



OBRC

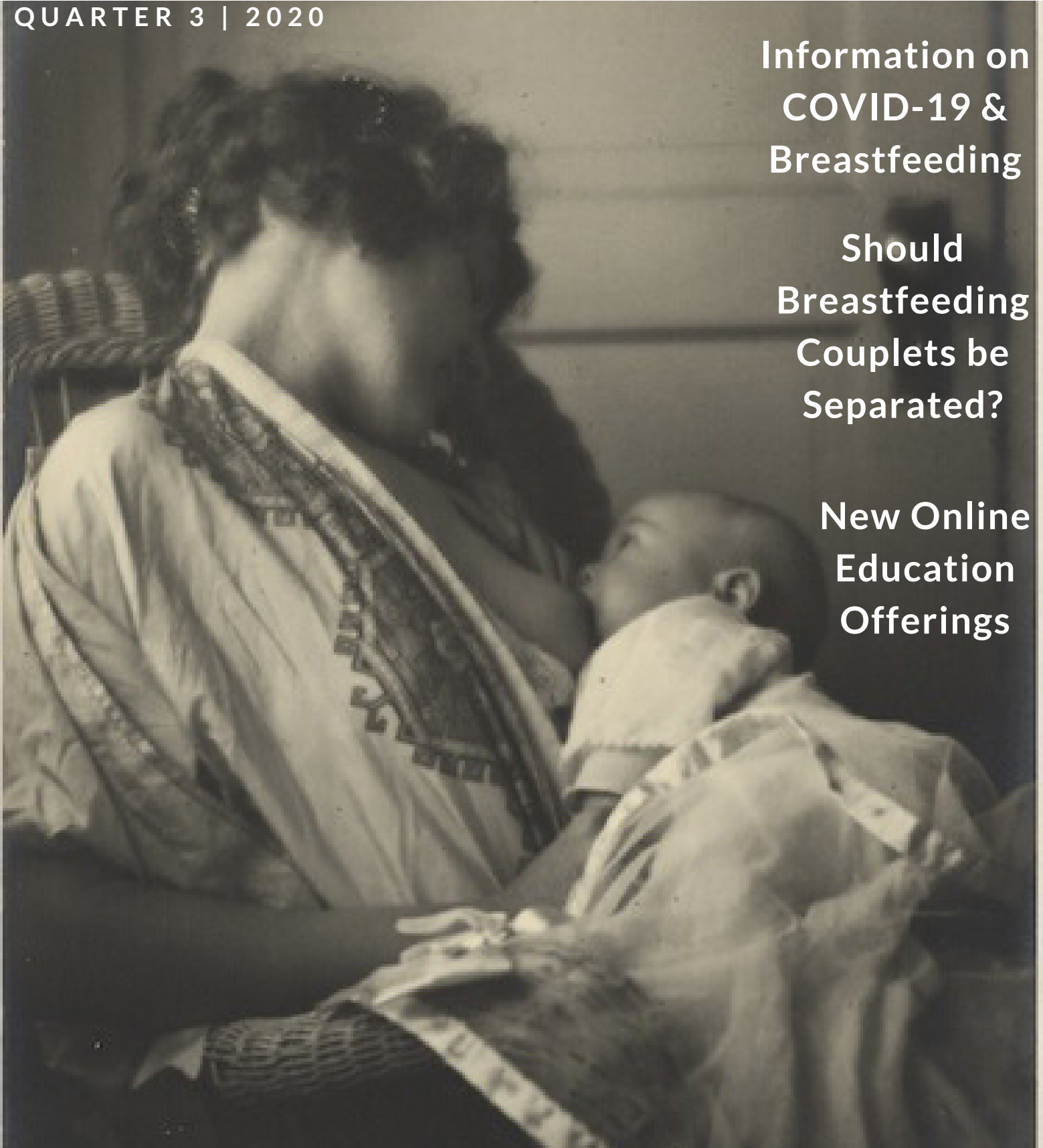
Newsletter

QUARTER 3 | 2020

Information on
**COVID-19 &
Breastfeeding**

Should
Breastfeeding
Couplets be
Separated?

New Online
Education
Offerings



OBRC CORNER

Thank you for checking out our spring 2020 newsletter!



Becky Mannel

Like many of you, the OBRC staff have also been adapting to the "new normal". We are social distancing, telecommuting and hosting Zoom webinars. We are continuing to remind providers and the public that the Oklahoma Breastfeeding Hotline is a great way for breastfeeding families to access IBCLC care. In addition, our Lactation Clinic is available for in-person and telehealth visits.

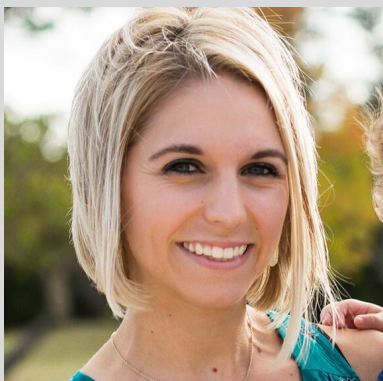
Although an unprecedented event, the COVID-19 pandemic has led to an increased level of collaboration between organizations and health care facilities. OBRC's goal is to gather, review and share evidence-based information to everyone in order to help our breastfeeding families. Therefore this newsletter is devoted to all things regarding COVID-19, breastfeeding and breastmilk.

Thank you for working with us! If you like what we're doing, have an idea, or need some training, feel free to drop us a line. Our email and phone are always available:

Email: obrc@ouhsc.edu

Phone: 405-271-6162

Sincerely,
The OBRC team



Jaclyn Huxford



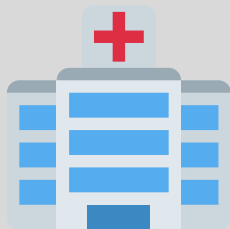
Amanda Parsons



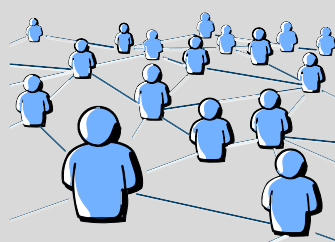
Sara Bellatti

Let's Get Connected!

Click the below to visit to our social media pages for the most up-to-date information, updates, research, and more!



Hospital Info
Contact List



Webinar
Contact List



BF Families
Contact List



Facebook

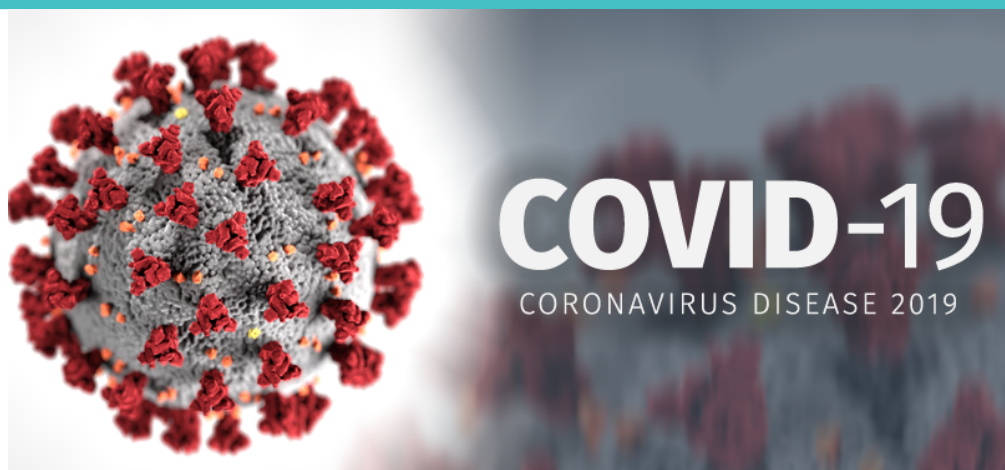


YouTube



Instagram

SERVING HEALTHCARE PROVIDERS IN OKLAHOMA



COVID-19 & Breastfeeding: Guidance on Separation of Mom & Baby

In light of continuing reports of routine separation of mothers and newborns at time of delivery, we felt it important to reiterate that the CDC does NOT recommend routine separation of COVID + mothers from their babies, unless the mother is too ill to care for her baby. Each situation should be evaluated case-by-case and the risks and benefits of separation should be discussed with the parents while protecting breastfeeding. Ultimately, it is the family's decision.

There is known harm caused by separating mom and baby, including: lack of skin-to-skin contact, delayed initiation of direct breastfeeding, increased use of formula and early cessation of breastfeeding. Asymptomatic or mildly symptomatic mothers with positive or pending test results can follow CDC protocol to reduce any possible exposure to baby such as diligent hand hygiene, use of face mask during contact with baby and having a support person provide other care for the baby.

To quote Dr. Lori Feldman-Winter, Pediatrician: *"First do no harm. Without all the evidence, and especially in times of overwhelmingly rapid spread of COVID-19, depletion of resources including health care workers and spaces to care for mother and baby, we must act prudently to protect the health of the mother and her baby. This includes effective management of exclusive breastfeeding and recognizing the potential increased risk of disease in formula fed infants."*

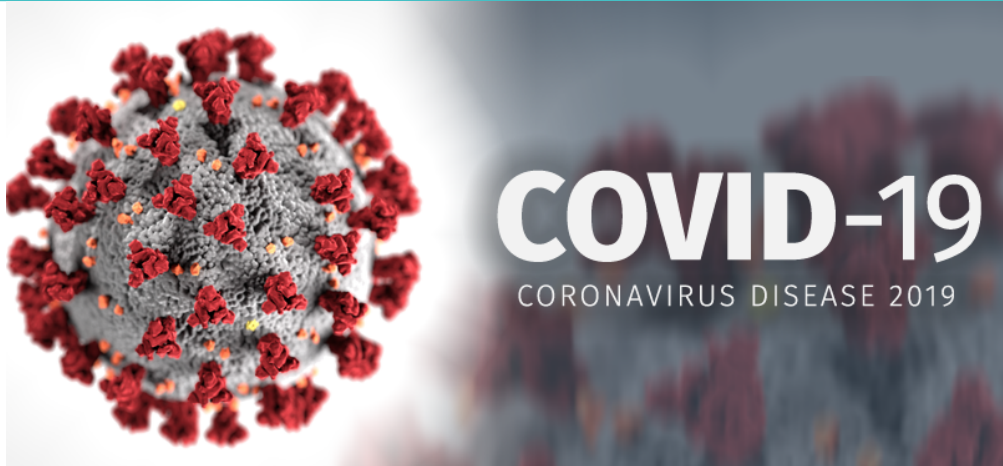
Consider reading the thoughtful editorial ["Should Infants be Separated from Mothers with COVID-19?"](#) by Alison Stuebe, MD, President of the Academy of Breastfeeding Medicine. For more information about the risks of routine separation of mothers and newborns, please review [OBRC's April 8 webinar COVID-19 & Breastfeeding, HERE](#).

To support families in making an informed decision about separation, consider sharing this [evidence-based consent form](#). Please also consider watching this recorded [California webinar on infant feeding in the NICU under COVID-19 considerations](#). This is a powerful 90-minute session, featuring emotional case studies presented by IBCLC TaNefer Camara and compelling research from Dr. Paula Meier.

[QUICK LINKS](#)

[OBRC breastfeeding resources page](#) | [CDC breastfeeding page](#) | [WHO breastfeeding page](#)
[Human Milk Banking of North American page](#) | [United States Breastfeeding Committee page](#)

MORE ON COVID-19 & BREASTFEEDING



COVID-19 & Breastfeeding: Facts, Evidence & Resources

OBRC is committed to providing the most up-to-date evidence-based resources to help you make the best decisions for breastfeeding patients and families.

On our resource page you will find articles, sample articles, policies and recommendations related to COVID-19, as well as webinars and interviews with medical professionals outlining current knowledge and guidance regarding COVID-19 and infant feeding

OBRC is also available to handle your specific questions regarding breastfeeding, handling breastmilk and care for breastfeeding patients families.

Professionals and patients can also contact the Oklahoma Breastfeeding Hotline for breastfeeding questions, including questions regarding COVID-19.
Call: 1-877-271-6455 or Text ok2bf to 61222.

OU Physicians' Lactation Clinic will continue to offer in-clinic consults to all mother/baby dyads with infants under 4 weeks of age. In-clinic visits will be available on Mondays and Thursdays. Breastfeeding education and breastfeeding follow-ups after the infant reaches four weeks of age will be done via telehealth. Telehealth visits will be scheduled on Tuesdays, Wednesdays and Fridays.
To schedule, call 405-271-9494.

QUICK FACTS

#1: Should women still breastfeed during the COVID-19 pandemic?

Yes! Please use the WHO Decision Tree as a guide.

#2: What should a suspected or confirmed COVID breastfeeding mother do to prevent infecting baby?

Suspected/confirmed COVID mothers should wear a medical mask during feedings. If a mask is not available, she should cover coughs & sneezes/use tissues, dispose of tissue, then wash her hands. Chest should be washed if it has been coughed on, but not before every feeding.

#3: What is the recommended procedure for handling expressed breastmilk from a COVID-19 positive mom?

Feed mother's expressed milk to the baby and revert to direct feeding once mother is well enough. Click here to see the HMBANA brief on handling expressed breast milk (EBM) from a COVID positive mom.

#4: Can I still donate breastmilk during the COVID-19 pandemic?

Yes! Your local bank/depot will have procedures to allow you to safely donate. Click here for information on Oklahoma's Milk Bank and its Depots.

Click here to see the full WHO document containing the above information and more!

NEW ONLINE COURSES FOR STAFF AND FAMILIES

New 15-hour Online Breastfeeding Training for Health Care Staff

OBRC is proud to announce a brand new version of our 15 hour online training for healthcare staff! We acquired a new learning platform (Digital Chalk) and a new presentation format (Prezi). Additional information about this course ...

- \$90 per enrollment of each staff member
- \$45 per enrollment of each staff member for Oklahoma birthing hospitals who participate in our Becoming Baby-Friendly in Oklahoma project
- Covers all breastfeeding education for staff as required for Baby-Friendly Hospital designation (Step 2)

[Click here for details!](#)

Free Online Prenatal Breastfeeding Education for Patients

OBRC has launched its first online prenatal breastfeeding education. This educational session is completely free and available in English and Spanish. This course takes approximately one hour to complete and...

- Covers basic breastfeeding information for families
- Meets prenatal education requirements for Baby-Friendly hospitals (Step 3)
- Works best with **Chrome** browser

[Click here to view!](#)

\$15.00 Breastfeeding Medicine Webinar for CMEs & CERPs

Anyone is welcome to register for this two-part webinar to be held on May 20th & May 27th from 8am-12pm(CT). Registrants will have access to the webinar recordings for 4 months. Invoices available for groups, please request via email to: admin@lacted.org. If you are from a low resource country or region, the cost is \$5.00/person, to arrange this, please email admin@lacted.org.

Registration link: <https://lacted.org/shop/webinar202005/>

Save The Date!

OBRC's 9th Annual BBFOK Summit

**Friday
Feb. 26, 2021**

**Oklahoma City,
Oklahoma**

8th Annual BBFOK Summit Free Online Enrollments Results!

On February 28, 2020, OBRC hosted its eighth Becoming Baby-Friendly in Oklahoma Summit. Each year we provide \$240 worth of OBRC online staff education to 10 hospitals. Congratulations to this year's winning hospitals!

Comanche County Memorial Hospital
Integris Lakeside Womens' Hospital
Saint Anthony Shawnee Hospital
Cherokee Nation Medical Center
Integris Baptist Medical Center
Southwestern Medical Center
The Children's Hospital at OU
Duncan Regional Hospital
Integris Health Edmond
Saint Anthony OKC