

Inside ABM



Academy of Breastfeeding Medicine Newsletter
2023

August

A newsletter offering for Academy of Breastfeeding Medicine members and colleagues from across the world.

Welcome to Inside ABM! Come on in!

Welcome to Issue #5 of **Inside ABM**, our way of communicating with ABM members, future ABM members, supporters, and friends about exciting things happening in our organization and in the field of Breastfeeding Medicine.

In this issue you will find a special video invitation from ABM President **Dr. Ann Kellams** to attend the 28th Annual International Meeting this November, a sneak peek into the protocol revision process of ABM Protocol #7, insight into a global study on maternal mortality in the "Have You Seen This" column, a call for your feedback in two quick surveys, and more!

If you have ideas for items to include in future issues and/or are interested in being a part of the newsletter team, please reach out to abm@bfmed.org.

ABM Updates

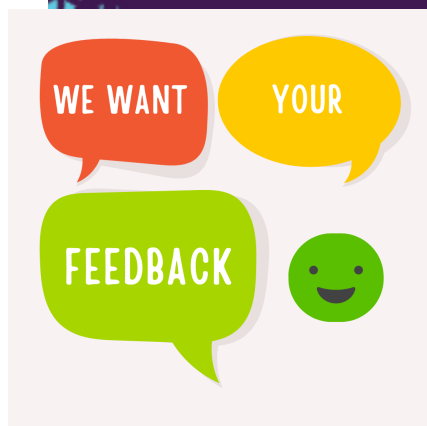


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President's Column

Special Video Message from ABM President Dr. Ann Kellams on Why YOU Should Attend #ABM2023!

The Academy of Breastfeeding Medicine is thrilled to invite our community to join us for the 28th ABM Annual International Meeting, November 9-12, 2023, in Schaumburg, IL, USA. This year's event offers attendees an opportunity to reconnect and network with professionals devoted to a common cause of breastfeeding medicine research, advocacy, and mentorship. Plus, gain insights into cutting-edge clinical discoveries and educational sessions that will enhance your practice. Watch the [video](#), review the [schedule](#), and [register](#) today.



Share Your Thoughts With Us in Two Brief Surveys: We Value Your Feedback!

Your feedback is valuable to ABM and we would like to request a few minutes of your time to complete two brief surveys.

Survey #1: As the Board of Directors plan for the 2024 year, they would like to hear from you about the challenges in your work, hot topics, and where we can assist our members and customers. **The survey will be open until September 15.** [Begin survey #1.](#)

Survey #1

Survey #2: Faculty for the upcoming session at the 28th ABM Annual International Meeting, *Tongue-Tie Assessment Tool*, are asking you to complete a short survey on how you assess tongue-tie in your practice. **This survey will be open until September 15.** [Begin survey #2.](#)

Survey #2

Thank you for your time and sharing your valuable perspectives on breastfeeding medicine.



Have You Signed Up for ABM's Newest Benefit?

ABM introduced eight Special Interest Groups (SIGs) this year. If you haven't joined one yet, visit the SIG [page](#) for more information. Please note that you have to join the SIG through log in to the "Member Login" from the ABM website [homepage](#) and view the Members dropdown, click on "My Profile" and then select the SIGs of your choice. SIG selections will be added every Monday to [MyABM](#), the home for SIG activity. **Also, don't forget to set your notifications in MyABM by going into "Edit Your Profile" in the top right-hand corner of any MyABM page to get real-time, daily, or weekly notifications and never miss a post!**



UNDER REVISION: ABM Clinical Protocol #7: Model Maternity Policy Supportive of Breastfeeding

This month we are featuring a protocol that is UNDER REVISION: **ABM Clinical Protocol #7: Model Maternity Policy Supportive of Breastfeeding**, *Breastfeeding Medicine*, 13(9), 559–574. <https://doi.org/10.1089/bfm.2018.29110.mha>. The protocol was most recently revised in 2018 and the new revision is currently UNDER REVISION. Revising protocols is a herculean task so we wanted to give you a little peek behind the curtain on the revision process! The Citation below is for the 2018 version. Stay tuned for an update in upcoming issues once this revision is complete!

Citation for the 2018 Protocol now under revision: Hernández-Aguilar, M.-T., Bartick, M., Schreck, P., Harrel, C., Young, M., Noble, L., Calhoun, S., Dodd, S., Elliott-Rudder, M., & Lappin, S. (2018).

We connected with the esteemed lead author **Maite Hernandez-Aguilar, MD, MPH, PhD, IBCLC, FABM**, who lives in Spain, about this ongoing revision process below.

In the author's own words...

This protocol has a different format than the others. Can you explain? Yes, this protocol has a different format. This may be because its main objective goes beyond the usual goals of providing guidelines for clinical action and medical management of breastfeeding problems. Rather, this protocol seeks to provide a whole model of quality perinatal care that supports and protects breastfeeding, based on the most current evidence, for maternity hospitals around the world. We start with the best model of quality perinatal care that protects and supports breastfeeding, based on evidence and proven effectiveness: the WHO & UNICEF Baby-Friendly Hospital Initiative, but we go beyond that to consider perinatal care practices that influence birth and impact breastfeeding. We have also included selected information that readers may find useful, such as the list of health worker competencies and the major causes of delayed lactogenesis.

Perhaps the most striking difference is that in addition to the usual protocol format: background, evidence, key recommendations, and recommendations for future research, this protocol offers a model maternity policy for infant feeding. The aim is to help maternity facilities around the world meet the requirements of the BFHI Global Standards Criteria when writing their maternity policies. It can therefore be used for BFHI accreditation purposes, with any local adaptations that may be necessary.

The authors have taken special care to make this an inclusive protocol that addresses the needs of every infant and parent for bonding and help with infant feeding, while protecting breastfeeding as the normative way to feed the human infant.

What is the process that you personally use to update references as you are working? This has always been a team effort. We first conduct a comprehensive literature review for each section of the protocol, limiting the search to evidence published between 2018 and July 2023 for each topic. References in the 2018 version are reviewed and used if no new evidence is available for each topic. Using relevant search terms, searches are conducted in PubMed, MEDLINE, Web of Science, Cumulative Index of Nursing and Allied Health Literature (CINAHL), and for some sections, EMBASE. Articles found in English and Spanish are reviewed for relevance. Preference is given to high-quality evidence. Good qualitative evidence has also been included as well as relevant “grey” literature. Selected articles are summarized and included in an annotated bibliography. SORT is used for grading evidence and recommendations. A formal systematic review was not performed due to the broad nature of the many topics included.

How do you divide the work between all of the authors? Sections were distributed among the authors who identified the relevant questions and conducted specific searches. Results were discussed among the team. A final edition is created, and the final product is agreed upon among all members of the team. It is not always easy, but we are proud of the results.

Are there any new authors? Yes, for this version, we were very lucky to be able to work with ABM members Elise Chapin, IBCLC, national coordinator of BFHI Italy, and Elizabeth Stehel, MD, a pediatrician, and previous chair of the ABM Protocol Committee.

How did you get them to join? Some of the authors had already worked with them on related issues and they both were knowledgeable and happy to become part of the team. It was easy!

Getting to Know the Author

Which do you prefer...coffee or tea? Ha, ha! I am a fan of Ginger tea, but to relax I prefer to talk or embrace my granddaughters (2 and 3 years old) and to stroke my pets (a cat and two dogs)

Where is the last place you went on vacation? Just a few weeks ago I enjoyed and spent two nights in a Medieval

Castle "El Castillo de Grisel," it is in North-East Spain, in Aragon, my birth land. It was a short trip but one that filled me with peace and connected with my roots. The roots of ancient medieval kingdoms and resilient and powerful people.



Question of the Month

When was the last time that the World Health Organization updated their guidance on the 10 Steps to Successful Breastfeeding?

- a. 2016-2017
- b. 2018-2019
- c. 2020-2021
- d. 2022-2023

Answer at bottom of newsletter

Have You Seen This?

The authors, based in Turkey, present a randomized controlled trial that focused on placental separation time and the practice of immediate skin-to-skin. For context, please note that shortening placental separation time decreases maternal blood loss. The experimental group of healthy term infants and their mothers experienced immediate skin-to-skin without clamping of the umbilical cord in the third stage of labor (before delivery). They were compared to the control group for which "routine hospital procedures were followed without any intervention on the mother or newborn."

A recent article in the July 2023 issue of *Breastfeeding Medicine*, examines the effect of skin-to-skin after birth (a sentinel part of the 10 Steps to Successful Breastfeeding) on maternal hemorrhage, a common maternal morbidity.

Citation: Gündüz, Ü., & Öztürk, S. (2023). The Effect of Skin-to-Skin Contact on Placental Separation Time and Initiation of Breastfeeding. *Breastfeeding Medicine*, 18(7), 522–527. <https://doi.org/10.1089/bfm.2023.0083>

From 2000 to 2020, the global maternal mortality ratio (MMR) declined by 34 percent – from 342 deaths to 223 deaths per 100,000 live births, according to the United Nations. This translates into an average annual rate of reduction of 2.1 percent. This rate of improvement represents an underperformance. The rate of improvement is about one-third of the 6.4 percent annual rate needed to achieve the Sustainable Development Goal (SDG) of seventy maternal deaths per 100,000 live births by 2030.

Though there has been significant progress in reducing global maternal morbidity and mortality between 2000 and 2015, the numbers have been stagnant when averaging rates of reduction between 2016 and 2022. In most regions, the rate of reduction stalled and in Western Europe and North America, and Latin America and the Caribbean, MMR increased over the 2016-2022 period. (<https://data.unicef.org/topic/maternal-health/maternal-mortality/>)

The results? The experimental group that experienced skin-to-skin demonstrated placental separation about 6 minutes earlier than the study group. (7.05 +/- 4.37 vs. 13.41 +/-5.24 minutes,

p<0.0001) The experimental group also enjoyed more effective breastfeeding over the first 24 hours after birth, expressed as statistically significant differences in several LATCH score parameters.

This study links a Baby-Friendly Practice to maternal outcomes in a meaningful way. This is important, as the benefits of breastfeeding and the implementation of the 10 Steps are often perceived to be focused mostly on the infant. A dyadic emphasis is needed. This study can be used to leverage obstetric support for the implementation of immediate skin-to-skin and the implementation of the 10 Steps more broadly. It is also commendable that the authors were able to design the study as an RCT, thus increasing its strength and ability to influence action. The authors recommend that “...the delivery team (obstetric provider, neonatologist, etc.) receive training on skin-to-skin contact and initial newborn care to work together in a coordinated manner.” Amen! (Reviewed by **Paula K. Schreck, MD, IBCLC, FABM**)

Not an ABM Member? If you are passionate about breastfeeding, then ABM is for YOU!

Be part of a global, multidisciplinary community and enjoy these [member benefits](#). Join and take advantage of member registration rates for the Annual International Meeting.

Join Today!

Question of the Month Answer:

When was the last time that the World Health Organization updated their guidance on the 10 Steps to Successful Breastfeeding? ANSWER: b. 2018-2019

Follow this [link](#) to materials that represent the WHO's most recent update.



ABM Insider

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