

Human Milk Insights

July 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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FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

- Breastfeeding and COVID-19
- Breastfeeding and Support
- Organizational Statements and Resources Regarding COVID-19

HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- Medela's 15th Global Breastfeeding and Lactation Symposium
- Neonatal Perspectives Blog
- Professional Resources
- Medela's New Mobile App – Medela Family

CLINICAL PEARLS IN LACTATION

- An Olympic- Sized Dilemma

TOOLS YOU CAN USE

- Resources for Transgender Care

SPOTLIGHT ON PRACTICE

On Vacation 😊

NEWS YOU CAN USE

BREASTFEDING AND COVID-19

Immunogenicity of COVID-19 mRNA Vaccines in Pregnant and Lactating Women

Ai-ris Y. Collier, MD.../May 2021

Analysis of a small sample revealed COVID-19 mRNA antibodies elicited from the vaccine were transported to infant cord blood and breast

milk. <https://jamanetwork.com/journals/jama/fullarticle/2780202?eType=EmailBlastContent&eld=e59f22c0-f76e-49eb-a495-fba482243a3a>

The Levels of SARS-CoV-2 Specific Antibodies in Human Milk Following Vaccination

Hannah G. Juncker, MD.../June 2021

Prospective longitudinal study examining milk samples of lactating women after both vaccine doses. Antibody response was observed in human milk samples.

<https://journals.sagepub.com/doi/10.1177/08903344211027112>

BREASTFEEDING AND SUPPORT

Lactation Consultation by an International Board Certified Lactation Consultant Improves Breastfeeding Rates for Mothers with Gestational Diabetes Mellitus

Laurie Beth Griffin, MD, PhD.../June 2021

IBCLC consultation and impact on breastfeeding rates among women with gestational diabetes mellitus.

<https://journals.sagepub.com/doi/abs/10.1177/08903344211018622>

ORGANIZATIONAL STATEMENTS AND RESOURCES REGARDING COVID-19

WHO: The World Health Organization

Released, “Vaccines, Pregnancy, Menstruation, Lactation and Fertility”

Video discussing guidance for COVID-19 vaccination within these populations.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/science-in-5/episode-41---vaccines-pregnancy-menstruation-lactation-and-fertility?eType=EmailBlastContent&eld=b60738ca-445e-456e-8574-bed93ba53eb0>

CDC: The Centers for Disease Control and Prevention

COVID-19 Vaccination Coverage Among Pregnant Women During Pregnancy — Eight Integrated Health Care Organizations, United States, December 14, 2020–May 8, 2021

Hilda Razzaghi, PhD.../June 2021

Published report examining percentages of COVID-19 vaccination and highlighted areas of need for outreach and engagement to increase confidence among populations with low vaccination rates.

<https://www.cdc.gov/mmwr/volumes/70/wr/mm7024e2.htm?eType=EmailBlastContent&eld=b60738ca-445e-456e-8574-bed93ba53eb0>

HUMAN MILK EDUCATION

Webinars

On Wednesday, July 21st, [Donnianne Noble, BSN, RN, IBCLC](#) will present her topic [Nipple Shields: Creating a Supportive Approach](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

On Thursday, July 29th, [Irene Murphy-Zoppi, MSN, RN, IBCLC](#) will present her topic [Nipple Tenderness While Breastfeeding: Prevention and Care](#). Complimentary registration is now open! For more

information or to register, visit www.MedelaEducation.com.

On Thursday, August 19th, [Diane Spatz, PhD, RN-BC, FAAN](#) will present her topic [Helping Families Identify and Build Prenatal and Post Birth Breastfeeding Support Teams](#). Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

On Wednesday, September 15th, [Angela Groshner, MSN, RN, CCRN, CBC](#) 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

Symposium

Join Medela on September 21st- 22nd for our 15th Annual (and first-ever fully virtual) Global Breastfeeding and Lactation Symposium. 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. Click [here](#) to register and reserve your space today! Registration fee is 60€ (approx. \$70 US). This event will offer 6.25 Nursing Contact Hours.

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

Neonatal Perspectives Blog

[What is ENFit® and How is Pharmacy Impacted?](#)

A brief review of what ENFit is and the timelines associated with it, as well as ENFit in the pharmacy, challenges with ENFit in the pharmacy, and solutions that are available are all discussed in this blog.

[ENFit Conversion and the Impact of Oral Medication Delivery in the NICU/PICU](#)

While the ENFit design was meant for enteral feeding, it can inherently affect medication delivery. This blog will discuss the importance of oral medication delivery prior to making the transition to ENFit.

Professional Resources

Katie James, IBCLC Advice for Patients Videos Katie James, IBCLC shares talking points you can use with patients or clients on topics such as healthy infant feeding volumes in the early postnatal stages, how to know when to feed baby, what to do if breast milk is not coming in and many more. Click [here](#) to view these videos on the Medela YouTube channel for professionals.

Updated Tear Sheets

We are happy to announce a couple of our tear sheets have been updated and are now available on our website. These tear sheets can be downloaded and handed out to your patients. Click on the links below to download your free copies today!

[Breast and Nipple Care](#)
[Breast Engorgement](#)

Medela's New Mobile App – Medela Family

Our new Medela Family app is mom's personal helper. With the app, moms can

easily track important stats for pregnancy, baby, and breastfeeding while receiving tips and support to help her meet her unique goals. The app offers tracking via voice control, pump connectivity, virtual milk storage and a personal helper. Click [here](#) to learn more.

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.

An Olympic-Sized Dilemma

Olympic athletes who also happen to be breastfeeding mothers are faced with a dilemma – an Olympic-sized dilemma. They are being put in the unfortunate position of having to choose to either leave their breastfeeding babies behind as they travel to Tokyo to compete in this summer's Olympic Games or choose not to compete at all. Organizers of the games have a complicated plan to try and keep COVID-19 out of the Olympics. Delegation sizes have been reduced and foreign spectators are currently barred from attending, including breastfed babies and their caregivers.

Long-distance runner Aliphine Tuliamuk, 32, will be in Tokyo for over 10 days representing the US at the Olympics, but has been told she will have to leave behind her five-month-old breastfed daughter, Zoe. Tuliamuk said that she has asked both the USOC and the USOPC for an exception to be made, saying: "I am still nursing Zoe and cannot imagine her not being with me." A USOPC official said the USOPC received Tuliamuk's request, and then made a request on her behalf to the Tokyo organizing committee. The organizing committee, citing COVID-19 countermeasures, denied that request.

Canadian basketball player, Kim Gaucher, who gave birth to baby in March, has also pleaded with organizers for an exemption. She will have to be away from her baby much longer — 28 days. She reports that Tokyo has said, "No friends, no family, no exceptions." Gaucher says that she feels she is being forced to decide whether she is a breastfeeding mom or an Olympic athlete.

In a recent Instagram video, Gaucher said, "People have told me to try to pump [breast milk] like mad. Um, I don't have enough milk in me to train as a high-level athlete, get my butt back in shape, **and** feed her currently, all while stocking a 28 days' supply. We've looked into shipping milk; we've run into some complications. We're still exploring that option. But it's not going to be easy."

Olympic organizers, however, say these mothers will probably have to leave their infants behind. An International Olympic Committee spokesperson told Yahoo Sports on June 28, 2021 that it is "highly unlikely" that "unaccredited people from overseas" — which would include infants and caregivers — will be granted entry into Japan for the Games. To be "accredited", a family member would need to be the athlete's coach or associated with the athlete in a professional role.

In its statement, the Olympic Organizing Committee left itself some leeway for last-minute changes to the policy. "There may be special circumstances, particularly with regard to infant children, and we will therefore continue to consult with the IOC and the IPC and solicit opinions from other relevant parties". However, many Olympians with infants and young children are now having to prepare to be without them in Tokyo.

This policy of no exceptions to the rule has left new mothers having to make a gut-wrenching decision. In a recent Instagram post, Tiliamuk writes,

“Motherhood is a beautiful thing, I love being Zoe’s mom more than life itself, I have never felt such immense, immeasurable love for someone before. Motherhood is also scary, I go down this rabbit hole sometimes, sometimes I think, what if something horrible happens and I never come home, like what if I never make it back from Tokyo? I am sure all moms understand this exact feeling. Motherhood has made me so vulnerable, I feel like my heart is hanging outside of my body.

In the end I have to believe that all will be well, that the random stuff that happens to people won’t happen to me, and that I will be here to watch my daughter grow up to be the person that she’s meant to be.

Zoe my daughter, I hope that when you grow up and encounter obstacles, you will rise above them.”

Kim Gaucher says she has “tried all the traditional routes. We’ve tried appeals. Everyone says they’re on board, but nobody can do anything. I need the help of the internet. If anyone knows anybody, anything, let’s see if we can make a difference. It’s 2021, let’s make working moms normal!”

Update

It’s a little last minute, but there’s been a reversal in the Olympic Organizing Committee’s decision – breastfeeding athletes CAN bring their babies with them to the Tokyo Olympic Games!

“After careful consideration of the unique situation facing athletes with infants, we are pleased to confirm that, when necessary, young children will be able to accompany athletes to Japan,” the Tokyo organizing committee said in a statement.

In another statement, the International Olympic Committee said, “We very much welcome the fact that so many mothers are able to continue to compete at the highest level, including at the Olympic Games.”

What a win for breastfeeding! What a win for motherhood!

References:

<https://www.msn.com/en-us/sports/golf/olympic-organizers-highly-unlikely-that-breastfeeding-moms-can-bring-children-to-tokyo-games/ar-AALy9Sm>

<https://sports.yahoo.com/olympics-2021-athletes-breastfeeding-moms-children-family-aliphine-tuliamuk-194943896.html>

https://www.washingtonpost.com/sports/olympics/need-to-breastfeed-could-block-canadians-path-to-olympics/2021/06/24/656f00a2-d52a-11eb-b39f-05a2d776b1f4_story.html

TOOLS YOU CAN USE

Resources for LGBTQ+ Care

There are a number of resources available that clinicians will find useful when caring for lesbian, gay, bisexual, transgender, queer, questioning, plus (LGBTQ+) individuals. It is important for lactation professionals to be familiar with terms used in regard to LGBTQ+ health, sexuality and gender.

The National Organization of Nurse Practitioner Faculties has developed the *Patient-Centered Transgender Health Toolkit* to close existing knowledge gaps and to provide evidence-based information for caring for transgender populations. This toolkit includes many additional resources such as websites, videos, definitions of terms related to transgender care, ethical implications and a list of research articles and information on the clinical, social, emotional, cultural and educational needs of this population.

In May 2020, the Academy of Breastfeeding Medicine published the ABM Clinical Protocol #33, *Lactation Care for Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Plus Patients*. In addition to reviewing the definitions related to LGBTQ+ health, sexuality and gender, it also addresses some general considerations in caring for LGBTQ+ people in a respectful healthcare environment. Some breastfeeding/chestfeeding issues are covered, as well as induced lactation and co-lactation. This protocol acknowledges that counseling parents involves helping them to consider and discuss their options and lactation goals while supporting milk supply and infant health.

The following resources can help lactation professionals increase their knowledge of issues facing LGBTQ+ parents who are seeking care regarding pregnancy and lactation.

Resources:

Toolkit: [Patient-Centered Transgender Health: A Toolkit for Nurse Practitioner Faculty and Clinicians - JustUs Health](#)

[Ferri RL, Rosen-Carole CB, Jackson J, Carreno-Rijo E, Greenberg KB; Academy of Breastfeeding Medicine. ABM Clinical Protocol #33: Lactation Care for Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Plus Patients. Breastfeed Med. 2020 May;15\(5\):284-293. doi: 10.1089/bfm.2020.29152.rlf. Epub 2020 Apr 24. PMID: 32330392.](#)

[Wolfe-Roubatis E, Spatz DL. Transgender men and lactation: what nurses need to know. MCN Am J Matern Child Nurs. 2015 Jan-Feb;40\(1\):32-8. doi: 10.1097/NMC.000000000000097. PMID: 25503832.](#)

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 will not feature an interview in Spotlight on Practice. We hope to resume this column in our August Human Milk Insights newsletter. As always, we invite you to submit suggested practitioners or facilities you would like to spotlight!