

**Newsletter for Health Professionals**

Iowa Breastfeeding Health

Developed for Health Professionals to Support Breastfeeding



Summer 2015

**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, Julie Cutler,

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* Secretary, LeeAnn Albright, RN, IBCLC, RLC
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Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Holly at:

[holly.szcodronski@idph.iowa.gov](mailto:holly.szcodronski@idph.iowa.gov)

**Welcome to our Premier Year of Iowa Breastfeeding Health!!!**

If you are an Iowa Breastfeeding Coalition

(IBC) member you will automatically receive this newsletter. If you are not an IBC member and would like to subscribe to the newsletter you can do so by emailing Holly. Please include your name, email and phone.

[holly.szcodronski@idph.iowa.gov](mailto:holly.szcodronski@idph.iowa.gov)

**Safety of Insect Repellant Sprays for**

**Pregnant and Breastfeeding Women and Children**

<http://www.ibreastfeeding.com/newsletter/latching-on/2015/08/insect-bites-and-repellant-sprays-pregnant-women>

Physicians James Abbey and Saneea Almas of the Infant Risk Center at Texas Tech University Health Sciences Center write a timely article

that starts out by giving tips to avoid insect bites without the use of repellants. Then they evaluate nine different natural or chemical insect repellants.

**BM Clinical Protocol #18: Use of Antidepressants in Nursing Mothers**

[www.bfmed.org/media/files/protocol/18.pdf](http://www.bfmed.org/media/files/protocol/18.pdf)

It has been estimated that between 5% and 25% of women experience depression in the postpartum year. This protocol, updated July 2015, discusses the importance of actively screening for and when present, making the diagnosis of postpartum depression, how treatment can be determined, and specifically addresses the medications for which there is sufficient evidence to make recommendations related to the infant exposure with lactation.

**Study on Advice Mothers Receive From Physicians on Infant Care**

<http://pediatrics.aappublications.org/content/136/2/e315.full>

National Institutes of Health funded a study of 1,031 mothers to find out if they received information from their doctor on infant care-breastfeeding, sleep position, pacifier use and immunizations. Results reported in the August Journal of Pediatrics.

**Milk Collection Depots for**

**Mother’s Milk Bank of Iowa**

<http://www.uichildrens.org/mothers-milk-bank>

A volunteer milk collection depot is an agency affiliated with the Mother’s Milk Bank of Iowa that collects and stores donor milk in a freezer that is provided and dedicated to the process. Once a donor is screened and approved by the bank, she receives contact information about her area depot. If there is not a nearby depot, she can ship her milk. There are 26 depots associated with the Iowa bank and more are pursuing authorization from their hospitals. Eighteen depots exist in Iowa, 2 in Minnesota, 3 in Nebraska, 2 in South Dakota and 1 in Wisconsin. Staff from the bank transport milk from 23 of the depots. The 3 that are far away ship it. A list of the depots is at <http://www.uichildrens.org/childrens-content.aspx?id=246907>.

Depots enhance donor milk delivery and are instrumental for increasing donor participation and donation. They promote, support and protect the use of donor human milk. They facilitate the safe and orderly handling of donor human milk.

Additional depots are needed in areas not already served. Contact Jean Drulis at [jean-drulis@uiowa.edu](mailto:jean-drulis@uiowa.edu)

**Academy of Breastfeeding Medicine**

<http://www.bfmed.org>

Academy of Breastfeeding Medicine as their website states is “A worldwide organization of physicians dedicated to the promotion, protection and support of breastfeeding and human lactation.”

Their website includes timely information for health professionals with 25 breastfeeding protocols written by physicians on topics such as jaundice, human milk storage, model hospital policies, and hypoglycemia.

The Academy hosts an annual fall meeting with internationally known breastfeeding speakers that is ideal for physicians, nurses, midwives, lactation consultants and other health professionals. The 2015 conference brochure is now available on their website.

**Iowa Breastfeeding Coalition meetings**

<http://iabreastfeeding.org>

The coalition meets 3 times a year. The January and September meetings are by webinar while the May meeting is a face to face meeting and kicks off the annual breastfeeding conference. Mark your calendars to attend the next meeting on September 16. You do not need to be a coalition member to attend. Visit the website for September meeting information.

**Outcomes of Breastfeeding Versus Formula Feeding**

<http://www.evergreenperinataleducation.com/upload/OutcomesofBreastfeeding_Nov2013.pdf>

Need a resource to back up breastfeeding benefits with journal articles? If you answered yes, then here is a 60 page comprehensive document for your use.

**Breastfeeding: Enhancing Maternity Practices (EMPower)**

[www.EMPower@abtassoc.com](http://www.EMPower@abtassoc.com)

EMPower is an initiative funded by the Centers for Disease Control and Prevention (CDC) to support hospital-based quality improvement focusing on maternity care practices leading to Baby Friendly USA Designation. Direct support of the hospitals under the initiative runs May 2015 through September 2017.

Participating hospitals receive technical assistance and coaching from breastfeeding and quality improvement experts to

help them implement the Ten Steps. Genesis Medical Center in Davenport was selected and has entered into the initiative.

**World Breastfeeding Week/Month 2015**

<http://worldbreastfeedingweek.org/>

This year’s theme, Breastfeeding and Work: Let’s Make it Work, calls our attention to supporting breastfeeding women who return to the workforce.