

November 2024

LEARNING FORUM



**Please enter your name
and facility in the chat**

Rapid Response: Hot Topics Fall 2024

- FTI is officially **COMPLETED!!!!**
- Final data numbers to come in January 2025!
- Shout out to Clay County Medical Center for addressing the ED question:



Severe Hypertensive Disorders in Pregnancy



Severe Hypertension in Pregnancy



Enrollment Packet 2025

January 6, 2025

Maternal Mortality: JAMA Network Open Nov. 2024

Nov 13, 2024 - Health

Homicide found to be top cause of maternal death



Adriel Bettelheim



Illustration: Aida Amer/Axios

- Pregnant women or those who've given birth in the **past year** are likelier to be murdered than die from medical causes like preeclampsia or hemorrhaging, a new study in *JAMA Network Open* concludes.
- **Why it matters:** maternal mortality can be influenced by state divorce laws and access to reproductive care, with individuals younger than 25 years and Black women at highest risk.
- Intimate partners account for the largest proportion of pregnancy-associated homicides.



Dana Deters

NEMAHA VALLEY COMMUNITY
HOSPITAL

RN, BSN, IBCLC, CPST, OB Supervisor,
CART Nurse Auditor

KANSAS BREASTFEEDING COALITION

Hospital Section Leader

Kansas Breastfeeding Coalition

Newborn Warning Signs
and Breastfeeding Signs
Cards





Kansas Breastfeeding Coalition

Hospital Section

Childcare Section

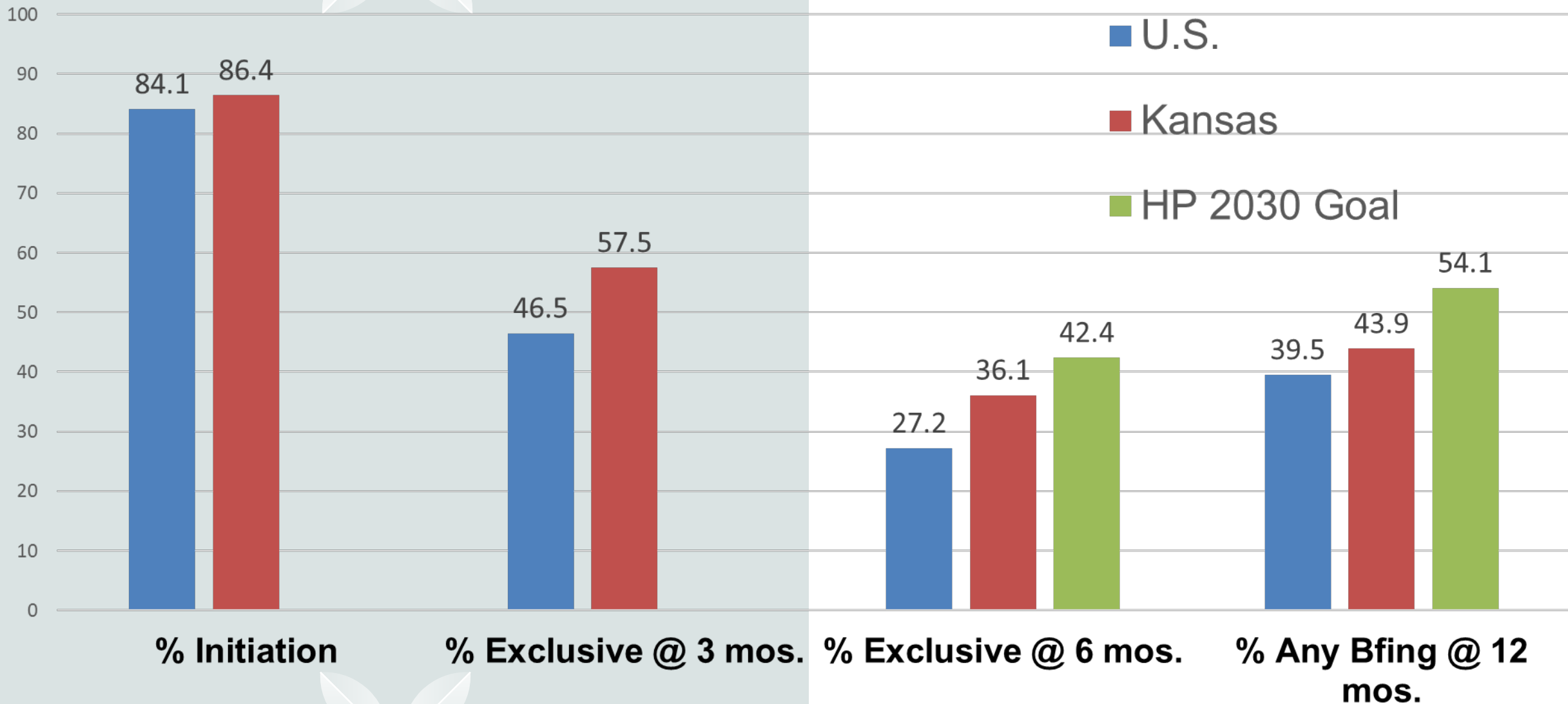
Public Health Section

Local Breastfeeding Coalitions





Breastfeeding Rates



% Initiation

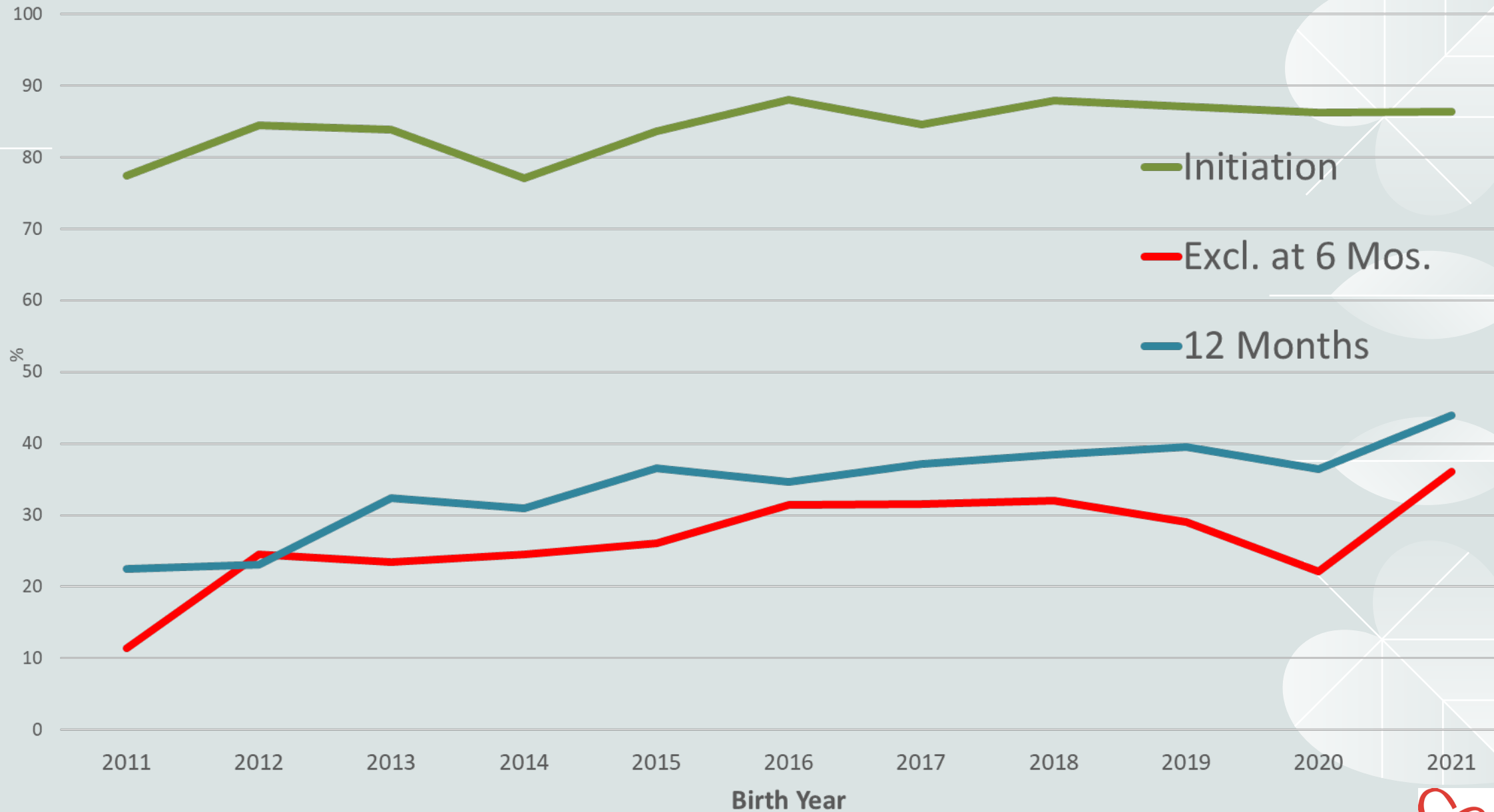
% Exclusive @ 3 mos.

% Exclusive @ 6 mos.

% Any Bfing @ 12 mos.



Kansas Breastfeeding Rates - History



Celebrate!

Kansas
ranks:

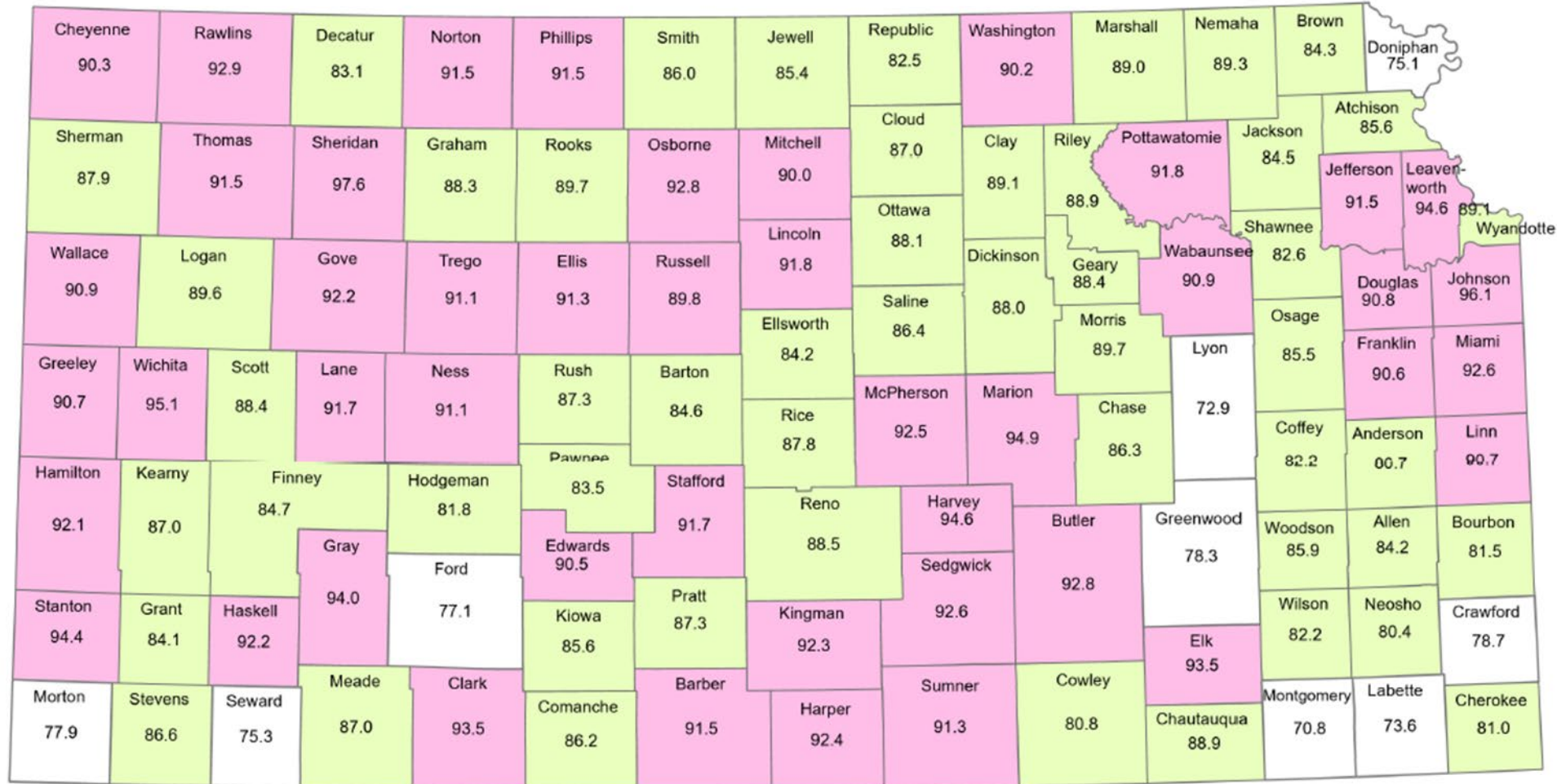
4th

in the nation for rates of infants exclusively breastfeeding at 3 months

5th

in the nation for rates of infants exclusively breastfeeding at 6 months

Percent of live births by initiation of breastfeeding* by county of residence Kansas, 2021-2023



Percent 70.8 - 80.0 80.1 - 89.7 89.8 - 97.6

Kansas = 89.8%

*Missing/unknown breastfeeding status and infants that died shortly after birth were excluded.

Source: Kansas Department of Health and Environment. Bureau of Epidemiology and Public Health Informatics. Birth Data (Resident).



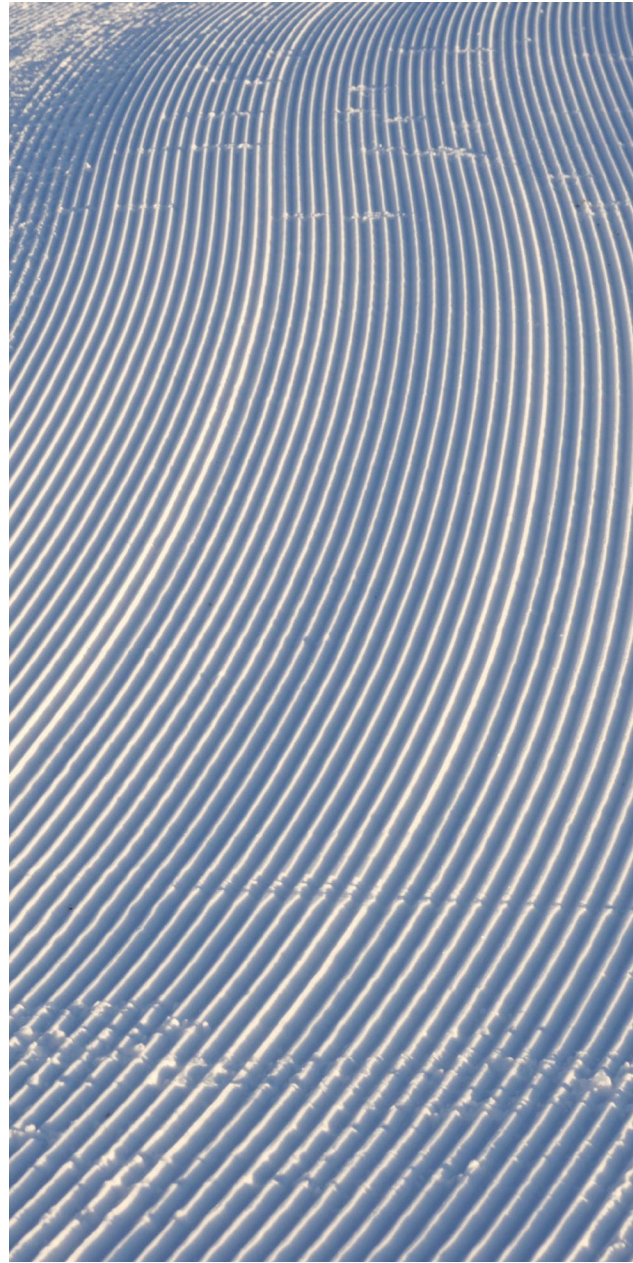
Kansas
Breastfeeding
Coalition, Inc.



Fourth Trimester Initiative

- Education
- Screening
- Support
- Empowering





Infant Warning Cards

- Complement POST BIRTH Warning Signs Cards
- Breastfeeding Support
- Newborn Support

Newborn Warning Signs



GO TO EMERGENCY CARE OR CALL 911

- ▶ **Temperature:** If newborn has a temperature of 100.4° F (38° C) or higher.
- ▶ **Bleeding:** If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal, like a small cut.
- ▶ **Breathing:** Has a hard time breathing that does not go away with nose suctioning.
- ▶ **Color:** Has blue lips, tongue, or mouth.



Call your baby's health provider at _____ (phone #)
if your baby has one or more of these signs.

Pee and poop problems

- ▶ There is blood (streaks, flecks, or clots) or mucous with poop.
- ▶ Does not pee 6 times within 24 hours by day 5.
- ▶ Still having very thick, dark poop after 4 days of life.
- ▶ Has not pooped in the past 1–2 days.

Bad smells

- ▶ Starts to have unusually watery or bad-smelling poop. (Breast milk stools are very loose but do not smell bad.)
- ▶ Has a cord (belly-button area) or circumcision site that smells bad or has pus or if the surrounding skin is bright red and warm.

Changes in color

- ▶ Skin or eyes become more yellow in color.

Changes in behavior

- ▶ Is fussier or is sleeping more than usual.
- ▶ Misses or vomits most of 2 feedings in a row.
- ▶ Crying a lot, with no known cause, or an unusual, high-pitched cry.

Scan for more information
on baby care:



This content has been adapted from the 4th Trimester Project™ resources on NewMomHealth.com



Breastfeeding Signs



Warning Signs

If breastfeeding parent experiences:

- ▶ Red areas or streaking on one or both breasts.
- ▶ Fever (100.4° F or higher) or flu-like symptoms.
- ▶ Sharp pains inside breasts.

Call your health provider at _____
(phone #)



Caution Signs

If breastfeeding parent experiences:

- ▶ Pain with feeding or pumping that does not go away in 10–20 seconds.
- ▶ Nipples that are cracked, bleeding or appear flattened/creased after feeding.
- ▶ Breast that feels swollen or hard.
- ▶ Lumps or painful spot on breast.

Find Lactation
Help:



Going Well Signs

If breastfeeding baby:

- ▶ Infant feeds 8–12 times in a 24-hour period.
- ▶ Regained birth weight by 2 weeks.
- ▶ Pees 6 times or more in a 24-hour period by day 5.
- ▶ Poops 3–4 times in a 24-hour period by day 4 (poop should be the size of a quarter or bigger).

If breastfeeding parent experiences:

- ▶ Uterine cramps with breastfeeding during postpartum. This is a sign of healing.
- ▶ Strong tug with breastfeeding, no pinching or pain; any latch discomfort fades within about 10–20 seconds.
- ▶ Breasts that feel soft and drained after feeding or pumping.

Hand expression:*

1. Position your thumb above the nipple and your fingers below the nipple about 1-2 inches behind your nipple. Your thumb and fingers will make the letter "C" shape.
2. Press your fingers and thumb back toward your chest.
3. Gently compress your fingers and thumb together.
4. Release and then repeat in a rhythmic pattern: Press, Compress, Release. Continue until the milk stops and then switch to the other breast.

Watch the video
for more about
hand expression:



*Content provided by Centers for Disease Control and Prevention

FREE Resources for Parents



DO NOT DISTURB

Mother at work.

THE BUSINESS CASE OF BREASTFEEDING

For Breastfeeding Support:

- Contact your local WIC office - for advice, support and loan pumps. You may have - <http://www.kansaswic.org>
- Local Breastfeeding Resource Clinics search for support by zip code at kbsbreastfeeding.org/local-resources/

For Workplace Support:

- Kansas Breastfeeding Coalition Workplace Resources - visit <http://kbsbreastfeeding.org/workplace-resources/>
- WIC Going Back to Work - visit <http://wic.kbsbreastfeeding.org/going-back-to-work/>

The Kansas Coalition for Breastfeeding is a coalition of over 100 organizations. It is not an official agency of the State of Kansas. It is a 501(c)(3) nonprofit organization. All rights reserved. © 2014 Kansas Breastfeeding Coalition, Inc. All other trademarks are the property of their respective owners.

Know Your Workplace Lactation Rights

Time to Pump **Private Location** **Protected by Law**

Feeding Tips for Breastfed Babies

Handling Human Milk

- Store milk in small amounts (1-4 ounces), labeled with baby's full name and date collected
- Store milk in back of refrigerator or freezer
- Thaw milk in refrigerator or in a bowl of lukewarm water
- Warm milk by using warm, not hot, water (never microwave)
- Never refreeze thawed milk

| Storage Location and Temperatures | | | |
|--|---|-------------------------|--|
| Type of Human Milk | Countertop 77°F (25°C) or colder (room temperature) | Refrigerator 40°F (4°C) | Freezer 0°F (-18°C) or colder |
| Freshly Expressed or Pumped | Up to 4 Hours | Up to 4 Days | Within 6 months is best. Up to 12 months is acceptable |
| Thawed, Previously Frozen | 1-2 Hours | Up to 1 Day (24 hours) | NEVER refreeze human milk after it has been thawed |
| Leftover from a Feeding (baby did not finish the bottle) | Use within 2 hours after the baby is finished feeding | | |

From CDC website <https://www.cdc.gov/breastfeeding/recommendations/handling-breastmilk.html>

Feeding the Breastfed Baby

- Breastfed babies may eat more often; every 1.5-3 hours
- Watch for hunger cues: turning head from side to side, sucking, hand movements toward face, smacking lips
- A crying baby is in distress and may need something other than food
- Feed small amounts of milk (1-2 oz.), adding more as needed
- Feed slowly with frequent pauses and the bottle horizontal
- Slow flow nipples are recommended

For breastfeeding support: Call 800-944-9662 or visit kbsbreastfeeding.org/local-resources/

Newborn Warning Signs

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- Bleeding:** If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal, like a small cut.
- Breathing:** Has a hard time breathing that does not go away with nose suctioning.
- Color:** Has blue lips, tongue, or mouth.

Call your baby's health provider at _____ (phone #) if your baby has one or more of these signs.

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Scan for more information on baby care.

“A mother may breastfeed in any place she has a right to be.”

“The State of Kansas acknowledges breast milk to be the most complete form of nutrition for infants, with a range of benefits for infant's health, growth, immunity and development.”

-From Kansas Law (KSA 65-1,248)

Visited a business that was breastfeeding friendly? Ask them to contact the Kansas Breastfeeding Coalition to enroll in the 'Breastfeeding Welcome Here' program.

Asked to leave a public place because you were breastfeeding? Contact the Kansas Breastfeeding Coalition for assistance at info@kbsbreastfeeding.org.

Provided by the Kansas Department of Health and Environment

STORAGE LOCATION AND TEMPERATURES

| Type of Breast Milk | Countertop 77°F (25°C) or colder (room temperature) | Refrigerator 40°F (4°C) | Freezer 0°F (-18°C) or colder |
|--|---|-------------------------|--|
| Freshly Expressed or Pumped | Up to 4 Hours | Up to 4 Days | Within 6 months is best. Up to 12 months is acceptable. |
| Thawed, Previously Frozen | 1-2 Hours | Up to 1 Day (24 hours) | NEVER refreeze breast milk after it has been thawed unless ice crystals are still present. |
| Leftover from a Feeding (baby did not finish the bottle) | Use within 2 hours after the baby is finished feeding | | |

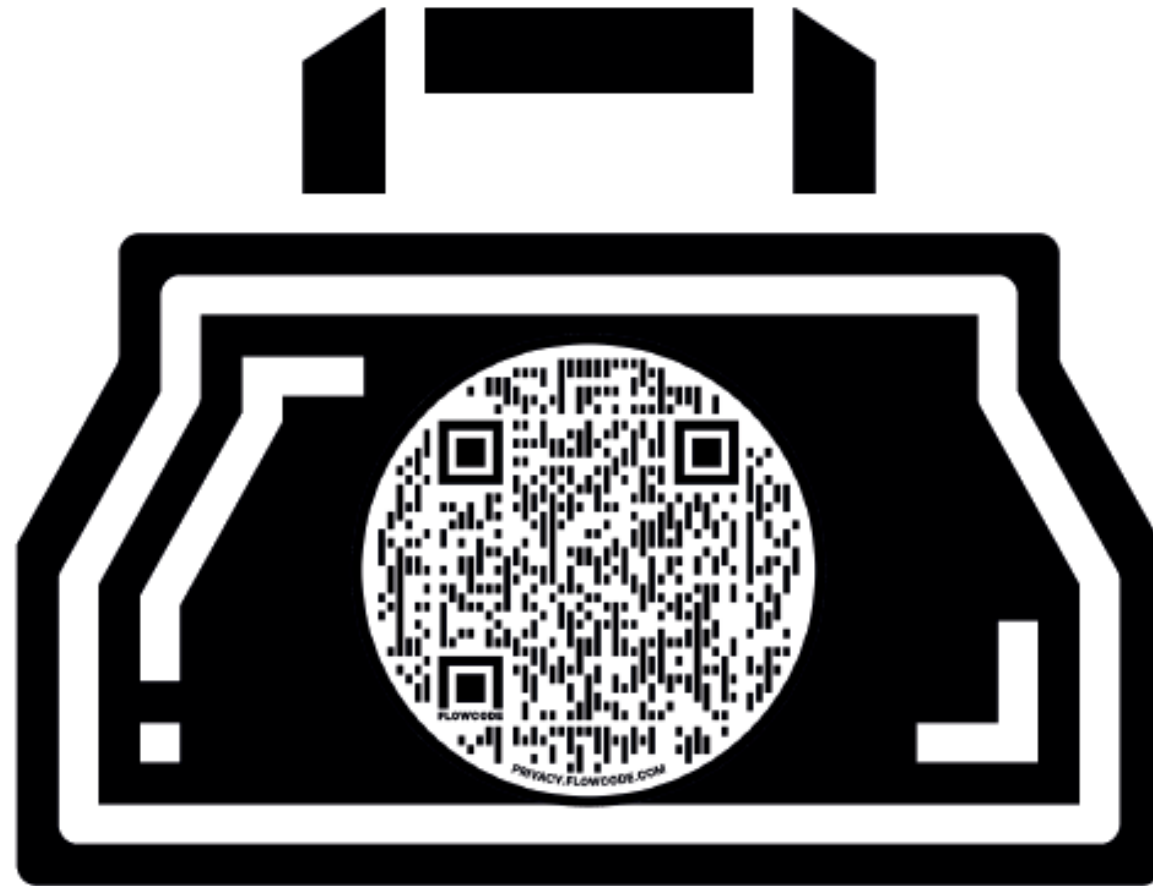
Did you pack?

- Pump parts (flanges, tubing, valves, reservoir), extra are if possible
- Wash hands and pump parts
- Wash flange and water bottle
- Waterproof bag for your pump parts in for cleaning later

Visit kbsbreastfeeding.org/local-resources/ to find local breastfeeding support

Virtual Go Bag

NEW!



Scan the QR code or go to
ksbreastfeeding.org/home-visitor-virtual-go-bag/

Enhanced Certified Breastfeeding Specialist Training

Certified Breastfeeding Specialists educate and support breastfeeding families through pregnancy, breastfeeding initiation, and the normal course of lactation.

Special Opportunity for Kansas!

Step 1: Complete the Certified Breastfeeding Specialist (CBS) online course through Lactation Education Resources (LER) which includes:

- 53.5 hours of online instruction with expert instructors
- CBS Exam (included in course cost)

Step 2: One day in-person learning event in early June 2025 in Wichita. In-person skills day includes:

- Instructor from LER
- Case Studies
- Skills Stations: 1) Fundamentals of Position and Latch, 2) Nipple Wound Assessment and Care, 3) Alternative Feeding Methods, 4) Hand Expression, and 5) Breast Pumps

**Enhanced CBS Training Package Cost - \$350
(a \$675+ value!)**

Register HERE: <https://bit.ly/3zQd2dV>

Limited number of seats

Must complete the CBS on-line course to be eligible to attend the in-person event



Only 22 seats left!

Lactation Billing Manual – coming in 2025!

NEW!



American Heart Association®



You're Invited!

Join to KBC and participate in the following KBC Sections and Workgroups:

- Hospital Section
- Lactation Billing Cohort
- Public Health Section
- Local Breastfeeding Coalitions Section





Thank you,
Brenda Bandy, IBCCLC
KBC Executive Director

For Breastfeeding Resources & Questions

Email info@ksbreastfeeding.org



Next Learning Forum

January 28th at noon



Postpartum Discharge Transition
Bundle-In Development