

# Human Milk Insights

December 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 Infant Health
- Human Milk and NICU
- Human Milk and Legislation

### HUMAN MILK EDUCATION

- Medela's 15<sup>th</sup> Global Breastfeeding and Lactation Symposium – On-Demand Now Available!
- Human Milk Monthly Webinar Series
- Neonatal Perspectives Blog
- Professional Resources

### CLINICAL PEARLS IN LACTATION

- Supporting Breastfeeding When a Mother or Child is Hospitalized

### TOOLS YOU CAN USE

- LactMed® Updates in Breastfeeding Medicine

### SPOTLIGHT ON PRACTICE

Nuala Murphy, RN, BSN, IBCLC  
Dallas, TX



*Happy Holidays*

## NEWS YOU CAN USE

### BREASTFEEDING AND COVID-19

#### Breastfeeding Mother and Child Clinical Outcomes After COVID-19 Vaccination

Jia Ming Low, MRCPCH/October 2021  
Examination of short term effects on breastfeeding mother-child dyads following vaccination. <https://bit.ly/3FVNaeu>

#### Monoclonal Antibodies During Breastfeeding

Philip O. Anderson/August 2021  
Discussion of current state of monoclonal antibody products and considerations during breastfeeding. <https://bit.ly/3E9ro6t>

#### News Release

Four year follow-up study supported by the National Institutes of Health on the potential effects of COVID-19 infection during pregnancy and long term effects on mother and child. <https://bit.ly/3phIVUT>

### BREASTFEEDING AND INFANT HEALTH

#### Breastfeeding with Smoking Cessation Products

Philip O. Anderson/October 2021  
Examination of a variety of smoking cessation products and considerations during breastfeeding. <https://bit.ly/3I57MCZ>

#### Breastfeeding and Post-perinatal Infant Deaths in the United States, A National Prospective Cohort Analysis

Ruowei Li/October 2021  
Analysis of infant mortality reduction when breastfeeding is initiated. <https://bit.ly/3dl9UsI>

### HUMAN MILK AND NICU

#### Processing Human Milk to Increase Nutrient Density for Preterm Infants

Hande Z. Ulus, MSc/November 2021

Concentration of donor human milk as a process to provide increased nutrition to premature infants. <https://bit.ly/32RynU9>

### HUMAN MILK AND LEGISLATION

#### The Providing Urgent Maternal Protections to Nursing Mothers (PUMP) Act

The Providing Urgent Maternal Protections to Nursing Mothers (PUMP) Act  
Requires employers with 25 or more employees to:

- Provide time to pump
- Provide private places to pump
- Provide clean spaces for nursing or pumping mothers
- Clarifies pumping time as paid or unpaid

<https://yhoo.it/3ImROFT>

### HUMAN MILK EDUCATION

#### 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.

## Webinars

On Wednesday, November 24<sup>th</sup>, [Donna Geddes, Professor, DMU, PostGrad Dip \(Sci\), PhD](#) presented her topic [The Science of Human Lactation – From Discovery to Translation](#). Click [here](#) to listen to the recording.

On Wednesday, December 1<sup>st</sup>, [Rebecca Hoban, MD, MPH](#) presented her topic [Early Initiation as Standard of Care: Meeting Lactation Goals in Healthy and At-Risk Populations](#). Click [here](#) to listen to the recording.

On Wednesday, December 8<sup>th</sup> [Lori Wood, MSN, CNS, RNC-NIC, IBCLC](#) will be presenting her topic [Hitting the Target – Transitioning the NICU Baby from Trophic Feeds to Feeding at the Breast](#). Complimentary registration is now open! For more information or to register, visit [www.MedelaEducation.com](http://www.MedelaEducation.com).

## Neonatal Perspectives Blog



### [Should Checking Gastric Residual Volume Be Part of Your Routine Assessments?](#)

This blog will discuss understanding gastric residual volume and checks, as well as reviewing the latest research about gastric residual checks.



### [2021 Preterm Birth Statistics and Birth Rate: Did the Pandemic Have an Impact?](#)

This blog will discuss the March of Dimes annual report card, which analyzes the preterm birth natality data for 2020. It also talks about the silver lining the pandemic had on preterm births. And this blog also gives some ways that you can join the progress being achieved by the March of Dimes.

## 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](#).

## Product In-Services

We are happy to announce that we have updated our Specialty Feeding Products in-service. To register for this in-service, please visit

[www.MedelaEducation.com](http://www.MedelaEducation.com) or click on the image.



## **Recorded Webinars**

Perhaps you missed a previous webinar, or you want to listen to a webinar again. To see a list of on-demand webinars, click [here](#). Please note, these on-demand webinars do not offer the Nursing Contact Hour(s).

## **We Want to Hear From You!**

We would love to hear from you as we plan 2022 educational webinars! Is there a topic that you are interested in learning more about? Please email [education@medela.com](mailto:education@medela.com) with your suggestions.

## 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.*

### Supporting Breastfeeding When a Mother or Child is Hospitalized

Few things are more stressful for a breastfeeding mother/baby dyad than to be separated from each other when one or the other is hospitalized. Oftentimes, breastfeeding is interrupted and early weaning may occur. The Academy of Breastfeeding Medicine has recently released its new recommendations on supporting breastfeeding during a maternal or child hospitalization in the ABM Clinical Protocol #35.

The introduction to this protocol explains the vital importance of breastfeeding to both mothers and infants, especially during a hospitalization, and discusses implications involved in both physical healing and emotional health.

One of the first and most important recommendations is for every institution that admits women of childbearing age or children under the age of 2 to have a written policy to support the lactating mother and the breastfeeding child whenever a hospitalization occurs outside the neonatal/postpartum units. Key stakeholders from the hospital should be involved in creating this policy.

Some of the recommendations include:

- Lactation support should be provided to the mother and safe sleeping arrangements made for the infant. If the mother is hospitalized, support care for the child of the breastfeeding mother must be considered.
- If there are no medical contraindications, breastfeeding mothers and infants should remain together as much as possible. Breastfeeding and breast milk are often critical in a situation in which infants are outside their usual surroundings and are sick, injured, or require any medical or surgical procedure.
- Communication during handoffs is essential to coordinate care among all members of the healthcare team. All caregivers need to be aware of the need for milk expression and the incorporation of breastfeeding into the patient's plan of care.
- Direct breastfeeding is preferable to breast pumping or hand expression, but a hospital grade double electric breast pump should be provided for use when mother/baby separation is necessary. Evidence-based guidelines should be used for milk expression, storage, and cleaning of feeding containers and pumping equipment.
- Use evidence-based safety recommendations for medications, including radiological diagnostic agents. Have current resources available for providers to use when prescribing treatments for lactating patients.

- Many other considerations must be taken into account and are addressed in the guidelines: fluid needs of the lactating mother, care of the surgical adult patient, infection control and prevention, ICU care, and support of the unconscious postpartum patient.
- Postpartum mothers who are admitted for psychiatric hospitalizations also need a care plan for their unique breastfeeding and/or breast pumping needs.
- When breastfeeding infants and children are hospitalized, provisions need to be made for the care of the lactating mother, such as food, a comfortable place to sleep, pumping equipment if needed, and a place for her to clean the pump parts and store her milk.
- Shared decision making needs to be a part of every intake upon admission to a facility for hospitalization. The importance of breastfeeding, maternal goals, maintenance of milk supply, treatments needed, and accommodations all need to be discussed and/or considered when caring for infants, children and their mothers.
- If the facility cannot provide the appropriate care for the hospitalized mother/infant pair or does not have lactation services available, a transfer to another hospital that has such services should be considered.

The Academy of Breastfeeding Medicine's Clinical Protocol on supporting breastfeeding through a hospitalization for either a mother or infant provides a broad review of considerations that need to be addressed when caring for a breastfeeding dyad. It is an excellent resource for hospitals and other facilities to use to improve care for mothers, infants and children. Clinical Protocol #35 and many other protocols can be accessed at the website below.

## References

<https://www.bfmed.org/assets/ABM%20Clinical%20Protocol%2035.pdf>



## TOOLS YOU CAN USE

### LactMed® Updates in Breastfeeding Medicine

Breastfeeding Medicine, the journal of the Academy of Breastfeeding Medicine, is an excellent resource for “all things breastfeeding”. One of the most helpful monthly columns is Dr. Phil Anderson’s LactMed Update, which provides the latest information on medications, anesthesia, recreational drugs and other issues of great interest to breastfeeding mothers and their care providers.

This year’s LactMed Articles have included topics that are extremely relevant to healthcare professionals who work with lactating women. The coronavirus is still a great risk to pregnant and breastfeeding women and new medications are being developed and used in its treatment. In the August journal, Dr. Anderson addressed “*Breastfeeding and Antivirals: Coronavirus and Influenza*”, and “*Antivirals for COVID-19 and Breastfeeding*”. Other topics in the August issue included antiepileptic drugs and medications for Lupus, alcohol and cannabis use during breastfeeding, and treatments for diabetes and hypertension. Since August is also National Breastfeeding month, the journal offered free access to some of these high-impact articles.

Most recently in November, the LactMed Update included articles on the use of general and local anesthesia when breastfeeding, antidepressants, monoclonal antibodies, antiemetics, laxatives and cathartics, breastfeeding with smoking cessation products, and opioid use. There’s a plethora of helpful information in all of the LactMed Updates and this column can keep you on the cutting edge when mothers or professional colleagues seek evidence-based information regarding the use of certain medications and treatments of certain conditions in lactating women.

Information on subscribing to the Journal of Breastfeeding Medicine can be found at: [www.bfmed.org/journal](http://www.bfmed.org/journal)

## 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 Nuala Murphy, RN, BSN, IBCLC  
Dallas, TX*



Nuala Murphy, RN, BSN, IBCLC is the Clinical Nursing Supervisor for Lactation Services at Texas Health Presbyterian Hospital in Dallas, Texas. She was born and raised in Southern Ireland, where she trained as a nurse through a large university hospital in Dublin and received her R.N. designation in 1978. She then lived and worked in Heidelberg, Germany for a year before arriving in Dallas, Texas in 1981. Nuala enjoyed nursing because of the opportunities to work and travel around the world and eventually began working in the Newborn Nursery, where she fell in love with her career and began her journey to becoming a Lactation Consultant. She says,

“what started out as a job to allow me to work and travel gave me so much more. I realized I loved the combination of working with mothers and babies hands-on and I found my passion in helping mothers breastfeed.”

Nuala then began studiously learning everything she could from the Lactation Consultants working on her unit and, over time, decided that this was how she wanted to devote her career. She credits great mentors in the hospital and community that helped her along the way, including encouraging her to get her IBCLC certification in 1994.

Currently, Nuala plays a dual role that involves working at the bedside with breastfeeding families (which she notes is her “first love”) and leading a wonderful group of 8 lactation consultants who provide care for breastfeeding women in the Family Centered Care Unit, the NICU, and SCN, as well as through Outpatient Lactation Services, Pump Rental, and managing the Donor Human Milk program. Nuala notes that, in her experience, many mothers are not meeting their breastfeeding goals. To counter that, she would like to bridge the gap between discharge and those crucial first two weeks after delivery to follow up with mothers, help them feel confident about breastfeeding, resolve potential challenges early, and work together on solutions to protect milk supply and ensure baby’s nutritional needs are met. In 2020, she began a personal use breast pump program with the Breast Pump Depot to supply mothers who do not have a breast pump with a personal use pump upon discharge. Additionally, she develops breastfeeding education for the nurses on the units noted above and teaches classes as part of ongoing education and competencies to help ensure everyone working at the hospital is knowledgeable about breastfeeding and that consideration for lactation is incorporated into everything they do. She says that when she sees teamwork come together to help a mother with breastfeeding, it makes her day!

Nuala received the March of Dimes Texas Chapter Excellence in Obstetric Nursing Award in 2003 and was honored as one of the “Great 100” nurses through the Texas Nursing Association in 2005. She also helped Texas Health Presbyterian Hospital in Dallas achieve Baby-Friendly designation in 2015, as well as Yellow Belt Baby designation through setting up the process for the Outpatient Breastfeeding Clinic.



# Human Milk Insights

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In her free time, Nuala enjoys reading to relax and especially likes thrillers. She has been married to her husband for over 40 years and has two wonderful adult children, who currently live in the New York City and Long Island areas. She loves traveling to Ireland to visit her elderly mother and catch up with other family members, while also spending as much time as she can on the East Coast to visit her kids.

Thank you for all you do and for all the valuable help you provide to moms, babies, and families every day!