

Iowa Breastfeeding Health

Developed for Health Professionals to Support Breastfeeding



Mission Statement:

Providing, promoting and coordinating breastfeeding education, support and evaluation through local coalitions, health care providers, educational institutions, and other interested individuals.

Information provided and distributed by the Iowa Breastfeeding Coalition.

Iowa Breastfeeding Coalition Board Members:

- Co-Chair, Jocelyn Cole, CLC
- Co-Chair, Angela Swieter, RN, BSN, IBCLC, ICD, ICPE, ICPD
- Secretary, Sabrina Martinez, MD
- Treasurer, Beth Buchholtz, RN, IBCLC, RLC
- Membership, LeeAnn Albright, MSN, FNP-C, IBCLC, RLC
- Website Administrator, Marieta Boberg, MS, RD, LD, IBCLC
- Board Liaison, Nicole Newman, RD, LD, CLC

Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Jocelyn at: JocelynCole17@gmail.com

Join the Iowa Breastfeeding Coalition

<http://iabreastfeeding.squarespace.com/join/>

Now is a great time to join the coalition! Memberships run from May to April. The Coalition is a group made up of lactation consultants, dietitians, nurses, CLCs, health professionals, peer counselors, mothers and grandmothers who are interested in promoting and protecting the rights of breastfeeding women in Iowa.

Breastfeeding the NICU and LPT Infant

Maureen Burke and Kelcey Gilchrist, both who are IBCLCs and RNs at MercyOne in Des Moines, shared a continuing education session at our January meeting. The definition of a late preterm infant (LPT) is a baby born between 34 through 36 6/7 days of age. Here are some key points from their presentation:

- Encourage mom to hand express as soon as possible after delivery.
- Assist with pumping.
- Follow up with moms for the first 5 days to review pumping, milk production, address concerns and reinforce instruction.
- Follow up as needed to assist once the infant can go to breast.

Spring 2019

- Any colostrum that is expressed can be used for baby's oral care which will boost the immune system.
- Colostrum lines the gut and stimulates gut motility. It also establishes beneficial gut bacteria and pH which inhibits the growth of harmful bacteria.
- Skin-to-skin promotes bonding, increases milk supply and has many other benefits.
- Nuzzling is encouraged which is practice at the breast for baby.
- Moms usually begin breastfeeding once or twice a day and work with other disciplines such as speech therapy and physical therapy. Sometimes nipple shields are needed to increase vacuum and milk transfer. These babies are followed closely by the lactation staff.
- Upon discharge community resources are shared with the family to support the moms breastfeeding journey.
- These babies sometimes have limited stamina at breast and tire easily.
- Due to the immaturity and higher risk of limited milk transfer the baby is at risk for high bilirubin levels, hypoglycemia, dehydration and insufficient weight gain.
- These infants are 2 to 3 times more likely to be readmitted to the hospital after discharge or even

admitted to the NICU before they discharge from the normal nursery.

- Blood sugars and weight are watched closely.

Strategies for the late preterm infant would be:

- Encourage 8 to 12 feedings in 24 hours.
- Help the mom with feedings and positioning.
- Encourage cluster care to limit the stimulation.
- Encourage lots of skin-to-skin contact and keep the infant warm.
- Some moms may need to pump after feedings to establish a good milk supply, especially if a nipple shield is needed.
- Upon discharge the family is encouraged to have follow-up care and weight checks. Community resources are given.

Outpatient Breastfeeding Champion Training

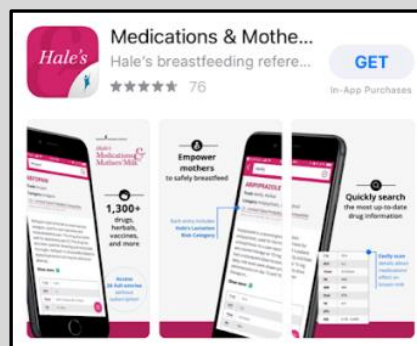
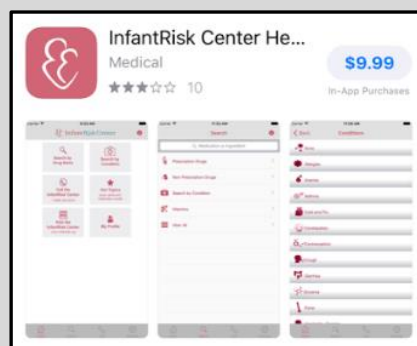
<https://lacted.org/desmoines201906/>

The Outpatient Breastfeeding Champion Training was offered in Des Moines on January 30-31st, 2019 at Unity Point Health- Blank Children's Hospital. The Training was presented by IABLE (Institute for the Advancement of Breastfeeding & Lactation Education) with instructors Carol Reeder, RN, BSN, IBCLC and Julie Cutler, RN, MSN, IBCLC. Due to the amount of interest, the training will be offered again this summer. It will be held again at Blank Children's Hospital and the dates are June 20-21, 2019. Register early as the last training filled up quickly. This training is beneficial for medical office staff, providers, pharmacists, public health nurses, doulas, midwives, home visitors, WIC peer counselors, dietitians, LLL

leaders, health professional students, and any others who help breastfeeding families.

Medication and Lactation

At our January meeting, we received a great lecture on medication use during lactation from Emily Beckett, a pharmacist from Broadlawns Medical Center in Des Moines and professor at the University of Iowa. She explained the important properties that are considered when discussing medication safety in breastfeeding. Lastly, she shared two great resources to use to find information on medication and breastfeeding safety: LactMed and InfantRisk Center apps. You can find the entire presentation on the IBC website under Member Exclusives!



Scholarships for Breastfeeding Education

<http://www.iabreastfeeding.org/scholarship/>

IBC members are eligible to apply for scholarships for breastfeeding education. The IBC has already approved 28 scholarships and reimbursed 17 totaling \$1,560 for breastfeeding education! *Proof of attendance and registration receipt are required for reimbursement. Scholarships are available up to \$100 per member and can be earned once a year. Apply online today!

Upcoming Breastfeeding Events and Educational Opportunities

<http://www.iabreastfeeding.org/events/>

- **IBC May Meeting**—May 15th at the FFA Enrichment Center (DMACC Ankeny)
- **30th Annual Iowa Breastfeeding Conference**—May 15th – 16th at the FFA Enrichment Center (DMACC Ankeny)
- **Outpatient Breastfeeding Champion Training**—June 20th – 21st at Blank Children's Hospital
<https://lacted.org/desmoines201906/>
- **Basking Babies Fall Conference**—November 4th
<http://www.basking-babies.com/2019-fall-conference-information.html>
- **CLC Training**
https://centerforbreastfeeding.org/register_lctc/
- **Gold Lactation Online Conferences**
<https://www.goldlactation.com/>
- **Lactation Education Resources**
<https://www.lactationtraining.com/>