

Virtual Lactation Elective: Flexibility for a Changing Curriculum

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IABLE Curriculum Development Day

1

Learning Objectives

- Describe a virtual breastfeeding elective designed for residents in pediatrics, medicine-pediatrics, and family medicine
- Explain rationale for program creation and research goals
- Highlight opportunities for implementation of similar programs at other institutions

Disclosures: None

2

Foundation

Breastfeeding medicine is an essential skill for pediatric trainees

No specific Accreditation Council for Graduate Medical Education (ACGME) requirement for lactation education during pediatrics residency

How do we encourage this education for trainees?

3

Identifying Curriculum Need

Flexibility of virtual options

Patients increasingly using virtual resources

Increasing number of residents as new parents

ACGME increase in elective time

4

Original In-Person Curriculum

Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 AM	Dr. Leff Clinic	Erin Walsh Clinic		PINC Clinic	UCSD NICU Lactation Consultant
Week 1 PM	UCSD Virtual Breastfeeding Support Group	WIC Tour	UC Health Milk Bank Tour	<i>Continuity Clinic</i>	Prenatal Breastfeeding Class
Week 2 AM	Dr. Leff Clinic	Dr. Sandel Clinic		PINC Clinic	UCSD Newborn Lactation Consultant
Week 2 PM	UCSD Virtual Breastfeeding Support Group	UCSD Occupational Therapist	Rady NICU Lactation Consultant	<i>Continuity Clinic</i>	

5

Virtual Curriculum

- Compilation of online resources and reflection on lived experience (as applicable)
- Primary resource: AAP Breastfeeding Curriculum - <https://www.aap.org/en/pedialink/breastfeeding-curriculum/>
- ABM Breastfeeding Protocols - <https://www.bfmed.org/protocols>
- San Diego County Breastfeeding Coalition webinars - <https://breastfeeding.org/educational-webinars/>
- Lactmed - <https://www.ncbi.nlm.nih.gov/books/NBK501922/>

6

The Breastfeeding Curriculum

Select a curriculum topic below to get started.



Medical Knowledge

Learners will understand the anatomy of the breast, the physiology of lactogenesis and the challenges of breastfeeding.



Patient Care

Learners will be able to educate families about breastfeeding, provide peripartum breastfeeding support for routine care and common problems, recognize and be able to address breastfeeding challenges and special situations after discharge and throughout infancy and understand the unique needs of



System Based Practice

Learners will be able to coordinate services with other professionals, laypersons and community groups, consistent with an interprofessional and team-based approach to care.



7

Medical Knowledge

Your learners will understand the anatomy of the breast, the physiology of lactogenesis and the challenges of breastfeeding.

Goal A

Learners will understand the anatomy of the breast, the physiology of lactogenesis and the normal breastfeeding patterns.

[Begin Goal A](#)

Goal B

Learners will understand the current recommendations, benefits and impact of breastfeeding, and special considerations.

[Begin Goal B](#)

Goal C

Learners will understand normal growth patterns of breastfed infants, contraindications to breastfeeding and importance of breastfeeding care.

[Begin Goal C](#)

Learners can take this optional quiz to gauge their understanding of topics covered in this curriculum module.

[Take Quiz](#)



8

Virtual Participant Feedback

“The virtual lactation elective not only improved my understanding of the physiology/biology of breastfeeding but gave me hands-on tools to use with my patients who are new to breastfeeding! I also feel more comfortable at navigating the literature behind various medications and breastfeeding.”

“The virtual lactation elective was a great way to build my knowledge and apply hands-on skills. I appreciated the flexible and supportive learning environment, and opportunities to immerse myself in online patient and clinician-facing resources.”

9

Studying the Curriculum

Page 2

Medical Knowledge

9) 1. When the newborn begins to suckle from the breast, this stimulates the release of hormones in the mother's brain. The hormone primarily responsible for milk ejection ("let-down") is:

Estrogen
 Progesterone
 Prolactin
 Oxytocin
 Transferrin

10) 2. Exclusive breastfeeding is recommended for about what length of time?

1 month
 2 months
 4 months
 6 months
 9 months

11) 3. Breastfeeding is contraindicated in which of the following conditions:

Infants with galactosemia
 Maternal hepatitis B
 Maternal hepatitis C
 Maternal mastitis
 Infants with cystic fibrosis

12) 4. Milk production is increased by:

More frequent milk removal
 Forcing maternal fluid ingestion
 Increasing maternal caloric intake
 Maternal supplementation with vitamin D
 Hearing an infant cry

13) 5. The addition of complementary foods is recommended at about:

2 months
 4 months
 6 months
 9 months
 12 months

14) 6. All of the following are correct about cracked nipples, except:

A shallow latch could contribute to this type of trauma.
 Most mothers should expect to get cracked nipples.
 NSAIDs can be given to lactating mothers which will help with pain.
 Tongue motion can cause nipple abrasions.

Page 7

Breastfeeding Attitudes and Behavior Assessment (BABA)
Please answer according to your experience.

How confident are you of your ability to...

Scale: 1 = Not at all 5 = Very

	1	2	3	4	5
26) Adequately address parents' concerns about breastfeeding?	<input type="radio"/>				
27) Find out if a medicine is safe to use while breastfeeding?	<input type="radio"/>				
28) Help a new mother breastfeed her infant?	<input type="radio"/>				

How do you feel about the following?

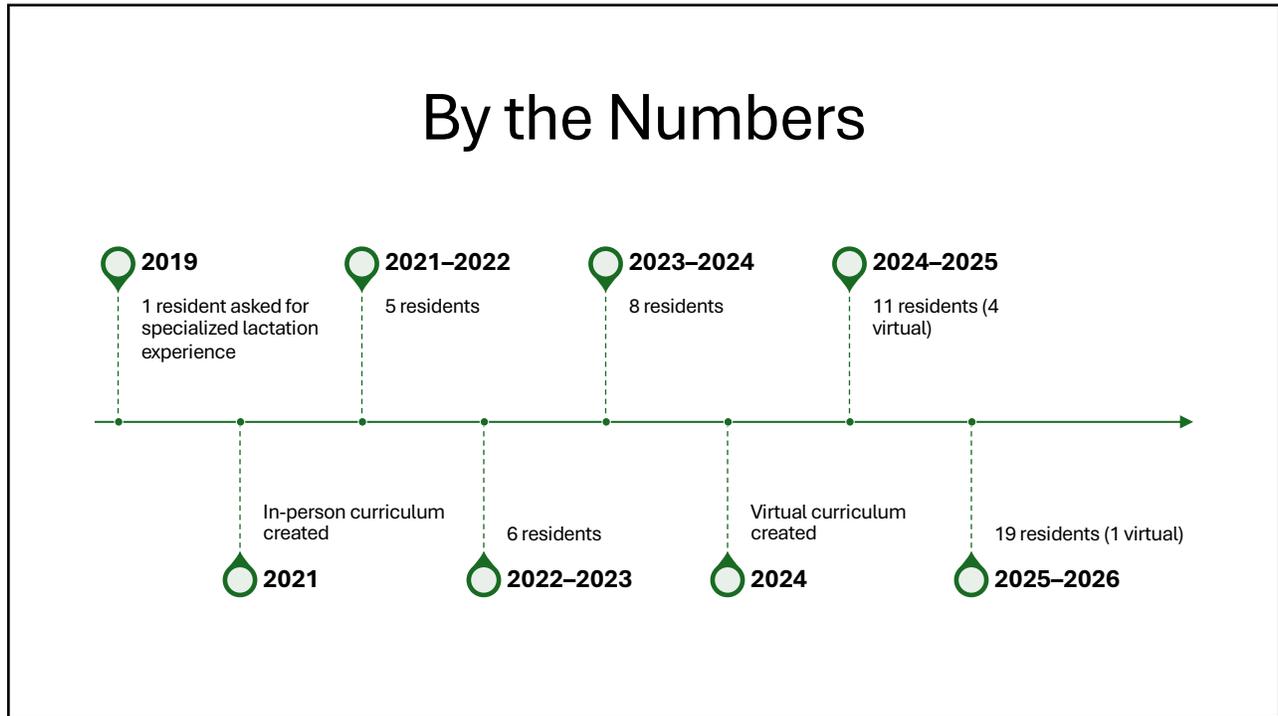
Scale: 1 = Not at all 5 = Very

	1	2	3	4	5
29) I would be comfortable if a mother breastfed in front of me	<input type="radio"/>				
30) I would be comfortable helping a mother breastfeed her baby	<input type="radio"/>				

Figure 1: Knowledge Test

Figure 2: Confidence Assessment

10



11

Future Directions

- Survey entire pediatrics residency class
- Hybrid model
- Working towards IBCLC hours
- Attending premature infant breastfeeding support group
- Attending Human Milk Institute Conference
- Participating in telehealth prenatal breastfeeding consults

12

Questions?



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Thank you!



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