

Breastfeeding Case Studies

Managing the New Mother

Jo Ann Skoufis, RNC, MSN, IBCLC



Importance of Early and Consistent Messages from HealthCare Providers

- **Health professionals are not routinely opening discourse about breastfeeding with women**
- **Encouragement of healthcare providers can be effective in promoting consideration of breastfeeding**
- **Discussions about breastfeeding should be initiated with all women (regardless of their feeding plans) as early as possible.**

Personal/Professional Cultural Perspectives

- **Personal Perspectives of the healthcare professional**
- **Traditional medical cultural perspective on childbearing**

Who am I?

Case 1

In the middle of the night, Mrs. Andresian in room 411 calls out for a bottle of formula because her infant has been nursing constantly since 11:00pm

What Do You Do?

Diversity in New Mothers' Experiences of Childbearing: Who Is This Mother?

Societal/Cultural Diversity Influences Childbirth Experiences:

- **In the past 10 years, there has been a decline in the birth rate and rise in the divorce rate, with an increased number of co-habiting couples, single parent and blended families.**
- **There is an increased number of births in teenagers and in women over 40 years old**
- **Ethnic and cultural values are enmeshed in new mothers' experiences of childbearing**

Case 2

Yip Vang, a 34 year old gravida 6, para 4; term SVD of a baby boy, delivered four hours ago.

She plans on breastfeeding but asks for a bottle of formula.

She says “I have no milk”. She breastfed all of her other children for one year

How would you manage this situation?

Case 3

18 year old gravida 1, para 1 Michelle Becker, wants to breastfeed but grimaces with pain each time the baby latches onto the breast.

Her technique is correct. After two days she wants to quit breastfeeding.

What would you do?

Effects of Domestic Violence

- **Approximately four to eight million women are battered by their partners each year**
- **20% of all women, 15% of college women and 12% of adolescent women experience sexual abuse and assault during their lifetime**
- **Pregnancy is a very dangerous time for battered women**

Effects of Domestic Violence (con't.)

- **Women who have been sexually abused and assaulted often do not seek healthcare or inform healthcare providers of their rape experience**
- **35%-46% of women who are physically beaten are also raped**

Symptoms of Sexually Abused and Assaulted Women

- **Anxiety**
- **Vulnerability**
- **Depression**
- **A loss of control**
- **Self blame**
- **Sexual dysfunction**

Case 4

You over hear one of the nurses on the post-partum floor, (working with a fresh C/S mother who is 42, gravida 1, para 1 C/S for HTN, her BP is normal, she was induced for the C/S), offering to take the baby to the nursery for the night so she can get her rest.

How would you manage this situation?

Case 5

You are triaging a labor patient in early labor. She comments to you “I understand that there are ingredients in formula that mimic breast milk”.

She shows her desire to bottle feed since breast milk and bottle milk are the same.

What would you do?

Integrating Breastfeeding in Prenatal Care and Techniques

- **Using conversation openers such as:
“What do you know about breastfeeding?”**
- **Open-ended questions will elicit more discussion than a close-ended question**
- **Use of such questions avoids forcing the woman to state a clear infant feeding plan**

Integrating Breastfeeding in Prenatal Care and Techniques (con't.)

- **Because infant feeding decisions may be made in early pregnancy, begin discussion of breastfeeding in the first trimester and follow with frequent short discussion points throughout prenatal care.**
- **Short messages and touch points about breastfeeding can easily be integrated into routine prenatal contacts and childbirth education series**

Integrating Breastfeeding in Prenatal Care and Techniques (con't.)

- **Prenatal group education integrating personalized group participation and including simple, hands-on skill teaching has been shown to have significant positive impact on breastfeeding duration, when offered as part of a comprehensive breastfeeding promotion program**
- **The goal of prenatal education should be to convey a few simple targeted messages:**

Breastfeeding is achievable

Professional and community support is available

Breastfeeding should be comfortable

**It is important to practice exclusive breastfeeding in
the early weeks**

Reactions to Childbirth: What Does This Baby Mean To This Mother At This Time?

- **Exploring the range of emotions**
 - Exploring the range of emotions connected with this infant is necessary for healthcare providers to assess new mothers' needs
 - The nature of pregnancy itself colors the experience of childbirth and subsequent parenting
 - High risk pregnancies

Reactions to Childbirth: What Does This Baby Mean To This Mother At This Time? (con't.)

- **Assessing the mother's coping skills and resources**
 - The healthcare provider needs to reaffirm and reinforce the mother's/family's existing strengths and resources, and in addition, suggest arranging referrals, etc.
 - Augment the mother's coping skills and resources

Reactions to Childbirth: What Does This Baby Mean To This Mother At This Time? (con't.)

Questions to ask:

- **What do you think will be difficult for you when you go home with your new infant?**
- **In the past, what helped you make it through a difficult time?**
- **How did that help you?**
- **What else do you think could be helpful to you?**

Case 6

You are at lunch with several of your co-workers. One of them makes the comment, “I just hate to always be assisting these new mothers with breastfeeding. I just encourage formula feeding.”

What would you do?

Importance Of:

- **Informed choices regarding pain management approaches**
 - Women expressing interest in analgesia should receive information that effective breastfeeding may be delayed
- **Skin-to-Skin contact between mother and infant**
 - Uninterrupted skin contact during the first half hour or until the first breastfeeding is accomplished

Keep the Flow Going

- **Education of all women, and as early as children, on the importance of breastfeeding**
- **Co-operation, team approach to the care of the breastfeeding mother**
- **Train-the-Trainer technique to educate all staff – from MDs to housekeeping staff**
- **Keep an open mind**
- **Understand when the utilization of formula becomes necessary**