

Breastfeeding Management for the Clinician

Using the Evidence

FIFTH EDITION

Marsha Walker, RN, IBCLC

Vice President

Federal Policy Committee

National Lactation Consultant Alliance



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As always, my work is dedicated to my family:
Hap, my husband, for his unlimited patience and support
(especially with IT); Shannon, my daughter, wife to Tom,
and mother of breastfed Haley, Sophie, and Isabelle;
Justin, my son, husband to Bernadet and father of
Ella, Andrew, and step-father to Charlotte.
I can't ask for more than this.



Contents

About the Author	ix
Preface	x

PART 1 The Context of Lactation and Breastfeeding 1

CHAPTER 1 The Political and Social Landscape of Breastfeeding 3

Initiatives	3
African American Families	8
Diverse Family Structures	10
The Surgeon General's Call to Action to Support Breastfeeding	10
Social Attitudes Toward Breastfeeding	11
Legislation	12
Lactation Personnel	14
Resources	15
References	15

CHAPTER 2 The Composition and Biospecificity of Human Milk 18

Lactation and Human Milk Composition	19
Colostrum	21
Microbiome of Breastmilk	24
Nutritional Components of Breastmilk	26
Water	27
Lipids (Fat)	27
Protein	31
Amino Acids	34
Enzymes	34
Cytokines	35
Nonprotein Nitrogen	36
Growth Factors	37
Hormones	38
Carbohydrates	38
Vitamins	42
Minerals	47

Defense Agents in Human Milk	52
Chrononutrition (or Can Breastmilk Tell Time?)	55
Human Milk Fortification	58
Breastmilk Treatment	60
Storage Containers	70
References	72

CHAPTER 3 Maternal Anatomy and Physiology of Lactation89

The Breast	89
Functional Anatomy of the Breast	95
Nipple Preparation	108
Breast Surgery	109
Physiology of Lactation	116
Prolactin	117
Oxytocin	121
Lactogenesis II	126
Lactogenesis III	133
References	141

CHAPTER 4 Infant Anatomy and Physiology of Breastfeeding152

Functional Infant Anatomy and Physiology Associated with Breastfeeding	152
Oral Cavity	152
Neural Control	160
Reflexes	161
Sucking Mechanisms and Mechanics	162
Clinical Implications	174
Putting It All Together	193
Clinical Usefulness of Breastfeeding Assessment Tools	207
References	209

PART 2 Infant-Related Challenges to Breastfeeding219

CHAPTER 5 Peripartum Factors, Birthing Practices, and Early Caretaking Behaviors221

Introduction	221
Birth Interventions and Breastfeeding	221
Prenatal Maternal Medications	222
Labor Medications	225
Separation	230

Supplementation 235
 Hyperbilirubinemia (Jaundice) 246
 Hypoglycemia 248
 Maternal Request 251
 Indications for Supplementation 252
 What to Supplement 253
 How to Supplement 256
 Alternative Feeding Devices 260
 The Design in Nature 264
 References 264

CHAPTER 6 The First 48 Hours: Care and Challenges. 280

Introduction 280
 Clinician Influence 280
 Positioning of the Mother 286
 Hand Positions 287
 Positioning of the Infant 289
 Sudden Unexpected Postnatal Collapse 295
 Problems with Latch 298
 State and Feeding Readiness 300
 Previous or Concurrent Use of Artificial Nipples and Pacifiers 301
 Gestational Age 304
 Birth-Related Influences on Latch 305
 Sensory Integration 307
 Neonatal Abstinence Syndrome 309
 Other Fetal Drug Exposures 312
 Selective Serotonin Reuptake Inhibitors 315
 Poor Fetal Sucking Movements 316
 Nipple Shields 317
 Reluctant Nurer 323
 Sleepy Infant 324
 Fussy Infant 331
 Algorithms to Guide Bedside Care 334
 Hypoglycemia 335
 References 338

CHAPTER 7 Beyond the Initial 48-72 Hours: Infant Challenges 352

Introduction 352
 Neonatal Jaundice 352
 Dehydration and Hypernatremia 363
 Neonatal Weight Loss and Slow Weight Gain 367
 Breastfeeding Preterm Infants 375

Breastfeeding the Late Preterm Infant 403
 References 409

PART 3 Maternal-Related Challenges to Breastfeeding..... 427

CHAPTER 8 Infant Challenges to Breastfeeding.... 429

Introduction 429
 Twins and Higher-Order Multiples 429
 Anomalies, Diseases, Conditions, and Disorders That Can Affect Breastfeeding: Ankyloglossia (Tongue-tie)..... 439
 Cleft Lips and Palates 453
 Syndromes and Congenital Anomalies 460
 Upper Airway Problems..... 462
 Gastrointestinal Disorders, Anomalies, and Conditions 465
 Metabolic Disorders..... 472
 Neurological Conditions and Disorders 479
 References 485

CHAPTER 9 Breast and Nipple Pathology..... 496

Sore Nipples..... 496
 Engorgement 515
 Plugged Ducts 521
 Mastitis 522
 Abscess..... 529
 Additional Breast-Related Conditions 530
 Nipple Discharge 531
 Breast Pain..... 532
 References 532

CHAPTER 10 Physical, Medical, Emotional, Cultural, and Environmental Challenges to Breastfeeding 543

Physically Challenged Mothers..... 543
 Epilepsy..... 547
 Maternal Visual or Hearing Impairment 548
 Insufficient Milk Supply..... 549
 Hyperlactation 559
 Induced Lactation and Relactation..... 561
 High Maternal Body Mass Index—Overweight and Obesity 563
 Peripartum Mood, Depressive, and Anxiety Disorders 567
 Autism Spectrum Disorder 572
 Endocrine, Metabolic, and Autoimmune Conditions..... 573

Polycystic Ovary Syndrome 576
Hyperreactio Luteinalis (Theca Lutein Cysts) 579
Thyroid Disorders 580
Fibromyalgia 582
Cystic Fibrosis 583
Phenylketonuria/Phenylalanine Hydroxylase Deficiency 584
Multiple Sclerosis 585
Systemic Lupus Erythematosus 587
Rheumatoid Arthritis 588
Maternal Employment 590
Exclusive Pumping 595
Milk Sharing 598
Breastfeeding Products 601
LGBTQIA+ Families 604
Breastfeeding in Emergencies and Disasters 606
Resources 608
References 611

Index 629



About the Author

Marsha Walker, RN, IBCLC. Marsha is a registered nurse and international board certified lactation consultant. She has been assisting breastfeeding families in hospital, clinic, and home settings since 1976. As such, she advocates for breastfeeding at the state and federal levels. She served as a vice president of the International Lactation Consultant Association (ILCA) from 1990–1994 and in 1999 as president of ILCA. She is a previous board member of the U.S. Lactation Consultant Association, Baby-Friendly USA, the Massachusetts Lactation Consultant Association, and the Massachusetts Breastfeeding Coalition. She serves as associate editor of *Clinical Lactation* and a board member of the National Lactation Consultant Alliance. Marsha is an international speaker and an author of numerous publications including ones on the hazards of infant formula use, Code issues in the United States, and *Breastfeeding Management for the Clinician: Using the Evidence, Fifth Edition*.



Preface

It is the goal of this fifth edition of *Breastfeeding Management for the Clinician* to provide current and relevant information on breastfeeding and lactation, blended with clinical suggestions for best outcomes in the breastfeeding families entrusted to our care. Although lactation is a robust process, predating placental gestation, it has become fraught with barriers: Human lactation is only occasionally taught in nursing and medical schools, leaving a gap in healthcare providers' ability to provide appropriate lactation care and services.

With minimal staffing on maternity units, short hospital stays, delays in community follow-up, and the resulting time crunches, breastfeeding can fall through the cracks. Absent or inappropriate care results in reduced initiation, duration, and exclusivity of breastfeeding. This text is intended to provide busy clinicians with options for clinical interventions and the rationale behind them.

Designed as a practical reference rather than a thick textbook, it is hoped that this approach provides quick access to—and help with—the more common as well as some less frequently seen conditions that clinicians are called upon to address. This edition has been fully updated with added references and sections on family diversity, breastfeeding in emergencies, breastfeeding products, milk sharing, and exclusive pumping. It is my sincere desire that the use of this book as a clinical tool results in the best outcomes for all breastfeeding families that the reader encounters.