

Human Milk® Insights

April 2022

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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Happy Spring!

FEATURED STORIES THIS MONTH

NEWS YOU CAN USE

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

HUMAN MILK EDUCATION

- Human Milk Monthly Webinar Series
- 2021 Symposium On Demand Available Until June 2022
- Neonatal Perspectives
- Professional Resources

CLINICAL PEARLS IN LACTATION

- Mothers' Milk and COVID-19: Virus and Vaccine Update

TOOLS YOU CAN USE

- Newly Revised Clinical Protocol from the Academy of Breastfeeding Medicine

SPOTLIGHT ON PRACTICE

- Sarah Riedel, RN, BSN, IBCLC

NEWS YOU CAN USE

BREASTFEEDING AND MATERNAL HEALTH

The Three Step Framework for Inducing Lactation

Alyssa Schnell, MS, IBCLC/February 2022. Investigation into steps to induce lactation for the purposes of infant feeding. [Article](#)

Knowledge of Galactagogue Use During Breastfeeding in Australia: A Cross Sectional Online Survey

Grace McKenzie McBride, BSc(Hons) MMSc.../March 2022. Survey detailing maternal recognition of galactagogues and perceptions of herbal and pharmaceutical galactagogues. [Article](#)

BREASTFEEDING AND COVID-19

Evaluation of Adverse Effects in Nursing Mothers and Their Infants After COVID-19 mRNA Vaccination

Dolores Sabina Romero Ramírez.../March 2022. Detailed investigation of reactions following mRNA vaccination for COVID-19 and impact on maternal and breastfeeding infant health. [Article](#)

Rooming-In Practice During the Pandemic: Results From a Retrospective Cohort Study

Simonetta Costa, MD.../March 2022. Examination of rooming-in hospital practices during the pandemic and impact on infants of COVID-19 positive mothers. [Article](#)

ORGANIZATIONAL STATEMENTS AND RESOURCES

WHO: The World Health Organization

Published a report with publications detailing the impact of COVID-19 on maternal, newborn and child services. [Article](#)

HSA: The Healthy Start Association

Published and updated resource guide regarding COVID-19 vaccines, pregnancy, and breastfeeding. [Article](#)

BREASTFEEDING AND HOSPITALIZATION

Maternity Care Practices and Breastfeeding Intentions at One Month Among Low-Income Women

Jennifer L. Beauregard, PhD, MPH.../March 2022. Breastfeeding support in the hospital setting and resulting lactation goal achievement. [Article](#)

HUMAN MILK EDUCATION

Webinars

On Wednesday, April 20th, [Diane Spatz, PhD., RN-BC, FAAN](#) will present her topic [Helping All Families Make Informed Feeding Choices.](#)

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

On Wednesday, May 18th, [Caroline Steele, MS, RD, CSP, IBCLC, FAND](#) will present her topic [Safe Handling of Human Milk within Healthcare Facilities.](#)

Complimentary registration is now open!

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

On Wednesday, June 15th, [Sharyn Gibbins, NP, PhD](#), will present her topic [Infant Pain Management: Can We Do Better in 2022?](#) Complimentary registration is now open! For more information or to register, visit www.MedelaEducation.com.

Symposium On-Demand Available



Our live Symposium was a great success, with over 1,400 registered attendees from all over the world. If you were not able to join the live event, no worries! Through June 2022, you can still get full access to all the great content. Click [here](#) for more information and to register for the on-demand event.

Neonatal Perspectives Blog

Informed Decision and the Proven Benefits of Breastfeeding



This blog talks about what informed decision making is, how it relates to the proven benefits of breastfeeding, as well as the importance of health outcomes to mother, baby, and society as a whole. We also discuss how to provide

informed consent regarding mom's decision. [Blog](#)

Creating Equal Access to Breast Pumps for Black NICU Moms



In this blog, we will introduce you to The Alliance for Black NICU Families[™], an organization that came together in unity from two preemie moms of different backgrounds who sought to make a difference in the racial and health equity space. [Blog](#)

Professional Resources

2022 Human Milk Monthly Clinical Education Webinar Schedule

We are happy to announce that the 2022 webinar schedule is now available. For a copy of this schedule click [here](#).


NICU and Well Baby Breastfeeding and Pumping Logs

Updated this year, our NICU and Well Baby Breastfeeding and Pumping Logs are a great resource for moms to meet their breast milk feeding goals. These Breastfeeding and Pumping Logs are available in English and Spanish and can be downloaded from our website.

NICU Breastfeeding and Pumping Log Date: _____ Days in Hospital: _____

Time of Day	Check One	Minutes/Amount (1 oz = 30 ml)			Notes
		Left Breast	Right Breast	Total Minutes	
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

Breast Pump Type: Hospital-Provided Medela Program Other: _____
Breast Shield Size: Small Medium Large
Kangaroo Care: Yes No

 For additional resources to help you meet your breast milk feeding goals, simply click on the QR code or visit www.humanmilkinsights.com

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[NICU Breastfeeding Pumping Log](#)

Breastfeeding & Pumping Log Date: _____ Age of Baby: _____

Time of Day	Check One	Minutes/Amount			Notes
		Left Breast	Right Breast	Total Minutes	
1	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
2	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
3	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
4	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
5	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
6	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
7	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
8	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
9	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				
10	<input type="checkbox"/> Feed <input type="checkbox"/> Pump				

Diaper Log
 Wet Diapers:
 Wet Nappies:
 Note: _____

Resources to help you meet your breast milk feeding goals:
 - Visit www.medela.com/breastfeeding and click on "Breastfeeding Guide"
 - Learn about breastfeeding at www.MedelaUniversity.us
 - Download the Medela Family™ app for support through pregnancy, breastfeeding, and beyond
 - Ask a Lactation Consultant at www.AskTheLact
 - Find a Lactation Professional at www.Medela.com/breastfeeding and click Buy/Rent a Pump, then select Lactation Professional

[Download additional logs at Medela.com](#)
Just search pumping log and you'll find a link at the end of some of our great articles.

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[Well Baby Breastfeeding Pumping Log](#)

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, email education@medela.com. If your submission is selected for publication in a future issue of Human Milk Insights, you will receive a \$25.00 VISA gift card.

Mothers' Milk and COVID-19: Virus and Vaccine Update

Human milk is absolutely amazing! It is uniquely engineered to meet the needs of the nursing infant and provides antibody protection from diseases and viruses, even novel viruses like the SARS-CoV-2 virus that has swept across our planet.

Healthcare professionals and mothers alike have had concerns about what this virus means to breastfeeding mothers and babies. If a mother has been infected with the virus, is it safe to breastfeed?

And now that there are effective vaccines, mothers have expressed their fears as to what it means for their breastfeeding infants. Once vaccinated, is it safe to breastfeed?

So, what does the science say?

The science says that evidence so far suggests that human milk plays an important role in protecting against infections, mainly due to disease-specific antibodies. Antibodies to SARS-CoV-2 have been detected in the breast milk of recently infected lactating women. Mothers and healthcare professionals can be reassured knowing that the US Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the World Health Organization say that mothers who are infected with SARS-CoV-2 may initiate and/or continue breastfeeding their babies or toddlers. However, it is recommended that mothers take precautions such as mask-wearing and good handwashing to prevent transmitting the virus to their children through respiratory droplets².

As far as vaccination efficacy is concerned, a recent study showed that after vaccination, "antibodies were found in the umbilical cord blood and breast milk of every woman in the study, indicating that immunity to COVID could be passed from a vaccinated mother to her baby." Dr. Galit Alter, co-senior author of the study, said in a statement. "The potential for rational vaccine design to drive improved outcomes for mothers and infants is limitless, but developers must realize that pregnancy is a distinct immunological state, where two lives can be saved simultaneously with a powerful vaccine."^{1,3}

Once again, as clinicians, we can reassure mothers and colleagues that breastfeeding is best and offers protection to offspring, whether a mother is infected with SARS-CoV-2 or has received the vaccination. The evidence also supports encouraging pregnant and lactating women to receive the vaccine, so their babies can receive maternal antibody protection.

References:

1. Juncker HG, Mulleners SJ, Coenen ERM, van Goudoever JB, van Gils MJ, van Keulen BJ. (2022). Comparing Human Milk Antibody Response After 4 Different Vaccines for COVID-19. *JAMA Pediatrics*. Published online March 14, 2022. doi:10.1001/jamapediatrics.2022.0084
2. Krogstad, P., Contreras, D., Ng, H. *et al.* (2022). No infectious SARS-CoV-2 in breast milk from a cohort of 110 lactating women. *Pediatric Research*. <https://doi.org/10.1038/s41390-021-01902-y>.
3. <https://www.mcclatchydc.com/news/coronavirus/article257561773.html>

TOOLS YOU CAN USE

Newly Revised Clinical Protocol from the Academy of Breastfeeding Medicine

Hot off the presses . . . on March 22, 2022, the Academy of Breastfeeding Medicine released the revised Clinical Protocol #2: Guidelines for Birth Hospitalization Discharge of Breastfeeding Dyads. These guidelines provide recommendations for assessing mothers and healthy term newborns before discharge from the hospital in the first few days after birth. These best practices are essential components of a comprehensive program to reduce adverse health outcomes and support improvement of breastfeeding duration.

Recommendations encompass:

- **In-hospital support of breastfeeding**
Formal assessments should include observation of positioning and attachment to the breast, signs of milk transfer, jaundice, elimination patterns, and ability to express milk.
- **Risks for early breastfeeding cessation**
All concerns, such as nipple pain and perceived insufficient milk supply with desire to supplement should be promptly addressed. Maternal and infant risk factors should be considered for delayed lactogenesis and the family should be included in education. Strategies are needed to meet social and psychological needs and, finally, breastfeeding concerns should be addressed by a healthcare provider knowledgeable about clinical lactation prior to discharge.
- **Risks of early discharge**
These risks should be taken into consideration, as there is a risk of readmission due to neonatal hyperbilirubinemia and dehydration. Minimum length of hospitalization for mother and infant is recommended to be 24 hours after birth to assess for stability, that breastfeeding has been adequately initiated, education completed and arrangements for postpartum breastfeeding support made.
- **Consideration of weight loss in the newborn**
If term newborn weight loss is considered excessive (e.g., >75% on the NEWT scale, or >10% weight loss from birth weight), careful breastfeeding assessment is needed. If supplementation is needed, mother's own milk or donor human milk should be given by alternative feeding methods (e.g. syringe, cup, spoon, SNS, etc.) If unavailable, then infant formula should be used.
- **The importance of dyad-based care**
Mothers and newborns should continue 24-hour rooming-in, even if one is ready to be discharged from the hospital and the other is not. Ensure that the mother has access to an electric breast pump and knows how to hand express milk in case of separation, or if supplementation is needed.

- **Discharge bags/hospital-provided gifts**
Families benefit from evidence-based educational materials free from commercial bias. Products from artificial baby milk companies can undermine breastfeeding success and may lead to premature weaning.
- **Suggested anticipatory guidance**
Culturally appropriate anticipatory guidance in a mother's own language with supportive written materials should be given to mothers before discharge.
- **Continuity of and transitions in breastfeeding care**
Communication between mothers' and babies' providers must be coordinated so that supportive breastfeeding messages are evidence-based, correct and consistent.
- **Type and timing of birth hospitalization follow-up**
Health checks are recommended at about 72 hours after birth, 1-2 weeks and 6 weeks after delivery, but often newborns don't receive early follow-up due to economic or other barriers. In these cases, innovative communication methods can be employed.
- **Follow-up to support breastfeeding after birth hospitalization**
Connection with community resources, peer-led breastfeeding support groups, innovative education tools on the internet or mobile phones can all increase access to support but quality of the products can be variable.

These revised guidelines provide an excellent framework for developing best practices and policies regarding discharge after birth hospitalization for breastfeeding dyads. Breastfeeding outcomes will improve with healthcare providers and nursing staff coordinating preparations for discharge and planning a clear transition from hospital to home.

Published online: 16 Mar 2022 <https://doi.org/10.1089/bfm.2022.29203.aeh>
Hoyt-Austin AE, Kair LR and Larson IE, et. al. (2022). Academy of Breastfeeding Medicine Clinical Protocol #2: Guidelines for Birth Hospitalization Discharge of Breastfeeding Dyads, Revised 2022. Breastfeeding Medicine 17:3, 197-206.

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 Sarah Riedel, RN, BSN, IBCLC
Bluffton, Minnesota*



Sarah Riedel is an RN, BSN, IBCLC, and OB Supervisor at Tri County Health Care, a 25-bed critical access hospital, in Wadena, Minnesota. She has worked at this hospital for many years, in a variety of roles with gradually increased responsibilities, as she pursued her educational goals. Though she began in 1994 as a CNA, Sarah now supervises the OB department. This includes Labor and Delivery, Postpartum, Nursery, and Prenatal Education. She regularly sees prenatal patients and also does lactation consults for new parents.

Sarah says that she has always wanted to be a nurse, as far back as she can remember. After initially attending school to become an LPN, Sarah worked in Medical/Surgical, the ER, Postpartum, and Nursery. Once she completed school to become an RN, Sarah says she then worked in Medical/Surgical, OB, Postpartum, Nursery, and Prenatal Education over the last 20 years as an RN. She notes that breast milk and breastfeeding has always fascinated her, as it is truly the perfect first food for both preemie and term infants.

While she says that staffing is currently a real struggle at her hospital, she would love it if more patients would breastfeed and if they would breastfeed for longer durations. In her free time, Sarah enjoys camping, bingeing Netflix, reading, and spending time with her family.