



Breastfeeding Medicine Elective

Elective rotation available for residents of all training levels

Value of the Rotation

Breastfed infants have reduction in chronic and acute disease and physician education and patient encouragement can impact the rate of breastfeeding initiation and duration. Historically, primary care physicians receive little to no formal education in breastfeeding medicine, yet may encounter breastfeeding infants and their mothers on a regular basis in their clinical practice.

- o Residents will work closely with trained lactation consultants and mother-baby dyads in a variety of inpatient and outpatient settings, allowing residents to gain knowledge and skills related to breastfeeding that will allow them to assess and aid future dyads in breastfeeding.

Broad Goal:

- o The aim of this rotation is to provide pediatric residents with the necessary tools to critically assess a breastfeeding dyad and to trouble-shoot common breastfeeding and lactation problems as well as connect families to additional community resources.

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.

Rotation Description:

- o The pediatric resident will spend time with both inpatient and outpatient lactation consultants seeing dyads in Women's Health, Children's Hospital, NICU, and outpatient pediatrics clinics.
- o Residents will receive their own copy of **The Little Green Book of Breastfeeding Management for Physicians & Other Healthcare Providers** by Gail Hertz MD, IBCLC, FABM (and graduate of Penn State College of Medicine Pediatric Residency Program!)

Expectations:

- o Residents are expected to attend all inpatient and outpatient experiences as detailed on their individualized schedule.
- o (To restart Post-COVID) Residents will be scheduled for community engagement/advocacy work as scheduled including but not limited to:
 - o Community lactation programs such as with WIC
 - o Community breastfeeding support programs
- o During independent study reserved time, residents are expected to:
 - o Complete the AAP Residency Curriculum including the WellStart Modules.
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Curriculum.aspx>



- o Review the Stanford University videos.
<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>
- o Review the Frist Droplets resources: <https://firstdroplets.com/>
- o Scholarly Work
 - a. **4 week elective: Case presentation** to pediatric residents (at noon conference or other appropriate time) to share a patient case and share pearls learned
 - b. **2 week elective:** select a relevant breastfeeding medicine journal article to share in a **Virtual Journal Club**. Create a 1 page “Fast Facts” to summarize their findings and potential implications for the patients you care for. This will be shared with the Pediatric and Med-Ped residents via email at the end of your rotation.

Logistics/Schedule:

- o Residents will receive a schedule from Dr. Hackman in the week prior to their elective, detailing where they are supposed to go each half-day of their rotation.
- o Residents are expected to be available via page from 8am-5pm, Monday – Friday and to follow the clinical schedule provided to them at the beginning of the rotation.
- o There are no night or weekend responsibilities directly related to this elective, however residents may be needed to staff cross-covers on the weekends and occasionally during the week.
- o The only general exceptions are Tuesday morning Pediatric Grand Rounds, Thursday afternoon protected didactic time, and the resident’s assigned continuity clinic afternoon. Residents are strongly encouraged to attend noon conference during this elective rotation as well.
- o Residents are expected to communicate with the attending early in the rotation if other time is going to be missed, such as for a doctor’s appointment.

Reading/Resources:

- o **AAP Residency Curriculum:**
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/default.aspx>
- o **Breastfeeding Clinic at Penn State:**
<https://www.pennstatehealth.org/childrens/general-pediatrics/breastfeeding-program>
- o **Stanford University Videos:** <https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

Individualized Curriculum:

- o Residents should contact Dr. Hackman in the block prior to their scheduled rotation to discuss their individualized goals and objectives for this rotation to help design their individualized schedule.
- o This elective can be designed as a 2 or 4 week elective, depending on resident preference and schedule availability.

Feedback & Evaluation:

- o Residents can expect to receive verbal feedback from each provider with whom they have worked with each day and if not provided, residents should ask for feedback.
- o Formal (written) evaluation will be completed by the attending aft the completion of the rotation in New Innovations.

Questions & Concerns:

- o Please contact Dr. Nicole Hackman at nhackman@pennstatehealth.psu.edu with any questions or concerns regarding this elective.