

Designing a Breastfeeding Medicine Curriculum for Rural Residency Programs

Marie Rodehorst, MD

Department of Family Medicine, University of Nebraska Medical Center, Grand Island Rural Training Track

Background

- Breastfeeding results in numerous health benefits for mothers and infants
- AAP and ACOG – breastfeed exclusively for 6 months with continued breastfeeding as complementary foods are introduced until at least a year or longer as mutually desired
- WHO – up to 2 years of age or longer
- Breastfeeding education necessary to meet mothers' breastfeeding goals
- Deficiencies in breastfeeding education identified in residency training for primary care programs in mid-1990s
- AAP, ACOG, and AAFP implemented pilot program of resident curriculum leading to higher rates of breastfeeding

Introduction

- Opportunities exist to rotate with physician specializing in breastfeeding medicine in Omaha, however, rural residents have limited time for electives in Omaha
 - Current breastfeeding education is obtained intermittently during required rotations such as obstetrics or pediatrics
 - No current formal breastfeeding medicine elective at rural residency sites
 - Designed site-specific curriculum for Breastfeeding medicine elective
- Goal: Improve patient care of nursing mothers and infants by expanding resident physicians' knowledge on breastfeeding medicine**

Course Objectives

- Understand anatomy of the breast, physiology of lactogenesis, and normal breastfeeding patterns.
- Identify benefits of breastfeeding and health risks of not breastfeeding.
- Describe breastfeeding recommendations from professional bodies.
- Recognize normal growth patterns of breastfed infants and signs of adequate milk intake by infant.
- Identify absolute contraindications to breastfeeding.
- Evaluate positioning and latch of infant.
- Assess common problems for mothers including sore nipples and engorgement.
- Assess common problems for infants including jaundice, slow weight gain, and blood in stools.
- Demonstrate hand expression.
- Counsel a breastfeeding mother about basic infant and maternal nutritional needs.
- Perform a detailed mother and infant breastfeeding history.
- Identify and establish relationships with community groups, professional groups, and various professionals supporting breastfeeding infants and mothers.

Curriculum Design: Grand Island

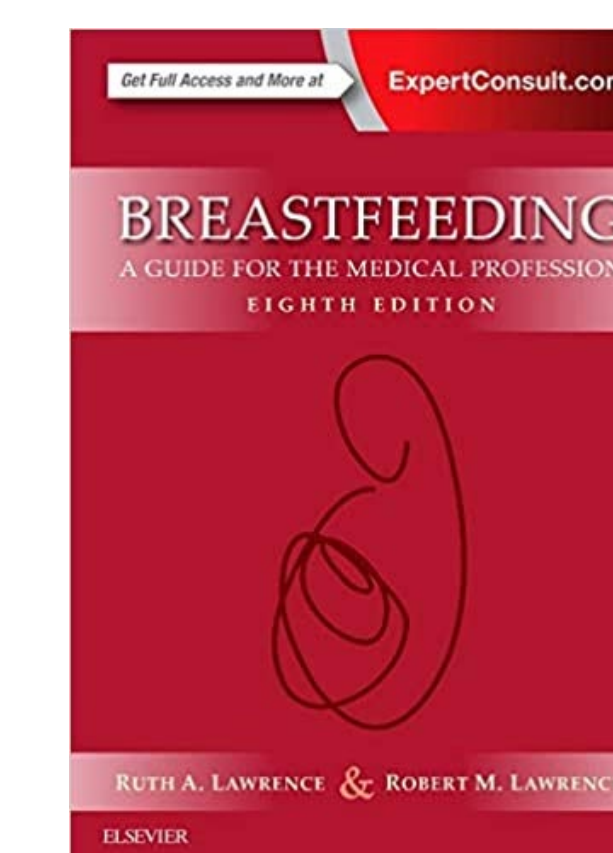
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	GIRMC L&D 8AM-5PM New Parent & Breastfeeding 10AM-12PM	SFMC L&D 8AM-5PM Eat at Mom's 10AM-12PM	Grand Island Clinic – Dr. Crockett	WIC 8AM-5PM * GIRMC : New Parent & Breastfeeding 5-7PM	Grand Island Clinic – Dr. Crockett
Week 2	GIRMC L&D 8AM-5PM New Parent & Breastfeeding 10AM-12PM	SFMC L&D 8AM-5PM Eat at Mom's 10AM-12PM	Memorial Community Health in Aurora – Dr. Harney	WIC 8AM-5PM * GIRMC : New Parent & Breastfeeding 5-7PM	Grand Island Clinic – Dr. Crockett
Week 3	GIRMC L&D 8AM-5PM New Parent & Breastfeeding 10AM-12PM	SFMC L&D 8AM-10AM Eat at Mom's 10AM-12PM Wellstart Modules or Research 12PM-5PM Optional GIRMC Breastfeeding 101 Class 6:30-8PM	Grand Island Clinic – Dr. Crockett * WIC Zoom Breastfeeding Basics class 4PM	WIC 8AM-5PM Optional GIRMC New Parent & Breastfeeding 5-7PM	Grand Island Clinic – Dr. Crockett
Week 4	GIRMC L&D 8AM-5PM New Parent & Breastfeeding 10AM-12PM	SFMC L&D 8AM-5PM Eat at Mom's 10AM-12PM	Memorial Community Health in Aurora – Dr. Harney	WIC 8AM-5PM Optional GIRMC New Parent & Breastfeeding 5-7PM	Grand Island Clinic – Dr. Crockett **Breastfeeding Topic Zoom Presentation 12-1PM

Online Curriculum

Wellstart International Modules
Stanford Newborn Nursery Breastfeeding Videos
Final Zoom presentation for co-residents/faculty on breastfeeding medicine topic of choice

Recommended Resources

- Medication Safety – LactMed, InfantRisk
- Patient Information – MilkWorks, Droplet
- Books – Breastfeeding: A Guide for the Medical Professional; Breastfeeding Handbook for Physicians
- Institute for the Advancement of Breastfeeding and Lactation Education



Rotation Sites

Grand Island

Grand Island Clinic OB/Gyn – Libby Crockett, MD, MPH, IBCLC
Memorial Community Health in Aurora – Jenn Harney, MD, IBCLC
St. Francis Medical Center L&D – Brandi Stein, RN, BSN, IBCLC
Grand Island Regional Medical Center L&D – Tina Vettel, RNC, IBCLC
WIC at Central District Health Department – Nancy Esch, MPH, RN, IBCLC
Eat at Mom's Breastfeeding Support Group at HyVee

Kearney

Good Samaritan Hospital L&D – Deanne Birkestrand, RN, BSN, IBCLC
Kearney Regional Medical Center L&D – Victoria Molina, M.S., IBCLC, CPST
WIC at Kearney Community Service Office – Leah James, RN, BSN, IBCLC
Connections: Breastfeeding Mother's Group

North Platte

Great Plains Health L&D – Serena Findley, RN, CLC
WIC at People's Family Health Services – Jessica Furmanski, RD, IBCLC

Scottsbluff

Regional West Medical Center L&D
WIC at Community Action Health Center – Gaby Valverde, BSN, RN, CLC

Conclusion and Future Directions

- Breastfeeding Medicine education needs to improve starting with a solid foundation during residency training
- Addition of a formal Breastfeeding Medicine elective will not only increase individual resident's knowledge but with final presentation, improve the entire FM program's knowledge
- Overall, lactation consultants excited for opportunity to educate residents and want to help physicians understand lactation resources
- Trial my Breastfeeding Medicine elective in Grand Island once COVID restrictions have lifted
- Present "Breastfeeding Basics" to UNMC FM Residency Program and introduce option of Breastfeeding Medicine elective to co-residents

References

- Lawrence, R. A., & Lawrence, R. M. (2016). *Breastfeeding: A guide for the medical profession* (8th ed.). Philadelphia, PA: Elsevier.
- Montgomery, A., Dermer, A., Eglash, A., Quiogue, M., Saenz, R., & Tobolic, T. (n.d.). Breastfeeding, family physicians supporting (position paper). Retrieved March 12, 2021, from <https://www.aafp.org/about/policies/all/breastfeeding-position-paper.html>
- Schanler, R. J. (Ed.). (2014). *Breastfeeding handbook for physicians* (2nd ed.). Elk Grove Village, IL: American Academy of Pediatrics.