

### Viewing Time

The program will take up to one hour to complete.

### Target Audience

This program is designed for primary care physicians.

Other health care professionals working with patients and their families may also find this program of interest.

### Faculty Disclosure

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### Faculty Disclosure

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### Troubleshooting Common Breastfeeding Problems

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### Troubleshooting Common Breastfeeding Problems

*A lecture about the assessment and treatment of common breastfeeding problems.*

## Program Objectives

*Upon completion of this program, participants should be able to:*

- Gain an understanding of the normal pattern of breastfeeding newborns
- Recognize a problem where a lactation consultant may be necessary
- Gain an understanding of common maternal and infant barriers to effective breastfeeding

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## Accreditation

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## Receiving CME Credit

To receive CME credit you must view the entire program and complete the evaluation form at the end.

## troubleshooting common clinical challenges related to breastfeeding

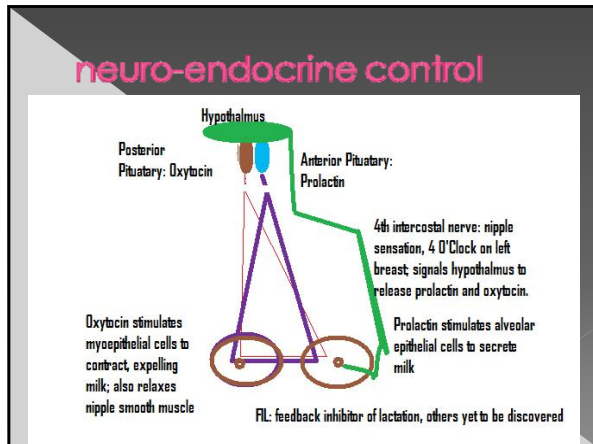
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## overview

- General assessment of BF problems
- Problems related to the baby
- Problems related to the mother





### 2 most common reasons women wean prematurely

- ◉ No leche
- ◉ It \*\*\*\*ing hurts!!!

### how to latch a baby

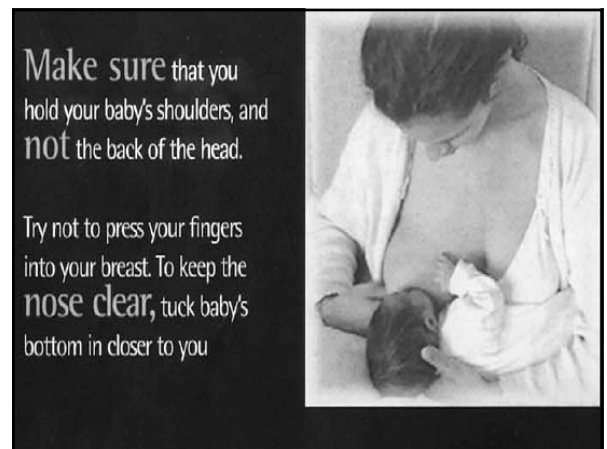
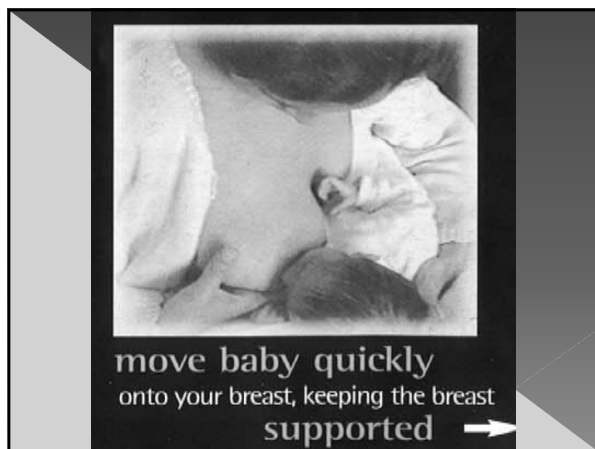
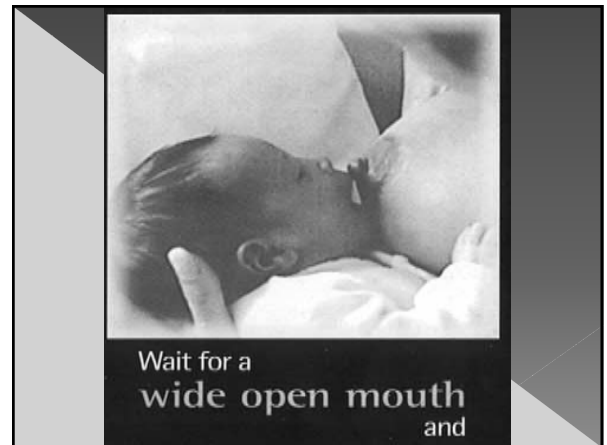
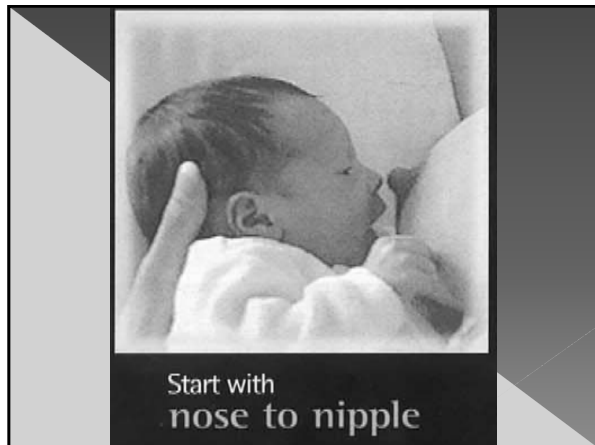
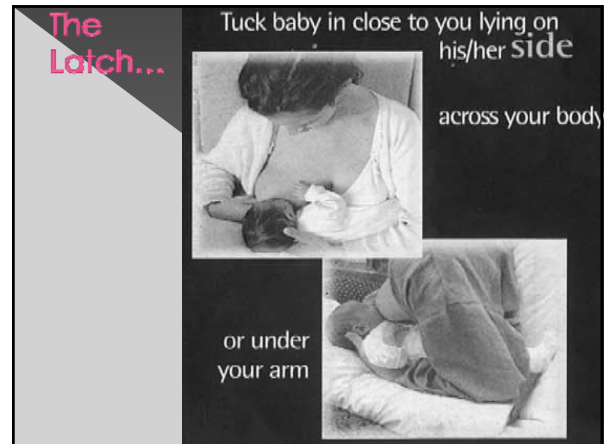
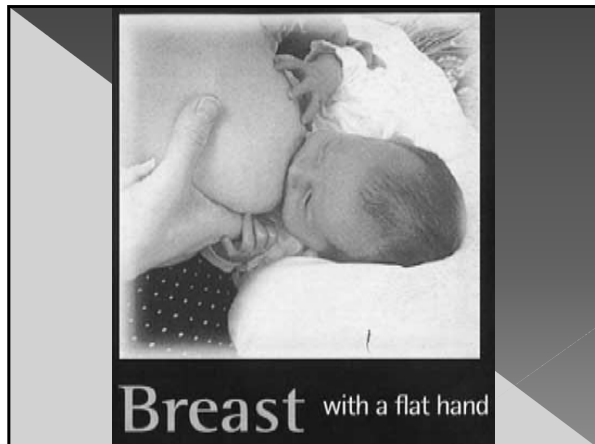
- ◉ HOT technique

**Back** with cushions to sit upright

**Feet** flat on floor/stool/book to keep your lap level

**Baby** on a pillow, on his/her side, with your hand behind the shoulders

Ben Ranstrom, RN, CNP, IBCLC  
Troubleshooting Common  
Breastfeeding Problems





Try to relax and stay comfortable during the feed to help the milk flow.

## beginning advice for feeding

- ◉ How long?
- ◉ How often?
- ◉ Both breasts?
- ◉ Is it ok to let baby "pacify" at the breast?
- ◉ Use of pacifiers/bottles
  - > Safe sleep
- ◉ Use of formula
- ◉ Supplementation

## rapid Assessment of Breastfeeding Effectiveness

- 1) Frequency & Pattern
- 2) Weight
- 3) Questions related to milk transfer:
  - 1) How does it feel?
  - 2) Do you hear swallowing?
  - 3) Is the baby pooping?
- 4) Other questions:

## other questions related to feeding

- ◉ Pain:
  - > Quality:
  - > Timing: when does it occur
  - > Relieving factors
- ◉ Does baby...
- ◉ Color of stool
- ◉ Method of milk delivery
- ◉ If you pump, how much/ how often?

## infant behavior

- ◉ Newborn patterns
  - > Post-partum, diurnal variation, temperament
- ◉ Maternal issues
- ◉ sleeping
- ◉ Crying
- ◉ Biting/gnawing
- ◉ No latch
- ◉ The older infant/toddler...and beyond ↑



## nipple confusion

- ◉ A misnomer
- ◉ The theory
- ◉ treatment



## ankyloglossia

- ◉ What is it?
  - > Types
- ◉ Why are we concerned?
- ◉ Treatment
  - > Observation
  - > Frenulotomy & LC support (SLP)
- ◉ Cases

## neurologic issues & cleft palate

- ◉ Down's syndrome and the like
- ◉ Other neuromuscular conditions
  - > Can breastfeed
  - > May need supplement
  - > Special positions
    - Dancer hold
    - Lean over baby
- ◉ Cleft Lip/Palate
- ◉ Definite Referral

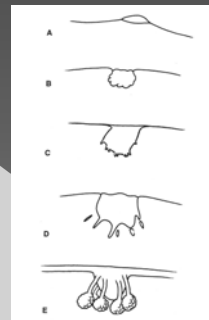


## premature infant

- ◉ Presents special issues
  - > Muscle tone
  - > Development of suck/swallow reflex
  - > Advantages of breastmilk
  - > Concerns of breastmilk
    - Nutrition for premies is an ongoing area of research
  - > Early suckling

## bf challenges related to the mother

- ◉ Breast hypoplasia
- ◉ Flat nipples



## lactation failure

- ◉ Primary
- ◉ secondary

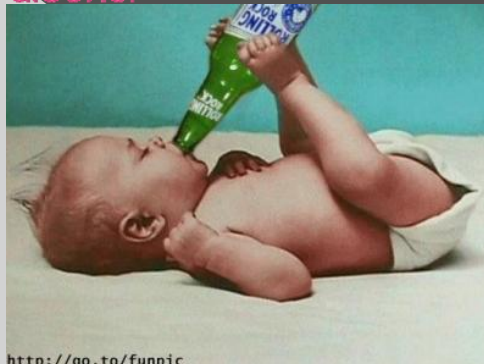
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### milk oversupply & fast flow rate

- ◉ An under-recognized problem that can be very distressing for mothers
- > Symptoms
- ◉ treatment

### alcohol



### breast surgery

- ◉ Reduction
- ◉ augmentation

### engorgement

- ◉ Two types
  - > Physiological
  - > Pathological
    - Generalized
    - Areolar
  - > Pathophysiology
    - Iatrogenic component
  - > Treatment

### plugged duct

- ◉ Definition
- ◉ causes



### milk blister



## Infections

- DDx: candida sp, S. aureus, E. coli, Streptococcus, others including TB
- Morrill (2004) candidal infections
- Eglash: (2006) bacterial infections

## Comments and Questions

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