



# OBRC

## Newsletter

VOL. 1 | SUMMER 2017

### **RESPONSE TO HYPERNATREMIA**

How to uphold  
Breastfeeding

### **BBFOK SUMMIT 2017 FUN**

Pics, fun, best  
practices learned

### **UPCOMING EDUCATION**

Making breastfeeding  
easy for your staff

# Hello & Welcome!

We're pleased to share our first ever OBRC (Oklahoma Breastfeeding Resource Center) Magazine. It's intended to be a quarterly publication provided by OBRC offering birthing hospitals pertinent information, education, and updates to assist in the Baby-Friendly journey. We also want to share our hospitals' and state's successes, best practices, and more!

As you may already know, the Becoming Baby-Friendly in Oklahoma (BBFOK) Project is managed by the Oklahoma Breastfeeding Resource Center, which includes Rebecca "Becky" Mannel, Director, ([rebecca-mannel@ouhsc.edu](mailto:rebecca-mannel@ouhsc.edu)), and Petra Colindres, Assistant Director, ([petra-colindres@ouhsc.edu](mailto:petra-colindres@ouhsc.edu)). Please feel free to reach out to either of us OR use our generic email [obrc@ouhsc.edu](mailto:obrc@ouhsc.edu).

Since this is our first newsletter, please provide us feedback. We want to know what YOU would like to see in future issues that will help you and your staff become engaged in the BBFOK process.

As always, thank you for everything you do! We hope you enjoy this first edition.

Happy breastfeeding!  
Becky Mannel & Petra Colindres



## CONGRATULATIONS

### CHICKASAW NATION MEDICAL CENTER BECOMES OKLAHOMA'S 7TH BABY-FRIENDLY HOSPITAL

A huge congratulations to Chickasaw Nation Medical Center who just received their Baby-Friendly Hospital designation in May!

Oklahoma now has 7 designated hospitals which means 15.3% of Oklahoma babies are born in a hospital that provides the optimal level of maternal/newborn care as determined by an official outside assessment.

Thank you to all the Chickasaw Nation team members who worked so hard to achieve this!



# EDUCATION SPOTLIGHT

## HYPERNATREMIA

Recently, there has been a lot of coverage, both on social media and elsewhere, regarding neonatal hypernatremia due to infrequent feedings and dehydration. Our sympathies go out to those immediately impacted in these stories.

This media attention helps intensify the value of the role of the skilled lactation care provider as well as the healthcare team in providing appropriate support for breastfeeding maternal-child dyads.

OBRC's role is to help support educational needs for *all* healthcare providers, from nurses to physicians, so appropriate and adequate care for every breastfeeding dyad can be obtained. As we all know, no two breastfeeding couplets are the same, and the well-being of both mother and child need to be addressed to help sustain the breastfeeding relationship as well as the general health and welfare of each.

In the stream of this media attention, frequently breastfeeding is seen as the cause of this negative situation whether appropriate or not. For those of you dealing with any backlash, please see the list of resources for medically-based responses to these types of situations.

Also, this is a good time to recommend more education for hospital staff on the

topic of breastfeeding and how to appropriately assess mother and child. See page 6 for a listing of upcoming classes held by OBRC that can help in acquiring more knowledge.

### RESOURCES

- Academy of Breastfeeding Medicine:
  - Clinical Protocol #3: Hospital Guidelines for the Use of Supplementary Feedings in the Healthy Term Breastfed Neonate
  - Of Goldilocks and Neonatal Hypernatremia
- Baby-Friendly USA:
  - Individualized Care in the Baby-Friendly Hospital Initiative
- UNICEF UK:
  - Hypernatremic Dehydration: Response to News Coverage
- International Lactation Consultant Association:
  - Position Paper on the Role and Impact of the IBCLC

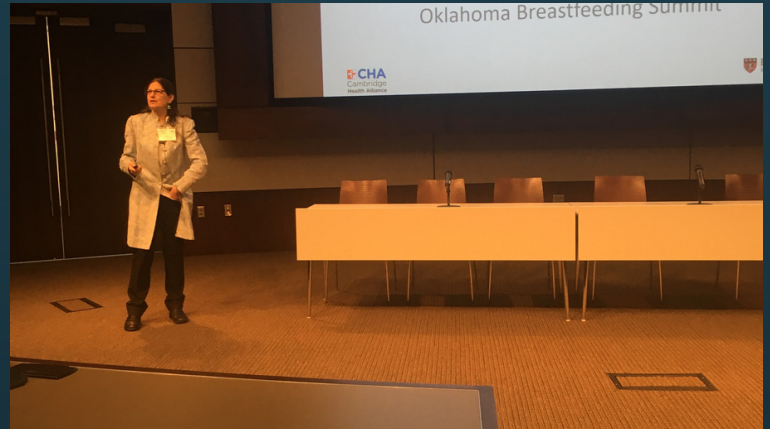
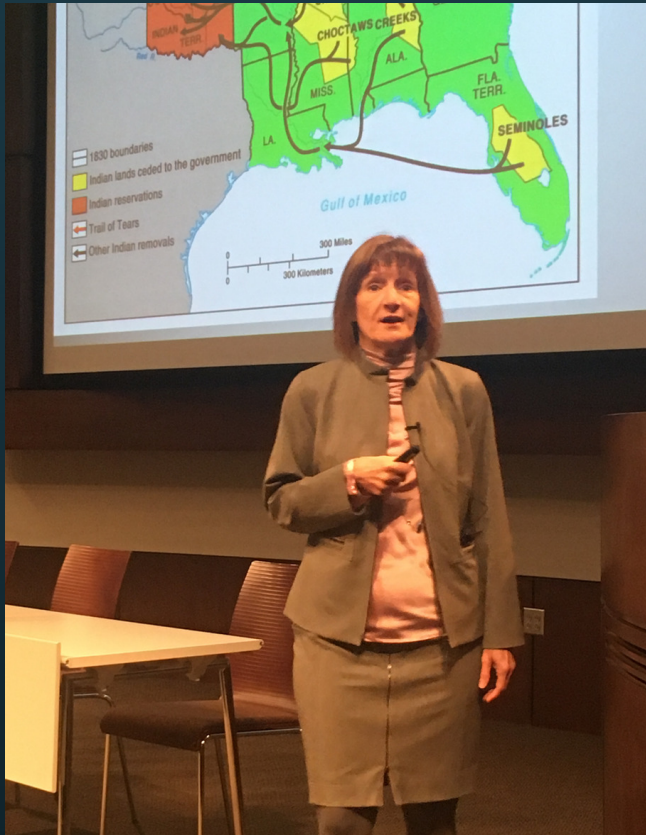
### National Breastfeeding Month is coming!!!

National Breastfeeding Month is coming up in August with special emphasis the first week of August 1-7, 2017.

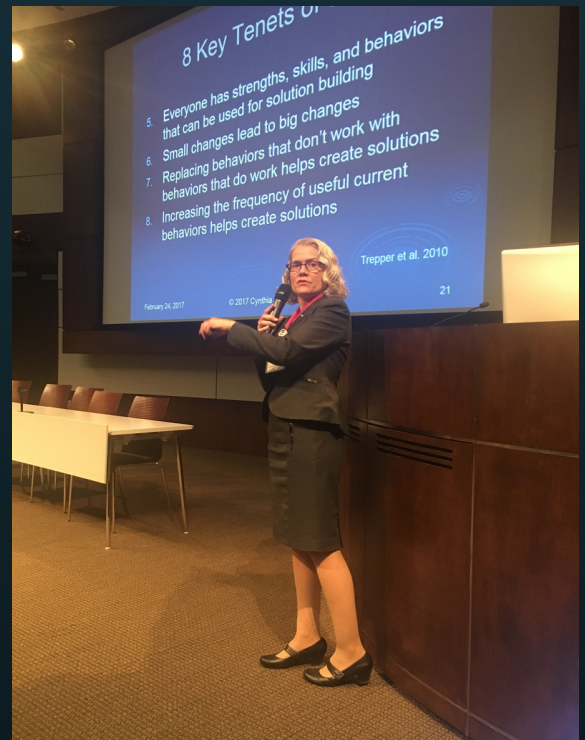
Is your location doing anything exciting? We want to know! Contact us at [obrc@ouhsc.edu](mailto:obrc@ouhsc.edu).

# BBFOK SUMMIT 2017

*"A truly wonderful Summit. My appreciation and congratulations to all involved in its development!"*



*"The counseling techniques to use when providing lactation support were very helpful."*



*"...I feel that having attended the summit and hearing the panel members tell their stories I will be more sensitive to my patients."*



*"The Summit offered an excellent blend of information useful to lactation specialists in a variety of settings."*

## BREASTFEEDING UPDATES

# New Drug Recommendations for Children & Breastfeeding Mothers

The Food and Drug Administration is restricting the use of codeine and tramadol medicines in children and is also recommending against their use in breastfeeding mothers due to possible harm to their infants. As a result, several changes are being made to the labels of all prescription medicines containing these drugs, including the addition of a strengthened warning to mothers that breastfeeding is not recommended when taking codeine or tramadol medicines due to the risk of serious adverse reactions in breastfed infants. These can include excess sleepiness, difficulty breastfeeding, or serious breathing problems that could result in death.

Please let those that could be affected by this information be aware! For more information, please visit the FDA website at: <https://www.fda.gov/>



## Ulcerative Colitis/Crohn's Disease & Breastfeeding?

A clinical research study is looking for women age 18+ who are taking vedolizumab for ulcerative colitis OR Crohn's Disease, and are currently breastfeeding a child. The purpose of this study is to test the concentration of vedolizumab in the milk of breastfeeding women. You do NOT need to live close to a physician or study site to participate in this trial. Study visits will be performed by a visiting home nurse. Health insurance and doctor referrals aren't needed to participate.

Contact us today to learn more!  
vedo4001@ppdi.com  
1-877-212-7572  
[www.UCandbreastfeeding.com](http://www.UCandbreastfeeding.com)

# UPCOMING EDUCATION

## Making Breastfeeding Easier

One-day (8a-4:30p) breastfeeding education class for healthcare providers that covers the basics of breastfeeding support. Provides 7.5 nursing contact hours.

### Upcoming dates:

June 29, 2017 Duncan Regional Hospital,  
Duncan, OK

July 28, 2017 Cherokee Nation WW Hastings  
Hospital, Tahlequah, OK

August 24, 2017 - Samis Education Center,  
OKC, OK

October 19, 2017- Samis Education Center,  
OKC, OK

If interested, please register here:  
<http://www.ouhsc.edu/breastfeeding/Training/MakingBreastfeedingEasier.aspx>

## Two Day Breastfeeding Training

This class is a free, two-day breastfeeding education class for healthcare providers that covers breastfeeding support.

This class is provided by the Oklahoma State Department of Health and the Oklahoma Breastfeeding Resource Center and taught by Becky Mannel, BS, IBCLC, FILCA.

### Upcoming dates:

May 31-June 1, 2017 Tulsa area

If interested, please register here:  
[https://ouhsc.qualtrics.com/jfe/form/SV\\_6XnMjvD3Si9SWZT](https://ouhsc.qualtrics.com/jfe/form/SV_6XnMjvD3Si9SWZT)

## BBFOK Webinars

Webinars held monthly at 12pm second Wednesday of every month. Topics will vary- join in the fun (Check the OBRC website for previous webinar power points & resources.) Dates, times, and topics follow:

### Upcoming dates:

- July 12, 2017- 12pm

Step 10: Oklahoma Breastfeeding Hotline- A Look at Why Mothers Call the Hotline

-Aug 9, 2017- 12pm

TBD Topic

-Sept 13, 2017- 12pm

TBD Topic

-Oct 11, 2017- 12pm

TBD Topic

-Nov 8, 2017- 12pm

TBD Topic

-Nov 13, 2017- 12pm

TBD Topic

Interested in more information?

Please email [obrc@ouhsc.edu](mailto:obrc@ouhsc.edu) to enroll.



# UPCOMING DATES

## June

- **June 8, 10-11:30a:** OSDH Preparing For a Lifetime (PFLT) Breastfeeding Workgroup, OKC- OSDH Rm 915
- **June 12-16:** WIC Lactation Management Course  
(REGISTRATION DEADLINE- May 22)

## July

- **July 26, 12-2p:** COBA General Meeting, Tulsa; Contact okbreastfeeding@gmail.com for call-in information
- **July 26, 2-3:30p:** PFLT BFF Worksite Workgroup Meeting, Tulsa
- **July 27-29:** Lamaze Training, OKC; Contact Kathryn-Konrad@ouhsc.edu if interested

## August

- **Aug 4, 4-6p:** Oklahoma Lactation Consultant Association (OKLCA) Meet n' Greet n' Network; Rooftop Garden Samis Education Center OKC - Come join us for a night of networking to find out what the Oklahoma chapter of USLCA goals and members for the upcoming 2018 fiscal year.
- **Aug 17, 10-11:30a:** OSDH PFLT Breastfeeding Workgroup, OKC- OSDH Rm 915

**Do you have an upcoming event you would like us to share?**

Please email us to include in our NEXT quarterly newsletter, will accept events from dates from Nov through Dec 2017. Please email date, time, location, and contact info to [obrc@ouhsc.edu](mailto:obrc@ouhsc.edu).

Note: To be accepted dates and events will need to be submitted by July 31st. Thanks!

