

Utah Breastfeeding Health

Developed for health professionals to support Breastfeeding

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[Factors Affecting Breastfeeding in Births Given During the Day and at Night; A Cross-Sectional Comparative Study](#)

Day and night labor have different pros and cons to breastfeeding. To prevent negative early breastfeeding experiences, it is important to address the differences in the intrapartum (the time between the beginning of labor to the delivery of the placenta) and postpartum (the time right after birth and up to 6-8 weeks thereafter) care processes.

[Successes of a Focused Mothers' Own Milk \(MOM\) Program in Counteracting Unintended Effects of a Donor Milk Program on MOM Rates at Discharge](#)

Using donor milk to avoid early formula feeding to change very low birth weight (VLBW) infants can be a successful strategy among diverse maternal racial and ethnic populations. Nursing and maternal education, early lactation support, and attention to long-term feeding plans in this study were shown to be crucial to improve the use of mothers' own milk (MOM) at discharge and ensuring successful breastfeeding for VLBW infants at discharge.

[Perinatal Smoking and E-cigarette Use and Their Relationship with Breastfeeding: PRAMS 2015–2020](#)

Likelihood of breastfeeding initiation and continuation in women using e-cigarettes was comparable to those who neither smoked with cigarettes nor used e-cigarettes. Future research needs to clarify differences in breastfeeding by sociodemographic and health-related characteristics of women who smoke with cigarettes or use both products compared to those who use e-cigarettes. Understanding women's motivation behind use of a particular tobacco product is also important, so mothers who smoke e-cigarettes are not incorrectly perceived as safer users and excluded from tobacco cessation interventions.

[Breastfeeding and Antepartum Breast Milk Expression \(BABE\): A Randomized Control Trial Utilizing an Electric Breast Pump and its Effect on Postpartum Breastfeeding](#)

Antenatal breast milk expression did not significantly improve exclusive breastfeeding rates, but safely provides women opportunities to become familiar with breastfeeding before delivery and can provide readily available colostrum.



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[Impact of Dysphoric Milk Ejection Reflex on Mental Health](#)

Dysphoric Milk Ejection Reflex (D-MER) is a maternal negative reaction to milk ejection. Common emotions experienced are tension, exhaustion, restlessness, and nausea. This can lead to early breastfeeding cessation, which can affect a mother's mental health. Over half of the mothers with D-MER in the study screened positive for postpartum depression (PPD). The researchers emphasize the need for greater awareness and support for D-MER to help improve breastfeeding outcomes.

[The Academy of Breastfeeding Medicine 28th Annual International Meeting Chicago, Illinois November 9–12, 2023](#)

The Academy of Breastfeeding Medicine had its 28th Annual International Meeting. Find the abstracts of all the talks presented, including “How Birth Influences Infant Feeding Outcomes”, “Implementing an Employee Breastfeeding Support Program”, and “A narrative review of counseling interventions on breastfeeding satisfaction in the United States.”

[An Integrative Review of Breastfeeding and Homelessness](#)

This review highlights the disparities among those who are homeless. Findings showed decreased breastfeeding initiation and duration in this population. These outcomes are influenced by individual factors and social determinants of health. Community and clinical support are important, and the researchers encourage providers to refer patients to SNAP and WIC, teach breastfeeding techniques, provide early education, promote initiation within 1 hour of birth, and encourage the use of peer support groups.

[NABBLM: Coming Soon! The First Board Exam for Breastfeeding and Lactation Medicine Doctors!](#)

A certifying board exam for breastfeeding and lactation medicine is coming! The North American Board of Breastfeeding and Lactation Medicine (NABBLM) is developing standards for education and training in breastfeeding and lactation medicine, which is expected to have a significant positive impact on maternal child health.

[The Utilization of Sodium Concentration in Human Milk from Pump-Dependent Mothers of Preterm Infants as a Measure of Milk Production](#)

In the early stage of lactation initiation (within 5 days postpartum), using a hospital-grade electric breast pump can promote lactation in mothers who deliver prematurely. Results showed that using a hospital-grade pump from day 1 to 14 led to better lactation and faster normalization of sodium levels in milk when compared to mothers using only a personal normal electric breast pump. This study also demonstrated that sodium levels can be used as an objective biomarker to assess lactation progress in order to guide early postpartum interventions.

[The Effect of Skin-to-Skin Contact on Placental Separation Time and Initiation of Breastfeeding](#)

Skin-to-skin contact within the first hour following birth is important for mom and baby. This contact is important for initiating breastfeeding and has positive psychological and physiological effects on mom.