems. The videos are available on the Medela YouTube Channels: [Medela for Lactation Professionals](#) and [Medela USA](#).

Happy Retirement Irene Zoppi, RN, MSN, IBCLC

After 22 years with Medela, Irene will be retiring at the end of April. Irene started with Medela in May of 1999 as a part-time sales representative. With Irene's nursing education, background, and experience, she was asked to develop a program on breast pump technology. This program was so popular, it turned into a live course titled *The Role of Breastpumps in Preserving: New Insights into Research and Technology* and was delivered across the United States. In late 2005, Irene joined the Education team at Medela. During her 16 years with the Education team and her passion for supporting breastfeeding families, Irene developed numerous education courses, presented countless live presentations, assisted with consumer education, took part in several radio interviews, published manuscripts for *Neonatal Intensive Care*, wrote several clinical blogs, and wrote the Lactation Consultant interviews for this publication. Most recently, Irene has been the Senior Manager for Clinical Education at Medela in the US. We appreciate Irene's hard work and dedication over the years. We wish Irene a very happy retirement!

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.

Breastfeeding Competency Assessments: How is Your Staff Doing?

Nurses are the front-line caregivers who come face to face with mothers and babies throughout their breastfeeding journeys. As we know, in order for mothers to be successful in meeting their breastfeeding goals, it's important that their healthcare providers be knowledgeable and provide consistent evidence-based lactation support and care. How competent is the staff at your facility? Are they all providing up-to-date lactation care and support on a day-to-day basis?

A Breastfeeding Competency Assessment may be in order. This is an excellent way to ascertain the breastfeeding literacy and skill level of your staff who work with mothers and babies. We know that evidence-based knowledge, attitudes and skills regarding breastfeeding are lacking in many of the healthcare disciplines, and providers of all types need training and skills verification to ensure safe and competent patient care.

The United States Breastfeeding Committee states that women who plan to breastfeed need education and support from a knowledgeable healthcare community in order to successfully initiate and maintain lactation. Core competencies were developed to provide guidelines and a framework for incorporating evidence-based support into everyday practice. These competencies encompass updating breastfeeding knowledge, attitudes and clinical skills. At a minimum, every health professional should understand the role of lactation, human milk and breastfeeding in the optimal feeding of infants and young children, and in enhancing health and reducing short- and long-term morbidities in both infants and mothers.

USBC Core Competencies in Breastfeeding Care and Services

for All Health Professionals

Knowledge

All health professionals should understand:

- Basic anatomy and physiology of lactation
- How human milk prevents disease and illness
- Why exclusive breastfeeding matters
- How pregnancy and birth practices influence breastfeeding
- Societal and cultural factors influencing breastfeeding
- Risks of formula feeding

- Contraindications to breastfeeding
- When and how to refer for lactation services
- Resources for families
- Role of formula company marketing

Skills

All health professionals should be able to:

- Protect, promote, and support breastfeeding in their practice
- Complete a lactation health history and be aware of factors that could influence breastfeeding
- Refer and seek assistance from lactation professionals
- Protect confidentiality
- Use new technologies to ensure evidence-based practice

Attitudes

All health professionals should:

- Value human milk/breastfeeding as a public health issue
- Recognize and respect cultural differences related to breastfeeding care and support
- Respect confidentiality
- Remain free of the influence of formula company marketing
- Seek collaboration with interdisciplinary lactation care teams
- Encourage employers to develop employee lactation programs
- Be aware of personal values that could bias care
- Support colleagues who are breastfeeding
- Support family-centered policies at the local, state, and federal levels

These core competencies encompass the basic knowledge, attitudes and clinical skills that all nurses and other health professionals who care for women and infants should possess. Has the staff at your facility recently undergone a competency assessment? If not, now may be the perfect time to get started.

References:

United States Breastfeeding Committee. Core competencies in breastfeeding care and services for all health professionals. Retrieved from <http://www.usbreastfeeding.org/core-competencies>

Spatz, D. (2014). Core Competencies in Human Milk and Breastfeeding: Policy and Practice Implications for Nurses. *Nursing Outlook* 62(4): 297-8. DOI: 10.1016/J.Outlook.2014.04.004. <https://www.nursingoutlook.org/action/showPdf?pii=S0029-6554%2814%2900087-6>

TOOLS YOU CAN USE

Staff Competency Assessment Tools

If you're considering assessing the competency of your staff, there are a number of great resources to help. Many are associated with the Baby Friendly Hospital Initiative, but others can be used for hospitals and clinics that aren't quite ready to take on all Ten Steps at once. Here are a few tools you may find useful:

- The World Health Organization has recently published the comprehensive Competency Verification Toolkit: Ensuring competency of direct care providers to implement the Baby-Friendly Hospital Initiative. This is designed to assist countries, healthcare systems and individual facilities to assess staff competency in the knowledge, skills, and attitudes needed to implement the Ten Steps. This toolkit is comprehensive and takes some time to read all the options and decide which fit the individual needs of your staff. There is a Competency Verification Tool with performance indicators, an Examiners' Resource which gives the correct responses, a set of multiple choice questions and answers, case studies and observation tools.

<https://www.who.int/publications/i/item/9789240008854>

- Carolina Global Breastfeeding Institute offers the EMPower Training Curriculum Trainer Manual: Comprehensive training materials to implement skills-based competency in maternity care and breastfeeding. This 223-page manual contains training content, resources, activities and tools based on best practices and evidence-based care and is designed to support hospitals by providing the tools, materials and resources to build a sustainable training plan.

In addition to training content and tools, the Training Manual contains easy-to-use verification tools and staff training tracking materials.

https://sph.unc.edu/wp-content/uploads/sites/112/2019/08/CGBI-EMPower-Trainer-Manual_082819-1.pdf

- Here is an information sheet from the CDC with ideas about what nurses can do to help with the Surgeon General's Call to Action to Support Breastfeeding. It can be used to motivate nurses to become active in promoting and supporting breastfeeding at the level of their own facility.

https://www.cdc.gov/breastfeeding/pdf/actionguides/nurses_in_action.pdf

- Staff Competency Assessment checklist for Baby Friendly. This is a single-page checklist that can be used to assess the skills and competency of maternity staff.

<https://www.mass.gov/doc/staff-competency-assessment/download>

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 Leslie Bowling RN, BSN, IBCLC,
Indianapolis, IN*

Leslie Bowling, a lifelong resident of Indiana, is a dedicated lactation consultant employed in the Family Beginnings Unit of Eskenazi Health. Her tireless energy in assisting families to meet their breastfeeding goals is recognized by fellow staff and her lactation colleagues.

At a young age, Leslie and her five siblings witnessed the struggle of managing a chronic illness. Their father lived with Multiple Sclerosis for many years and was in a wheelchair by the time Leslie was four years old. The compassion and commitment of the nurses who cared for her father helped motivate Leslie to pursue a career in nursing.

While enrolled at Marian University, Leslie began working as a student nurse on a medical-surgical unit at Wishard Hospital. Leslie gained employment as a perinatal nurse on the Family Beginnings Unit at Eskenazi Health after graduation. She continues her work at the facility as a member of the lactation team.

Leslie was the first member of her family to breastfeed and with no family support or guidance, she turned to the competent nursing and lactation staff for assistance. It was the compassionate, evidence-based lactation support she received that drove Leslie's passion to become a lactation consultant and help families meet their personal breastfeeding goals.

The lactation team on the Family Beginnings unit is comprised of 5 IBCLCs and 2 CLCs who are preparing to take the certification exam. The team offers 24 hour, 7 day/week lactation support for the birth unit and the 33 bed Level III NICU. In 2012, the facility received a grant to initiate donor human milk in their NICU and has expanded its use for term infants struggling to breastfeed and experiencing weight loss. The facility is well into the BFHI certification process with great staff enthusiasm in becoming Baby Friendly.

Like other inpatient facilities, Eskenazi Health and the Family Beginnings Unit have witnessed challenges with the onset of COVID-19. All families are tested on admission to the unit while current policy allows only a single support person for delivery. Post-delivery hospital stays remain the same at 48 hours for vaginal deliveries and 72 hours for families having undergone a Cesarean Section. In-person prenatal and breastfeeding classes have been suspended while the opportunity for virtual education continues to be explored. Leslie sees a need for continued breastfeeding education and support as confusion among families exists surrounding the safety of breastfeeding during the pandemic. Once life returns to normal in the post-COVID world, Leslie envisions a community drop-in center so families could receive direct breastfeeding assistance. Her goal is to provide as much breastfeeding education and support for families to meet their breastfeeding goals as possible.

Married for nearly 24 years, Leslie and her husband Bryan knew each other in elementary and middle school but reconnected years later through mutual friends. They raised three daughters, ranging in age from 22 to 14, in the Plainfield area. A spiritual person, Leslie finds solace in reading daily Bible scriptures and attending Bible studies when she is able. Her family and close friends keep her grounded. Lately, she and her husband have been spending time remodeling a home they moved into a few years ago.

Leslie is devoted to supporting breastfeeding families. Her work as a lactation consultant is gratifying to her; she has long been a trailblazer for lactation care at Eskenazi Health and has established a reputation for being an enthusiastic and tireless supporter of breastfeeding families. Her work will have a lasting, positive outcome for the families of the Eskenazi Health community.