

Breastfeeding Webinar

The webinar will begin shortly...

Please put the number of people watching the webinar with you in the chat box - thank you!

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Application Specialist

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Breastfeeding Specialist



COLORADO
Prevention Services Division
Department of Public Health & Environment

Overview

- Breastfeeding data in compass
- The “Bigger Picture” of breastfeeding data
- Breast pump issuance
- Breast pump maintenance



Breastfeeding Descriptions in Compass

Exclusively Breastfeeding - Has been only fed human milk, vitamins, minerals, and/or medications.

Primarily Exclusive/No Formula Package - Has been fed something other than human milk, vitamins, minerals and/or milk fortifier, cow's milk, juice, sugar, water, rehydration solution, water, baby food, or anything else. This identifies an infant whose exclusively breastfeeding is interrupted because of special circumstances (e.g., acute illness, hospitalization, caregiver misinformation).



Breastfeeding Descriptions in Compass

Primarily Exclusive/Complementary Foods

- Has been fed any complementary foods (e.g. cereal, baby food, table foods) in addition to only being fed human milk, vitamins, minerals, and/or medications. These foods are provided on a routine or ongoing basis regardless of the amount.

Partially Breastfeeding - Breastfeeding and receiving formula (WIC or non WIC supplied formula). May also be fed complementary foods.



Breastfeeding Description in Compass

Breastfeeding Child - Greater than or equal to 12 months and continuing to breastfeed.

No Longer Breastfeeding - Was breastfeeding at some point in time but has now discontinued.

Never Breastfed - Was never breastfed.



Let's Practice

- Mom arrives in your clinic for an add baby appointment. States she has received formula in hospital for her baby but now she is breastfeeding exclusively, and does not need formula.

- **What Breastfeeding Description do we assign the infant in Compass?**



- Current Summary
- Nutrition Practices
- Health/Medical
- Immunizations
- Oral Health
- Life Style
- Mom's WIC Participation

Health Care Provider No Health Care Provider

Do you give WIC permission to share Mikayla's WIC information with this health care provider? Yes No

Current Summary

1d. What besides breast milk has Mikayla received?

1e. How old was Mikayla when he/she was first fed something other than breast milk?

Age (Weeks) Or select a date

1f. How old was Mikayla when he/she was fed something else on a regular basis?

Age (Weeks) Or select a date

1g. How much formula has Mikayla received?

1h. How old was Mikayla when he/she was first fed formula?

Age (Weeks) Or select a date

Health Care Provider No Health Care Provider

Do you give WIC permission to share Mikayla's WIC information with this health care provider? Yes No

1i. Breastfeeding Description

1m. Does your baby take any vitamins or minerals?

1n. Does your baby take any herbs or dietary supplements?

1o. What questions or concerns do you have about breastfeeding Mikayla?

Listen, ask, and assess for

- Teething/biting
- Baby preferring one breast
- Baby not interested
- Breasts leaking/nipple care
- Fullness and engorgement
- Breast pump needs/questions



Let's Practice

- Mom arrives in your clinic for an add baby appointment. States she is breastfeeding but is supplementing with some formula. You find out the baby is consuming 24 oz of formula each day. Mom states she is breastfeeding a couple times at night.

- What Breastfeeding Description do we assign the infant in Compass?



No Health Care Provider

Do you give WIC permission to share Mikayla's WIC information with this health care provider? Yes No

Current Summary

1d. What besides breast milk has Mikayla received?

1e. How old was Mikayla when he/she was first fed something other than breast milk?
 Age (Weeks) Or select a date

1f. How old was Mikayla when he/she was fed something else on a regular basis?
 Age (Weeks) Or select a date

1g. How much formula has Mikayla received?

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No Health Care Provider

Do you give WIC permission to share Mikayla's WIC information with this health care provider? Yes No

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- Breasts leaking/nipple care
- Fullness and engorgement



Breastfeeding Prevalence Report

- Provides information used to evaluate the age to which breastfeeding continued from infancy to 24 months of age and tracks trends.

Breastfeeding Prevalence

Print Date: 08/28/2013

August 2012 - July 2013

State Totals	Excl BF 1 Wk	Excl BF 3 mo	Excl BF 6 mo	Ever BF	1Wk	2Wk	3Wk	4Wk	5Wk	6Wk	2M	3M	6M	9M	12M	18M	24M
	6%	3%	2%	76%	66%	61%	58%	53%	51%	49%	43%	36%	25%	19%	19%	5%	2%
	5873	2840	1709	78376	66981	60813	56449	50504	48197	45587	39345	32842	20708	14003	7325	2972	1042
Local Agency/Clinic	Excl BF 1 Wk	Excl BF 3 mo	Excl BF 6 mo	Ever BF	1Wk	2Wk	3Wk	4Wk	5Wk	6Wk	2M	3M	6M	9M	12M	18M	24M
34 Local Agency ZZ	10%	5%	3%	83%	76%	72%	69%	64%	62%	58%	52%	47%	33%	27%	17%	9%	4%
	101	41	26	847	773	713	671	613	586	543	476	421	277	205	120	52	19
401 Clinic AA	13%	6%	3%	86%	79%	74%	71%	67%	66%	63%	57%	53%	38%	29%	18%	11%	2%
	32	13	6	220	201	181	170	156	152	142	127	115	77	57	34	17	3
3401 Clinic BB	10%	4%	3%	82%	76%	73%	70%	64%	61%	58%	52%	46%	32%	26%	16%	9%	5%
	66	26	19	572	525	487	459	417	395	365	319	280	185	135	78	32	14
3403 Clinic CC	4%	3%	2%	79%	67%	64%	60%	57%	56%	51%	43%	39%	23%	22%	14%	6%	4%
	3	2	1	55	47	45	42	40	39	36	30	26	15	13	8	3	2



Excl. Breastfeeding and Formula Issuance Report

- Provides information used to evaluate when formula is first issued to an exclusively breastfeeding infant.

Exclusively Breastfeeding and Formula Issuance Report Print Date: 08/28/2013

August, 2012 July, 2013

State Totals	Cans	<1 Month	1 Month	2 Months	3 Months	4 Months	5 Months	6 Months	7 Months	8 Months	9 Months	10 Months	11 Months	12 Months
1 Can	0.07%	0.35%	0.12%	0.17%	0.10%	0.04%	0.03%	0.02%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
2 Cans	0.07%	0.73%	0.32%	0.19%	0.27%	0.15%	0.19%	0.06%	0.03%	0.01%	0.02%	0.01%	0.00%	0.00%
3 Cans	0.08%	0.56%	0.32%	0.30%	0.25%	0.08%	0.18%	0.10%	0.04%	0.04%	0.02%	0.02%	0.00%	0.00%
4 Cans	0.23%	3.86%	2.09%	1.71%	1.10%	0.18%	2.84%	0.98%	0.27%	0.17%	0.19%	0.08%	0.01%	0.00%
5 Cans	0.01%	0.32%	0.38%	0.39%	4.87%	1.06%	0.31%	0.02%	0.01%	0.00%	0.00%	0.00%	0.00%	0.06%
6 Cans	0.06%	0.25%	0.21%	0.12%	0.45%	0.08%	0.22%	0.11%	0.06%	0.07%	0.03%	0.01%	0.00%	0.00%
7 Cans	0.01%	0.22%	0.09%	0.18%	0.17%	0.07%	12.13%	5.27%	1.61%	1.27%	0.97%	0.53%	0.04%	0.00%
8 Cans	0.10%	0.38%	0.33%	0.34%	0.43%	0.12%	1.38%	0.60%	0.27%	0.36%	0.15%	0.10%	0.00%	0.00%
9 Cans	1.23%	7.62%	4.63%	4.82%	2.63%	0.11%	0.04%	0.02%	0.01%	0.01%	0.00%	0.00%	0.00%	0.03%
10 Cans	0.04%	0.55%	0.61%	0.39%	14.88%	3.70%	1.66%	0.04%	0.01%	0.00%	0.00%	0.01%	0.01%	0.06%
11 Cans	0.01%	0.00%	0.01%	0.01%	1.04%	0.20%	0.17%	0.02%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
12 Cans	0.01%	0.13%	0.07%	0.06%	0.11%	0.03%	0.12%	0.20%	0.10%	0.10%	0.06%	0.01%	0.00%	0.00%
13 Cans	0.00%	0.00%	0.01%	0.02%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
14 Cans	0.00%	0.02%	0.00%	0.01%	0.01%	0.02%	1.30%	0.84%	0.59%	0.57%	0.51%	0.17%	0.09%	0.00%
15 Cans	0.01%	0.01%	0.02%	0.00%	0.09%	0.03%	0.03%	0.01%	0.01%	0.00%	0.00%	0.02%	0.00%	0.00%

Local Agency/Clinic	Cans	<1 Month	1 Month	2 Months	3 Months	4 Months	5 Months	6 Months	7 Months	8 Months	9 Months	10 Months	11 Months	12 Months
34 Local Agency ZZ														
401 Clinic AA														
2 Cans	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	1.85%	0.00%	0.00%	0.00%	0.00%	0.00%
4 Cans	0.00%	0.00%	0.00%	0.93%	0.93%	0.00%	0.00%	0.93%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
5 Cans	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.93%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
7 Cans	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	2.78%	2.78%	0.00%	0.93%	0.00%	0.00%	0.00%
9 Cans	0.00%	1.85%	2.78%	1.85%	0.93%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
10 Cans	0.00%	0.00%	0.00%	0.00%	0.93%	0.93%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
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5 Cans	0.00%	0.00%	0.00%	0.34%	1.03%	0.34%	0.34%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
6 Cans	0.00%	0.00%	0.00%	0.00%	0.34%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
7 Cans	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	5.15%	1.03%	1.03%	0.34%	1.72%	0.00%	0.00%
9 Cans	0.34%	4.12%	2.41%	1.37%	0.69%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
10 Cans	0.00%	0.00%	0.00%	0.00%	2.41%	0.00%	1.03%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%

Page 1 of 2 Rev: 3/1/2013 12:09:32 PM



Why is this Important?

1

- Breastfeeding data entered incorrectly in Compass effects Compass Breastfeeding Reports

2

- Compass Breastfeeding Reports are sent to USDA to track breastfeeding statistics for Colorado

3

- These reports could effect funding indirectly for local agencies

Breast Pumps

- Local Agencies can purchase as many pumps as the agency is willing and able to manage for their loan program.

The hope is that no participant is denied a WIC pump based on lack of pump availability.

- Pumps are purchased quarterly through the state office.
- Remember to form a relationship with area hospitals.

This can help hospital staff remember to refer to WIC, help participants get needed breastfeeding support and pumps after discharge, and increase collaboration in your community.

Local Agencies can consider forming an agreement (MOU) with area hospitals to provide WIC pumps to participants in the hospital.



When to Issue a Breast Pump

- Infants with an ineffective suck or unable to nurse because of prematurity; respiratory or cardiac problems
- Affecting endurance; disorders of the oral or gastrointestinal structures
- Latch on problems/breast rejection
- Mastitis/breast infections
- Mother on medication contraindicated for breastfeeding
- Separation from infant (i.e., mother or infant hospitalized)



When to Issue a Breast Pump

- Acute engorgement not resolved with standard treatment (i.e., increased feedings, warm soaks, manual expression)
- Mother of multiples
- Mother returning to work or school
- Severely sore or cracked nipples
- Infants with breast milk jaundice
- Abrupt weaning



Manual Pumps

Issue for:

- ✓ Normal engorgement
- ✓ Occasional separation from baby for social events, meetings, etc.
- ✓ Working for less than 20 hours per week or in school, with a flexible schedule



Single User (Personal) Electric Pump

- For breastfeeding mothers who need help maintaining milk supply and who have expressed genuine interest in breastfeeding **exclusively** for a goal of one year
(use WIC Breast Pump Questionnaire)

Qualifications:

- ✓ Mother must already have a well-established milk supply
- ✓ Mother must be receiving the Exclusive Breastfeeding food package and no formula from WIC at time of issuance



*If mom reports offering formula, from WIC or other source, offer to loan her a pump rather than issue a personal pump

Single User (Personal) Electric Pump

Issue when:

- ✓ Mom is separated from infant for at least 6 consecutive hours on a regular basis (returning to work/school, custody sharing, etc.). Separation requires pumping at least twice per day.
- ✓ Mother of multiple infants.
- ✓ Mother of infant with physical or neurological impairment (weak/uncoordinated suck/swallow, inability to suck or latch onto breast)
- Remind moms - pumps are for one user only and should not be sold, lent or shared with others - cannot be completely sanitized.
- Mom is encouraged to keep her pump and should only receive one pump for all children (will not receive another pump for a future infant, unless special circumstances exist).



Single User (Personal) Electric Pump

Typically NOT issued when:

- Mom is currently borrowing a WIC pump, until it is returned
- Mom has already received a single user pump previously
- Mom receives formula for her infant

Exceptions:

- Mom of multiples
- Infant with a medical condition that requires supplement and mom intends for breast milk to be primary source of nutrition for her infant

If a mom has a single user pump and later requests formula supplementation, staff must refer participant to WIC High Risk Counselor or staff trained in lactation management for counseling.



Multiple User (Loaned) Electric Pump

- Loan only to participants who have demonstrate they are reliable and who would be able to be located if necessary
- All loaned pumps are considered serialized inventory and must be tracked
- Contact participant within 24-72 hours after issuance and regularly thereafter to check for questions and needs for assistance. Follow up is **KEY** in providing good breastfeeding support to participants.
- Contact participants on a monthly basis, at a minimum, to assess pump needs and questions. Period of time a pump is loaned is individualized and should be monitored closely.
- Period of time a pump is loaned is individualized and should be monitored closely.

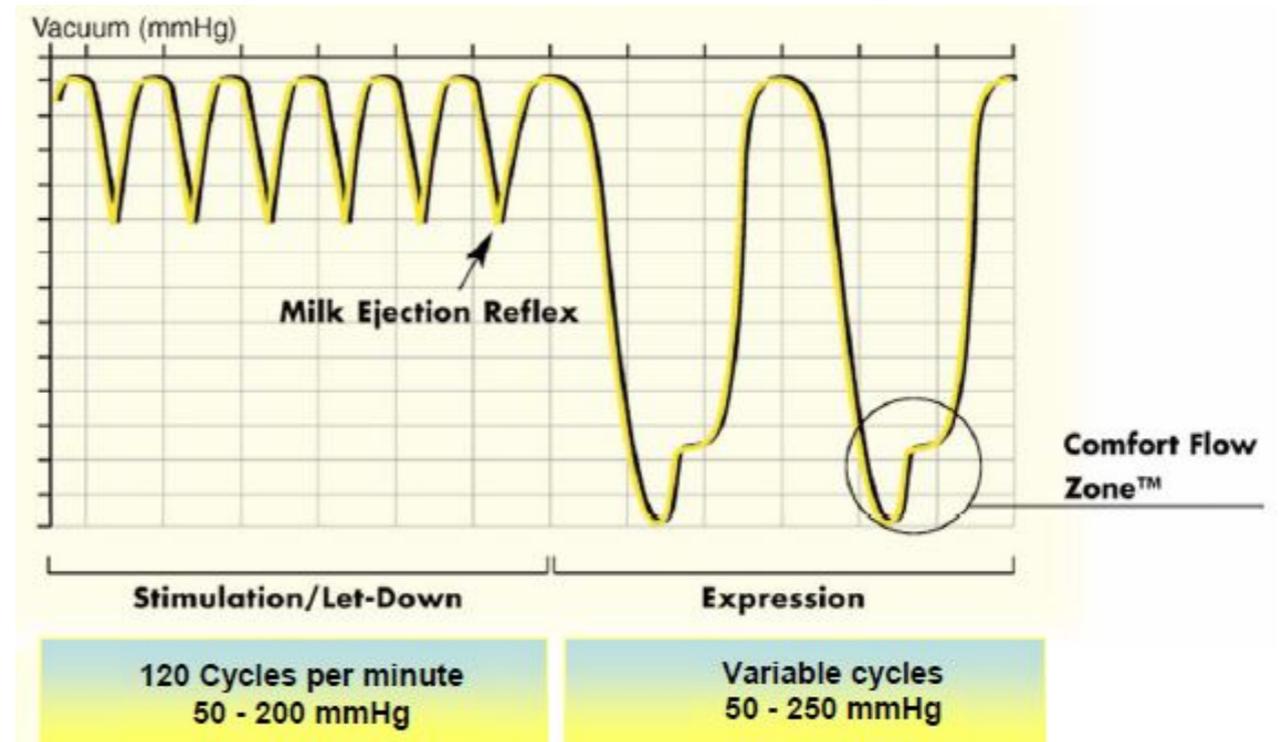


Hospital Grade Electric Pump

Multi-user pump

Pump Differences:

- 2-Phase Expression® - combination of high- and low-frequency sucking that mimics the baby
 - *Stimulation phase* = high-frequency, to mimic a baby's 2 sucks/second to stimulate milk let down
 - *Expression phase* = low-frequency, to mimic a baby's 1 suck /second drinking
- Stronger pump vacuum



Hospital Grade Electric Pump

Why can't this be mimicked with Lactina or single-user pumps?

- Other pumps have narrower range of vacuum levels and cycles per minute compared to Symphony

	<u>Symphony[®]</u>	<u>Lactina[™]</u>
Vacuum (mmHg)	Stimulation: 50 - 200 Expression: 50 - 250	100 - 240
Speed (Cycles per Minute)	Stimulation: 120 cpm Expression: 78-54 cpm	40 - 60 cpm

Hospital Grade Electric Pump

Benefits:

- Reduced time to milk ejection (let down)
- Feels most like a baby
- More milk in less time (fast milk flow) - According to Medela:
 - 5 minutes with Symphony can remove as much milk as an average 16 minute breastfeed
 - Average available milk removal:
 - Babies = 67%
 - Symphony = 69.7%

*Thus maintains lactation better possibly because it removes as much milk as an exclusively breastfed infant



Hospital Grade Electric Pump

Issue when:

- ✓ Mom has premature infant
- ✓ Mom has an infant that is physically or neurologically unable to direct breastfeed
- ✓ Mother of multiples
- ✓ Mom has low milk supply



*Essentially, this pump is best for moms who are exclusively pumping (no direct breastfeeding) due to medical issues

- Mom should be exclusively breastfeeding or plans to be, is not receiving formula from WIC, and is reliable (same as other WIC pumps).
- Symphony pumps are usually temporarily loaned and can be replaced after issues resolve with a Lactina or single-user pump.



Care for Electric Breast Pumps

- Wear gloves
- Apply cleaning solution (standard Bleach Solution: Mix bleach by using 1 part bleach and 9 parts water to make a 1:10 dilution.)
- This solution is not stable and must be mixed fresh each day and discard after use with a soft cloth.
- Leave solution on the pump for 30-60 seconds then rinse thoroughly with clean water.



Pump Cleaning Inserts

- Available soon!
- Inserts will be laminated and should be taped inside all pump cases.
- Inserts will be sent to each agency to attach to each pump as they are returned to the clinic.
- Please remember to add these inserts to all pumps, including all newly ordered pumps.
- Inserts will be included on the WIC order form.

CARE FOR YOUR PUMP

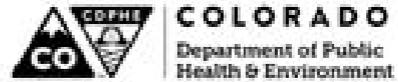
It is the responsibility of the WIC participant to clean the pump regularly.

Please:

- Wipe down the entire pump and case at least once a day. This will help keep insects away.
- Use antibacterial wipes OR baby wipes to clean the pump.
- Do not spray cleaner directly on the pump.
- Do not submerge the pump in water.
- Keep the pump off the floor and off soft surfaces such as beds and couches.
- Store the pump away from food, beverages, animals and children.
- Do not allow anyone to smoke around the pump.



Colorado WIC
www.coloradowic.com



COLORADO
Department of Public Health & Environment

Assessing Breast Pump Performance

- Breast pump effectiveness is evaluated by measuring the vacuum/suction of the pump with a pressure gauge.
- The gauge measures the suction, not the speed, of the pump.



Prior to Testing Pump Performance

- Set aside one double pumping accessory kit to be dedicated to pump testing.
- Ensure the pump to be tested is assembled correctly
- Inspect all of the parts of the pump
- Securely attach a single bottle and all of the pump parts of the tubing.
- Firmly press the plug into the second opening for the tubing and ensure that the opening is completely closed.
- Turn the pump on and listen for any irregularities.



Using the Pressure Gauge

- The pressure gauge is very fragile and needs to be handled with care. Dropping a gauge can result in an incorrect reading.
- If not already attached, insert the vacuum gauge into the hole in the rubber stopper
- The pull tab on the rubber stopper should be in the back of the gauge.
- Insert the rubber stopper containing the gauge firmly into the 24mm flange/breast shield. Ensure a complete seal by firmly pressing in all edges of the rubber stopper



Using the Pressure Gauge

- Set the pump's vacuum regulator dial to the minimum/low setting.
- Turn on the pump and look at the gauge to read what value is on MIN/low and record the value.
- Gradually increase the suction level on the vacuum regulator dial and watch the gauge to see if the pressure values increase in response. Continue to adjust the suction level on the pump until it is on the MAX/high setting and record the value.



Using the Pressure Gauge

- Symphony
 - 50-250 mmHg
- Lactina
 - Min setting 90-100 mmHg
 - Max setting 240 -250 mmHg



Questions??

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