

## CHALLENGES

### Working with the Breastfeeding Family



"The great enemy of the truth is very often not the lie - deliberate, contrived and dishonest - but the myth, persistent, persuasive and unrealistic."

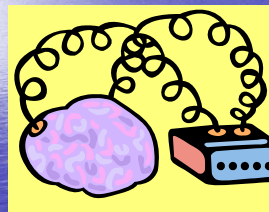
John F. Kennedy

## Did you know...

- Mandatory breastfeeding education
- Skin to skin instead of formula
- Pacifier use (APA) and type
- More uses for nipple shields
- JCAHO requirement for LC per 1000 births/year
- Medications ranked by Hale
- Supplementation is no longer the nurses' decision...this decision is made by the physician or mother of baby



## Most Important Information of the Morning!



All breast milk production is closely tied to the mother's *brain* and her *emotions*

## Challenge: Unable to express milk



Everyone, and I mean *EVERYONE*.....  
has an opinion as to what to do!



## Find mother's trigger point...

- Wasn't expecting baby?
- Conflicting information
- What caused early birth?
- Partner and family attitudes
- Had any time to enjoy her baby yet?
- Too much equipment!
- Correct equipment
- History of sexual abuse
- Crisis in her life other than baby



## Challenge: Ankyloglossia and Milk Transfer

- What exactly is milk transfer?
- Look up... not forward
- Assess mother and baby:
  - both exhausted
  - both are sore
  - baby has poor wt. gain despite frequent feedings
  - baby fights breast, hands fisted
- Look to the family history
- The nasty F word... **FRENGTDM!**



## Challenge: Pathologic Engorgement



## Edema of the breast tissue... causing the milk sinus to close off...

- Assess what breast looks like and feels like to mother
  - **red breast red flag!**
- Must get swelling down before mother can pump
- **Cold** for decreasing swelling, **warm** for getting milk out
- Pump for half hour periods
- To nurse, get the weight *off the areola*



## Challenge: Supplementing without Sabotaging



- Write your orders for supplementing with a specific amount (e.g. 10-15ml)
- Always write order to put baby to breast first, then supplement
- Encourage use of formula, not sugar water
- Encourage mother to hold baby to feed supplements
- SNS? Finger Feedings?

## Challenge: Nipple Pain but No Visible Trauma

### ASSESSMENT

- Hurt before, during or after nursing?
- Is pain in the nipple or in the whole breast? Describe pain.
  - BROKEN GLASS**
  - RADIATES INTO ARM OR BACK**
- Does nipple change colors before, during and after?
- C-Section? Antibiotics? History of repeated vaginal yeast infections?
- Any cracking of nipple when first nursing?
- Baby have diaper rash?



## Candida Albicans? What do we do now????



- Give mother a copy of the yeast protocol (no lanolin or Soothies)
- Please consider treating baby even if baby is asymptomatic*
- Remember to refer mother to OB/Gyn for treatment
- Mother may have to pump until inflammation subsides*
- May use breastmilk if used within 24 hours (mark all bags with Y)
- Follow-up in 10 days

## Challenge: "Doctor, can I still breastfeed if I....."



- Feed baby first
- Decreases milk supply
- Smoke away from baby after nursing

- Feed baby first
- What's in your stomach?
- Pump and dump if still feel alcohol



- Caffeine?
- OK if does not sip all day long!



## Challenge: Breastfeeding Equipment



Be very careful that what you are sticking onto the mother's breast does not make her feel like a breastfeeding freak!



## Challenge: Nipple piercing, tattoos, whatever...



- How long since the piercing?
- If less than a year: retainer
- Some barbells cause a lot of connective tissue; effects milk transfer
- CAUTION: Never nurse with piercing**



- Tattoos only a problem with milk donation (bank)
- High risk for Hepatitis C

## Challenge: Breast Reduction; Augmentation; Stomach Stapling

- When was breast reduction done? Nerves cut? Nipple removed during surgery?**
- Reduction: no nipple shield
- Augmentation rarely ever a problem**
- Stomach Stapling: must check on the calorie intake of the mother and determine if it is enough for the baby's milk
- Stapling sometimes causes poor milk production**



## Challenge: "Doctor, my milk is disappearing..."



- I used to pump 6 ounces!
- Should I take Fenugreek?
- Should I drink a beer?



## Best Known Ways to Increase Milk Supply



- More time with baby directly on the breast...no machines (skin to skin)
- Power pumping (LLL):
  - pump 10 mins., then wait 10 mins.
  - do this 3 times, once or twice a day
- Don't increase water intake drastically
- Use a good pump (52 cycles/minute)
- Accept you are doing the best you can
- Avoid BCP; antihistamines; smoking;
- Take your Synthroid if it is indicated
- Personal Bias: Don't set yourself up for failure!