

# Inside ABM



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Academy of Breastfeeding Medicine Newsletter  
June 2023

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*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 #3 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. 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](mailto:abm@bfmed.org).

## ABM President's Column



### President's Column

#### Breastfeeding Medicine Across the Globe

Ann Kellams 15 June 2023

I recently had the distinct honor and pleasure of attending and delivering a welcome address at the 8th Academy of Breastfeeding Medicine (ABM) and European Association of Breastfeeding Medicine (EABM) in the spectacular city of Split, Croatia. With more than 250 registrants, the conference hosted experts in the field from about 40 different countries. I thought I could share with you some of my many takeaways from the meeting. [Read more.](#)

Miss the May issue of the President's Column? Click [here](#) to read about **Updates from the Academy of Breastfeeding.**



## Clinical Protocol #2: Guidelines for Birth Hospitalization Discharge of Breastfeeding Dyads

This month we are featuring the **Academy of Breastfeeding Medicine Clinical Protocol #2: Guidelines for Birth Hospitalization Discharge of Breastfeeding Dyads**, recently revised in 2022. The guidelines apply to the healthy breastfeeding infant. The protocol provides 19 evidence-based recommendations that guide providers through best practice for ongoing breastfeeding support throughout admission to discharge criteria. There are also recommendations for management of early discharge and modifications in the face of prolonged admissions.

**Protocol #2** has been translated into Chinese, Croatian, Italian, Japanese, Korean, Spanish, and Portuguese. Click [here](#) to access these translations.

#### **Citations:**

Hoyt-Austin AE, Kair LR, Larson IA, Stehel EK; Academy of Breastfeeding Medicine. Academy of Breastfeeding Medicine Clinical Protocol #2: Guidelines for Birth Hospitalization Discharge of Breastfeeding Dyads, Revised 2022. Breastfeed Med. 2022 Mar;17(3):197-206. doi: 10.1089/bfm.2022.29203.aeh. PMID: 35302875; PMCID: PMC9206473.

For greater insight we connected with the esteemed lead author **Adrienne Hoyt-Austin DO, MAS, IBCLC**.

### In the author's own words...

#### **What do you think is the biggest threat to safe supportive discharge after childbirth?**

Safe and supportive discharge following birth hospitalization is a critical area to address to prevent maternal and infant morbidity and mortality. Globally, postpartum or 4th trimester care is highly fragmented and disparate, which can negatively impact receipt of patient-centered, evidence-based care.

#### **Can you identify one addition or change to the protocol per the update that you are particularly happy to see?**

I was really happy to see that this protocol included more of a global viewpoint with consideration of birth hospitalization and discharge to home in many countries. Our writing team was very pleased to get formative feedback during the writing process from the ABM protocol committee and learn what discharge to home looks like in their country.

#### **Can you comment on the cost effectiveness of home visiting on the global stage as compared to the US?**

Prior work examining the cost-effectiveness of home visits in the United States that were included in our protocol were

small two randomized trials from the early 2000s (Escobar 2001, Lieu 2000). In both of these studies, home-based nursing visits were compared to other modalities of follow up in the US. In both studies, the home visits took more length of time and were associated with higher satisfaction. In Escobar et al, there were even better short-term breastfeeding outcomes. The conclusions made regarding cost-effectiveness of these interventions compared the cost of the time of the visit, so the longer home visits “cost” more in the short term. What is missing from both of these studies is the true cost of providing comprehensive in-home postpartum care that is well received by participants. It is possible that these prior studies were not considering the value of home visit care when that care (1) improved breastfeeding and (2) improved understanding of postpartum anticipatory guidance. In contrast, the systematic reviews of the cost-effectiveness of home care in low and middle-income countries include analysis of essential preventative health outcomes including nutrition, breastfeeding, and morbidity and mortality data on a larger scale.

Escobar G, Braveman P, Ackerson L, et al. A randomized comparison of home visits and hospital-based group follow-up visits after early postpartum discharge. *Pediatrics* 2001;108:719–727.

Lieu TA, Braveman PA, Escobar GJ, et al. A randomized comparison of home and clinic follow-up visits after early postpartum hospital discharge. *Pediatrics* 2000;105:1058– 1065.

### **What do you think is a future research priority on this topic?**

Future research priorities for safe discharge of the breastfeeding dyad include the use of telehealth to improve connection to evidence-based care. Additionally, research regarding health system or policies that improve breastfeeding support following birth hospitalization are urgently needed to improve fragmented 4th trimester care.

### ***Getting to Know the Panelist***

#### **Which do you prefer? Broadway, Symphony or Taylor Swift?**

Taylor Swift! I am still hoping I’ll win some tickets to her Eras tour.

#### **What is your favorite thing to do for exercise?**

I became a “runner” (in quotes as I jog quite slowly) in my 20s when I met my now husband (his hobby). This year, I’ve gotten into reformer Pilates and am really enjoying it.



**Many newborns who are discharged within 48 hours of birth do not receive follow-up as recommended. When should newborns who are discharged within 48 hours of birth be evaluated after discharge?**

- a. Within 24-48 hours after discharge
- b. Within 1 week of discharge
- c. Within 2 weeks of discharge
- d. Within 4 weeks of discharge

***Answer at bottom of newsletter***



## **Board Member Spotlight: Yvonne LeFort, MD, FABM**

This month we would like to feature and honor **Yvonne LeFort MD, FABM**, who has faithfully served ABM as a Board member for the last 6 years. Dr. LeFort will be transitioning off the board after serving the maximum two-term commitment. She is a Canadian-trained family physician who has spent most of her 30 years of practice in Auckland, New Zealand. She is the medical director of Milford Breastfeeding Clinic in New Zealand and has been a tireless advocate for global representation within ABM. We connected with Dr. Lefort to ask her what she thought was her greatest contribution to the Academy during her tenure: “I thoroughly enjoyed the experience of being part of the ABM Board, treasuring the opportunities to contribute to the policies and decision making of our organization and the valued friendships I have made over the past 6 years.” Having lived in two countries, she was able to represent a global perspective and to present this when discussions and decisions were made. Moving forward, we asked what her focus will be in this next professional chapter. Dr. LeFort plans to continue her contributions to ABM, including being on the Protocol and Governance committees. Thank you for your service, Dr. Lefort!

## **ABM Updates**



### **ABM 28th Annual International Meeting Registration Now Open!**

Registration is now open for the ABM 28th Annual International Meeting to be held **November 9-12, 2023, in Schaumburg, IL, USA**. The Annual Meeting Planning Committee is creating an excellent program of innovative workshops and sessions that address evolving issues. The meeting also provides unparalleled opportunities to connect with an international organization of clinicians devoted

to the promotion, protection, and support of breastfeeding. Registration will include access to educational sessions, posters, exhibits, and CE/CME/CERPS opportunities. [Learn more](#), view the [schedule](#) and [register](#) today! Can't attend in person? [Register](#) for the virtual conference.

### Have You Joined an ABM SIG?

ABM introduced eight Special Interest Groups (SIGs) this year. If you haven't joined one yet, visit the [SIG page](#) for more information. To join a SIG, 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.

### ABM Leadership Academy

Three years ago, ABM introduced the [ABM Leadership Academy](#) with the generous support of a grant from the W.K. Kellogg Foundation. The Leadership Academy is designed to provide participants with transferable leadership skills, mentoring from breastfeeding experts, and the ability to uniquely advocate for and support under-served communities, addressing racial disparities, and increasing healthcare equity and access. **Karen M. Federici MD**, is a member of the Class of 2022-2023, and is featured in the newsletter's "Have You Seen This?" section below. Watch your inbox for the information on the 2023-24 ABM Leadership Academy in late August.

## Have You Seen This?

We invite you to watch this 12:32 minute video of an amazing TED Talk by **Karen Federici MD**. Get ready to be energized and motivated! This TED talk speaks for itself!

How Breastfeeding Education is Failing Us | Karen Federici | TEDxYoungstown.

<https://youtu.be/zbJHkBpgF0>

## 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!

## ABM Members in the News

### Most Parents Don't Meet Breastfeeding Guidelines. Experts Say the Support System Needs to Change.

Three ABM members were interviewed in a recent *ABC News* article. [Read](#) what **April Castillo MD**, **Anne Eglash MD**, and **Kristina Lehman MD** had to say about this issue.

### Rochester's Role as Breastfeeding Epicenter Continues with World's First Breastfeeding Division

ABM Board Member, **Casey Rosen-Carole MD**, leads the new division at the University of Rochester Medical Center's multidisciplinary department made up of breastfeeding medicine providers, dentists, toxicologists for medication consulting, family medicine physicians, and researchers to promote and advance breastfeeding. Read the [press release](#).

## Question of the Month Answer:

Many newborns who are discharged within 48 hours of birth do not receive follow-up as recommended. When should newborns who are discharged within 48 hours of birth be



ABM Insider

Newsletter Chair: Paula K. Schreck, MD, IBCLC,  
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Questions: Email ABM Staff at [abm@bfmed.org](mailto:abm@bfmed.org)

ANSWER: a. Within 24-48 hours after discharge

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