

The Outpatient Breastfeeding Champion Program Session 8



IABLE

**Institute for the Advancement
of Breastfeeding &
Lactation Education**

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- The Instructor has no conflicts of interest to disclose
- Continuing medical education credits (CMEs) and continuing education recognition points (CERPs) for IBCLE are awarded commensurate with participation and complete/submission of the evaluation form
- CMEs can be used for nursing credits



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***Building
Breastfeeding-Knowledgeable
Medical Systems & Communities***

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Which Statement is Accurate Regarding Using a Breast Pump?

- A. The pump parts should be sterilized in boiling water daily.
- B. The parent should pump for at least 10 minutes after the milk stops flowing.
- C. Increase the pump vacuum to the highest comfortable setting.
- D. All pumps start in a stimulation phase, and then automatically switch to expression phase.



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Which of the Following is True regarding Breastmilk Storage?

- A. Freshly expressed breastmilk is not safe to sit out at room temperature.
- B. Frozen breastmilk that was thawed in the refrigerator, is good in the refrigerator for 3 days.
- C. Breastmilk that has been in the freezer for 1 year is acceptable for consumption.
- D. Expressed breastmilk is safe in a refrigerator for at least 8 days.



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A mother of a 2-week-old asks you when she should start pumping to store for work. Reasonable advice includes:

- A. Begin storing a few ounces a day starting at around 3 weeks.
- B. Start storing about 15 oz (450ml) a day so you have a freezer full when returning to work.
- C. Don't pump and store milk because it will drive your production up too much. Wait until you start working.



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What is true about The PUMP Act?

- A. The law requires that employers have a sink available in the space to pump/nurse.
- B. The law requires the employer to pay the employee for lactation break time.
- C. A bathroom, even if private, is not a permissible location under the Act.
- D. All the above



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Session 8 Topics

- Medications during lactation
- Alcohol
- Tobacco
- Cannabis
- Using a health equity lens



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Session 8 Objectives

- Describe 2 basic principles of medications in human milk.
- Recite 2 reliable sources of information for medication use while breastfeeding.
- List 3 classes of substances that are contraindicated during breastfeeding.
- Identify components of an equity lens when working with populations.



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Medications and Mothers Milk

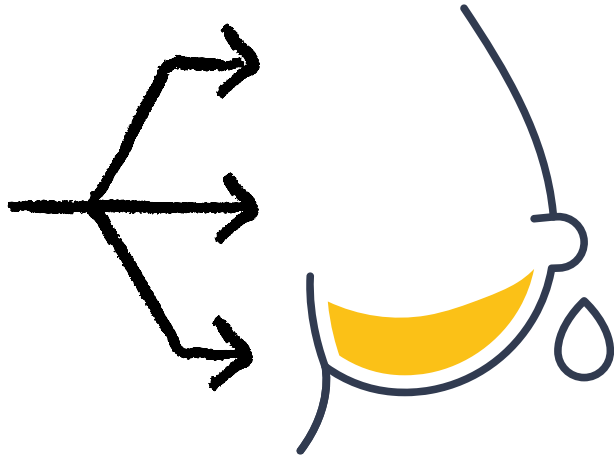


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Basic Principles of How Medications Get Into Breastmilk

- Volume of distribution
- Half-life of medication
- Infant absorption
- Effect on milk production

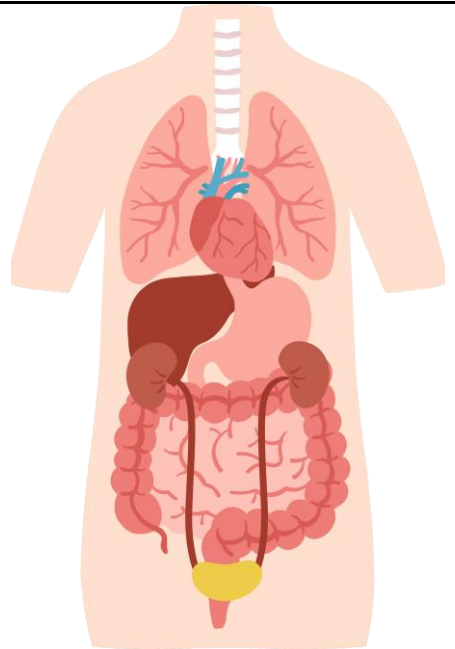


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Volume of Distribution

Meds are more likely to enter breastmilk if:

- Absorbed from the parent's gut
- Medication is fat-soluble
- Little protein binding in the blood
- Small molecule



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Half-Life of Drug

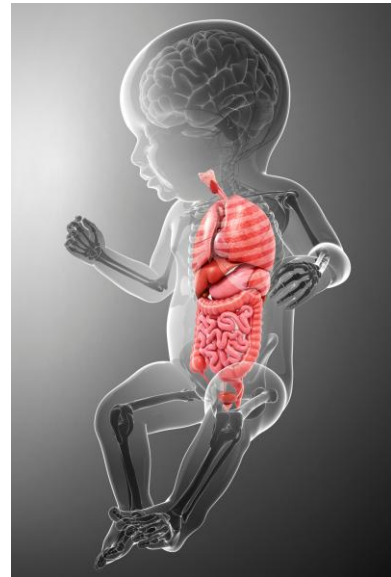
- How long does it hang around?
 - Choose meds that are short-acting
 - Antidepressants
 - Anti-anxiety meds



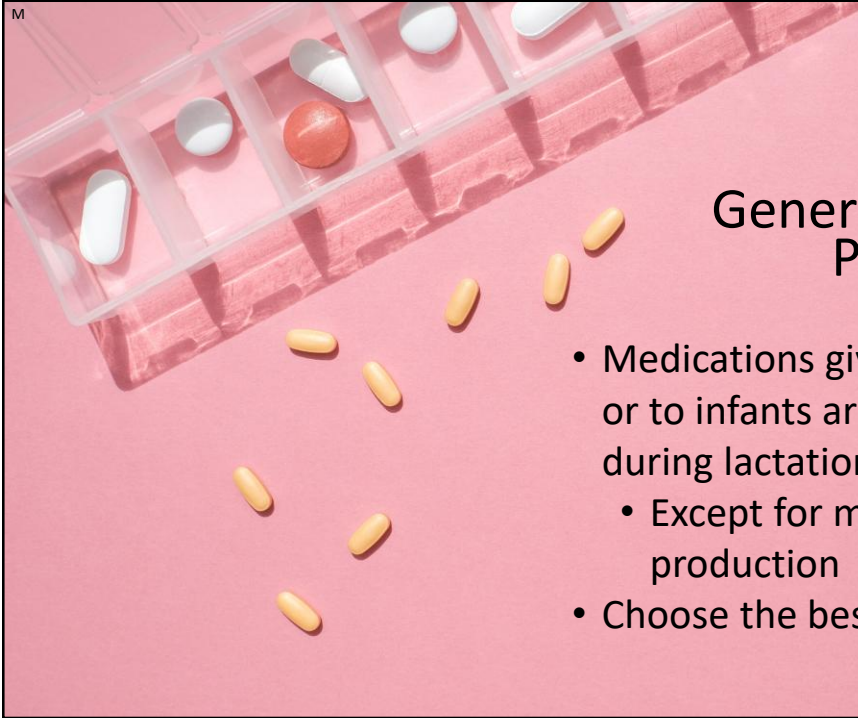
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INFANT ABSORPTION

Choose maternal medications that are not well absorbed from the infant gut, e.g. intravenous medications



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General Medication Principles

- Medications given during pregnancy or to infants are generally safe during lactation
 - Except for meds that reduce milk production
- Choose the best med in a category

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Medication Educational Resources



- Lactmed- National Library of Medicine- free
- Medications in Mothers' Milk by Tom Hale- \$
- Infant Risk Center - infantrisk.com- free
- Mother To Baby - mothertobaby.org- free
- E-lactancia.org (from Spain, English and Spanish)- free



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The List of Unsafe Meds is Short!

- Chemotherapy for maternal cancer
- Radioactive meds
- Codeine, tramadol
- Drugs of abuse
 - Occasional cannabis is an exception
- Prolactin-lower meds such as cabergoline
- Always look up medications to be sure!



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Alcohol During Breastfeeding

- Breastmilk level=blood level
- Alcohol in milk decreases infant's intake
- Recommendations for safety:
 - No more than 2 drinks a day, but not daily
 - Each serving over 1-2 hours
 - Eat food when drinking
- 5 servings can decrease let-down and drop milk production



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Tobacco Use During Lactation

- OK to breastfeed when using tobacco
- Decreased milk production
 - decreased blood flow to breast
- Possible decreased fat in breastmilk
- Reduce exposure by smoking right after feeding, not before
- Low dose nicotine replacement is preferred



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Vaping During Lactation

- Little is known about safety of vaping during lactation
 - considered similar to tobacco use
- Vaping may deliver harmful chemicals into breastmilk
- No recommendation to quit breastfeeding
- Best to avoid or to minimize vaping during lactation



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Cannabis Use During Lactation American Academy of Pediatrics 2018

- Cannabis use is not recommended during lactation
 - Not enough info on transmission of cannabis into breastmilk
 - Concerns that exposure to cannabis in breastmilk may have negative effects on the infant brain
 - Infants and nursing mothers should avoid environments with second-hand cannabis smoke



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Notice the Triage Tool for Over-the-Counter Meds

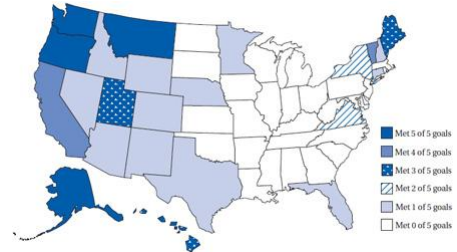


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Inequity in Breastfeeding Rates

- Lower breastfeeding rates among:
 - African American women
 - Lower socioeconomic groups
 - Populations with lower education
 - Geographic
 - Southern USA



States that have reached HP 2020 goals



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What is Equitable Health Care?

(US Institute of Medicine)

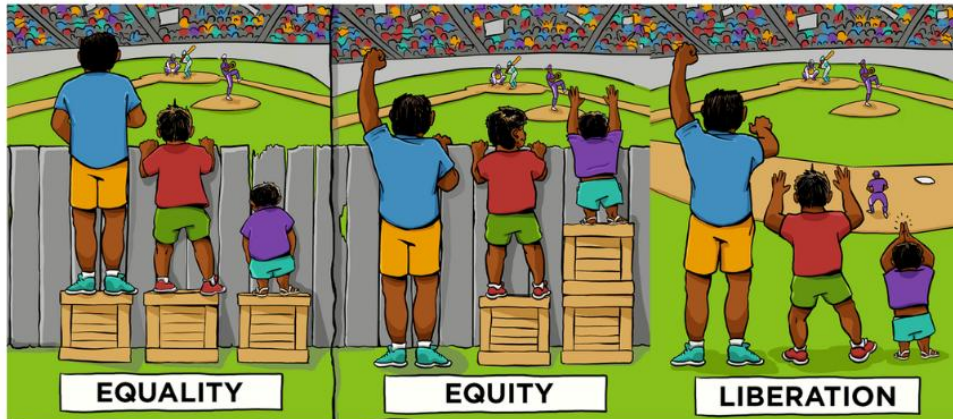
- Care that does not vary in quality because of:
 - Race
 - Gender
 - Income
 - Location
- Equal $\neq$ Equitable



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Equitable Health Care Is Not The Same As Equal Health Care



With Permission from the Interaction Institute for Social Change

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Create a Culture of Equity

Identify Opportunities
to Improve
Breastfeeding Support
in Your Community

Take Action to
Improve Health
Equity Using an
Equity Lens



Photo by Artem Zhukov Unsplash

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Apply an Equity Lens

- Equity lens
 - Analyzes impact of policies and programs on vulnerable populations
- Work with individuals within the population(s)
 - Enhances understanding
 - Addresses trauma- informed care
 - Builds trust in target populations



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Examples of Working with Others in Populations to Apply an Equity Lens



Communicate with and involve leaders- You learn that a rural Latinx population with a history of low breastfeeding rates has a major barrier- The local employer who expects all workers back 30 days after birth, and there are poor accommodations for lactation breaks



Trauma informed care- Your goal is to start a transgender lactation support group. You find out that transgender individuals are very uncomfortable discussing the option of lactation with local healthcare providers, given their history of receiving insensitive healthcare.



Build Trust – A public health department may have difficulty executing a postpartum in-home lactation support program in a Native American population without trained individuals of the community providing the in-home care.



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Let's Apply an Equity Lens in a Community Breastfeeding Project



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Incorporating Diversity in a Community Breastfeeding Project

As the breastfeeding champion for your place of work, you are the contact person for parents and families who have breastfeeding questions and problems. You recognize the benefit of breastfeeding parents getting to know each other in your community for peer support.

You decide to send a letter to all breastfeeding parents and invite them to a Tuesday evening parent-baby breastfeeding support group.

You will be the moderator for the group.

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Community Breastfeeding Support Project

People

- Which people would be positively or negatively affected by your plan to hold Tues evening breastfeeding groups?
- What changes could be made to increase diversity and decrease challenges to attendance?



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Community Breastfeeding Support Project

Place

What features of a location would be important to provide for comfort and safety of the participants?



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Community Breastfeeding Support Project Process

How does the structure of the program affect different participants?
Will a support group encourage certain people and dissuade others?



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You Did It!! Congrats!
Now Let's Practice a Few Cases...



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Case #1

- *Your baby is now 3 weeks old, and your baby has not latched yet. You are just pumping, and your milk production is low.*
- *Your baby never latched well in the hospital, and so you started pumping on day 2 postpartum. The baby was tongue tied and had the tongue clipped, but this didn't help the baby latch.*
- *You are pumping every 3 hours, and your production is low. You are pumping about 1.5 oz every 3 hours, and the baby takes that plus another 1.5 oz of formula at each feeding.*
- *You've tried to nurse the baby a few times at home, but the baby just screams at the breast.*
- *You are feeling overwhelmed by pumping and bottle feeding, especially since your production is low. You are not sure that you want to continue to do this. You wonder if it really matters if you feed your baby formula rather than breastmilk?*



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Case 1 Discussion

- What are the parent's concerns?
- What are the parent's goals?
- How can you empathize with her?
- What advice can you offer her?
 - How can this be done in a shared-decision manner?



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Case #2

- *Your baby is now 5 months, and you are meeting with the breastfeeding champion because you have gone back to work.*
- *You notice that your production has gone down a bit, but you are still able to produce enough milk.*
- *You need to pump 3 times a day at work which is stressful, and the baby seems to pull and tug more at the breast in the evening.*
- *The baby is also waking up more at night to nurse.*
- *You are worried about the baby's weight, and wonder if you should give the baby formula, or give solids.*
- *You are not sure if you can keep up with the pumping at work.*
- *Sometime later in the conversation you admit that you, your partner, and the baby will be driving 6 hours to attend your partner's family reunion.*
- *You are worried that your partner's family might be uncomfortable if you nurse the baby in public around them.*



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Case 2 Discussion

- What are mom's concerns?
- What are mom's goals?
- How can you empathize with her?
- What advice can you offer her?
 - How can this be done in a shared-decision manner?



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Conclusions Session 8

- Most medications are safe during lactation.
- Use evidence-based resources to counsel on medications during lactation.
- Parents who drink alcohol and who smoke may continue to breastfeed or provide their expressed milk safely.
- Applying an equity lens allows professionals to be impactful in their communities.

