

## Minutes for BF and BFPC Coordinator Quarterly Meeting 04-27-2022

AGENCY	NAME
<input checked="" type="checkbox"/> Baker	Mandy Peterson
<input type="checkbox"/> Benton	Charlene Yager
<input checked="" type="checkbox"/> Benton	Rylee Wetmore
<input checked="" type="checkbox"/> Clackamas	*Aria Baker
<input type="checkbox"/> Clackamas	Jill Wright
<input checked="" type="checkbox"/> Clatsop	Norma Hernandez
<input checked="" type="checkbox"/> Columbia	Sheri Duren
<input checked="" type="checkbox"/> Coos	Julie Fitzsimmons
<input type="checkbox"/> Crook	Lauren Simmons
<input checked="" type="checkbox"/> Deschutes	Shannon Flowerday
<input type="checkbox"/> Deschutes	Maria O'Neill
<input type="checkbox"/> Grant	Jessica Winegar
<input type="checkbox"/> Harney	Virginia Lopez
<input type="checkbox"/> Hood River	McKenna Carter
<input checked="" type="checkbox"/> Hood River	Veronica Garner
<input checked="" type="checkbox"/> Jackson	Meghan Robinson
<input type="checkbox"/> Jefferson	Tami Kepa'a
<input checked="" type="checkbox"/> Josephine	Christine Shepherd
<input checked="" type="checkbox"/> Klamath	Melissa Dorsey
<input checked="" type="checkbox"/> Klamath	Xandi Vermaas
<input type="checkbox"/> Lake	Hannah Brollier
<input type="checkbox"/> State Office	Kelly Sibley
<input checked="" type="checkbox"/> State Office	Bonnie Ranno
<input checked="" type="checkbox"/> State Office	Korina Skaff
<input checked="" type="checkbox"/> State Office	Jessica Lee
<input checked="" type="checkbox"/> State Office	Diane Arnold

AGENCY	NAME
<input checked="" type="checkbox"/> Lane	Heather Rush
<input checked="" type="checkbox"/> Lincoln	Aracelis Irizarry-Rodriguez
<input checked="" type="checkbox"/> Linn	*Megan Dunn
<input type="checkbox"/> Linn	Leah Brunson
<input checked="" type="checkbox"/> Malheur	Hallie Hopkins
<input type="checkbox"/> Marion	Kendra Stafford
<input type="checkbox"/> Marion	Carol Boliou
<input checked="" type="checkbox"/> Multnomah	*Sabrina Villemenay
<input checked="" type="checkbox"/> Multnomah	Veronica Lopez Ericksen
<input type="checkbox"/> North Central	Maricela Elias
<input type="checkbox"/> Polk	Jacqui Umstead
<input checked="" type="checkbox"/> Salud	*Elizabeth Still
<input checked="" type="checkbox"/> Yakima Valley Farmworkers Clinic	Gabrielle Frank
<input type="checkbox"/> Tillamook	
<input checked="" type="checkbox"/> UCAN (Douglas)	Brennan Cappa
<input type="checkbox"/> UCAN (Douglas)	Judith Cheek
<input type="checkbox"/> U-M Head Start	Selene Rosas
<input type="checkbox"/> Umatilla (Confed.)	Alisa Portley-White
<input type="checkbox"/> Union	Kimberly Adams
<input type="checkbox"/> Warm Springs	Tyra Thomas
<input type="checkbox"/> Warm Springs	Kathleen Boxx
<input checked="" type="checkbox"/> Washington	*Jeanette Lopez
<input checked="" type="checkbox"/> Washington	Jody Arteaga
<input type="checkbox"/> State Office	Erica Johnson
<input type="checkbox"/> State Office	Cenaida Valdivia
<input type="checkbox"/> State Office	Laura Purdue
<input checked="" type="checkbox"/> State Office	Joan Medlen
<input type="checkbox"/> State Office	

### Introductions

- Rylee Wetmore, Benton Co.
- Veronica , Hood River, Public Health nurse and BF Coordinator

### Pump Update - Bonnie

- The recording from the January pump training (part 2) is posted on the Breastfeeding website.
- The November/December pump order started to arrive in early March. If you have not yet done so, please return packing slips to Julia as soon as possible: [Julia.turner@dhsosha.state.or.us](mailto:Julia.turner@dhsosha.state.or.us)

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- Bonnie was notified late last week of a major update to Hygeia products, due to low orders and supply chain issues, particularly with their manufacturer in China. So this pump update suddenly much longer than I originally planned, because these decisions by Hygeia mean that the state agency has to change the pumps we offer to participants. Again. 😞 Here are the details:
  - **The Hygeia EnDeare multi-user pump has been discontinued altogether.** This was Oregon's replacement for the Lactina when it was discontinued.
  - **The Hygeia Evolve (our new single user pump) has also been discontinued indefinitely.** According to our rep, it may come back once "all supply chain issues are resolved" but who knows when that will be? Some agencies received Evolve pumps on the last order. Feel free to issue those as needed.
  - **The replacement pump for the Evolve is the Hygeia Pro.** This pump is very similar to the *Evolve* in appearance and function. See attached information sheet. Bonnie has not held it or tested it out yet, but this is what she has been told:
    - It has a built-in, rechargeable lithium battery, just like the *Evolve*, so it does not need to be plugged in to use it.
    - The pump has a stimulation phase and an expression phase.
    - The main difference between the *Evolve* and the *Pro* is that the knobs for pressure and speed are not entirely independent of one another. Changing one can affect the other to some degree at least.
    - The usual WIC required accessories will accompany this pump when sold to WIC agencies. (I guess it is also an insurance pump and in that venue it will have only the bare essentials.) FYI, WIC requires a carrier, 4 bottles, 2 sets of flanges, extra parts, and the ability to use it as a manual pump if there is no power. So the WIC version of the *Hygeia Pro* will come with a backpack carrier, cooler bag with cooling elements, a manual pump, and the extra bottles, flanges, and parts.
    - Those agencies who ordered *Evolves* on the April order will receive *Pros* instead. Bonnie will also add one extra *Hygeia Pro* to the April order form for all of the agencies who had previously ordered an *Evolve* to be used as a demo. When it arrives, it can become the new demo pump and you can issue the *Evolve* demo to a participant, unless previously used.
  - It is still important to continue to use up any Medela pumps and products that remain in your inventory before ordering Hygeia products. If you have more products than you can foresee ever using, contact Bonnie. We can move inventory around so that agencies who need these items can receive your "extras".
  - Our programmers had been in the process of adding the *Evolve* to the TWIST dropdown so that this new single user pump could be captured in the inventory. That entry will now say "*Hygeia Evolve or Pro*" when it is released in mid-May. That way the agencies who do have some *Evolves* to use up can get those entered in TWIST and those who receive the *Pro* from this point forward can enter those as well. And IF the *Evolve* ever does come back, we will be ready. 😊
  - The replacement pump for the *EnDeare* multi-user pump is the *EnJoye*. It is basically a single user pump with a closed system so multiple people can use it, but it is not as durable as the *Lactina* or *EnDeare*. It could wear out after a few years or after 8-10 users. For this reason, Oregon WIC has decided NOT to change over to this pump. **Instead, we plan to gradually phase out our use of multi-user pumps.**
    - Oregon WIC still has a lot of multi-user pumps and kits in our agencies, so agencies that want to continue to offer multi-user pumps will be able to do so.

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Those agencies that want to offer only single user and manual pumps can do that as well. Guidance will be available in June for how we will go about shifting pump products around, so more to come on those specifics.

- Most agencies successfully used single user pumps only during COVID. These newer single user pumps meet the pressure and speed standards for bringing in milk production, but they have less durability and wear out sooner with high use. There may be instances when a local agency will need to replace a heavily used single user pump, for example.
- Our current pump policies will need to be revised to allow for increased issuance criteria, and guidance will need to be written for the “how to” specifics around discarding or returning or surplus multi-user pumps or other products that are no longer needed. This will take some time, but we can do it, right? 👍
  - Bonnie plans to set up a workgroup to help her with the development of this guidance and the policy revisions. This will likely be a 1 hour Zoom call every 3-4 weeks for the summer. **If you would like to volunteer, put your name in the chat or send her an email.** Local agency input is so very valuable to us! Thanks in advance.

### Save the Date : October Mandatory Breastfeeding Training with Cathy Carothers

- Live virtual training for all WIC Staff
- Mandatory training, even if you have completed Oregon WIC’s breastfeeding trainings.
  - Level 1- Everyone is required to take this level.
  - Levels 2 through 4- details on who has to complete these levels has been mailed to WIC coordinators and training supervisors at local agencies.
  - Make up sessions for those that miss scheduled dates are being planned.
  - Contact Kelly Sibley or Korina Skaff. [Oregon.WIC.Breastfeeding@dhsosha.state.or.us](mailto:Oregon.WIC.Breastfeeding@dhsosha.state.or.us)
- This FNS training platform will be the basis for the future breastfeeding trainings. The design for ongoing training is in progress. Kelly will send the breastfeeding training plan to local agencies once it has been finalized.

### Basecamp BF & BFPC Coordinators’ Discussion Group

- Some who are not able to access are asked to contact Kelly and Korina so they can update it.

### Breastfeeding Expansion update – Megan Dunn

- MOU agreement has been signed between Linn and Lincoln. Next they will discuss recruitment, offering services, and mentoring over distances.
- Talking with Klamath about hiring a peer counselor at Linn to serve Klamath participants.
- Harney and Benton are talking about breastfeeding peer counseling support in their communities.
- Contact Megan Dunn, Korina and Kelly if you have questions or input about expanding the reach of breastfeeding peer counseling in Oregon.

### State Updates promoting and protecting breastfeeding - Korina

- RDs and Nutritionists who are IBCLC’s are asked to send headshots and quotes about working in WIC on breastfeeding support to the Academy Child Nutrition Affinity group.
- Contact [ginger.carney@stjude.org](mailto:ginger.carney@stjude.org)
- The Oregon WIC Program can reimburse local agencies for the cost of eligible WIC Staff to sit for the IBCLC exam. Talk to your WIC coordinator and Kelly Sibley if you are interested in sitting for the exam.

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### World Breastfeeding Week August 1-7, 2022 and National Breastfeeding Month August 2022 - Jessica

- WABA this year will be 30 years of celebrating World Breastfeeding Week [WBW 2022](#)
- USBC will have resources for National Breastfeeding Month that we can discuss at our July BF/BFPC coordinator call.

### Discussion: Virtual Breastfeeding Groups – prenatal and postpartum

- Shannon (Deschutes): referring to local hospital classes, and using WIC. Health, and single calls. Health department is still on lockdown. Mental health colleagues say their Zoom meetings are better attended by clients than in-person.
- Brennan (UCAN): virtual BF class 2 months old. Seems less engaging than in-person. Classes have about 5 attending, sometimes 2-3. Using Zoom, PowerPoint with key concepts, geared to prenatal, 34-36 weeks.
- Sabrina (Multnomah): virtual groups since March 2020, in Google groups. Their entire caseload has always been invited. Turnout is good. We keep it simple 3-5 slides, prenatal and postpartum, facilitated. Links sent through Prevention Pays, lots of help at first. Always had a tag team with counselors, one presenting and one watching chat. RD or coordinator available to check in for complicated questions. Accommodating to client schedule. 250 groups, 5000 moms attended bf groups last year. The team has flexed a lot to be available to participants on their schedules, they have make-up groups, follow up with those who didn't attend.
- Meghan R. (Jackson): took ideas from Sabrina, observed her groups. They have had a virtual introductory class for prenatal in 3<sup>rd</sup> trimester for the past year. They use Prevention Pays to remind a week and a day ahead of the class. They use Powerpoint, short video, and Q and A at the end has been very popular and helpful to engage moms especially with difficult questions about breastfeeding
- All agencies are at a different place and some agencies are interested in hearing more about virtual sessions. If you don't have a virtual class and want to learn more, please connect with other local agencies by contacting them through Basecamp. Korina will start a thread in Basecamp to get the conversation started.

### Gold Lactation Online Conference

- Those enrolled in the conference are encouraged to share experiences on Basecamp, so others can hear the latest and greatest about breastfeeding.
- Megan Dunn, from Linn County, presented at GOLD, "Microbiome Support for the Breast/Chestfeeding Dyad". She researched the impact for mom/baby and how to support the dyad.
- GOLD is still open, can watch until end of June.

### Local Agency Sharing

- Meghan Robinson (Jackson), announced a learning opportunity: "2022 Breastfeeding Update for Professionals" with presenter Kathleen Kendall-Tackett, PhD, IBCLC, FPA. It will take place Friday, May 20, 2022, 8:45 AM – 5:0 PM, PST, Online. Hosted by Southern Oregon Lactation Association. Covering a wide range of topics, including use of cannabis, violence in prenatal period, depression.
  - Contact Meghan Robinson by email: [RobinsMR@jacksoncounty.org](mailto:RobinsMR@jacksoncounty.org)

### Local Agency Sharing

- OWLA: Iryna Vlasova, Supporting Lactation in a Time of War, Saturday, May 14, 2022. This presentation is free to attend, however a donation is strongly suggested. You may purchase a ticket for the donation denomination that you feel is best. All proceeds from this presentation

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will go directly towards supporting the continued efforts of "Milky Rivers Ukraine", a breastfeeding support organization founded by Ukrainian lactation consultants who are working on the front lines to provide essential safe infant feeding support.

- <https://www.eventbrite.com/e/owla-presents-iryna-vlasova-supporting-lactation-in-a-time-of-war-tickets-305097012377>
- Deschutes: they have a lot of Lactinas, may send some with Laura S. to State office.
- Aria: Clackamas breastfeeding groups not happening now, show rate vs. registration is very different. They've been using Doxyme for individual breastfeeding appointments. Show rate is higher than with groups.
- Julie: Coos Co hasn't been having virtual groups, poor show rate for in-person groups. They switched to individual calls, have a much better show rate, mom can share, they are able to do breastfeeding prep.
- Megan in Linn Co: prenatal online classes had poor show rates, and switched to individual calls which have had better show rates.

### Save the dates

- Next meetings:
  - BF/BFPC Coordinator Quarterly Call
    - July 27, 1:15 – 2:45 PM
    - October 26, 1:15 – 2:45 PM
  - WIC Nutritionists and BF Coordinators Annual Meeting
    - August 23, 2:00 - 4:00 PM



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More powerful than a leading competitor with true hospital-strength. Stronger suction helps moms produce more milk, faster.

### Cordless

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### Maximum Comfort

More levels to choose from in both stimulation and expression mode.

### Ultra Portable

Weighs less than a pound and fits in the palm of your hand. Comes with a convenient USB charging cord and wrist lanyard.

### Hygeia Baby App

Mom will be set up for breastfeeding success with virtual IBCLC consults, breastfeeding tips, instructional videos, baby tracking and more.

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# Superior Advantages with Hygeia

Feature	Benefit	Hygeia Pro	Medela Pump In Style	Spectra S2	BellaMa
Hospital-Grade Strength	Hygeia offers the same speed and strength as pumps used in a hospital setting	●	○	●	○
Cordless	The cordless internal, re-chargeable battery feature is great for moms going back to work, moms who travel and for moms on-the go	●	○	○	○
Hygeia Baby App	Moms will be set up for success with IBCLC consults, breastfeeding tips, breast pump videos and more	●	○	○	○
Stimulation and Expression Mode	Separate modes to mimic your baby's suckling patterns	●	●	●	●
USB Charging Cord	The Hygeia Pro can be charged just about anywhere with the convenient USB charging option	●	○	○	○
Ultra Quiet	The Hygeia Pro has less than 45 db of sound, allowing mom to pump discreetly	●	○	●	●
Additional Monthly Accessories (for eligible patients)	Many moms are eligible for additional accessories at no cost, saving hundreds of dollars	●	○	○	○
Ultra Lightweight and Compact	The Hygeia Pro weighs less than a pound and can fit in the palm of your hand	●	○	○	○
Local Account Manager	Hygeia has a local Account Manager that services all OB/GYN accounts	●	○	○	○

*Hygeia helped us improve breastfeeding rates*

**Unicare**

*The easy process reduces paperwork and faxes*

**Women's Center**

*Time Saver*

**Pacific Women's Health**

