



# Human Breastmilk

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## Exclusive Breastmilk Feeding: Setting the Standard for Families

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# Goal

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To provide every breastfeeding family the option for their baby to be fed exclusive breastmilk throughout their stay at North Memorial and in Special Care at Maple Grove



# Why Donor Milk Now?

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- Early 2011 the Surgeon General released an 88 page document “Call to Action to Support Breastfeeding” for hospitals and clinics.
- In April 2010, Joint Commission issued the “Perinatal Core Measure Sets”, which includes “Exclusive Breastmilk Feeding”.

# Joint Commission

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- Joint Commission states that hospitals must provide breastfeeding babies the option of receiving only human milk throughout their hospital stay.
- If mother is not able to provide this exclusively, donor milk will be offered.





Martha Cole McGrew, MD Associate  
Professor, Univ. of New Mexico School of  
Medicine

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“It is unethical not to inform your patients of the advantages of breastfeeding and the potential risks of formula feeding (increased risk of infectious disease, necrotizing enterocolitis, and several childhood illnesses such as diabetes and certain cancers), and the increased monetary costs to society of days lost to work because of sick children, and the costs of formula.

We inform them of the potential risks of no seatbelts, smoking, and sleeping positions, and we MUST inform them of the potential risks of formula feeding as well.”

March 2004

# Health Risks associated with not breastfeeding

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## Outcome among full-term infants: Diagnosis

## Excess risk

○ Obesity	32%
○ Acute ear infections	100%
○ Diarrhea and vomiting	178%
○ Hospitalization for Lower Respiratory Tract Infection	257%

\*Surgeon General's Call to Action to Support Breastfeeding 2011, U.S. Department of Health and Human Services; page 79.

# How Do Babies Benefit From Breastmilk?

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- Research shows that mother's milk contains a unique and powerful combination of nutrients important for infant health.
- Mother's milk supports growth and development as well as boosts the baby's ability to fight infection.
- It is easy to digest and can promote overall health of the baby's digestive system.

# The Next Best Thing....

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Mother's own milk is always preferred, however when this is not available, donor milk is be the next best option in order to meet the nutritional needs of her baby; or babies!







# What screenings are involved in Donor Milk?

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1. Verbal screening by the Milk Bank of the possible donating mother.
2. Written screening signed by the donating mother (and she must be free from taking medication while collecting milk).
3. Pass blood tests with no detection of HIV-1 and HIV-2, Hepatitis B and C, HTLV-1 and 2.
4. Pasteurization of the milk.
5. Bacteria count after pasteurization.

# What is Pasteurization?

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- Pasteurization is heat-treating milk to inactivate any pathogens.
- Pasteurization or heat-treating is done to all donated milk.
- Milk is heated at 62.5 degrees Celsius for 30 minutes then frozen at -18 degrees Celsius.
- All milk is retested for bacteria before being used.



# Human Milk Banks

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- There are currently 14 Human Milk Banks in the United States with 4 more to open in 2012.
- The 1<sup>st</sup> milk bank in the US was in Boston nearly 93 years ago (1919).
- There has never been a negative outcome in all of these years.
- Currently there is not a non-profit Human Milk Bank in Minnesota.



# Donor Milk

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- North Memorial NICU made the commitment to provide their infants with donor milk in September 2010.
- All parents are offered the option of using donor milk for their infants who need to be supplemented.
- Over this period of time, they have seen positive outcomes of the infants health.
- Babies are being discharged earlier – bringing these families together.

So Remember....

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**Breast is Best!**



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