

## **Innovative practices in human milk and lactation at a children's hospital** Innovations in the Provision of Human Milk in the Special Care Nursery

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The American Academy of Pediatrics (AAP) 2012 position statement on breastfeeding clearly states that the decision to breastfeed should not be viewed as a lifestyle choice but rather a public health issue (AAP, 2012). When an infant is admitted to the special care nursery families must be presented with the science of why providing human milk for their child is essential. At the Children's Hospital of Philadelphia (CHOP) in our Center for Fetal Diagnosis and Treatment (CFDT), we have families come from all over the United States and the world to receive care at CHOP for their infants who will be born with complex surgical anomalies. Dr. Spatz pioneered a prenatal lactation consultation program to educate families regarding the science of human milk for critically ill infants. Prenatal lactation consultation is a standard part of care in the CFDT at CHOP, which results in 98-99% of our families providing human milk for their infants, which is over 20% higher than breastfeeding initiation rates in the United States.

Our women deliver their infants at CHOP in a Special Delivery Unit (SDU). The SDU is staffed by experienced labor and delivery nurses, nurse midwives, obstetricians, surgeons, and a complete interdisciplinary team. Data will be shared on our SDU pumping initiation continuous quality improvement project (CQI). Our mothers pump early and often, using the sucking pattern of a new born baby resulting in excellent establishment of milk supply. Pumping frequency and milk supply data will be presented.

Our families start oral care with colostrum immediately drops of colostrum are available. Oral care is done with even the most critically ill infants and oral care with human milk continues until infants are able to receive human milk enterally. Video clips of oral care with critically ill infants will be shown.

CHOP opened a Human Milk Management Center (HMMC) in 2012. The HMMC is a state of the art milk lab where trained milk technicians track maternal milk production and fortify milk under sterile conditions. The milk technicians also perform human milk nutrient analysis and have the ability to make skim milk for infants with chylothorax. Case studies will be provided related to fractionation, fortification, and skim milk usage in the special care nursery.

Finally, our goal is to help mothers achieve success in transitioning to direct breastfeeding if that is their personal goal. The Spatz (2004) Ten Step process for vulnerable infants will be outlined as well as the "Transition to Breast Pathway" developed at CHOP and demonstrated to be most successful even with the most critically ill surgical infants (Edwards & Spatz, 2010). Case studies will be provided as well as video from CHOP's new DVD entitled "The Power of Pumping". This session will demonstrate that breastfeeding success can be achieved even with the most vulnerable infants.

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