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Academy of Breastfeeding Medicine Newsletter

March 2024

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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!

We are happy to present the **11th issue** of *Inside ABM*!

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

In this issue, you will find background information on ABM's Need to Know Microlearning Series, April's Grand Rounds Webinar details and registration, a blog post on our new Position Statement, "Paid Maternity Leave — Importance to Society, Breastfeeding, and Sustainable Development," 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 contact [abm@bfmed.org](mailto:abm@bfmed.org). We would love to get your ideas out into the ABM Universe!



## ABM Product Spotlight: Need to Know Microlearning Videos

**Last month, What Every Physician Needs to Know (WEPNTK) entered a new era as a microlearning offering!** As part of a recent W.K. Kellogg-funded project, the 2023 WEPNTK faculty participated in the recording of the program, this time in short videos! Access them [here](#).

The live educational program has been a popular offering at the ABM Annual International Meeting since the mid-2000s and is the “gateway course” for many practicing breastfeeding and lactation medicine specialists.

A couple of fun facts about the program:

1. WEPNTK has been on the road — the course was presented in the Philippines in 2016!
2. The program was expanded to WEPNTK Part 2 in 2018 to address the demand for a more advanced course beyond the basics.
3. WEPNTK went remote during COVID and has never looked back. For every year since, it has hosted robust hybrid audiences.
4. Many ABM members have volunteered their expertise as faculty over the years as the faculty and the course have evolved over time. (Raise your hands in the air if you have been a WEPNTK Faculty member — thank you for your service!)

To get more of a backstory on why microlearning is such an effective tool, we reached out to Jerrod Liveoak, the Senior Manager of Editorial and Content at Studio AMC, the media team that consulted on this project.



### What do you see as the top 3 benefits of microlearning?

1. Attention that leads to retention
2. Alignment with adult learning principles
3. Pragmatics – content can be developed, produced, and distributed more quickly and easily to fill critical knowledge gaps because of the single or few learning objectives targeted

For me, three benefits of the microlearning format are related to attention/engagement; alignment with adult learning principles; and pragmatic benefits related to the development, production, and delivery of shorter, more focused content targeted to a single or very limited number of learning objectives.

I think the improved *retention* you mentioned directly results from the *attention* that can be maintained with the microlearning format. It's become a commonly known fact that our attention spans are growing shorter and that the information and communication technologies that have become ubiquitous have changed the way people consume information. When it comes to video instruction, similar to the WEPNTK microlearning videos, I've read different articles and studies that suggest that learner attention can range from mere seconds to 15 minutes or so. One study I read that included medical students in a course that used a flipped classroom approach found that while most students eventually watch full, hour-long lectures, they did so over time in shorter segments, pausing the video or leaving and coming back to it. So, I think one benefit of this format is that it takes advantage of learners' limited attention spans by narrowly focusing on a single learning objective and breaking down complex content into more digestible segments.

Secondly, I think the microlearning format is well-aligned with adult learning principles and characteristics of adult learners. Adult and professional learners are self-directed, bring to the learning environment existing experience, seek out information that is directly applicable to their social or professional roles and is immediately applicable and is intrinsically motivated to learn. The microlearning format enables self-directed, just-in-time learning that ideally is extremely accessible when and where the learner needs it and where the learning can be immediately or soon applied in real-life settings.

Finally, there are pragmatic benefits to the microlearning format. Developing content and curricula can take a long time, but often it's important to get instruction out quickly. By focusing on a smaller number of learning objectives and focusing content on the most critical information learners need to achieve that objective, learning providers are able to launch microlearning more quickly, and they can prioritize and release content related to the most critical objectives first.

### **What are some limitations of the microlearning format?**

By design, microlearning only targets one or very few learning objectives in each module or resource, but of course, some content is very complex and some knowledge depends on existing knowledge to be meaningful and useful. I also think it can be really challenging for subject matter experts to develop microlearning content. I think it requires a deep understanding of the content, and also the learners, to know what information is critical and what information may be extraneous to keep the content focused and targeted to the learning objective.

### **What are some best practice tips for those interested in developing microlearning content?**

I think it's really important for all teachers to know who their learners are, what their context is, and what their particular needs are—these are all parts of the analysis phase of the instructional design process. This is true for all instruction, not just microlearning, but in order to make your microlearning instruction most effective, it's important that it fills a clearly identified gap in knowledge among learners. I also think those developing microlearning should incorporate relevant multimedia to achieve deeper knowledge and retention. Finally, I think it's very important to keep microlearning “micro.” I think remaining focused on one or two learning objectives for each module and analyzing what information is really critical for learners to meet that objective, eliminating any tangential or extraneous information, helps learners attend to the information you want them to know and better retain that information.

### ***Getting to Know the Expert:***

**Which do you prefer — audiobooks or podcasts?** I'm a bit of a traditionalist when it comes to books, so I prefer hard copy, but podcasts while doing housework.

**What is your favorite spring activity?** Living in Chicago, my favorite spring activity is just getting outside!



### **Question of the Month**

#### **Who are the Need to Know microlearning videos best suited for?**

- a. Affiliate staff and co-workers with an interest in breastfeeding
- b. Primary care providers who care for breastfeeding patients
- c. Providers with interest in joining ABM who want to sample the work of the Academy
- d. All of the above

***Answer at the bottom of the newsletter***



## President's Column: New ABM Statement on Paid Maternity Leave

Elien Rouw, MD FABM 14 March 2024

Breastfeeding is not (only) about the individual feeding choice of a woman, but also about a society supporting breastfeeding—it was the theme of my latest President's Column, and it is the driving force behind the newest statement of the Academy of Breastfeeding Medicine, “Paid maternity leave: Importance to society, breastfeeding, and sustainable development.”

One of the major barriers a woman must overcome to make this individual choice is financial hardship they may suffer when they decide to exclusively breastfeed for the first 6 months after birth, as the WHO and many medical societies recommend. [Read more.](#)

## ABM Updates & Membership News

ABM ACADEMY OF Breastfeeding Medicine

### GRAND ROUNDS

WEBINAR SERIES

SHRUTI GUPTA MD MBBS

WEDNESDAY APRIL 24

9AM CDT

UP TO 1 AMA PRA CATEGORY 1 CREDITS

# ROADMAP TO DIRECT BREASTFEEDING FOR A PRETERM MOTHER BABY DYAD

[Learn More!](#)

### ABM Grand Rounds: Next Webinar Wednesday, April 24, at 9am CDT (UTC-6)

In this Grand Rounds webinar, Shruti Gupta, MD MBBS, will discuss how to support a family's breastfeeding journey from the time the baby is born to when the infant is ready for discharge, and then how to transition the infant to direct breastfeeding after discharge. This session will help medical and nursing providers understand the unique requirements of a preterm mother-baby dyad in the NICU and after discharge. Can't make it live? Register and get access to the on-demand recording! For more information and to register, [visit our website.](#)

The University of Virginia School of Medicine and School of Nursing designates these live activities for a maximum of **1 AMA PRA Category 1 Credits** per webinar to a participant who successfully completes this educational activity.

ABM Grand Rounds is a live webinar program offered each month, addressing current clinical practice guidelines in the care of breastfeeding parents and infants. Webinars will be recorded and offered as on-demand content afterward in the ABM Education Center.

Missed our February or March Grand Rounds? Access the on-demand recordings [here!](#) (And don't forget to get credit!)



## ABM's New Position Statement:

### "Paid Maternity Leave — Importance to Society, Breastfeeding, and Sustainable Development"

ABM has issued a [position statement](#) calling for six months of paid maternity leave with 100% pay, expanding the amount of leave called for by the International Labor Organization. This will allow mothers to exclusively breastfeed for 6 months.

[Read the Statement](#)

[Read our blog post](#) written by by Maria Enrica Bettinelli, MD FABM, and Melissa Bartick, MD MS MPH FABM, two of the statement's authors, detailing the significance of its release and what it could mean for society if adopted.



## Fellowship Applications Open April 1!

Have you been an ABM member for 5 consecutive years? Attended 3 or more ABM Annual or Regional Conferences? Conducted breastfeeding medicine expertise in the past 10 years? You may qualify to join ABM's prestigious group of Fellows, leaders who elevate the importance of breastfeeding medicine among their peers across disciplines!

Applications open April 1! Gather your materials today for an easy submission process. New applicants can find the most up-to-date information regarding fellowship requirements and submission instructions.

[Learn More!](#)

## Don't forget to join one of our town halls!

We want to hear from you! The ABM Board of Directors is moving forward with amendments to the association's bylaws to support a slated election process. Our ultimate goal is to continue fulfilling your needs while maintaining a board that is representative of the membership and possesses the skills to move the organization forward. We will seek approval of the bylaw amendments through an electronic ballot that will be sent to voting members on **April 8**. The Board will be available for two town halls, **one on April 2 at 7:30 am (CDT), and the other on April 4 at 3:30 pm (CDT)**. Please head to [our website](#) for the documented detailed changes.

[Register for the April 2 Town Hall](#)

[Register for the April 4 Town Hall](#)

## Have You Seen This?

**"High-intensity exercise increases breast milk adiponectin concentrations: a randomised cross-over study"**

Check out [this recent article](#) in the medical literature that links the level of exercise to certain chemical markers in breast milk.

Current recommendations from ACOG state postpartum exercise does not affect milk production, composition or infant growth. Recent evidence suggests the concentration of certain nutrients in breast milk may vary based on the mothers BMI and these differences may play a role in multigenerational obesity. With this evidence, the authors from the Norwegian University of Science and Technology postulate that exercise may improve milk composition, in turn reducing obesity in infants.

Adiponectin is a protein hormone present in human milk that plays a role in glucose and fat metabolism, and low levels are associated with insulin resistance and type 2 diabetes. Although it can cross the intestinal barrier and may impact infant metabolism, research on the association between adiponectin concentration in breast milk and its effect on infant adiposity and weight gain has shown contrasting results. The authors hypothesize that moderate-intensity continuous training (MICT) or high-intensity interval training (HIIT) will increase the levels in breast milk more than REST.

The randomized cross-over study recruited 20 exclusively breastfeeding women at 6-12 weeks postpartum. The subjects were assigned a random sequence of conditions: REST (sitting for 45 min.), MICT or HIIT, with a minimum 96-hour interval between each condition. Participants used an electric breast pump to obtain samples of milk ( $\geq 25$  mL) at 4 set timepoints on study days, which resulted in 240 total samples for testing. Although concentrations of breast milk adiponectin were elevated at all timepoints after MICT and HIIT, the only statistically significant increase ( $\approx 22\%$ ) was measured 1-hour post-HIIT. On REST days, levels remained stable throughout the day, suggesting there was little chronobiological variation. The findings show the hypothesis was correct, but the increase of adiponectin is negligible outside of the hour immediately following HIIT.

**Citation:** Holmen, M., Giskeødegård, G. F., & Moholdt, T. (n.d.). *High-intensity exercise increases breast milk adiponectin concentrations: a randomised cross-over study.* <https://doi.org/10.21203/rs.3.rs-3002761/v1>

**Link to full article:** <https://www.frontiersin.org/articles/10.3389/fnut.2023.1275508/full>

(Written by Tameka Jackson-Dyer, BASc, IBCLC, CHW, CLE, CLS, CLC)

## Research Award Opportunity

**The Foundation for Women's Wellness (FWW) Fellowship Awards** recognize and support emerging physicians & scientists researching critical women's health topics. FWW awardees represent a variety of scientific disciplines and personal backgrounds yet share a dedication and aptitude to advance women's health. [Visit their website for more info.](#)

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### Question of the Month Answer:

**ANSWER: d.**

All of the above. The Need to Know microlearning videos are well-suited for affiliate birth and breastfeeding workers, all providers who care for lactating persons and infants, and anyone interested in ABM's mission. Can you think of someone who would enjoy them? Send them [this link!](#)



ABM Insider

Newsletter Chair: Paula K. Schreck, MD, IBCLC,  
FABM

Questions: Email ABM Staff at [abm@bfmed.org](mailto:abm@bfmed.org)

Academy of Breastfeeding Medicine  
8735 W. Higgins Road, Suite 300  
Chicago, IL 60631  
(800) 990.4ABM (USA toll free)  
(847) 375.4726 (phone)  
(847) 375.4713 Attn: ABM (fax)  
[abm@bfmed.org](mailto:abm@bfmed.org) | [www.bfmed.org](http://www.bfmed.org)

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