Breastfeeding?
Late Preterm, Hand Expression, Donor Milk and more...

Objectives:

1. Discuss the challenges of initiating breastfeeding for the late preterm infant
2. Learn the technique of hand-expression as a means to promote milk production and overcome breastfeeding problems.
3. Describe current recommendations for the use of donor milk.

• Late preterm?

No latch?

Sore nipples?

Weak suck?
What's new in breastfeeding?

No problem! 😊

Individual women’s milk yield:

Fig. 2 Cumulative milk volume obtained by (□) manual (median, 2 mL; range, 0–12.6 mL) and (■) electric expression (median, 0.6 mL; range, 0–7.2 mL) from each woman (P < 0.05).

Ginna Wall, gwall@uw.edu

Ohyama, Pediatrics International 2010
Teaching and doing hand expression

The NATURAL LEARNING STAGES

STAGE 1: **Motivation:** watch, have to, shown, interest
STAGE 2: **Start to Practice:** practice, trial & error, ask questions
STAGE 3: **Advanced Practice:** practice, lessons, read, confidence
STAGE 4: **Skillfulness:** practice, some success, enjoyment, sharing
STAGE 5: **Refinement:** improvement, natural, pleasure, creative
STAGE 6: **Mastery:** teach, recognition, higher challenges

The Ohyama study validates:

- A transient decline after the initial volume, with both hand expression and pumping
- Some women do not produce any milk by either method

MILK EJECTION PATTERNS IN WOMEN

A. discrete, few (24%)
B. discrete, many (44%)
C. non-discrete (24%)
D. pulsatile (8%)

2013: Physicians redefine 'term pregnancy'

The American College of Obstetricians and Gynecologists and Society for Maternal-Fetal Medicine

Prime, Breastfeeding Medicine 2011
Jane says:

“...No amount of skin-to-skin and unrestricted breastfeeding can reduce these two problems [insufficient production and suboptimal intake] when the immature infant with marginal energy stores cannot effectively access sufficient colostrum to meet his or her needs or stimulate an adequate milk supply.”

The challenges include...

“...over-reliance on the fragmented, episodic expertise of lactation consultants”

“...undifferentiated management between the low-risk and the at-risk dyad”
Jane Morton’s ABCs
Breastfeeding Medicine 2014

low-risk term infants
- Attachment
- Breastmilk production stimulation
- Caloric/nutritional parameters

At-risk mother/baby pairs
- Calories: Spoon-feed colostrum after each breastfeeding, 8 or more times a day.
- Breastmilk: 1st hour, frequent hand-expression
- Attachment: Ease the pressure; close follow-up

Themes voiced by mothers

I wish I had known how hard it would be.
Is my baby is getting enough?
If I wait to breastfeed, he can come home sooner.
My baby got too used to the bottle.
There are so many logistics to breastfeeding.
It takes so much patience.
I was so disappointed I couldn’t do it.

Ronan, Journal of Neonatal Nursing 2013

At 8 weeks post-discharge

- Twelve infants (41.4%) were STARS
- Five (17.2%) were still attempting at-breast feedings
- Twelve (41.4%) were no longer being offered at-breast feedings

Ronan, Journal of Neonatal Nursing 2013

Still pumping?

- In all but two cases, when at-breast feeding attempts stopped, so did the provision of breast milk

Ronan 2013

Donor milk:
What is your local hospital doing?

- Offering it for preterm babies
- Offering it for all babies needing supplements
- Setting up a drop-off site
- Writing policies for “informal” sharing
What’s new in breastfeeding?

References: Donor Milk:


References: Hand expression:


References: Late Preterm, Early Term


References: Late Preterm, continued


