



# OBRC

## Newsletter

**QUARTER 1 | FY22**

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# THE OBRC TEAM



Becky Mannel



Jaclyn Huxford



Amanda Parsons



Sara Bellatti

## Thanks for reading!

The Oklahoma Breastfeeding Resource Center (OBRC) is a statewide resource for healthcare providers, organizations, and families, working to improve the care of nursing parents and children. OBRC provides breastfeeding education, advocacy, clinical care and research to promote innovative and interdisciplinary breastfeeding care throughout Oklahoma. Thanks to federal Title V funding through the Oklahoma State Department of Health, OBRC offers numerous professional education offerings, and the Oklahoma Breastfeeding Hotline, a free 24/7 service where families can contact an IBCLC.

- The OBRC team

## OBRC Lactation Clinic

The OBRC Lactation Clinic is located in the OU Health Physicians' Women's Health Clinic. Our lactation clinic is available both virtually and in person and is available to anyone, regardless of where they delivered. Most insurances accepted.

**OUHP Women's Health Scheduling: 405-271-9494.**

## Let's Get Connected!

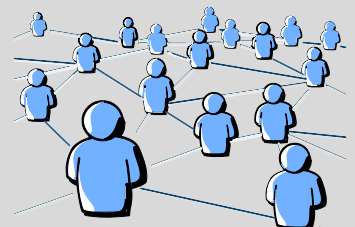
If you like what we're doing, have an idea, or need some training, feel free to drop us a line. Our email and phone are always available or you can click the below to visit to our website and social media pages for the most up-to-date information, research, and more! **Email: [obrc@ouhsc.edu](mailto:obrc@ouhsc.edu) \* Phone: 405-271-6162**



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[Contact List](#)



**OKLAHOMA  
BREASTFEEDING  
RESOURCE CENTER**



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# BREASTFEEDING DATA & OTHER ANNOUNCEMENTS

## Parenting During the Pandemic:

The CDC is joined by 27 maternal care and public health organizations  
Urging pregnant people & those planning to become pregnant  
to get vaccinated against Covid-19

Statement of Strong Medical Consensus for Vaccination of Pregnant Individuals Against COVID-19

“As the leading organizations representing experts in maternal care and public health professionals that advocate and educate about vaccination, **we strongly urge all pregnant individuals—along with recently pregnant, planning to become pregnant, lactating and other eligible individuals—to be vaccinated against COVID-19.**”

“Pregnant individuals are at increased risk of severe COVID-19 infection, including death. With cases rising as a result of the Delta variant, **the best way for pregnant individuals to protect themselves against the potential harm from COVID-19 infection is to be vaccinated.**”



Click the above to see this story on GMA

“Maternal care experts want the best outcomes for their patients, and that means both a healthy parent and a healthy baby. **Data from tens of thousands of reporting individuals have shown that the COVID-19 vaccine is both safe and effective when administered during pregnancy.** The same data have been equally reassuring when it comes to infants born to vaccinated individuals. Moreover, COVID-19 vaccines have no impact on fertility.”

“Pregnant individuals and those planning to become pregnant should feel confident in choosing vaccination to protect themselves, their infants, their families, and their communities.”

## mPINC Data & State Reports Now Available!

- The mPINC state report cards are in! [Click here to see Oklahoma's mPINC scores.](#)
- Throughout August 2021, electronic versions of each hospital's 2020 CDC mPINC report were sent via e-mail to the hospital's mPINC survey recipient.
- If you are unable to locate your hospital's mPINC report, please email [mPINC@cdc.gov](mailto:mPINC@cdc.gov) with your request. (Please include the hospital name & full address).

# BREASTFEEDING SUPPORT IN OKLAHOMA



COALITION OF OKLAHOMA  
BREASTFEEDING ADVOCATES

[Click here to go to COBA's Website](#)

## The Newest OK Lactation Legislation

### Oklahoma Law 2021 – Breaktime for Public School Employees

Public school teachers and employees are given paid, protected breaktime to pump. School districts shall make a reasonable effort to provide a private, secure and sanitary room where an employee can express milk or breastfeed.

### Oklahoma Laws 2020 – Breaktime for State Employees

State agencies/state- owned public buildings shall provide workers paid breaks to express milk or breastfeed in a private, clean place with a locking door, chair, table/surface and electric outlet.

### National Law 2010 - Breaktime for Nursing Parents

Employers shall provide reasonable breaktime and a private place for an employee to express breast milk for her nursing child for one year.

### Oklahoma Law 2004 - Breastfeeding in Public & Jury Duty

Nursing parents have the right to breastfeed anywhere & the right to be excused from jury duty upon request.

## What's Next in OK Lactation Legislation

### Senate Bill #469: Medicaid coverage for medically necessary Pasteurized Donor Human Milk

SB 469 will resume movement in Feb of 2022. Stay tuned to OBRC and COBA platforms for updates.

### Advocating for the rights of incarcerated parents who are breastfeeding

On October 5, 2021, an interim study was held and members of OBRC, COBA and the DOC presented information regarding the importance of facilities assisting in the maintenance of lactating parents' milk supply and breastfeeding journey during incarceration to the Senate Public Safety committee.

- [Click here to read a summary of the interim study.](#)
- [Click here to watch the recording.](#) Select "calendar-month", then on Oct. 5, 2021, click Public Safety, Rm. 230.



# RESEARCH & RESOURCES

## Research

- **Breastfeeding While in Jail**
  - Women are the fastest growing population of individuals who are being incarcerated in North American correctional facilities. The majority of these women are mothers and an estimated 5% are either pregnant or have delivered an infant in the 12 months before their incarceration. A 2018 survey noted that in the United States, only eight states (New York, Nebraska, Washington, Ohio, South Dakota, Illinois, West Virginia, and Wyoming) had prison nursery programs that allowed for the incarcerated mothers to provide basic infant care and to facilitate a proper mother–infant dyadic relationship.
  - **Article Link** - [https://www.liebertpub.com/doi/full/10.1089/bfm.2021.29187.aie#utm\\_source=ETOC&utm\\_medium=email&utm\\_campaign=bfm](https://www.liebertpub.com/doi/full/10.1089/bfm.2021.29187.aie#utm_source=ETOC&utm_medium=email&utm_campaign=bfm)
- **Promoting Human Milk and Breastfeeding for the Very Low Birth Weight Infant**
  - Provision of mother's own milk for hospitalized very low birth weight (VLBW) ( $\leq 1500$  g) infants in the NICU provides short- and long-term health benefits. Mother's own milk, appropriately fortified, is the optimal nutrition source for VLBW infants. Every mother should receive information about the critical importance of mother's own milk to the health of a VLBW infant. Pasteurized human donor milk is recommended when mother's own milk is not available or sufficient. Neonatal health care providers can support lactation in the NICU and potentially reduce disparities in the provision of mother's own milk by providing institutional supports for early and frequent milk expression and by promoting skin-to-skin contact and direct breastfeeding, when appropriate.
  - **Article Link** - <https://pediatrics.aappublications.org/content/early/2021/10/08/peds.2021-054272>
- **Survey on Breast Pump Experiences, summarized from IABLE**
  - The Institute for the Advancement of Breastfeeding and Lactation Education and Northern Illinois University launched a survey titled "Annual Pump Report Survey." People who have used a breast pump in the past two years are invited to share their experiences. Information from the survey will be used to inform future parents when they are making a decision on breast pump choices. The researchers also hope to use the survey results to inform insurance companies and government agencies on the relationship between race/ethnicity, insurance coverage, and pump quality.
  - **Survey Link** - [https://niu.az1.qualtrics.com/jfe/form/SV\\_cPa10w4kq0lq9ee](https://niu.az1.qualtrics.com/jfe/form/SV_cPa10w4kq0lq9ee)

## Resources & News

- **ABM Clinical Protocol #35: Supporting Breastfeeding During Maternal or Child Hospitalization**
  - Lactating people or breastfeeding infants/children may require hospitalization for medical or surgical reasons, either at birth or later in an infant's life, and lactating mothers may sometimes require psychiatric hospitalization. Unfortunately, hospitalization of a breastfeeding mother or child can result in disruption of breastfeeding and unintended weaning, as well as other complications such as mastitis. However, few formal guidelines exist for management of lactation during hospitalization. This protocol outlines recommended care for the hospitalized lactating mother and breastfeeding child, and serves to set the standards to implement these model policies.
  - **Article Link** - [https://www.liebertpub.com/doi/full/10.1089/bfm.2021.29190.mba#utm\\_source=ETOC&utm\\_medium=email&utm\\_campaign=bfm](https://www.liebertpub.com/doi/full/10.1089/bfm.2021.29190.mba#utm_source=ETOC&utm_medium=email&utm_campaign=bfm)

# SERVING HEALTHCARE PROVIDERS IN OKLAHOMA

**SAVE THE DATE!**

## 10th Annual Becoming Baby-Friendly in Oklahoma Summit

OBRC hosts its annual Summit because we are committed to the Baby-Friendly Hospital Initiative and seek to help all Oklahoma birthing hospitals obtain Baby-Friendly status. Baby-Friendly USA believes that "the health care delivery environment should be neither restrictive nor punitive and should facilitate informed health care decisions on the part of the mother and her family...and that "the health care delivery environment should be sensitive to cultural and social diversity."

**SAVE THE DATE!**

**Friday, February 25, 2022**

**Metro-Tech Technology Center, Springlake Campus  
Oklahoma City, OK**

*Virtual attendance available via ZOOM!*

*To protect our attendees & speakers,  
OBRC asks that only those fully vaccinated against COVID 19 attend in person.  
Masking will also be required.*



**Thomas "Tom" Hale  
Ph.D., R.Ph.**

### Keynote Speakers



**Jenny "Dr. Jen" Thomas  
MD, MPH, IBCLC**

The first 10 Oklahoma birthing hospitals to have staff register, attend, and evaluate the summit will be eligible to receive free enrollments for OBRC's 15-hour online breastfeeding education.

**So Don't forget to register early!**

**Registration opens on December 1, 2021 and closes on February 20, 2022.**

# BREASTFEEDING RELATED OPPORTUNITIES

## Job Postings in the Lactation Field

The Oklahoma Mothers' Milk Bank (located on the OUHSC campus) is seeking a new Lab Assistant. This is a full-time position (Monday - Friday, 8:00am - 4:00pm) with benefits and paid time off. The job description is as follows: Provides technical and administrative assistance to laboratory and OMMB staff by maintaining safe handling of human milk, proper care of equipment, and assistance in all areas of OMMB. General duties include: milk management (pick up from milk depots & assisting with pasteurizing), lab maintenance (cleaning and sanitizing), supply maintenance (manage inventory and fill/ship milk orders), office assistant and other duties as needed. **Please send resumes to [keri@okmilkbank.org](mailto:keri@okmilkbank.org)**

Local hospitals are in need of staff to assist nursing families. If you are interested, click the below link.

**Norman Regional Healthplex posting:** <https://careers-nrh-ok.icims.com/jobs/10007/registered-nurse-%28rn%29---lactation---prn---healthplex-campus/job>

## Help fund the new Oklahoma Mothers' Milk Bank facility

The Oklahoma Mothers' Milk Bank (OMMB) has outgrown their workspace and have determined that moving to a space more centrally located on the OU Health Sciences Center campus would more than double their current footprint and serve more families. OMMB is Oklahoma's only nonprofit organization that helps preterm or critically ill babies fight these challenges by providing safe pasteurized donor human milk (PDHM) to help them grow healthy and strong. Will you join the efforts to increase OMMB's PDHM dispensing capacity so no baby goes without the vital nutrients they need? By making a financial gift to Oklahoma Mothers' Milk Bank, you will help babies both survive and thrive! The total project cost to expand the Milk Bank is \$485,000. OMMB has reached more than 60% of their goal, but still **need help raising \$50,000 to purchase new equipment.**

[Click here to give online to help Oklahoma babies get a healthy start!](#)

## Save the Date

In 2020, the first Pints for Premies was hosted by the Oklahoma Mothers' Milk Bank (OMMB). This year, OMMB has teamed up with the Coalition of Oklahoma Breastfeeding Advocates (COBA) to host Pinot & Pints for Premies!

Please save the date of **Thursday, February 24, 2022**, to join us for an evening of wine and beer tasting with other breastfeeding and donor milk supporters!

Proceeds will benefit COBA and help OMMB to raise money for its new space on the OUHSC campus. More info to come!



# BREASTFEEDING EDUCATION OPPORTUNITIES

## COBA's IBCLC Education & Fee Scholarships

This scholarship program aims to increase the number of International Board Certified Lactation Consultants (IBCLCs) in Oklahoma with a focus on individuals of color, with demonstrated financial need and/or work in rural areas or with disadvantaged populations. Two types of scholarships are available: one for exam fees and one for education. These scholarships will be awarded annually with two deadlines, Jan. 30 & May 31. Link: <https://www.okbreastfeeding.org/coba-scholarship-program.html>

## OBRC's Trainings Are Back to In-Person with Required Masking & Social Distancing

### 1-Day Breastfeeding Training for 7.2 contact hours

### 2-Day Breastfeeding Training for 11.3 contact hours

These classes are appropriate for hospital and clinic staff as well as providers in community settings (e.g. doulas, peer counselors). These classes teach current evidence-based information and skills to support breastfeeding mothers and their children, particularly during the prenatal and early postpartum periods. We utilize various modes of learning, including: videos, small group work, equipment demonstration, etc. Click here to see our [2022 schedule](#) or you can email us to schedule a training! Email: [OBRC@ouhsc.edu](mailto:OBRC@ouhsc.edu)

## Bulk Order & BBFOK Discounts!

### 15-hour Online Breastfeeding Training for Health Care Staff

OBRC is proud to announce new discounts for our 15-hour online training for healthcare staff! This course was developed in accordance with the standards of education as established by "Step 2" of the Ten Steps to Successful Breastfeeding.

- **\$90** per enrollment of each staff member
- **\$85** per enrollment of each staff member for bulk orders of 25-39 enrollments
- **\$80** per enrollment of each staff member for bulk orders of 40 or more enrollments
- **\$45** per enrollment of each staff member for Oklahoma birthing hospitals that enroll in our BBFOK program

[Click here for more details and purchase options.](#)

## Free 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!](#)



[Download the prenatal class flyer](#)