

**Breastfeeding Peer Counselors as Primary Lactation Care Providers in the NICU**



[www.rushmothersmilkclub.com](http://www.rushmothersmilkclub.com)

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Director for Clinical Research and Lactation  
Neonatal Intensive Care  
And  
Professor of Women, Children and Family Nursing  
And  
Professor of Pediatrics  
Rush University Medical Center

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**Acknowledgements (Active/Recent Research and Demonstration Project Funding)**

- NIH: Health Outcomes and Cost of Human Milk Feedings for VLBW Infants (2007-2013).
- NIH: Barriers to Continued Provision of Human Milk for Black Mothers of VLBW Infants (2014-2016, Patel, PI)
- AHRQ: Accelerating Comparative Effectiveness Research for Premature Infants (2010-2013).
- Medela, Inc. Increasing Effectiveness, Efficiency, Comfort and Convenience of Milk Removal for Breast Pump-Dependent Mothers with Premature Infants
- Anne and Kenneth Griffin Foundation
- Rossman Family Foundation
- Nicolas Berggruen Foundation



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**Rush University Medical Center, Chicago**

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**Rush NICU**

- Regional perinatal center responsible for 31,000 live births
- 72-bed, single patient room NICU
- Family-centered care
  - 24-hour visitation
  - Care by parent
  - Parents attend medical rounds
- Skin-to-skin care is routine
  - 98% of infants receive mothers' own milk

RUMC NICU



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**Within the NICU, the RUSH Mothers' Milk Club is a state-of-the art lactation and human milk feeding program**

**Translational Research within a Clinical Program of Lactation Care**



**RUSH MOTHERS' MILK CLUB**

•Practice: Families receive state-of-the art, evidence-based lactation care by the entire NICU staff

•Research: Families and infants serve as subjects in the team's internally and externally funded research projects

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**The RUSH human milk team serve as primary researchers as well as primary NICU care providers**



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**Clinical Staff that Provide Direct Lactation Care and Optimize Recruitment and Retention for Research**

Breastfeeding Peer Counselor Team\*



Judy Janes, RN, IBCLC

\*All are parents of former Rush NICU infants

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**What do we study?**

**Barriers to VLBW infants receiving high-dose, long-exposure to human milk from their own mothers**



- Health outcomes and cost savings of human milk feeding
- Mechanisms that underlay these outcomes
- Maternal barriers to the provision of human milk
- Use of lactation technologies to remove “guesswork” of human milk calories and milk intake during breastfeeding
- Models of lactation care delivery that yield quality, satisfaction and cost savings
- Impact of donor human milk on health and cost outcomes
- Impact of donor human milk on maternal provision of their own milk

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**Initiation and Maintenance of Lactation: Proactive Care by Entire NICU Team**




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**NICU Bedside Nurses**

- Skin-to-skin care
- Pumping at the bedside
  - Prioritizing and protecting maternal milk volume
- Feeding at breast in the NICU
- Preparation for NICU discharge

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**“Both baby formula and mothers’ milk are foods for NICU babies. However, only mothers’ milk—not baby formula—works like a medicine to help protect premature and other NICU babies from many complications during and after the hospital stay.”**

*Welcome to the  
Rush Mothers'  
Milk Club*

The staff in the Rush Neonatal Intensive Care Unit is very pleased that you have decided to provide your milk for your baby. Your milk will help protect your baby from many health problems during and after the hospital stay. The Rush doctors, nurses, dietitians and team lactation consultant will share the latest research to monitor, milk and transfer with you, so we can all work as partners to develop your baby's own special feeding plan.

RUSH UNIVERSITY  
NEONATAL INTENSIVE CARE

Insert from “Your Milk is a Medicine for Your Baby”

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**Weekly Mothers' Milk Club Luncheons Provide a Forum to "Share the Science" about Human Milk and Lactation**



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**Rush Mothers' Milk Club Volunteer Breastfeeding Peer Counselors**

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**Jameca Benjamin and daughter, Jamia**



**Jamia was born Dec, 2000, at 25 weeks of gestation, weighing only 1 pound, 13 ounces**

**Jameca knew mothers' milk was best, but had never known a person who had breastfed.**

**The Rush Mothers' Milk Club helped her achieve her goals, and prepared her as a volunteer breastfeeding peer counselor in Summer, 2001.**

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**Illinois Children's Healthcare Foundation**



**Funded  
January, 2005**

**Implement and evaluate the role of a salaried  
breastfeeding peer counselor for mothers with  
VLBW infants in the Rush SCN**

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**Peer Counselors  
complete 5-day La  
Leche League Peer  
Counselor  
Training Program,  
including  
examination**

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**Rush Mothers' Milk Club Trains BPCs for In-Hospital Lactation Care**



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**Rush Mothers' Milk Club Trains BPCs for In-Hospital Lactation Care**



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Excerpt from "In Your Hands", @Rush Mothers' Milk Club, 2011

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BPCs assist with the first pumping session for all new NICU mothers

- Proper use of the pump is taught
- Breast shield sizing is done
- Pump hygiene is reviewed
- Pump rental is organized




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Each BPC Maintains a Photo Album of Her or His NICU Baby from Birth through Current Age



Discussion focuses on impact of human milk on the infant's outcome

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Teaching Correct Labeling of Milk Storage Containers




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**Correct Cleansing of Breast Pump Equipment is Demonstrated for Each Family**



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Extra milk is moved out of the NICU and carefully stored in our industrial freezers that are temperature-controlled.

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**BPCs are in the NICU and Available to assist Nurses 7 days a week and from 7A-9:30 PM**



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## Peer Counselors Serve as Research Assistants in 3 Externally Funded Studies




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## Original Research about the Impact and Effectiveness of Breastfeeding Peer Counselor Practice

**Journal of Human Lactation**  
http://jhl.sagepub.com/

**Breastfeeding Peer Counselors as Direct Lactation Care Providers in the Neonatal Intensive Care Unit**  
Paula P. Meier, PhD, Janet L. Engstrom and Beverly Rossman  
Hum Lact published online 2 April 2015  
DOI: 10.1177/1090826114561716

**Journal of Human Lactation**  
http://jhl.sagepub.com/

**They've Walked in My Shoes: Mothers of Very Low Birth Weight Infants and Their Experiences With Breastfeeding Peer Counselors in the Neonatal Intensive Care Unit**  
Beverly Rossman, Janet L. Engstrom, Paula P. Meier, Linda L. Tomerlin, Katherine P. Bell and Pamela J. Alam  
Hum Lact 2015 22, 14 originally published online 20 December 2015  
DOI: 10.1177/1090826115190404

The online version of this article can be found at  
<http://jhl.sagepub.com/online/22114>

**JOGNN**

**The Role of Peer Support in the Development of Maternal Identity for "NICU Moms"**  
Beverly Rossman, Michelle M. Grossi and Paula P. Meier

**Healthcare Providers' Perceptions of Breastfeeding Peer Counselors in the Neonatal Intensive Care Unit**  
Beverly Rossman,<sup>1\*</sup> Janet L. Engstrom,<sup>2,3\*</sup> Paula P. Meier<sup>4,5\*</sup>

**"I Have Faith in My Milk": The Meaning of Milk for Mothers of Very Low Birth Weight Infants Hospitalized in the Neonatal Intensive Care Unit**  
Beverly Rossman, Amanda L. Kozlowski, Michelle M. Grossi, Janet L. Engstrom and Paula P. Meier  
J Hum Lact published online 10 April 2015  
DOI: 10.1177/1090826114564552

The online version of this article can be found at  
<http://jhl.sagepub.com/online/2015041090826114564552>

**Beverly Rossman, PhD, RN**

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## Translation of Evidence into Best NICU Practices

**Clinics Review Articles**

CLINICS IN PERINATOLOGY

**Human Milk for Preterm Infants**

EDITORS  
Francis B. Mimouni  
Berthold Koletzko

CONSULTING EDITOR  
Lucky Jain

**Evidence-Based Methods That Promote Human Milk Feeding of Preterm Infants**  
An Expert Review

Paula P. Meier, MD, MPH<sup>1,2\*</sup>, Alicia L. Patel, MD<sup>3</sup>, Harold R. Bigger, MD<sup>4</sup>, Beverly Rossman, MD, MPH<sup>5</sup>, Janet L. Engstrom, MD, MS, CDE, www.ac<sup>6</sup>

**Supporting Breastfeeding in the Neonatal Intensive Care Unit**  
Rush Mother's Milk Club as a Case Study of Evidence-Based Care **Pediatr Clin NA, 2013**

Paula P. Meier, MD, MPH<sup>1,2\*</sup>, Alicia L. Patel, MD<sup>3</sup>, Harold R. Bigger, MD<sup>4</sup>, Beverly Rossman, MD, MPH<sup>5</sup>, Janet L. Engstrom, MD, MS, CDE, www.ac<sup>6</sup>

**STATE-OF-THE-ART**  
Which breast pump for which mother: an evidence-based approach to individualizing breast pump technology  
PP Meier<sup>1,2</sup>, AL Patel<sup>3</sup>, R Holman<sup>4</sup> and J. Engstrom<sup>5</sup>

**J Perinatology, 2016**

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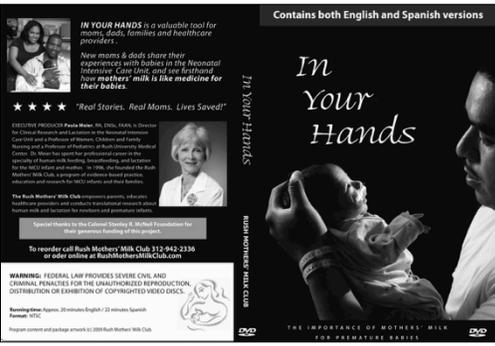
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## In Your Hands

Contains both English and Spanish versions



**IN YOUR HANDS** is a valuable tool for many, for families and healthcare providers.

New moms & dads share their experiences with babies in the Neonatal Intensive Care Unit, and see how their own mothers' milk is the medicine for their babies.

★★★★ "Real Stories. Real Moms. Lives Saved!"

**EXECUTIVE PRODUCER Paula Miller, RN, CHIC, RMA, is Director of Clinical Research and Evaluation at the Rush Mothers' Milk Club and a Professor of Pediatric, Children and Family Health and a Professor of Pediatrics at Rush University Medical Center. Dr. Miller has spent her professional career in the area of neonatal intensive care, specializing in neonatal intensive care for the NICU infant and mother. In 1996, she founded the Rush Mothers' Milk Club, a program of evidence-based practice, education and research for NICU infants and their families.**

The Rush Mothers' Milk Club empowers parents, educates healthcare providers and creates a supportive network around mothers' milk and lactation for mothers and premature infants.

Special thanks to the Rush Mothers' Milk Club for their generous funding of this project.

To order call Rush Mothers' Milk Club 312-942-2336 or order online at [RushMothersMilkClub.com](http://RushMothersMilkClub.com)

**WARNING: FEDERAL LAW PROHIBITS SEVERE CIVIL AND CRIMINAL PENALTIES FOR THE UNAUTHORIZED REPRODUCTION, DISTRIBUTION OR EXHIBITION OF COPYRIGHTED VIDEO DISCS.**

Running time: Approximately 17 minutes  
Format: NTSC / widescreen / color

Program content and package artwork © 2009 Rush Mothers' Milk Club

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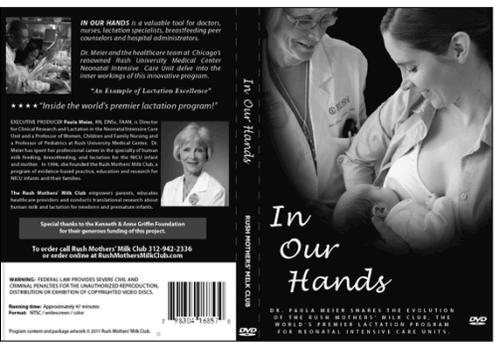
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## In Our Hands



**IN OUR HANDS** is a valuable tool for doctors, nurses, lactation specialists, breastfeeding peer educators and hospital administrators.

Dr. Miller and the healthcare team at Chicago's renowned Rush University Medical Center Neonatal Intensive Care Unit share with us the inner workings of this innovative program.

★★★★ "An Example of Lactation Excellence"

★★★★ "Inside the world's premier lactation program!"

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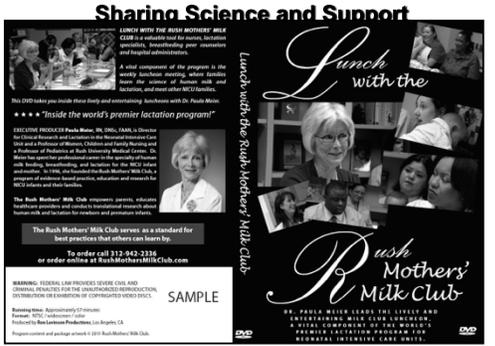
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## Lunch with the Rush Mothers' Milk Club: Sharing Science and Support



**LUNCH WITH THE RUSH MOTHERS' MILK CLUB** is a valuable tool for nurses, lactation specialists, breastfeeding peer educators and hospital administrators.

A vital component of the program is the weekly lactation meeting, which brings together the wisdom of mothers' milk and lactation, and their other NICU stories.

This DVD takes you inside their busy and extraordinary, lunch-hours with Dr. Paula Miller.

★★★★ "Inside the world's premier lactation program!"

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The Rush Mothers' Milk Club serves as a standard for best practice in lactation care.

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Produced by Ben Luevano Productions, Los Angeles, CA

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