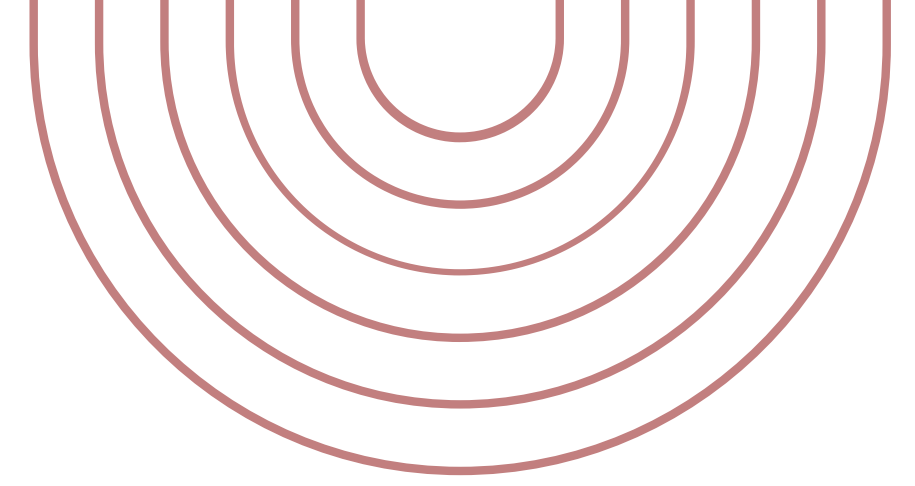


CONFIDENCE IN EARLY BREASTFEEDING SUPPORT & BREAST PUMP EDUCATION FOR REGISTERED NURSES

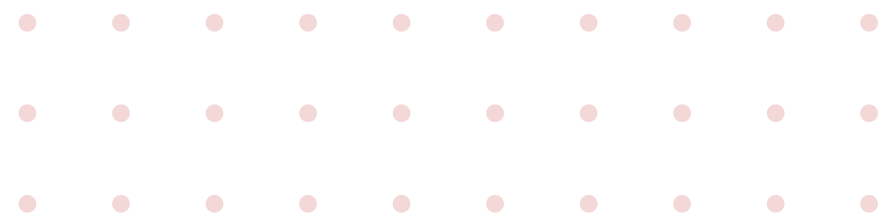
Presented by Kaylee Rabaja, BSN, RN, IBCLC





01. UNDERSTAND HOW MILK SUPPLY WORKS
02. UNDERSTAND HOW TO PRIORITIZE BREASTFEEDING THE FIRST FEW DAYS OF LIFE
03. UNDERSTAND DIFFERENT TYPES OF PUMPS ON THE MARKET
04. UNDERSTAND HOW PUMPS (AND FLANGES) WORK AND MAXIMIZING EFFICIENCY
05. UNDERSTAND WHEN AND WHY TO INITIATE PUMPING
06. UNDERSTAND HOW TO MAINTAIN, INCREASE, OR DECREASE MILK SUPPLY WITH PUMPING
07. UNDERSTAND PUMP HYGIENE AND MILK STORAGE
08. UNDERSTAND ACCESS TO BREAST PUMPS

OBJECTIVES





HELLO!



I'm a registered nurse and international board certified lactation consultant. I own a private practice.

• • • • •
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HELLO!



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WWW.LACTATIONCONSULTANT.COM



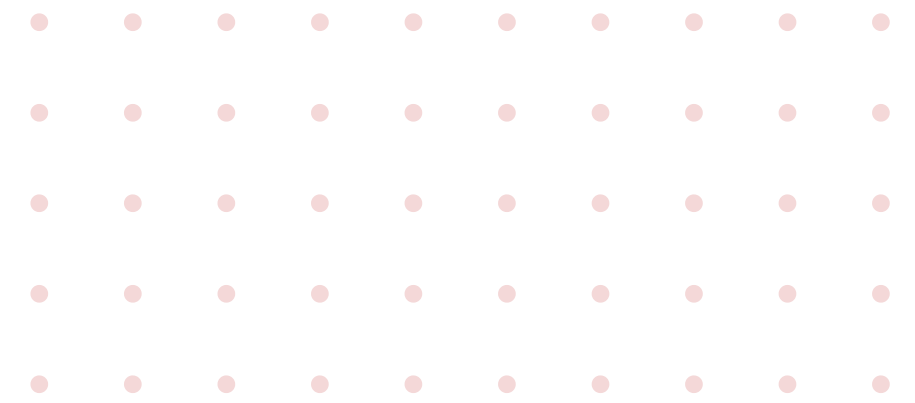
HORMONES

During pregnancy
After delivery
With stimulation



STIMULATION

Frequent removal
Latching
Pumping
Hand expression



HOW MILK SUPPLY WORKS



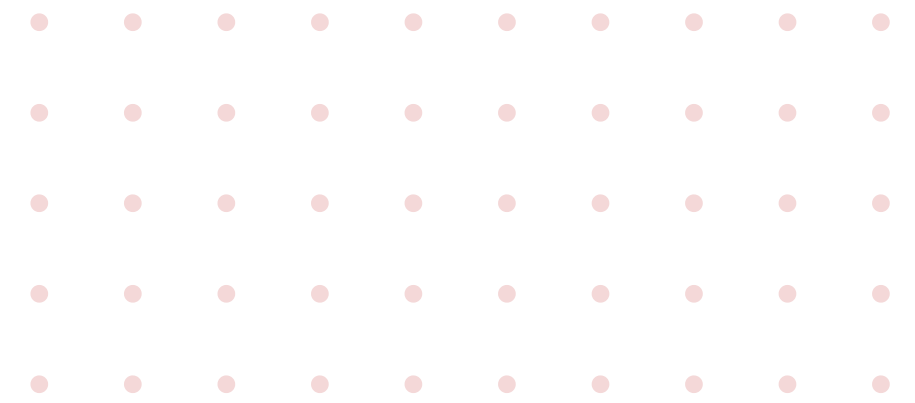
FLUCTUATIONS

Hormonal changes throughout the day
Greater in morning
Lower in evening

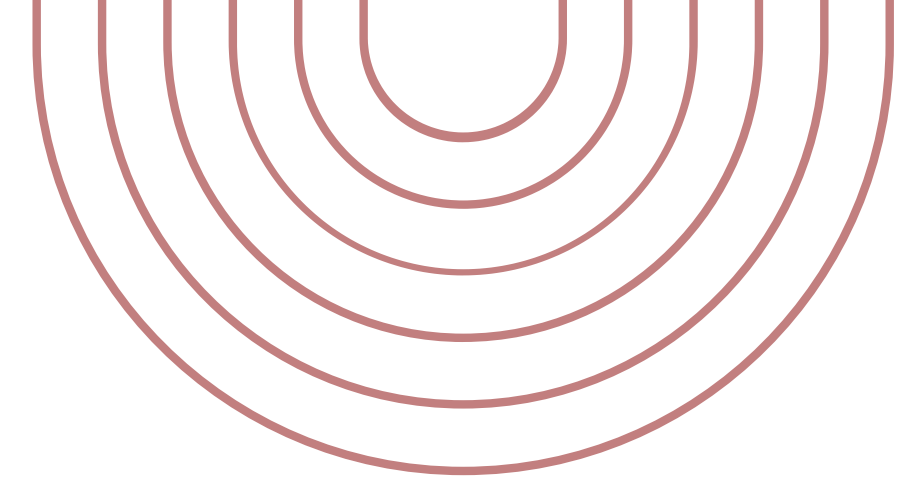


LET-DOWN

Hormone release during stimulation
Fast flow of milk/spray



HOW MILK SUPPLY WORKS

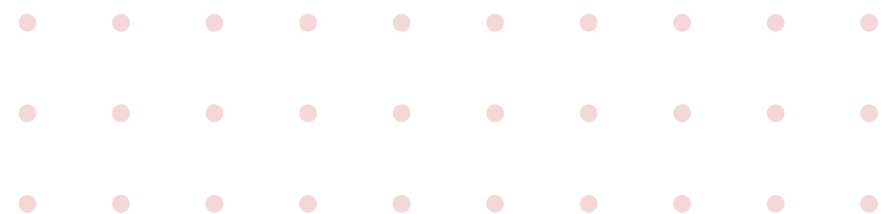


DAY 1 REFLEXIVE LATCH, REST

DAY 2-5 ALERT, CLUSTER FEEDING

DAY 5+ FEEDING ON DEMAND, 8-12 TIMES DAILY

THE FIRST FEW DAYS



ESTABLISHING A GOOD BREASTFEEDING RELATIONSHIP

ESTABLISHING MILK SUPPLY



01. FREQUENT NURSING

- Feeding on demand
- To increase supply
- To tell the body how much your baby needs
- To ensure baby gets enough

02. LATCH

- To ensure comfort
- To ensure efficient milk removal
- To ensure baby gets enough

03. GETTING ENOUGH

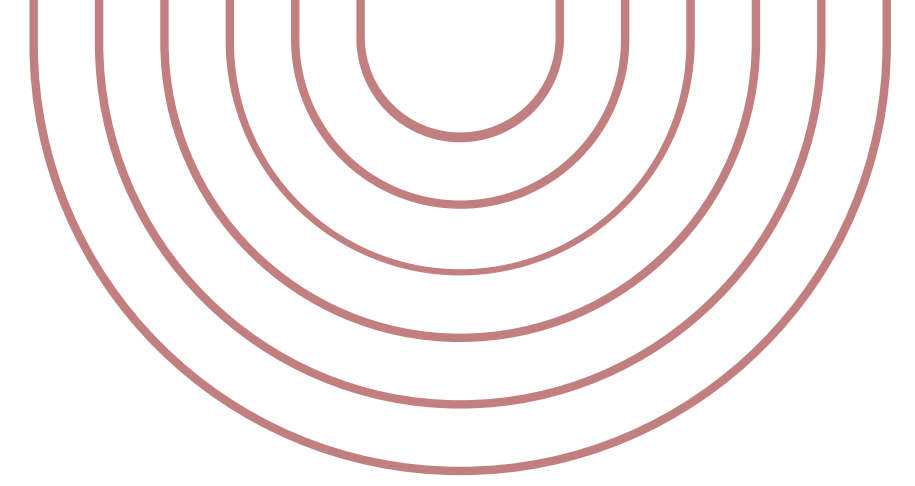
- To ensure baby is getting enough
- To ensure baby is content at the breast
- Monitor weight, pees/ poops, feeding frequencies.

04. CONFIDENCE

- To ensure they know how to establish milk supply
- To ensure they can do it without you,
- To know when to or not to supplement

WHEN AND WHY TO PUMP

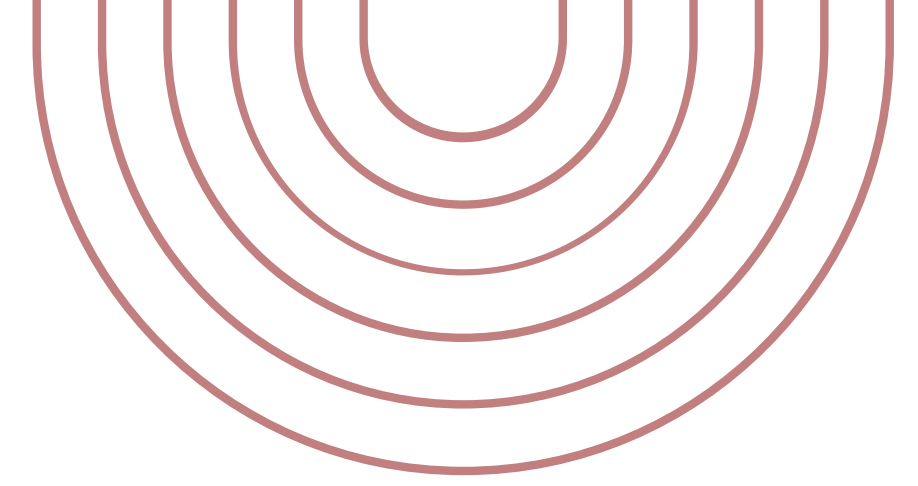
while protecting the breastfeeding relationship



01. SEPERATED FROM BABY (NICU)
02. BABY NOT LATCHING
03. BABY GETTING SUPPLEMENTED
04. TO INCREASE MILK SUPPLY
05. BUILDING MILK STASH
06. RETURNING TO WORK

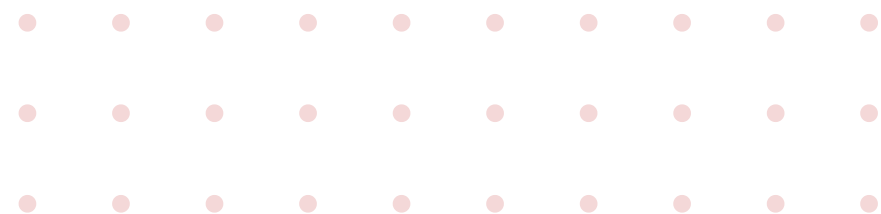


REASONS TO PUMP



01. WHEN BABY IS GETTING WHAT THEY NEED AT BREAST
02. TO EMPTY THE BREAST/FEELING FULL/CLOGGED DUCTS
03. BABY ONLY TOOK ONE SIDE
04. BUILDING A MILK STASH EARLY ON

REASONS NOT TO PUMP





INCREASE

Efficiently removing milk
More frequent stimulation
More minutes



DECREASING

Less frequent stimulation
Less minutes each session
Ice



MANAGING MILK SUPPLY WHILE PUMPING

TYPES OF PUMPS

1

Silicone pumps

2

Hand pumps

3

Wearable pumps

4

Primary pumps

5

Hospital pumps

TYPES OF PUMPS

1

Silicone pumps

2

Hand pumps

3

Wearable pumps

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Hospital pumps

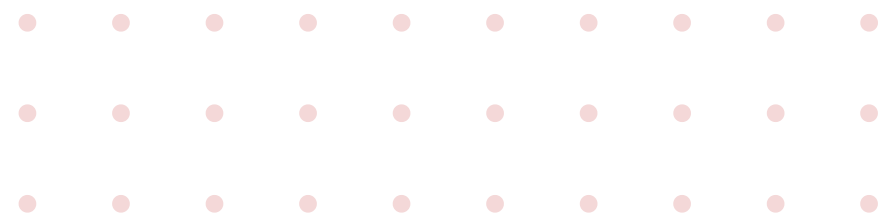
SILICONE PUMPS

Silicone pumps are made of silicone. They are smaller than most other pumps.

They apply suction via pressure. The amount of pressure influences how much suction is applied.

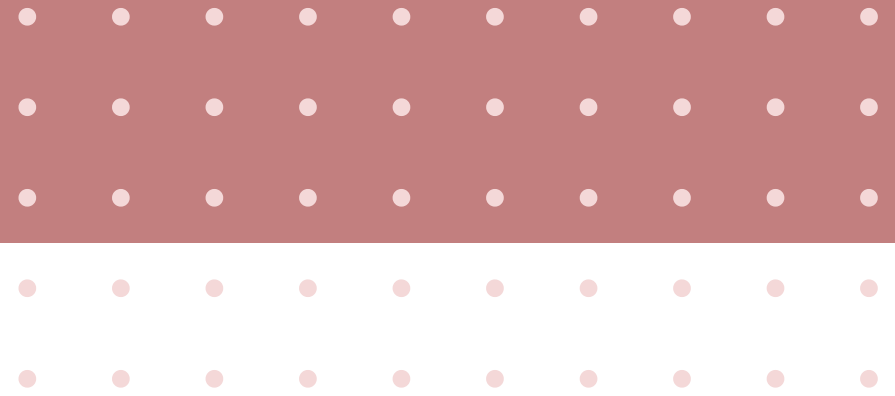
Use: short-term, building a milk stash, attempting to increase milk supply

Caution: using too early, using too long, using before baby gets the breast



COMMON EXAMPLES

Silicone pumps



TYPES OF PUMPS

1

Silicone pumps

2

Hand pumps

3

Wearable pumps

4

Primary pumps

5

Hospital pumps

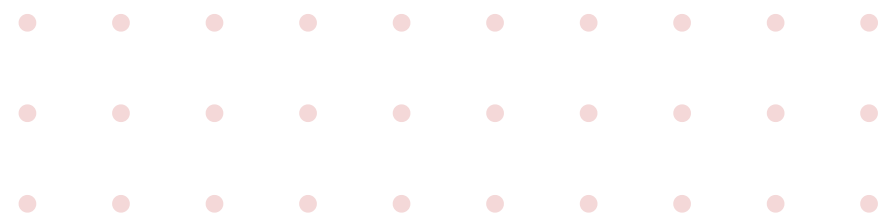
HAND PUMPS

Hand pumps require manual labor.
Pulling the handle applies suction.

The user can determine the speed of
the pump.

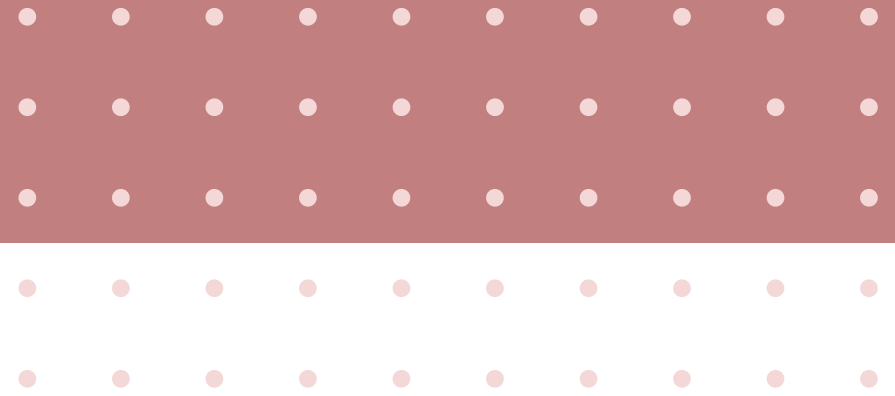
Use: back-up, building a milk stash,
attempting to increase milk supply,
engorgement relief

Caution: manual labor, double the time



COMMON EXAMPLES

Hand pumps



TYPES OF PUMPS

1

Silicone pumps

2

Hand pumps

3

Wearable pumps

4

Primary pumps

5

Hospital pumps

WEARABLE PUMPS

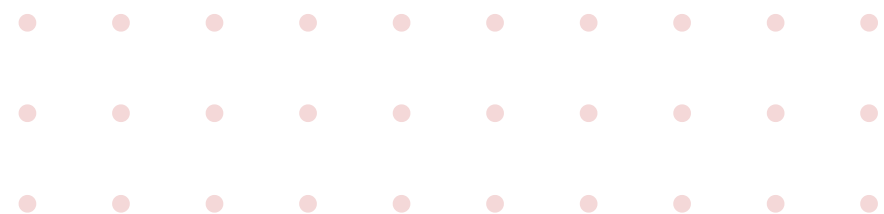
Wearable pumps are pumps with motors that fit inside the bra.

They are considered secondary pumps.
They are mobile.

The suction tends to be less than primary pumps.

Use: on occasion, out and about

Caution: lower quality



COMMON EXAMPLES

Wearable pumps



TYPES OF PUMPS

1

Silicone pumps

2

Hand pumps

3

Wearable pumps

4

Primary pumps

5

Hospital pumps

PRIMARY PUMPS

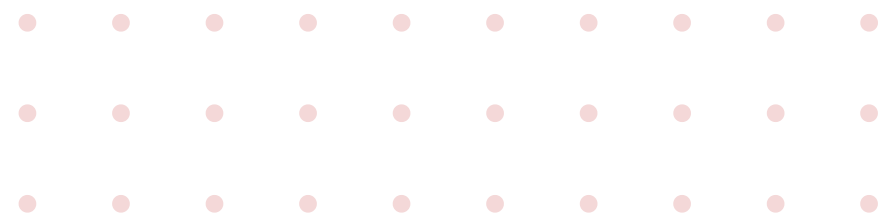
Primary pumps are stronger, more reliable pumps for frequent pumping.

They are commonly used to establish supply and for pumping at work.

Patients should be encouraged to have a primary pump on hand.

Use: main pump

Caution: bulky, less mobile



COMMON EXAMPLES

Primary pumps



TYPES OF PUMPS

1

Silicone pumps

2

Hand pumps

3

Wearable pumps

4

Primary pumps

5

Hospital pumps

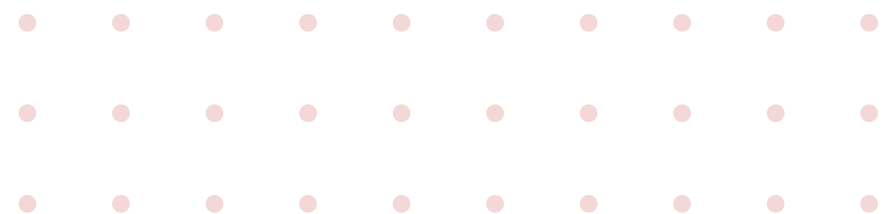
HOSPITAL GRADE PUMPS

Hospital grade pumps are high quality pumps provided in the hospital. They are multi-user pumps.

They can sometimes be found as rentals.

Use: in hospital, baby in NICU

Caution: hard to come by



COMMON EXAMPLES

Hospital pumps



HOW TO USE PUMPS

but make it simple

PUMP SETTINGS



MODES

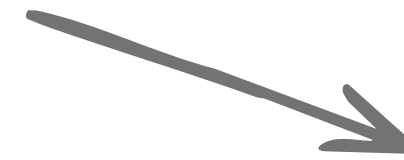
There are two types of modes that you can alternate back and forth between

**MESSAGE/
STIMULATION**

The massage is meant to stimulate the let-down

EXPRESSION

The expression is meant to be used during the let-down



SETTINGS

Most pumps allow you to adjust the settings on the pumps. There are 2 types of settings.

CYCLE

The cycle controls the speed

VACUUM

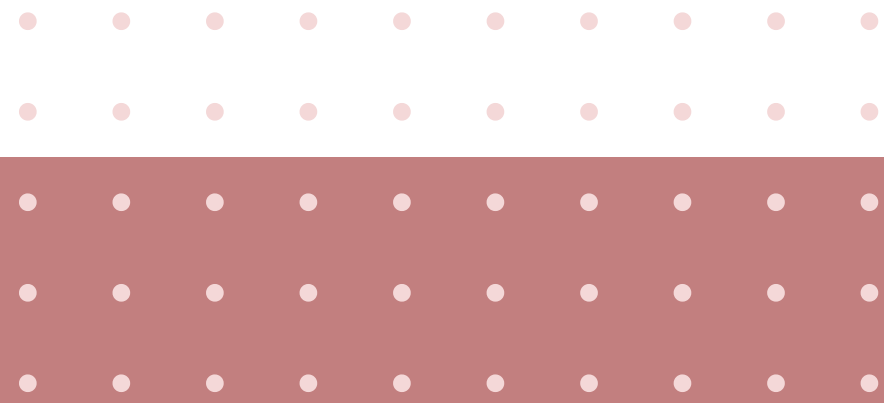
The vacuum controls the suction strenght

EXAMPLE SETTINGS



EXAMPLE SETTINGS





HOW TO PUMP EFFICIENTLY



FLANGE SIZE

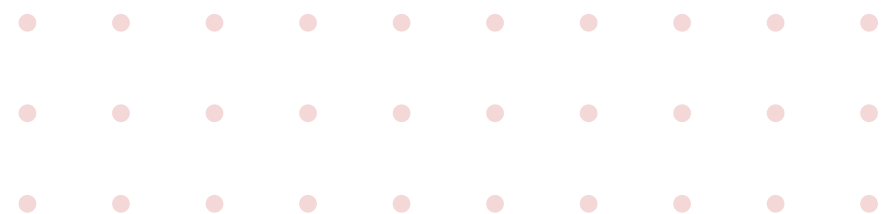
Width of flange tunnel

Wear the nipple is positioning

Measure the nipple

Experiment with flange sizing similar to measurement

Goal: comfort and milk output





HEAT

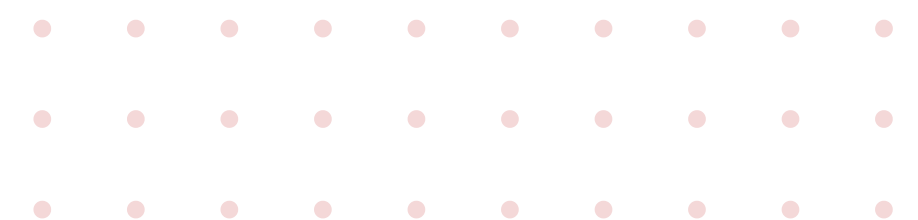
Heat acts as a vasodilator

MASSAGE

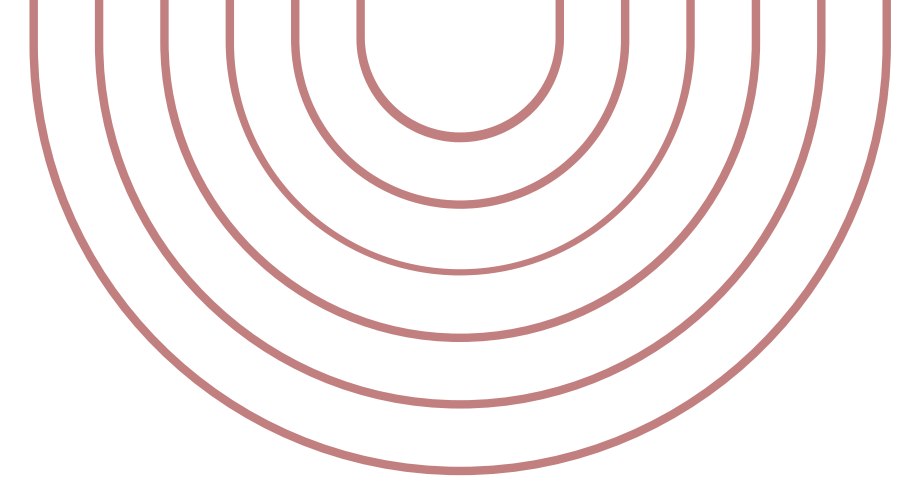
Massage helps increase milk flow and hormone release

LUBRICANT

Lubricant on the tunnel increases milk output

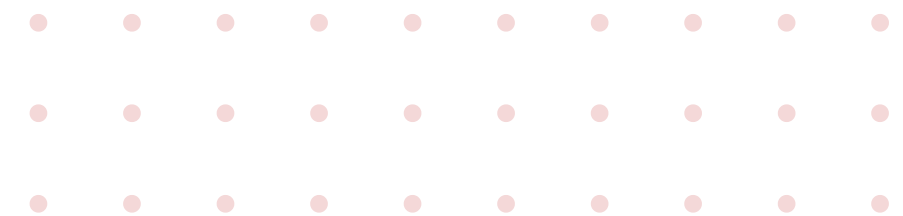


PUMP HYGIENE



ROOM AIR	4-6 HOURS
FRIDGE	4-6 DAYS
FREEZER	4-6 MONTHS/1YEAR
THAW	WITHIN 24 HOURS
FED FROM	WITHIN 2 HOURS

MILK STORAGE





WASHING

After each use

Caution: fridge hack, pump wipes,
etc.



STERILIZING

Once daily for the first month

1-2x a week after

Once daily for preterm/immune
compromised babies



CLEANING PUMP PARTS



ACCESS TO BREAST PUMPS

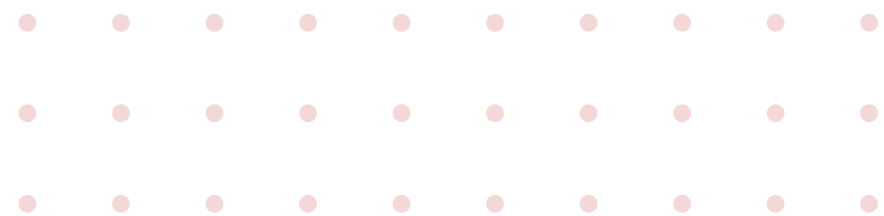
Medi-Cal

BREAST PUMPS

Covered using insurance benefits

Prescription for pump

DME



QUESTIONS?

