

# Human Milk Insights

October 2018

*The Human Milk Insights newsletter presents the latest breastfeeding topics and clinical practice solutions, addresses coding issues challenging the lactation community, features a lactation service, and announces upcoming webinars and conferences.*

## CONTRIBUTORS

Cindy Wagner MS, RD, IBCLC  
Education Consultant  
Medela LLC.  
Tuscaloosa, AL.

Maria Lennon, MSN, CNM, IBCLC  
Nurse-Midwife, Perinatal Education  
Consultant  
Sedona, AZ.

Irene M. Zoppi RN, MSN, IBCLC  
Clinical Education Specialist  
Medela, LLC.  
McHenry, IL.

## FEATURED STORIES THIS MONTH

### NEWS YOU CAN USE

- Human Milk and Healthcare Professionals
- Human Milk and Natural Emergencies
- Human Milk and Breastfeeding
- Human Milk and NICU

### HUMAN MILK EDUCATION

- Webinar October 17
- Education Tools
- Supporting, encouraging, and empowering breastfeeding moms

### TOOLS YOU CAN USE

- Coming Soon...A Clinical Education Tool for NICU Medical and Nursing Staff

### CLINICAL PEARLS IN LACTATION

- A Sneak Peek: Soon-to-be-Released Talking Point Flashcards

### SPOTLIGHT ON PRACTICE

- Maria Sienkiewicz Lennon, RN, MSN, CNM. IBCLC

## NEWS YOU CAN USE

### HUMAN MILK AND HEALTHCARE PROFESSIONALS

#### Is Stress Just Another Buzzword? How Healthcare Professionals Can Care for Themselves

Sandy Sundquist Beauman, MSN, RNC-NIC

Sandy Beauman discusses stress and how healthcare professionals can recognize and manage the stress.

<http://blog.neonatalperspectives.com/2018/09/24/is-stress-just-another-buzzword-how-healthcare-professionals-can-care-for-themselves/>

### HUMAN MILK AND NATURAL EMERGENCIES

The USBC has updated the [Breastfeeding and Emergencies webpage](#) with resources and tools for breastfeeding families and emergency situations. The webpage highlights federal resources, as well as tools from member and partner organizations. <http://www.usbreastfeeding.org/emergencies>

### HUMAN MILK AND BREASTFEEDING

#### Clinical Report on Marijuana Use and Breastfeeding

The American Academy of Pediatrics has published a clinical report in *Pediatrics* titled "Marijuana Use During Pregnancy and Breastfeeding: Implications for Neonatal and Childhood Outcomes." The report provides data on the current rates of marijuana use among pregnant and lactating women, discusses what is known about the effects of marijuana on fetal development and later neurodevelopmental and behavioral outcomes, and addresses implications for education and policy. The authors conclude that women need to be counseled about what is known about the

adverse effects of THC on brain development during early infancy, when brain growth and development are rapid. <http://pediatrics.aappublications.org/content/early/2018/08/23/peds.2018-1076>

#### Marijuana Use by Breastfeeding Mothers and Cannabinoid Concentrations in Breast Milk

Research in *Pediatrics* on the amount of cannabinoids in human milk after maternal marijuana use.

<http://pediatrics.aappublications.org/content/pediatrics/early/2018/08/23/peds.2018-1076.full.pdf>

#### Marijuana Use in Pregnancy and Lactation: Sure it's Natural, But is it Safe?

Lori Wood, MSN, CNS, RNC-NIC, IBCLC / August 2018

Lori Wood discusses current information available on the use of marijuana during pregnancy and lactation.

<http://blog.neonatalperspectives.com/2018/08/27/marijuana-use-in-pregnancy-and-lactation-sure-its-natural-but-is-it-safe/>

#### Clinical Protocol on Iron, Zinc and Vitamin D Supplementation

The Academy of Breastfeeding Medicine has released [Clinical Protocol #29, Iron, Zinc, and Vitamin D Supplementation During Breastfeeding](#). The protocol reviews available evidence regarding iron, zinc, and vitamin D supplementation of the breastfeeding dyad, examines current research, and makes suggestions for future research.

<https://www.liebertpub.com/doi/pdf/10.1089/bfm.2018.29095.snt>

### HUMAN MILK AND NICU

#### A NICU Success Story: Converting to ENFit Enteral Connectors

Jenny Murray, BSN, RN

Jenny Murray discusses the impact of tubing misconnections and information on the ENFit system to prevent these events. <http://blog.neonatalperspectives.com/2018/09/17/a-nicu-success-story-converting-to-enfit-enteral-connectors/>

### **Burn, Baby, Burn: Lessons from Messy Communications with NICU Parents**

Jae Kim, MD, PhD

Dr. Jae Kim provides information and suggestions on how to communicate with NICU parents.

<http://blog.neonatalperspectives.com/2018/09/10/burn-baby-burn-lessons-from-messy-communications-with-nicu-parents/>

## **HUMAN MILK EDUCATION**

### **Human Milk Webinar**

All Things in IP: Infection Prevention topics in maternal and neonatal care

Kristen Kelley, MPH, CIC, RN-BSN, CLC

Wednesday, October 17th 1:00- 2:00 pm  
Central Standard Time

1.0 Nursing Contact Hours  
1.0 Dietitian CPE Credits

\$20.00 registration fee. Email [education@medela.com](mailto:education@medela.com) to get a discount promo code

Click [here](#) for more information and to register.

### **Education Tools**

Education is key for a successful breastfeeding experience. Medela offers a variety of tools that healthcare professionals can share to assist mothers with their breastfeeding journey while helping them meet their breastfeeding goals. For more information, visit:

<http://www.medelabreastfeedingus.com/for->

[professionals/healthcare-professional-information](#)

### **Initiatives to Support, Encourage, and Empower**

Looking for a resource to share with your breastfeeding moms? Check out [The Moms' Room](#), a free program designed to give moms personalized support, education, tools, and services to help them reach their breastfeeding goals.

Our two [22Victories](#) moms have reached the first 22 days of breastfeeding. During this journey they faced the ups, downs, and realities of breastfeeding. Along with the entire Medela breastfeeding community, we provided them with the support, encouragement, and resources they needed to conquer the first three weeks of breastfeeding—when breastfeeding becomes a little more second nature and a little less challenging. Click [here](#) to read more about Carolina and MJ's journey.

## TOOLS YOU CAN USE

Coming Soon: A Clinical Education Tool for NICU Medical and Nursing Staff

Last month, in the *Tools You Can Use* column, we talked about a booklet that is available on the Medela website, [“Benefits of Human Milk: Evidence and Talking Points”](#)

*Coming soon: a set of talking point flashcards for NICU medical and nursing staff.*

In the near future, Medela will create a set of three Talking Points pocket flashcards using information contained in this booklet and a variety of our other resources. Each set of about 15 flashcards will be the size of a pack of playing cards and will contain talking points on using both Mothers’ Own Milk (MOM) and Donor Human Milk (DHM) in the NICU. Each card will give supporting evidence with references listed at the end, so you can share confidently with moms and families.

These cards will fit nicely in a jacket or uniform pocket; you’ll be able to easily grab a set when on your way to consult with a new mother whose baby is in the NICU. It’s difficult to remember all the important information you want to cover, but it’s easy when the highlights are right there in front of you. Studies show that mothers expect NICU care providers to share the scientific information with them, so they can make a truly informed decision as to how to feed their babies. These cards will ensure consistency in what information patients are given.

There will be three sets of cards: *Benefits of Exclusive Breastfeeding*, *Providing Mothers’ Own Milk to Infants at Risk* and

*Understanding Donor Human Milk*. Each set contains talking points that offer suggestions when speaking with parents and reviews key points from supportive studies that supply slightly more in-depth evidence. Every sentence on each card has been carefully crafted to present evidence-based facts in an encouraging and validating manner. After the discussion, mothers are armed with more knowledge about why and how to provide mothers’ own milk for their babies, why and how donor milk is used, what red flags to watch out for and where to go for help.

In addition, staff education will be reinforced when using the Talking Points Flashcards. The information is current and correct, and references are given if further information on a particular topic is desired. The Talking Points Flashcards will be a great way to make sure staff are up to date on the latest information regarding the benefits of exclusive breastfeeding and use of human milk in the NICU.

See this month’s Clinical Pearls column for more information on what’s included in the card set.

*Be on the lookout for more information as to how these Talking Points Flashcards will be made available.*



## CLINICAL PEARLS IN LACTATION

*This column is for lactation practitioners to share clinical challenges and successes, observations and pearls with colleagues. To share a clinical pearl, [submit it here](#). If your submission is selected for publication in a future issue of Human Milk Insights, you will receive a \$25.00 VISA gift card.*

### A Sneak Peek: Soon-to-be-Released Talking Point Flashcards from Medela

*Do you want to know what's included in the soon-to-be-released Talking Points Flashcards? Here's a sneak peek . . .*

Each set provides talking points, current evidence and literature references for NICU providers and nurses to share when discussing the NICU baby's feeding plan with mothers and family members.

The set on *Benefits of Exclusive Breastfeeding* explains that health outcomes are not only improved, but last long after breastfeeding ends and form the basis for lifelong health. When infants are given human milk, a mother's milk is being utilized as both a food *and* a medicine that protects babies from short- and long-term morbidities. Some of this protection carries over even into adulthood. Human milk protects in a "dose-response" manner. In other words, the more human milk received and the longer the baby receives it, the more protection from illnesses and disease the infant receives.

This set of pocket cards explains that mother's own milk (MOM) be used exclusively, especially in the first few days after birth. Protection of the intestinal tract is not just from the use of human milk. It's also the avoidance of formula that decreases inflammation and harmful bacterial colonization. Introduction of formula (if medically necessary or desired by mother) is

best done once the intestine is more mature. This set also addresses maternal medications, ways to feed human milk, adequacy of milk volume, pacifier use and identifying red flags.

The next set is: *Providing Mothers' Own Milk (MOM) to Infants at Risk*. It's recommended that this proactive discussion occur at the initial antenatal or post-birth consultation. Besides giving information on why a preterm baby's mother makes specialized milk for her baby and the myriad benefits it provides, the talking points cover what to say if a mother never planned to breastfeed or thinks she wants to formula feed. Her initial intent is validated and is never dismissed or handled judgmentally. The information covers the importance of colostrum, includes guidance for getting started with a breast pump, and how to pump. These cards are an excellent way of presenting new research in easily understood language.

The third set on *Understanding Donor Human Milk (DHM)*, is designed to be used at the initial consultation when discussing the use of MOM and the importance of avoiding infant formula, especially during the early days and weeks after birth. DHM is not meant to be used instead of MOM; it is meant to replace formula during the time it sometimes takes for mothers to establish

their own milk supplies after giving birth prematurely. Talking points include:

- What is DHM and how do milk banks ensure its safety?
- Why MOM is superior to DHM in fighting infections and preventing complications.
- Why using DHM is safer than using a friend or relative's breast milk.

Medela Education's Talking Points Pocket Flashcards cover the gamut of topics that are

most important to cover with new mothers when discussing the importance of providing milk for their babies in an easy-to-understand and non-judgmental way. This helpful clinicians' tool will be available for purchase in the near future.

*Stay tuned for additional information on how and when this educational tool will be made available.*



## 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, [submit it here](#).*

*This month we are spotlighting Maria Sienkiewicz Lennon, RN, MSN, CNM, IBCLC, Phoenix, Arizona*

Maria Sienkiewicz Lennon is a woman of multiple talents, great warmth and compassion. A committed advocate for maternal and infant health, she has devoted her 40-year professional career to ensuring women have positive birth experiences and adequate support to meet their breastfeeding goals. She has worked passionately to ensure access to breastfeeding support is available to all who need it.

An only child, Maria grew up in Greensboro, North Carolina. Her young parents met sharing a love of church music; her father had immigrated from Poland after WW II and was an accomplished vocalist while her southern mother was an equally successful pianist. Maria entered college as a Psychology major but transitioned to Nursing after the birth and breastfeeding experience of her first daughter. She recalls crying in her hospital bed not being able to get her daughter to latch when a nurse sat with her and helped her breastfeed. Maria says, "I'll never forget what she said to me, "I'm going to help you and you are going to be successful breastfeeding." Maria was profoundly grateful for the assistance she received. "Breastfeeding was an empowering experience for me. I knew I wanted to help other women get their mothering off to the best possible start."

As an RN, Maria loved working in all areas of OB nursing: L&D, postpartum and nursery. Staying home when her children were little, Maria found friendship, parenting and breastfeeding support in a local La Leche League International (LLL) chapter that she later led. Her work as a LLL leader and working with problem breastfeeding situations led her to seek IBCLC certification in 1985, the first year that certification for the profession was offered. Recertifying in 2006, Maria achieved the highest score. Remaining in North Carolina, Maria worked as a bedside clinician caring for families on a perinatal unit where she developed an in-hospital lactation center, offering both in- and out-patient lactation services. She later co-developed a five-day Lactation Educator program for North Carolina public health nurses and other health disciplines that included a 2-day clinical component. Although it has seen many changes and revisions over the last 28 years, the program is still in existence today.

Prompted by her desire to become a certified nurse midwife, Maria received her Master's in Nursing Science with a concentration in Midwifery from East Carolina University. Maria spent three months of her midwifery internship on a Navajo reservation in Arizona, where she fell in love with its people, the culture and lifestyle. She knew she was destined one day to return to Arizona.

Once becoming a midwife, Maria spent several years in the North Carolina area providing women's care in multiple full-scope nurse-midwifery practices. She gained recognition and respect among her professional peers as she developed and presented evidence-based educational programs to professional audiences, held joint appointments in the Schools of Medicine and Nursing, was Director of a full-scope nurse-midwifery practice that was integrated into a four year community-based OB-GYN Residency Program, was on the editorial staff of the *Journal of Human Lactation*, continued to be a volunteer leader of LLLI serving at several state-level positions, co-coordinated the first North American Conference on 'Nurturing Women: Integrating Water into Maternity Care', and served as an appointed committee member to several advisory committees including the North Carolina Medicaid Advisory Committee.

As a Lactation Consultant, Maria was aware of the breastfeeding products offered by Medela LLC. In 2000, an outside sales position within Medela opened in her area and Maria was hired as a Sales Consultant for the areas of northern Florida and parts of Georgia. In 2004, Maria was given the opportunity to relocate to Arizona as a Medela Sales Consultant. She rejoiced in the idea of once again living in an area she fell in love with so many years previously! With a robust background in Nursing Education, Maria was offered a position within the newly developed Medela Education department in 2007 as a Clinical Education Specialist. Working closely with researchers in the field of lactation, she co-developed educational programs for clinicians that encompassed the latest lactation research and relevance to clinical practice. She developed the content for Medela's 'Breastfeeding University', a program of 10 online classes designed to prepare new and expectant mothers for the breastfeeding experience. Maria was regarded as a much-admired contributor to the vision of Medela's Education department until she semi-retired in 2011. Although she left working for Medela on a full-time basis, she remained quite busy working part-time on the Navajo reservation as a Midwife and Lactation Consultant for the Tuba City Regional Healthcare Corporation, and was an instructor for the *Prepared Childbirth Educators, Inc.* Certified Breastfeeding Educator course. Today, Maria continues to support Medela LLC as a Perinatal and Lactation Education Consultant.

Maria's reputation as an outstanding nurse, lactation consultant, and educator has been recognized by multiple organizations. She is the recipient of the Great 100 Award for RN Excellence in North Carolina as well as the North Carolina WIC Program Award for Service to Women and Children. Maria has authored articles on breastfeeding that have appeared in *Neonatal Intensive Care* and *Birth*.

Maria currently resides in Phoenix with her husband Dick, one of her four daughters, her son-in-law and their two young children. Maria recommends multi-generational living "to keep young". Influenced by Maria's enthusiasm for breastfeeding, one daughter is now an LLLI leader and IBCLC. Maria shares her interest in motorcycling with her husband, and traveling to new US cities. They are entertaining thoughts of exploring Colorado this winter. A kitchen redo is underway as Maria is trying to improve her cooking skills.

Maria has achieved much respect as a nurse, midwife, a lactation consultant and educator. She is gratified to know she had the opportunity to serve families in an area of great need for basic medical services. "I got so much more out of the work on the reservation than I ever gave", says



Maria. She acknowledges that she would like every breastfeeding mother to have a positive breastfeeding experience, one that gets her mothering off to the best possible start. She is pleased to know she may have played a vital role in helping mothers meet their breastfeeding goals. So many of her colleagues are grateful for her great wisdom, and so many families are grateful for her multiple talents, her great warmth, and her compassion.