



Arkansas Breastfeeding Coalition

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Position Paper: Breastfeeding support, supplies, and counseling

The Arkansas Breastfeeding Coalition is pleased to announce its support of the Federal Patient Protection and Preventive Care Act (PPAPCA) that was passed by Congress and signed into law by President Obama in March 2010. The Affordable Care Act helps make prevention affordable and accessible for all Americans by requiring new health plans to cover and eliminate cost sharing for preventive services recommended by the U.S. Preventive Services Task Force, the Advisory Committee on Immunization Practices, and the Bright Futures Guidelines recommended by the Academy of Pediatrics.

The purpose of this position paper is to provide guidelines to Arkansas insurance plan administrators, state Medicaid officials, and breastfeeding mothers and their families regarding the recommended preventive services designed to assist breastfeeding mothers. In regard to breastfeeding the PPAPCA states:

Breastfeeding support, supplies, and counseling:

- “Pregnant and postpartum women will have access to comprehensive lactation support and counseling from trained providers, as well as breastfeeding equipment. Breastfeeding is one of the most effective preventive measures mothers can take to protect their children’s and their own health. One of the barriers for breastfeeding is the cost of purchasing or renting breast pumps and nursing related supplies.”

Arkansas Breastfeeding Coalition position and recommendations for lactation support:

Position: Lactation support promotes breastfeeding by helping the mother with latch and positioning of the infant, managing different lactation problems, counseling mothers returning to work or school, and addressing any other concerns of mothers and their families. The U.S. Preventive Services Task Force found fair evidence that providing ongoing professional support to mothers through in-person visits or telephone contact increased the proportion of women who continue breastfeeding for up to 6 months.

Lactation support is provided by trained healthcare professionals (e.g., IBCLC’s, physicians, nurses, dietitians). International Board Certified Lactation Consultants, identified as IBCLC’s, are health care professionals who specialize in the clinical management of breastfeeding. They are certified by the International Board of Lactation Consultant Examiners. IBCLC’s work in a variety of health care settings including private practice, WIC programs, state health department programs and offices, hospitals, public health clinics, obstetric and pediatric offices.

Recommendations:

- All mothers should receive up to 6 visits with an IBCLC certified lactation consultant per pregnancy without cost sharing in order to establish and maintain breastfeeding. Mothers can benefit from seeing a lactation consultant both prenatally and postpartum.
- All mothers should be provided information on where she can receive free unlimited telephone counseling for breastfeeding both prenatally and upon discharge from the hospital.

Arkansas Breastfeeding Coalition position and recommendations for breastfeeding equipment:

Position: When mothers have effective breast pumps, they are more likely to continue breastfeeding, which can improve the health of the breastfeeding dyad and help the nation reach the Healthy People 2020 objectives for breastfeeding initiation, duration, and exclusivity. The United States Department of Agriculture (USDA) notes “that breast pump usage greatly supports continuation as well as prolongs the duration of breastfeeding when mothers return to work or school.” Breast pumps are also essential for temporary or long term separations due to certain lactation complications or maternal or infant illness such as prematurity. Scientific evidence supports the fact that infants grow and develop optimally when they are exclusively fed breast milk for the first six months and when breast milk feeding continues thereafter with complimentary foods for as long as the mother and baby mutually desire.

There are different types of breast pumps that are appropriate for different breastfeeding situations. The following are definitions within the Healthcare Common Procedure Coding System (HCPCS) codes:

E0602 Breast pump, Manual

A breast pump powered by the user (through arm and hand movements); also called a hand pump. Manual pumps are intended for one user only.

E0603 Breast pump, Electric

A breast pump powered by an electric motor. An electric breast pump can be single or double, with one phase or 2 phase expression. This type of pump is available commercially and most often is intended for a single user to own and not to be shared with multiple mothers.

E0604 Breast pump, Hospital Grade

A type of multi-user electric pump with a closed system, that prevents milk from reaching the motor. With this type of breast pump mothers use their own personal collection kit.

Which breast pump is right for each situation?

Manual breast pumps are appropriate for mothers who intend to breast feed their infants the majority of the time, are not returning to work or school, and are not separated from their infants due to prematurity or illness. This is an occasional use product to help mothers with infrequent, short, separations from their infant. Examples of separation situations when occasional milk expression might be needed or desired by mom include: shopping trips, social events or evenings without the baby, feedings in church or other places when personal preference is not to nurse in public.

Electric Breast Pumps with a double collection kit and 2 phase expression are appropriate for mothers returning to work or school either part-time or full-time as they can best maintain a mother's milk supply under these circumstances. This category of pump will meet the needs of 90 % of the mothers that need or desire a breast pump.

Hospital Grade Breast Pumps are appropriate for mothers who are separated from their infants due to illness or prematurity. This type of breast pump is rented due to cost, and each mother must purchase or obtain personal supplies including a collection kit that belongs to her and is not re-used between mothers. This type of breast pump meets FDA standards for effectiveness and safety for use by multiple mothers. It is recommended for mothers whose baby is not available to stimulate the breast thus leaving the mother totally dependent on pumping several times a day to initiate, maintain, or increase their milk supply long term.

The Arkansas Breastfeeding Coalition is dedicated to protecting and promoting breastfeeding in Arkansas. ABC's membership is composed of mothers, healthcare professionals, and others who are dedicated to breastfeeding not just as "the best" way to feed a child, but as the biological norm for the human species. For more information about ABC visit our website @ <http://www.arbfc.org/>

Questions or comments related to this position paper may be directed to our medical consultant: Erica France Braswell MD @ ar_bfc@yahoo.com

Resources

1. International Lactation consultants Association. *Standards of practice for International Board certified Lactation Consultants*. 3rd ed. Raleigh, NC: International Lactation Consultant Association; 2006
2. Lawrence RA. Lawrence RM. *Breastfeeding: A guide for the Medical Profession*. 6th ed. Philadelphia, PA: Elsevier Mosby, Inc 2005
3. Centers for Disease Control and Prevention breastfeeding website: www.cdc.gov/breastfeeding
4. U.S. Food and Drug Administration breast pump website: www.fda.gov/cdrh/breastpumps