

Promoting Healthy Beginnings

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health and human
service providers
published by:

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If you would like to contribute to our newsletter as a writer or with suggestions for future articles, please call, fax or e-mail the office.

Update

Mohawk Valley Perinatal Network is launching the *Safe Sleep for Babies* project in Herkimer County this summer. All health and human service providers who work with parents and caregivers in the Mohawk Valley are invited to attend a train-the-trainer session on safe sleep and SIDS on August 31, 2009. Once local staff have been trained, home visiting programs in Herkimer County will begin distributing free portable cribs to families with no safe sleep space for their infants. This program was piloted in Oneida County with approximately 100 cribs distributed thus far.

The spring session of the 8th Annual Nursing Student Conference was held on April 7, 2009 at SUNYIT in Utica. Students and community partners participated in training on cultural competency facilitated by REACH CNY. Approximately 125 students attended the event, with the vast majority rating it positively and indicating it will be helpful in their work.

On April 27th and 28th, staff from Mohawk Valley Perinatal Network and Herkimer-Madison WIC attended the Business Case for Breastfeeding train-the-trainer session in Albany. The Business Case for Breastfeeding is a comprehensive program from the US Department of Health and Human Services designed to educate employers about the value of supporting breastfeeding employees in the workplace. The program highlights how such support contributes to the success of the entire business. The program offers tools to help employers provide worksite lactation support and privacy for breastfeeding mothers to express milk. The program also offers guidance to employees on breastfeeding and working. If your employer is interested in discussing how to become a breastfeeding friendly worksite, refer them to the Perinatal Network.

Mohawk Valley Perinatal Network partnered with Mohawk Valley Breastfeeding Network to sponsor a mothers' rest area with changing and breastfeeding station at the Boilermaker Expo on July 10th and 11th. This is the first year that we have sponsored a rest area for families, and Boilermaker and Perinatal Network staff will work toward better visibility and awareness of the area for future years.

Monthly premium levels for Child Health Plus have increased for families with incomes between 250% and 400% of the federal poverty level. Depending on income, families may pay \$30, \$45 or \$60 per child, per month. Families with more than three children pay a maximum monthly premium of \$90, \$135 and \$180. In addition, families with children covered by employer insurance who were previously informed of a 6 month waiting period to enroll in Child Health Plus may no longer be required to wait for coverage. Call Mohawk Valley Perinatal Network Facilitated Enrollment staff for more information on health insurance for adults and children.

Mohawk Valley Asset Building Coalition, in partnership with a number of community organizations, including Mohawk Valley Perinatal Network, completed 1,444 tax returns for the 2009 VITA Site program. \$903,369 in EITC refunds and \$2.4 million in combined state and federal refunds were provided to residents of Oneida and Herkimer Counties. 79 volunteers completed tax returns at eight permanent sites and ten mobile sites this year.

Mohawk Valley Perinatal Network recently received a grant to replace four outdated computers that will improve staff efficiency and productivity. The grant was made possible by The Community Foundation of Herkimer and Oneida Counties, Inc., the John Crego Family Fund and the Dr. Robert D. Hubbard Family Fund.

Our Mission: *To improve birth outcomes and maternal, child and family health.*

Topics in Perinatal Health

A Double-Edged Sword: Lactation Consultants' Perceptions of the Impact of Breast Pumps on the Practice of Breastfeeding by Kathleen M. Buckley, PhD, RN, IBCLC

Source: Journal of Perinatal Education, Volume 18, Issue 2, pages 13-22.

Although much has been reported on the impact of technology on the childbirth experience there is less reported on the effect of technology on the practice of breastfeeding in the United States. Lactation consultants (LCs) are in an ideal place to assess the influence of breastfeeding technology on the practice of breastfeeding. Not only are LCs in the position of recommending the use of equipment for breastfeeding problems, but they are also obligated by their standards of practice to discuss the risks and benefits of use, evaluate safety and effectiveness, demonstrate the correct use and care of equipment, and assure that equipment is clean and in good operating condition. The purpose of this pilot research study was to identify and describe the beliefs and experiences of LCs related to the impact of the increased availability of breast pumps on the practice of breastfeeding.

Methods: The present study used a descriptive, qualitative design to examine the beliefs and experiences of LCs related to the impact of technology on the practice of breastfeeding. A sample of 12 International Board Certified Lactation Consultants, who had been in practice for at least 1 year and were currently providing services to breastfeeding women, were recruited for the study, using purposeful sampling. Data were collected through semi-structured interviews. Interview topics regarding breast pumps included: (a) reasons for use, (b) changes in patterns of use, (c) mothers' experiences, and (d) advantages and risks.

Results: When asked about any changes in patterns of breast-pump use, all of the LCs reported an increase in use since they had started their practice. Their comments regarding the factors contributing to this increase were reduced to two major categories: (a) changes in society and hospital practices and (b) the perceived benefits and risks of breast pumps by LCs and mothers.

Changes in Society and Hospital Practices: LCs reported that over time women have moved from seeing breast pumps as a luxury item to a necessity. They site that medical interventions during birth can lead to problems in infants that interfere with breastfeeding, and that the increase in "technological birth" makes "technological breastfeeding", with the help of breast pumps, more likely. Some LCs noted that hospitals contribute to reliance on breast pumps when they supply a breast pump for each hospital room.

Perceived Benefits and Risks of Breast Pumps: All of the interviewed LCs reported using breast pumps in their practices for a variety of reasons. The LCs working with babies in neonatal intensive care units highlighted the necessity of breast pumps for providing breastmilk to preterm infants who were unable to feed directly from the breast and for preserving the mother's breastmilk supply. For term infants, the breast pump was used to establish or protect a mother's milk supply when she was separated from her infant or while the LC worked with the mother on a breastfeeding problem. The breast pump was also used to relieve engorgement or plugged ducts, to increase the milk supply for infants with slow weight gain or weight loss, or to improve the latch by stimulating a quicker let-down or pulling out inverted nipples. Finally, many LCs underscored the importance of the breast pump for women who were going back to work and relied on breast pumps to maintain their milk supply. The most commonly identified risks of breast pumps were breast-tissue damage, infection, and contamination of breastmilk. LCs explained the increase in breast-pump use could be due to mothers' need to maintain greater control over the feeding process and to satisfy the need to quantify the infant's intake more accurately. LCs also suggested that increased breast pump use provides a major source of income for some LCs.

To Support MVPN....

You can support Mohawk Valley Perinatal Network programs and services for consumers and providers in Oneida, Herkimer and Madison Counties through a donation to our organization. MVPN is a nonprofit, tax-exempt organization. Donations are deductible for income tax purposes in the United States to the extent allowable by law.

Please make checks payable to "Mohawk Valley Perinatal Network, Inc." and mail donations to:

209 Elizabeth Street, 2nd Floor
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Topics in Perinatal Health

Variables Associated with Breastfeeding Duration

by Diane Thulier, MS, RN, IBCLC and Judith Mercer, PhD, CNM, FACNM

Source: Journal of Obstetric, Gynecologic and Neonatal Nursing, Volume 38, Issue 3, pages 259-268.

Demographic Variables:

1. Asian, White and Hispanic women are more likely to breastfeed their six month old infants than African American women.
2. A positive association exists between breastfeeding duration and maternal age, such that older mothers breastfeed longer.
3. Breastfeeding occurs more often among married women, and married women breastfeed longer.
4. Women with more years of completed education breastfeed more often and longer than less educated women.
5. Low-income women and women enrolled in the WIC program stop nursing earlier than their higher-income or non-enrolled counterparts.

Biological Variables:

1. Women with high pre-pregnant body mass index, indicating obesity, are more likely to terminate breastfeeding early.
2. Smoking in the postpartum period is associated with an eight week shorter breastfeeding period.
3. Women with multiple children tend to breastfeed longer than women with only one child.

Social Variables:

1. A negative correlation exists between working and breastfeeding such that women returning to work after birth breastfeed for shorter periods of time than women not working. In addition, women working full time demonstrate a marked decrease in breastfeeding duration compared to women working part time.
2. Mothers who have support from significant others such as the father of the baby and their mothers breastfeed longer than women with little social support.

Psychological Variables:

1. Maternal intention to breastfeed along with interest and confidence in breastfeeding have a significant positive effect on breastfeeding duration.

Save the Date

July 23rd - 24th: Implementing Patient Safety Systems for Obstetrics in New York State

Longfellow's, Saratoga Springs, New York. \$55 registration fee, overnight accommodations available. Call 518-436-3461.

August 31st: Safe Sleep for Babies Train-the-Trainer

9:00 - 11:00 am, 2:00 - 4:00 pm, 6:00 - 8:00 pm; Herkimer, NY. Free of charge, refreshments provided. Call Mary at Mohawk Valley Perinatal Network to register 732-4657 ext. 222.

September 8th: Northeast New York Regional Perinatal Forum - The Changing Role of PCAP in New York State

10:30 am - 12:30 pm; Albany Medical Center. Free of charge, lunch provided. Call 518-262-0885 to register.

September 30th: Mohawk Valley Breastfeeding Network Conference

Utica, NY. Save the date!

Provider Resources

Weight Gain during Pregnancy: Reexamining the Guidelines

New guidelines are available from the Institute of Medicine for weight gain during pregnancy. The new guidelines are based on observational data, which consistently show that women who gained within the IOM guidelines experienced better outcomes of pregnancy than those who did not. See the Resource Sheet insert or visit <http://www.iom.edu/?ID=68004>

H1N1 Flu and Pregnancy

Information is available for patients and providers from the CDC regarding H1N1 flu prevention and treatment for pregnant women. Patient information can be found at: <http://www.cdc.gov/h1n1flu/guidance/pregnant.htm> Provider information can be found at: http://www.cdc.gov/h1n1flu/clinician_pregnant.htm



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***On the Bookshelf* by Mary Khiemdavanh**

MVPN has a variety of resources including books, videos, CD-ROMS and demonstration aids available for consumers and professionals. These resources cover a variety of topics related to pregnancy, parenting, breast-feeding, maternal, child and family health. All items are available to borrow free of charge. Be sure to check out the new resources in our Resource Library:

With cesarean births at an all time high, women everywhere are seeking ways to reclaim the experience of birth and control of their own bodies. I have recently reviewed a book and video collection titled: ***Gentle Birth Choices*** by Barbara Harper, R.N. In this series, Barbara Harper, nurse midwife and mother of three, details the elements of gentle birthing. Medical intervention is too often the norm in society today, and many women are not allowed to experience the whole birthing process. This guide is geared to help women make positive birth choices, and to know all the options that are available to them. There is a section in the book and video that offers advice to couples who are looking to explore the option of water birth, a choice that maximizes the attributes of water as a natural, pain-relieving relaxant and as an alternative to drugs and their unwanted side effects. This guide is a resource for those who are looking for a natural birth experience.

This resource and others are available for loan at no cost from the Resource Lending Library at Mohawk Valley Perinatal Network. We have professional journals, demonstration aids, books, videos and brochures for professionals and consumers. Stop by our office at 209 Elizabeth Street, Utica or call Mary at extension 222.