

Breastfeeding Education Special Interest Group

December 2023 Newsletter



This newsletter aims to support the BFE SIG mission to provide lactation education and support to NAPNAP members. The December newsletter informs members of important SIG announcements, activities for engagement, spotlights member and SIG achievements and upcoming virtual webinar for CERPs. Included are resources for information on breastfeeding, and recent pertinent articles on lactation for your review, including the Academy of Breastfeeding Medicine revised Clinical Protocol #21: Breastfeeding in the Setting of Substance Use and Substance Use Disorder (2023).

Announcements:

Recruiting BFE SIG Interim Secretary role:

Our SIG officer Carolyn Levy is stepping down from her role as secretary at the end of December 2023. Carolyn has greatly contributed to our SIG, sharing her ideas and expertise. She will be sorely missed.

We are now recruiting an interim Secretary until the next election in June 2024. This interim position is a great opportunity for members to explore a leadership role in NAPNAP and can continue in the role if elected to the 2-year position in June. The volunteer role as secretary can be found in the SIG leader guide at this link. <https://www.napnap.org/membership/sig-officer-resources/>

Serving as a SIG officer is important work and a great way to build your leadership skills and resume. You'll be involved in SIG projects and activities, posting community messages, and providing learning opportunities on breastfeeding for SIG members. Another benefit of being a SIG officer is the funding that is available from the Sig to attend NAPNAP's annual conferences. If interested or if you have further questions regarding the role, please contact me at napnapbreastfeedingsig@gmail.com

New Member welcome:

The BFE SIG officers welcome all new members who have joined our SIG this year and appreciate renewals for membership. We hope the support, education, and resources provided by your SIG membership are rewarding and beneficial to your practice.

BFE SIG activities:

We encourage members to join us in activities to further advance the BFE SIG goals for 2024. If you have an expertise to share or special skills in writing or presentations, please consider:

- Working on addressing breastfeeding disparities by collaborating with DEI committee for resources, member education and support.
- Developing 2-3 one-page handouts with "MilkFacts" on breastfeeding such as treatment of thrush or use of primrose oil.
- Submitting abstracts for posters/presentations/skills lab on breastfeeding at NAPNAP National conferences.
- Attending SIG socials for support, networking and sharing of experiences and expertise.
- Advocating for breastfeeding during World breastfeeding week/month and Black breastfeeding week 2024.

Spotlight member achievements:

Many thanks to Mary Ryngaert for her outstanding work as lead representative of NAPNAP for the US Breastfeeding Committee (USBC) over the past several years. She is passing this important NAPNAP position to Mercedes Thomas along with Nutrena Tate and Christine Pfundstein as alternatives. The BFE SIG recognizes the need to align with USBC plans and supports their initiatives to increase breastfeeding advocacy, support, and education.

Congratulations to our BFE SIG members who published articles in the Nurse Practitioner Journal and Journal of Pediatric Health Care. This is a great accomplishment! Please see the attachment for the informative articles useful for all NP's.

- Webber, E., Wodwaski, N., & Deborah Busch (2023). Lactation Curricular Content of Pediatric Nurse Practitioner Programs in the United States: A National survey. *Journal of Pediatric Health Care* 00, 1-9.
- Scott, A., & Kirkland, T. (2023). Rethinking breastfeeding management: A patient-centered approach based on new guidelines. *The Nurse Practitioner*, 49(3), 11-19.

PedsCE:

Looking for contact hours? Consider viewing the following PedsCE on lactation and obtain 1 contact hour for each session. The cost is \$10 for NAPNAP members and free with a coupon for member attendees at the March & October 2023 conferences until 12/31/23. These sessions expire 4/30/25.

- Infant developmental adaptation: Helping parents interpret and manage normal feeding and sleep behaviors in the breastfed infant by Kathleen Logan, DNP, CPNP, IBCLC.
- Human milk sharing: Milk banks and more by Kathleen Logan, DNP, CPNP, IBCLC.
- Medically indicated infant formula supplements: educating and supporting mixed feeding families by Cynthia Chew, DNP, CPNP-PC, IBCLC and Christine Pfundstein, CPNP-PC, APRN, IBCLC.

National Conference March 12-16, 2024, Denver, CO.:

Don't miss the opportunity to learn from this exciting new presentation on breastfeeding offered during the National Conference in March 2023.

- 115: Rethinking Equitable Breastfeeding Management: Using a Patient-Centered Approach and AAP Guidelines
- Allison Scott, DNP, CPNP-PC, IBCLC and Tracie Kirkland, DNP, ANP-BC, CPNP-BC

Be sure to stop by to see the poster presentations on breastfeeding/lactation at the National conference and chat with the authors.

Our BFE SIG showcase is scheduled for March 12th at 1 pm. Come visit our booth and bring a friend who may be interested in joining the SIG. We'll get them signed up!

BFE SIG achievements:

BFE SIG appreciates the collaborative effort of the outstanding group of lactation experts who revised the NAPNAP breastfeeding position statement. A special thanks to Debbie Busch who led the group to the finish line! This stellar breastfeeding statement is being reviewed by NAPNAP executive board for any necessary edits and hope to have it published in our journal early next year.

BFE SIG created a Facebook Private Group page 3 years ago to connect with the community and provide an additional breastfeeding support and resources for Pediatric health care professionals. Currently we have 444 members and growing! Facebook members can share and discuss breastfeeding with the group, ask or give advice and recommendations, plan group events and coordinate with members. It's easy to join! If interested, email the BFE SIG at napnapbreastfeedingsig@gmail.com. Just answer a few questions for approval and you're in!

BFE SIG awards:

Did you know that the BFE SIG provides an annual \$500 monetary award to two BFE SIG members who certify with the IBLCE examination (IBCLC Award) and for 1 member who obtains CERPs to maintain IBCLC certification (Continuing Education Award)?

NOTE: The application date for the awards has been extended until December 20, 2023. If you are an NP sitting for the IBCLC exam or an IBCLC who plans to attend conferences for CERPS in 2024, then the awards are for you! For more information and to apply go to <https://www.napnap.org/awards/> Read more and see what your colleague has to say.

Mimi McCullen received the 2023 BFE SIG monetary continuing education award. The funds were used to attend “Lactation Therapy: Advanced Clinical Skills” workshop with Lisa Lahey and Maya Bolman. She reported that “the workshop was very informative and gave some hands-on tips that even a seasoned IBCLCs could utilize in practice.” She is thankful to the SIG for providing the award which helped defray the costs of attendance. Mimi highly recommends this intensive 2-day workshop and encourages NPs & IBCLCs to register. The calendar for Maya’s workshop for 2024 can be found at <https://www.mayabolman.com/calendar>. Please see attachment for Mimi’s full report.

Virtual Webinar:

To be announced. The BFE SIG is planning a virtual lactation conference in Spring, 2024 addressing breastfeeding disparities. CERPs will be provided.

Academy of Breastfeeding Medicine:

Mary Ryngaert and Meredith Young are co-chairs of the Academy of Breastfeeding Medicine (ABM) Affiliate Special Interest Group. A membership with the Affiliate SIG provides opportunities to collaborate, share ideas and concerns, network with ABM members, access the online subscription to Breastfeeding Medicine and access archived issues on line. There is also a reduced rate to attend the ABM Annual International Meeting. The ABM Affiliate membership annual dues are \$149.

Breastfeeding Resource:

The Academy of Breastfeeding Medicine (ABM) recently updated and published ABM clinical protocol #21: Breastfeeding in the Setting of Substance Use and Substance Use Disorder (2023). This protocol provides evidence-based recommendations to assist the practitioner in discussing the risks and benefits to breastfeeding for women and infant with maternal substance use/disorder. The evidence shows that prenatal care that includes mental health, addiction treatment and social support services have the best maternal and neonatal outcomes. See attachment for article.

Web Site for resources:

Looking for a great website for breastfeeding information? Dr. Katrina Mitchell’s web site “Physician Guide to breastfeeding” provides evidence-based breastfeeding guidance for families and their supportive communities. This website is an excellent resource for health care professionals working with breastfeeding families. It has an abundance of information on the

pathophysiology of lactation and treatment management. Check out the website.
<https://physicianguidetobreastfeeding.org>

Journal article of Interest:

Stooling patterns expectations are a frequent question presented to the NP/IBCLC. To avoid over and underdiagnosis of gastrointestinal disorders, this article identified stooling frequency and consistency of healthy children up to age 4 years. The result of the study has useful information for the practitioner when providing education and counseling. See link below for article.

Baaleman, D.F., Wegh, C.A.M., de Leeuw, T.J., van Etten-Jamaludin ,F.S., Vaughn, E.E., Schoterman, M.H.C., Bwelzer, C., Smidt, H., Tabbers, M.M., Benninga, N.A., Koppen, I.J.N. (2023). What are normal defecation patterns in healthy children up to four years of age? A systematic review and meta-analysis. *Journal of Pediatrics* (261), 113559. Retrieved from <https://www.jpeds.com/action/showPdf?pii=S0022-3476%2823%2900412-2>

The BFE SIG officers wish all our members a very happy holiday season and a healthy New Year.

Attachments:

Member published articles.

Mimi McCullen full report

Revised ABM protocol #21