MetroHealth Medical Center Pediatric Newborn Nursery Rotation Strategy
Breastfeeding Promotion in Physicians Office Practices Program Phase III Residency Curriculum

During the second year of implementation, the MetroHealth Medical System further streamlined their implementation plan for the Breastfeeding Residency Curriculum. The below describes their overall strategy, the learning objectives for the residents, and the activities completed week by week. This document was shared with faculty and residents and therefore also includes contacts (faculty and lactation consultants) at their institution and other resources.

**Nursery Breastfeeding Curriculum 2007-2008**

We are excited to have added a breastfeeding curriculum to this year’s nursery rotation. The advantages of breastfeeding are numerous and immeasurable. As physicians, your encouragement and support of breastfeeding are crucial to the success of breastfeeding for the mother and the infant. We hope the following activities will help you to learn some basic skills of breastfeeding support and evaluation. If you have questions about any of these activities please contact one of the lactation consultants or faculty listed below. Please feel free to keep the “ABC’s of Breastfeeding” companion booklet. You will need to return all other materials at the end of the rotation.

**Objectives**

1. Describe the anatomy of the breast
2. Describe the physiology of lactation
3. Be able to take a breastfeeding history
4. Discuss and teach normal nutritional parameters for the term infant
5. Discuss and teach positioning and latch-on
6. Discuss and teach hand expression
7. Describe the signs of milk transfer

**Activities**

**Week 1**
- Meet with Dr. Santos to get curriculum materials
- Review video “15 Minutes of Breastfeeding Help” (Note: this is now titled “Breastfeeding Management, Educational Tools for Physicians and Other Professionals”) – included or can be accessed at: Stanford University, http://newborns.stanford.edu/Breastfeeding/FifteenMinuteHelper.html
- Read “ABC’s of Breastfeeding” companion booklet
- Observe lactation consultant, physician or CNP work with a new breastfeeding mother

**Week 2**
- Read modules 1 and 2 of “Lactation Management Self-Study Modules Level 1, Wellstart International,” www.wellstart.org/publications.html
- Practice working with your patients to encourage and support breastfeeding
- Contact one of the lactation consultants to arrange your Observed Structured Clinical Evaluation (OSCE) with a breastfeeding mother
**Week 3**
- Read module 3 of “Lactation Management Self-Study Modules Level 1, Wellstart International”
- Take post-test at back of “Lactation Management Self-Study Modules Level 1, Wellstart International” –Will be discussed & collected during week 4
- Have the lactation consultant observe you and score your interaction with a breastfeeding mother using the OSCE evaluation included

**Week 4**
- Meet in small group with one of the faculty below to go over Wellstart post-test and breastfeeding cases
- Have the lactation consultant observe you and score your interaction with a breastfeeding mother using the OSCE evaluation included (if not completed in week 3).
- Return OSCE form during small group meeting.
- Return “Lactation Management Self-Study Modules Level 1, Wellstart International” and “15 Minutes of Breastfeeding Help” (Note: this is now titled “Breastfeeding Management, Educational Tools for Physicians and Other Professionals”) to Dr. Santos.

***Breastfeeding lectures will also be included in 8 am ambulatory talk series***

**Contacts**

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**Other Breastfeeding Resources**

- **Breastfeeding and the Use of Human Milk Policy Statement, American Academy of Pediatrics, 2005**
  A policy statement on breastfeeding from the American Academy of Pediatrics.  
  *Where to find:* Online at American Academy of Pediatrics  
  http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496

- **Breastfeeding Basics, Mary O'Connor, MD, 1998**
  This online curriculum identifies the basics of breastfeeding. It is an easy way for residents to gain basic knowledge about breastfeeding.  

- **Breastfeeding Handbook for Physicians, American Academy of Pediatrics/American College of Obstetricians and Gynecologists, 2006**
  This handbook provides physicians in all specialties with a concise reference on breastfeeding and human lactation.  
  *Where to find:* Order online at American College of Obstetricians and Gynecologists Bookstore,  
  http://sales.acog.com/acb/stores/1

- **Breastfeeding Position Paper, American Academy of Family Physicians, 2001**
  A paper explaining the American Academy of Family Physicians’ stance on breastfeeding.  
  *Where to find:* Online at American Academy of Family Physicians,  
Hand Expression of Breast Milk Video, Jane Morton, MD
This is a 7-minute video on how to teach mothers to hand express their milk.

Clinical Protocols, Academy of Breastfeeding Medicine, Various Publication Dates
Breastfeeding protocols, developed by the Academy of Breastfeeding Medicine, that are useful when creating protocols for a hospital or practice.
Where to find: Online at The Academy of Breastfeeding Medicine, www bfmed org/index asp?menuID=139&firstlevelmenuID=139

New Mother’s Guide to Breastfeeding, American Academy of Pediatrics, 2002
A basic breastfeeding 101 book for mothers. It is a good overview of the experience of breastfeeding from initiation to weaning for parents and health professionals. Available in Spanish.
Where to find: Order online at American Academy of Pediatrics Bookstore, http://eweb.aap.org/pub38923

La Leche League Web Site, 2008
This is La Leche League’s main Web site. Find information about breastfeeding and their many services here.

Special Report from ACOG, Breastfeeding: Maternal and Infant Aspects, American College of Obstetricians and Gynecologists, 2007
A paper explaining the opinion of the American College of Obstetricians and Gynecologists regarding breastfeeding.

This information was provided courtesy of MetroHealth Medical Center – one of the participants in the Breastfeeding Residency Curriculum Pilot Study. Site Directors: Susan Kovacs-Santos, MD, FAAP and Tara Williams, MD, FAAP