

## Leading Lactation Insights - May 2023

A monthly newsletter called Leading Lactation Insights, which features factual and scientific information with no product promotion. It covers cutting-edge breastfeeding & lactation research, clinical news, and expert insights for IBCLCs, lactation consultants, and maternal health professionals.



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### DID YOU KNOW?

Medela has a corporate social responsibility program called [Medela Cares](#). Medela Cares is focused on where we can have the greatest impact and align with our business priorities. The three pillars that make up Medela Cares are People, Planet, and Society. Under the People pillar, we champion equity and advocate for a diverse workforce and inclusive culture. We also ensure our anti-corruption policies are extended through to our suppliers and partners for proactive adherence to ethical business practices across our supply chain. Under the Planet pillar, we promote environmental stewardship, and innovate with sustainability goals in mind. Lastly, under the Society pillar we fight infant and maternal mortality and malnutrition, and increase access to quality healthcare, education, and resources.

By working with like-minded partners and NGOs, we can have a broader impact beyond our direct business. Medela partners with [Laerdal Global Health](#) to provide effective, low-cost solutions for midwives to perform VAD during difficult births in remote locations in Rwanda and DRC. We support [UNFPA](#) with education material and VAD simulators and products to train midwives in Sudan, Madagascar, Senegal, Mali, and Burkina Faso. We support 60 [Ronald McDonald House Charities](#)® houses globally through equipment and supplies that support breast milk feeding of preterm babies. By partnering with [Well-being Foundation Africa](#) we can improve survival of infants in the NICU in Nigeria under the umbrella of [UN Every Woman, Every Child initiative](#).

- Supported more than 4320 births by training and equipping more than 80 midwives.
- Supported 15,000 NICU families through the Ronald McDonald House Charities partnership.
- Trained more than 100 healthcare professionals in Nigeria were trained by partnering with the Well-being Foundation in Africa.

A total of 13.906.449 families and patients were served in 2022!

Additionally, in the USA last year, Medela Cares supported 90,000 breastfeeding families across America, providing breastfeeding supplies to 60 community-based nonprofits. This work was completed in addition to the NICU support provided through our partnership with Ronald McDonald House Charities locations.

That is just the beginning. By 2025, through our Medela Cares program, we are committed to providing training to more than 500 midwives and healthcare professionals in high-risk countries.

### BREASTFEEDING AND COVID-19

- ➔ [Maternity Care Clinicians' Experiences Promoting Infant Safe Sleep and Breastfeeding During the COVID-19 Pandemic](#) Meera Menon.../April 2023
- ➔ [Vaccination Beliefs and Attitudes of Lactating People During the SARS-CoV-2 Pandemic](#) Elyse G. Mark, MA.../April 2023
- ➔ [The Role of Doulas in Providing Breastfeeding Support During the COVID-19 Pandemic](#) Monica Ochapa.../April 2023

### BREASTFEEDING AND INFANT HEALTH

- ➔ [Tethered Oral Tissue Release Among Breastfed Infants: Maternal Sources of Information and Treatment](#) Taylor Winkel, MS, RD.../March 2023
- ➔ [Community-based Approaches to Infant Safe Sleep and Breastfeeding Promotion: A Qualitative Study](#) Meera Menon.../March 2023

#### HUMAN MILK IN THE NICU

- ➔ Exclusive Human Milk Diet for Extremely Premature Infants: A Novel Fortification Strategy That Enhances the Bioactive Properties of Fresh, Frozen, and Pasteurized Milk Specimens Roy K. Philip.../April 2023
- ➔ State of the Science on the Benefits of Human Milk for Hospitalized, Vulnerable Neonates Britt F. Pados/April 2023

#### BREASTFEEDING AND MATERNAL HEALTH

- ➔ State paid family and medical leave and postpartum outcomes Madeline F. Perry.../January 2023
- ➔ Emotional and informational social support from health visitors and breastfeeding outcomes in the UK A. Chambers.../March 2023
- ➔ Etonogestrel Implant in the Postpartum Period and its Impact on Biochemical Markers in Secretory Activation: A Pilot Study Wesley Nilsson, MD, MBA 2022
- ➔ The volume and monetary value of human milk produced by the world's breastfeeding mothers: Results from a new tool Julie P. Smith.../March 2023

#### HUMAN MILK EXPRESSION

- ➔ Human Milk Expression Technologies: An Evaluation of Efficacy and Comfort of Hands-Free, In-Bra, Breast Milk Collection Pump Set Zoya Gridneva.../April 2023

#### BREASTFEEDING IN THE HOSPITAL

- ➔ Implementing the Role of Neonatal Assessment Nurse to Improve Skin-to-Skin Care and Breastfeeding Exclusivity Sino George/April 2023

#### ORGANIZATIONAL STATEMENTS & RESOURCES

- ➔ CDC: The Centers for Disease Control and Prevention - Published a new resource for both breastfeeding and formula feeding in the event of a radiation emergency.
- ➔ The Centers for WorkLife Law - The Center for WorkLife Law and A Better Balance issued a resource to help lactating workers make a plan for working while meeting lactation needs.
- ➔ Five tips for designing a lactation benefits program that supports your employees and your business Jeff Castillo/April 2023

News You Can Use

**Tools You Can Use**

New Webinars

## Medela's Breastfeeding & Lactation Symposium Resources

**Maria Lennon, MSN, CNM, IBCLC**

Medela's Breastfeeding & Lactation Symposium concluded with sharing a wealth of available resources. These include: multiple upcoming area conferences and educational webinars, an area to share and view your local initiatives making an impact in the world of lactation through March of Dimes, HMBANA milk bank resources, publications from featured guest Symposium speakers, and numerous up-to-date videos and handouts for public use within LactaHub, and more. [Resources](#)



## Clinical Pearls in Lactation

This column is for lactation practitioners to share clinical challenges, successes, observations and pearls of wisdom with colleagues. If your submission is selected for publication in a future issue of Human Milk Insights, you will receive a \$25.00 VISA gift card.

[SUBMIT YOUR PEARL](#)

## 16th Annual Global Breastfeeding and Lactation Symposium Series – Americas

### Advancing Lactation Science to Improve Care: Bridging Lactation Science to Everyday Breastfeeding Care

**Maria Lennon, MSN, CNM, IBCLC**

Medela has a proud history of hosting an annual Global Breastfeeding and Lactation Symposium, a forum where internationally renowned researchers in the field of lactation provide insights into their latest research and clinical practices. The 2023 Symposium takes this to a new level and was presented in the United States for the first time. Two other Symposia will be held around the world this year - one in China in May and one in Europe in June.

One of Medela's primary goals is to partner with world-renowned researchers, institutions, and clinical organizations in order to gain a deep understanding of breast milk composition and the process of lactation. To help achieve this goal, these Symposia have been developed to provide a unique platform where healthcare professionals can learn about the latest research as well as connect with colleagues to exchange knowledge and discuss innovative best practices.

The first of the three Symposia was an invitation-only event and was held in Chicago on April 20-21, 2023. Attendees were a select group of key opinion leaders in the fields of neonatology, breastfeeding, lactation and human milk, health policy and data tracking. Following is a small sampling of the experience.

**Day One** opened with a Welcome from Angela Lang, DNP-CNS, CNL, RN, IBCLC, C-EFM, Director of Medical Affairs and Lactation Science for Medela. Annette Bröls, CEO of Medela, gave attendees an inspiring message in her opening remarks and an overview of Medela's global mission and the commitment to people, the planet, and to society.

Included Research Sessions on Translating Science into Clinical Practice,

**Lactation as a Biological System: The Dynamics of Human Milk Composition** – Professor Lars Bode, Ph.D., The University of California San Diego

Dr. Bode, Director of the Mother-Milk-Infant Center of Research Excellence (MOMI CORE), spoke about the investigation of human milk *as it functions* in the mother-milk-infant triad, and the importance of Human Milk Oligosaccharides (HMOs) in predicting improved health outcomes.

**Lactation as a Biological System: The Importance of Dose** – Professor Donna Geddes DMU, PostGrad Dip (Sci), Ph.D. The University of Western Australia

Dr. Geddes continued the conversation of the mother-milk -infant triad and the exploration of the many factors that impact the composition of human milk – milk expression, delivery, storage, thawing, warming, etc. and looking at biomarkers of milk production as a diagnostic tool. There is a critical need for more 24-hour studies to develop normative reference ranges to inform clinical guidelines.

**A Call to Action: Improving Human Milk & Breastfeeding Outcomes by Prioritizing Effective Initiation of Lactation** – Professor Diane Spatz, PhD, RN-BC, FAAN, The University of Pennsylvania

A passionate speaker, Dr. Spatz translates research into clinical practice. She emphasized the importance of discussing the science of lactation during the prenatal period to ensure a truly informed decision. Risk assessment is critical as is the need to manage the patient's individual situation in order to maximize milk supply. There is a critical window of opportunity and early breastfeeding/milk expression protects the milk supply and helps mitigate risk factors. Nurses are the "first lines of defense" in helping initiate the milk supply. Early, frequent pumping (8x/24 hrs.) is essential in yielding a long-term sustained milk supply.

**Initiation of Lactation: Prophylactic Lactation Support as Standard of Care for Mothers of NICU Infants** – Dr. Rebecca Hoban, MD, MPH, Staff Neonatologist and Director of Breastfeeding Medicine at The Hospital for Sick Children, Toronto, Canada

Secretory activation (formerly known as Lactogenesis II) should occur within 72 hours after birth and early pumping is necessary to program the breasts to initiate milk supply. Point of Care Testing (POCT) for biomarkers of secretory activation is being developed to predict who may have problems coming to volume. Frequent stimulation and milk removal is important management of initiating lactation in the early days. Mothers double pumping with the electric pump produced significantly more milk than those using hand expression only. It's important for mothers to pump at least once during the night and to wait no longer than 5 hours between pumping sessions. Again, bedside nurses are critical to success because parent contact and support are essential. NICUs should employ dedicated lactation consultants as all mothers in the NICU are high-risk for milk supply problems and need personalized care and support. Late Preterm/Near Term infants also need extra care and mothers may need to pump after breastfeeding in order to get the prolactin surge necessary to meet their lactation goals.

The afternoon wrapped up with a **Panel Discussion** on the **Value of Colostrum** with panelists, Jessica Brumley, CNM, Ph.D. Director of Division of Midwifery at the University of South Florida, Tampa, FL., Drs. Donna Geddes and Diane Spatz.

The discussion opened up with The Power of Colostrum, how it is closely related to amniotic fluid and is a transitional fluid from intrauterine to extrauterine life. Colostrum is not meant to be nutrition, but an immunologic substance important to both term and preterm infants. Colostrum contains components that help heal the gut, protect from NEC, and is used as oral care for preterm and surgical infants. Parents need to be taught in the prenatal period that colostrum has a very special purpose, is present in a very small amount for specific biological reasons; it is not the same as formula in composition or volume and it was never meant to be. Conference attendees were very involved in the conversation and shared many personal stories and best practices.

**Day 2:** The second day of the conference was opened by Jeff Castillo, Executive Vice President of the Americas, Medela and was a day full of sharing and conversation with panel discussions on:

**Hospital to Home Life Continuum** – Panelists, Dr. Jenny Thomas, MD, MPH, IBCLC, FAAP, FABM, Tayo Mbande, Birth and Postpartum Doula, Co-Owner of Chicago Birthworks Collective, Jess Sember, MSN, RN, IBCLC, CPLC, CCE, SBD, Clinical Education Manager for Medela.

These dynamic panelists discussed the importance of supporting birthing parents all along the continuum of pregnancy, birth and breastfeeding and prioritizing the concept of maternal wellness. As a pediatrician, Dr. Thomas spoke about the importance of health professionals preparing and supporting parents for breastfeeding throughout infant and toddlerhood and for parenting in general. Ms. Mbande, a Birth and Postpartum Doula, teaches parents the role of a doula and she focuses on helping Black families in the hospital and after they go home. They discussed the importance of creating a community of support and helping mothers achieve their own personal goals. Again, the audience was very responsive, actively participated in the discussion and shared suggestions for supporting mothers in this vulnerable time.

**Maternal Wellbeing and Mental Health** – Lacey Pezley, Ph.D., RDN, CD (DONA), LE, Professor Donna Geddes, DMU, PostGrad Dip (Sci), Ph.D. and moderated by Leon Mitoulas, Ph.D., Global Director of Medical Research for Medela.

This panel discussion began with talking about research into what was happening with women and breastfeeding while being isolated during the pandemic. Mothers described increased anxiety and lack of support which led to increased stress and earlier weaning. They also felt that telehealth calls were not very helpful, as it was difficult to diagnose problems online. The panel and attendees discussed social media influences, especially as it relates to expectations of milk overproduction which has led to problems of oversupply. It was agreed that there is not enough mental health assistance in hospitals. Some members of the audience shared that they have psychologists in their NICUs and how supporting maternal mental health is being incorporated as the norm in maternal healthcare.

A highlight of the Symposium was the **Networking Tables** during lunch. Conference attendees chose the lunch table discussion that interested them the most. They conversed with Conference speakers, researchers, attendees/key opinion leaders from all over the US, and Medela representatives from all over the world.

Lunch tables included discussions on topics such as **Prenatal Breastfeeding Education, Breastfeeding research, Birth Equity, Antenatal Risk Factors, Late Preterm Infant and Breastfeeding, Mother's Own Milk – Initiation and Discharge Quality Improvement Measures, Peer-to-Peer Support, Breastfeeding Research - Antenatal Milk Expression, Supplementation with Donor Milk in the Nursery**

Wrapping up Day 2 was an electrifying Panel Discussion **March of Dimes: Breastfeeding Access for All** consisting of a dynamic panel of local Chicago speakers: Karie E. Stewart, MPH, CNM, APRN-FPA, Dr. Dakisha Lewis, MD., FACOG, Shanice Williams, MPH, CLC, Tayo Mbande, Birth and Postpartum Doula, Co-Owner of Chicago Birthworks Collective, Janine Valarie Logan, CNM, CLS. Moderated by Patrice Hatcher, MBA, BSN, RNC-NIC Manager of Clinical Education for Medela.

This distinctive panel of local women introduced themselves and the work they are doing with families in underserved areas of Chicago. The love they all had for their local communities was evident in their excitement and passion as they shared their unique roles in caring for the healthcare needs of birthing and breastfeeding women.

Ms. Hatcher reviewed the recent data that Black women in the US continue to have lower breastfeeding rates. A discussion followed on how the healthcare community can help empower women and support the belief that they can be successful in breastfeeding. More resources are necessary for prenatal care, birth and breastfeeding, and the larger maternal healthcare community needs to create these resources for Black mothers and direct patients to where they can get culturally sensitive and safe care.

Lively discussions continued and covered topics, such as including family members in care and teaching, especially fathers, building community partnerships and the importance of IBCLCs mentoring students of color so they can become certified. The discussion ended with the charge that if **access for all** is important, then we all must participate in **advocacy** so positive change on a larger scale can occur.

## 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 Samantha Bernstein, Ph.D., RN, IBCLC

SEND A

#### Megan Quinn

Samantha Bernstein, Ph.D., RN, IBCLC, is an assistant professor and researcher at the Massachusetts General Hospital Institute of Health Professions in Boston, Massachusetts. Here, she teaches Nursing Care of Childbearing Families and coordinates the pre-licensure portion of their direct entry into the Nursing Master's Degree program. Additionally, Samantha works per diem as a staff nurse and lactation consultant on the postpartum units at Massachusetts General Hospital. "MGH, or Massachusetts General Hospital, is one of the greatest hospitals in the world," Samantha says, "I met my husband in the recovery room in 1999, so it's a pretty special place to me. MGH has been Baby-Friendly since 2015, and all of our certified nurse midwives, physicians, and nurses work together to support breastfeeding."

Though Samantha is originally from Newtown, Connecticut, she currently divides her time between her family's home in New Hampshire, where they raise their kids, and an apartment in Boston, which is close to her work locations. She shares that she became especially interested in healthcare when working at a domestic violence shelter after college. She notes that many of those clients could only obtain healthcare through the emergency room, as they often lacked steady housing and health insurance. Samantha quickly realized that she enjoyed being part of the E.R. environment and decided to go to nursing school. Though she already had a B.A. in Anthropology, she then completed a second Bachelor's in Nursing to realize this career path.

While in nursing school, Samantha became interested in breastfeeding, worked on postpartum units, and volunteered as a peer counselor while having her own kids. "Helping people feed their babies always felt like the right thing to do," Samantha says. "People really respect IBCLCs for our knowledge base. They know they can count on us to put breastfeeding first and help them meet their own needs and goals."

Currently, Samantha spends most of her time teaching pre-licensure nursing students through the only course they take that is focused on pregnancy, childbirth, and breastfeeding. She also works about 2 - 3 shifts per month at the bedside and co-facilitates a virtual breastfeeding group for new moms alongside another lactation nurse and an occupational therapist. Finally, Samantha also pens a "Hot Topics" column a few times each year for MCN: The American Journal of Maternal-Child Nursing to help busy bedside nurses stay current. Perhaps most exciting of all, Samantha's students honored her last year with a Daisy Award for teaching!

Samantha cites nurse burnout and exhaustion as an overall professional challenge that many like her currently encounter. "Nurses are exhausted," she states. "Even if they aren't burned out, they're worried and tired. I really love my job, all parts of it. Staying excited about it when so many people around me aren't feeling that way can be really challenging." She mentions that many of the bedside nurses she works with are fairly new to the field and that she looks forward to helping provide ongoing support and education around breastfeeding so they can continue to grow their confidence and skills when it comes to lactation.

Outside of work, Samantha enjoys baking, knitting, and reading. She reads upwards of 75 books each year and enjoys a combination of mysteries, sci-fi, and even some fantasy genres. Thank you for your important commitment to guiding the next generation of nurses and clinicians and for your long-time dedication to supporting breastfeeding for new families throughout the Boston area!