

Oregon WIC Breast Pump Training

Part 1 – October 27, 2021

Part 2 – January 26, 2022

Bonnie Ranno, MS, RDN
State Breast Pump Program Lead

Oregon WIC Breast Pump Training

Part 1 – October 27, 2021

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Training Objectives

- ❖ Recognize pumps and accessories available from Hygeia
- ❖ View demonstration of new Evolve single user pump
- ❖ Discuss the role and responsibilities of the Breast Pump Coordinator
- ❖ Locate breast pump resources on the website, especially the *Breast Pump Handbook*
- ❖ Describe how to find and use the 4 pump reports in TWIST
- ❖ Describe procedures specific to breast pumps in WIC

Background

- ❖ 1999 Oregon WIC began offering breast pumps (Medela)
- ❖ 2003 Pump Partnerships started (hospitals, MCH nurses, etc.)
- ❖ 2010 Affordable Care Act → 2020 OHP provides pumps
- ❖ 2017 Medela discontinued Lactina
Hygeia EnDeare became replacement multi-user pump
- ❖ 2018 Medela discontinued two-handed manual pump
- ❖ 2020 Medela discontinued Pump in Style & original Harmony
- ❖ 2021 Medela discontinue Lactina kits
- ❖ 2021 Pump Pilot → Hygeia Evolve selected

Oregon WIC Multi-user Pumps



Medela *Lactina Select*



Hygeia *EnDeare*



Lactina with an *EnDeare* kit

Oregon WIC Single User Pumps

(also called personal pumps or PIS)



Medela Pump in Style



Hygeia Evolve

Oregon WIC Manual Pumps

One and Two-handed Pumps



Medela *Harmony*
(1-handed pump)



Medela 2-handed pump



Hygeia 1-handed pump



Hygeia 2-handed pump

Evolve Demonstration

Tom Dempski, Hygeia National Director

- ❖ Special features of Evolve single user pump
- ❖ Deluxe bag and cooler pack description
- ❖ Assembly, use and care of Evolve
- ❖ Description of parts and accessories

Pump parts will come in 2 separate bags – one with the parts for assembling the pump, and the other with the extra value-added parts

- ❖ Questions?

Breast Pump Coordinator

- ❖ Selected by Breastfeeding Coordinator to manage local agency breast pump inventory
- ❖ Submits orders for new pumps & accessories
3 times per year → March, July, November
- ❖ Enters new pumps in data system
- ❖ Tracks issuance of multi-user, single user and manual pumps
- ❖ Knowledgeable about pump policies, procedures & resources
 - ✓ Policy 712: Breast Pump Ordering, Distribution and Tracking Guidelines
 - ✓ Breast Pump Handbook
- ❖ Communicates with State Breast Pump Coordinator

WIC Pump Resources

<http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/breastfeeding.aspx>

Breast Pump
Handbook

Pump
Questionnaire,
Loan and Release
Forms

Breast Pump
Education
Materials in
Shopify

User Guides for
cleaning, testing &
trouble-shooting
pumps

Breast pump
partnership
information

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Breast Pump Handbook

TWIST

(The WIC
Information
System Tracker)

TWIST has a special set of screens used to manage breast pump inventory and to track breast pump issuance.

Required:

- Multi-user pumps
- Single user pumps

Optional:

- Manual pumps
- Double pump accessory kits

Breast Pump Tracking

- **Step One**

The local agency Breast Pump Coordinator enters the quantity and type of breast pumps they receive from the state into the *Breast Pump Inventory* screen in TWIST.

TWIST MODULE SCREEN



Operations Management



Tables



Breast Pump Inventory
(last item on list)

Breast Pump Inventory Screen

Operations Management - [OM4705 - Breast Pump Inventory]

File Edit Window Help



Breast Pump Inventory

Date Added	Type	Serial #	Agency	Clinic	Partne ^
12/27/2016	Hospital-Grade Breast Pump (Lactina)	1603913	Klamath CHD		
07/25/2008	Hospital-Grade Breast Pump (Lactina)	675835	Klamath CHD		
08/17/2010	Hospital-Grade Breast Pump (Lactina)	686091	Klamath CHD		
02/07/2011	Hospital-Grade Breast Pump (Lactina)	687413	Klamath CHD		
10/08/2013	Hospital-Grade Breast Pump (Lactina)	692338	Klamath CHD		
10/08/2013	Hospital-Grade Breast Pump (Lactina)	693427	Klamath CHD		
10/01/2013	Hospital-Grade Breast Pump (Lactina)	693507	Klamath CHD		
01/16/2004	Hospital-Grade Breast Pump (Lactina)	983813	Klamath CHD		
05/06/2008	Manual Breast Pump		Klamath CHD		
03/08/2007	Manual Breast Pump		Klamath CHD		
07/25/2008	Manual Breast Pump		Klamath CHD		
07/22/2010	Manual Breast Pump		Klamath CHD		
11/14/2017	Multi-User Breast Pump (Hygeia EnDeare)	H9383969	Klamath CHD		
01/30/2018	Multi-User Breast Pump (Hygeia EnDeare)	H9405703	Klamath CHD		
10/12/2020	Multi-User Breast Pump (Hygeia EnDeare)	H9478773	Klamath CHD		
10/12/2020	Multi-User Breast Pump (Hygeia EnDeare)	H9478813	Klamath CHD		
01/12/2010	Personal Double Electric Pump (PumpInSty)		Klamath CHD		
10/02/2009	Personal Double Electric Pump (PumpInSty)		Klamath CHD		
07/27/2009	Personal Double Electric Pump (PumpInSty)		Klamath CHD		
09/11/2006	Personal Double Electric Pump (PumpInSty)		Klamath CHD		

Breast Pump Inventory Screen, continued

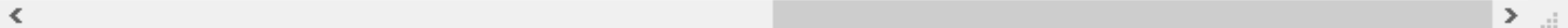
Operations Management - [OM470S - Breast Pump Inventory]

File Edit Window Help

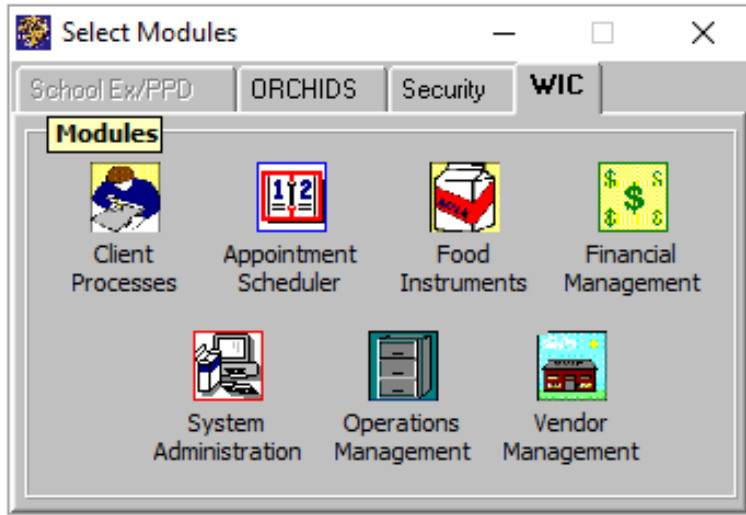


Breast Pump Inventory

	Qty Added	Qty Available	Status	End Date	Notes	WIC ID
▼	1	0	Issued	00/00/0000		01010098-01
▼	1	1	Available	00/00/0000		
▼	1	1	Available	00/00/0000	5/8/18 Clackamas returned pump to state agency f	
▼	1	1	Available	00/00/0000		
▼	1	1	Available	00/00/0000		
▼	1	1	Available	00/00/0000		
▼	1	1	Available	00/00/0000	5/24/19 Pump no longer needed in Benton county.	
▼	1	0	Available	00/00/0000		
▼	20	0		00/00/0000		
▼	240	0		00/00/0000		
▼	40	0		00/00/0000		
▼	60	0		00/00/0000		
▼	1	1	Available	00/00/0000		
▼	1	0	Available	00/00/0000		
▼	1	1	Available	00/00/0000		
▼	1	1	Available	00/00/0000		
▼	18	0		00/00/0000		
▼	6	0		00/00/0000		
▼	12	0		00/00/0000		
▼	1	0		00/00/0000		



Breast Pump Inventory Report



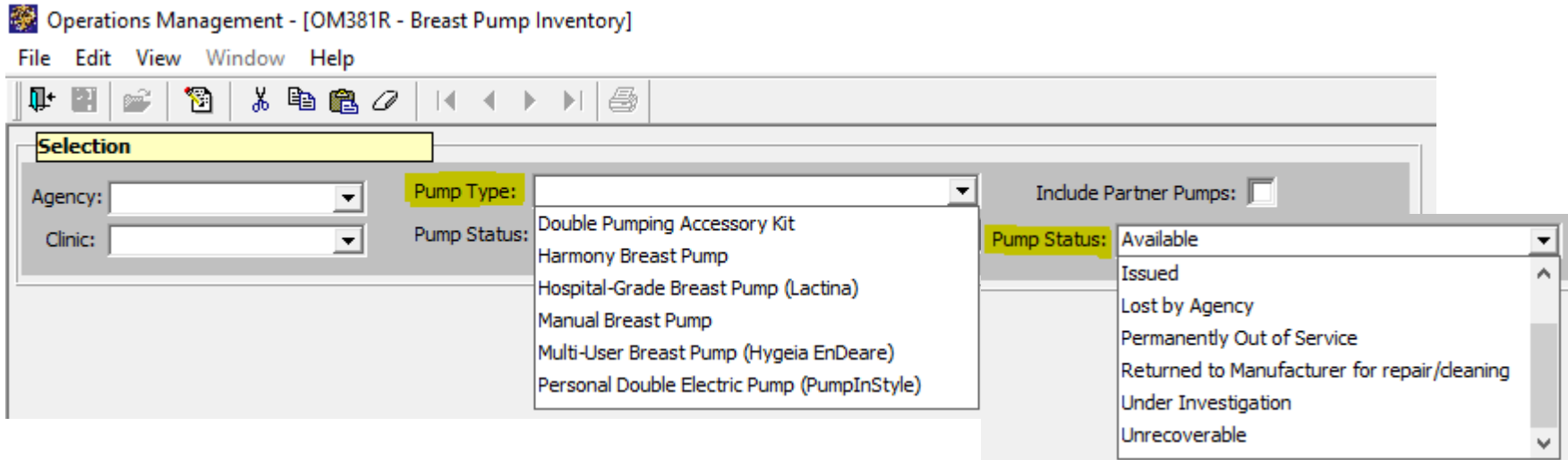
Operations Management



Outputs



Breast Pump Inventory
(first item on list)



Breast Pump Inventory

<u>Date Pump Added</u>	<u>Serial #</u>	<u>Qty Added</u>	<u>Qty Available</u>	<u>Pump End Date</u>	<u>Notes</u>
Agency: Clackamas Co PH					
Agency/Clinic: Clackamas Co PH - CANBY					
Pump Type: Hospital-Grade Breast Pump (Lactina)					
Pumps Status: Available					
05/01/2018	693432	1	1		
Agency/Clinic: Clackamas Co PH - OREGON CITY					
Pump Type: Hospital-Grade Breast Pump (Lactina)					
Pumps Status: Available					
01/19/2017	1619958	1	1	06/25/2020	
01/19/2017	1619964	1	1		
11/15/2018	1619968	1	1		
01/19/2017	1619978	1	1		
08/17/2010	685800	1	1		
08/17/2010	685814	1	1	06/25/2020	
08/17/2010	686094	1	1		
08/17/2010	686096	1	1		
04/27/2011	687655	1	1	06/25/2020	
04/27/2011	687656	1	1	12/14/2018	
04/27/2011	687658	1	1		
04/27/2011	687662	1	1		
04/27/2011	687663	1	1	06/25/2020	
04/19/2012	689682	1	1		
Agency/Clinic: Clackamas Co PH - SANDY					
Pump Type: Hospital-Grade Breast Pump (Lactina)					
Pumps Status: Available					
01/19/2017	1619953	1	1	06/25/2020	
08/17/2010	686092	1	1		
Agency/Clinic: Clackamas Co PH - WICHITA					
Pump Type: Hospital-Grade Breast Pump (Lactina)					
Pumps Status: Available					
01/01/1999	951292	1	1		
04/12/2007	999982	1	1		

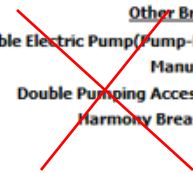
Clackamas Co PH Totals

Multi-User (Medela Lactina & Hygeia EnDeare)

Available:	19
Issued:	0
In-House Cleaning:	0
Permanently Out of Service:	0
Returned to Manufacturer:	0
Unrecoverable:	0
Under Investigation:	0

Other Breast Pump Types

Personal Double Electric Pump(Pump-N-Style):	0
Manual Pump:	0
Double Pumping Accessory Kit:	0
Harmony Breast Pump:	0



Breast Pump Inventory Report

Breast Pump Inventory Report

Douglas CHD Totals

Multi-User (Medela Lactina & Hygeia EnDeare)

Available:	10
Issued:	9
In-House Cleaning:	0
Permanently Out of Service:	39
Returned to Manufacturer:	0
Unrecoverable:	18
Under Investigation:	2

Other Breast Pump Types

Personal Double Electric Pump(Pump-N-Style):	6
Manual Pump:	3
Double Pumping Accessory Kit:	39
Harmony Breast Pump:	118

Klamath CHD Totals

Multi-User (Medela Lactina & Hygeia EnDeare)

Available:	20
Issued:	3
In-House Cleaning:	0
Permanently Out of Service:	0
Returned to Manufacturer:	0
Unrecoverable:	1
Under Investigation:	0

Other Breast Pump Types

Personal Double Electric Pump(Pump-N-Style):	0
Manual Pump:	0
Double Pumping Accessory Kit:	0
Harmony Breast Pump:	0

Breast Pump Tracking

- **Step Two**

The local agency certifier assesses the participant's need for a breast pump.

Use of pump is explained and the participant signs a loan agreement (multi-user) or a release form (single user).

Breast Pump Tracking

- **Step Three**

The certifier completes the *Breast Pump Issuance* screen in TWIST.

As pumps are issued, the *Breast Pump Inventory* screen is updated.

Breast Pump Issuance Screen

Selection

WIC ID: 00769423-01 Name: Goodmother, Frances DOB: 11/18/1987 WIC Cat.: WOMAN, EXCLUSIVELY BREASTFE Tr.Type: C

Medical Data Health History Diet Assessment NE Plan Progress Notes **BF Tracking** Food Pkg. Assignment

Contact Info

Address Type : HOME
 Address : 22 MOCKINGBIRD Ln
 MILWAUKIE, Oregon 97222

Phone Number Ext. Phone Type
 (503) 258-7857 HOME

	Date Issued	Type	Serial #	Partner Pump	Lactina Due Date	Extended Due Date	Date Returned	Referred to State	Referral Date	
▶	04/15/2006	Hospital-Grade Breast Pump (Lactina)	100000	NO	04/30/2006	00/00/0000	00/00/0000	<input type="checkbox"/>	00/00/0000	M.
	04/15/2006	Double Pumping Accessory Kit		NO	00/00/0000	00/00/0000	00/00/0000	<input type="checkbox"/>	00/00/0000	

◀ _____ ▶

Questionnaire Contacts Referrals **Breatpump Issuance**

Breast Pump Tracking

■ Step Four

- When a multi-user pump is issued, a data field in the Family Summary Screen (FSS) will display the date the Lactina is due for return.
- When the pump is returned, staff enter the date it was returned in the *Breast Pump Issuance* screen. This removes the pump data field in the FSS.

Breast Pump Tracking

■ Step Four

- If the pump is **not** returned by the due date, the data field in the FSS becomes **red**.
- If the pump is never returned and the state has determined the pump is unrecoverable, the data field in the FSS becomes **turquoise**.

Family Summary Screen

Family Information
First Cardholder: [REDACTED] **Second Cardholder:** No Second Cardholder

Family ID: 01063068

ID	Name	DOB	Clinic	Cat	Status	Start Date	End Date	Risk	Wait	Benefit	Last Issuance Month	Reason	Select
01	[REDACTED]	04/20/2009	41						N	06/01/2013			<input type="checkbox"/>
02	[REDACTED]	08/25/2011	41						N	08/01/2016			<input type="checkbox"/>
03	[REDACTED]	10/13/1989	41	WE	EN	07/01/2021	06/30/2022	M	N	12/01/2021			<input type="checkbox"/>
04	[REDACTED]	07/21/2015	41						N	07/01/2017			<input type="checkbox"/>

[Find Appointment](#)
[Create Request](#)
[Modify Request](#)
[Put on Wait List](#)
[Farmer's Market](#)
[Set Issue Months](#)
[Formula Warehouse](#)

[Lactina Issued](#)
[01063068-03](#)
[Due Dt: 11/11/21](#)

Family Information
First Cardholder: [REDACTED] **Second Cardholder:** [REDACTED]

Family ID: 01010098

ID	Name	DOB	Clinic	Cat	Status	Start Date	End Date	Risk	Wait	Benefit	Last Issuance Month	Reason	Select
01	[REDACTED]	05/19/1993	00	WE	EN	09/13/2021	06/30/2022	H	N	11/01/2021			<input type="checkbox"/>
02	[REDACTED]	07/03/2010	00						N	10/01/2013			<input type="checkbox"/>
03	[REDACTED]	06/19/2021	00	IE4-6	EN	09/20/2021	06/30/2022	H	N				<input type="checkbox"/>

[Find Appointment](#)
[Create Request](#)
[Modify Request](#)
[Put on Wait List](#)
[Farmer's Market](#)
[Set Issue Months](#)
[Formula Warehouse](#)

[Lactina Issued](#)
[01010098-01](#)
[Due Dt: 10/04/21](#)

Family Information
First Cardholder: [REDACTED] **Second Cardholder:** No Second Cardholder

Family ID: 01104448

ID	Name	DOB	Clinic	Cat	Status	Start Date	End Date	Risk	Wait	Benefit	Last Issuance Month	Reason	Select
01	[REDACTED]	01/03/1998	00						N	06/01/2019			<input type="checkbox"/>
02	[REDACTED]	03/10/2015	00						N	05/20/2019			<input type="checkbox"/>

[Find Appointment](#)
[Create Request](#)
[Modify Request](#)
[Put on Wait List](#)
[Farmer's Market](#)
[Set Issue Months](#)
[Formula Warehouse](#)

[Lactina Issued](#)
[01104448-01](#)
[Due Dt: 06/03/19](#)

Breast Pump Tracking

■ Step Five

- An agency can run the *Multi-user Pump Tracking* report and the *Breast Pump Issuance* report to follow-up with participants.
- A *Notes* field is also available in the Breast Pump Issuance screen to enter information regarding contacts with the participant.

TWIST Module Screen



Client Processes → **Output** → **Reports** →

Nutrition Education



Breastfeeding
(last 2 items on list)

Client Processes - [CP415R - Multi-User Pump Tracking]

File Edit View Window Help

Selection

Start Date: 00/00/0000 Agency: [] Pump Status: [] Sort By: Client Name
 WIC ID
 Pump Serial No.
 Due Date

End Date: 00/00/0000 Clinic: []
 Issued
 Under Investigation
 Unrecoverable

Multi-User Pump Tracking Report

User ID: branno Report ID: CP415R Date Range: 8/1/2021 - 10/24/2021 10/24

Multi-User Pump Tracking Report

Client Name	Wic Id	Serial #	Due Date	Ext Due Date	Alternate Contact Alt Cont Relationship	Alt Contact Phone	Notes
Agency: [REDACTED] Clinic: [REDACTED]							
[REDACTED] 541-530-6937 Home 541-637-8781 Message	01094137-01	690839	10/03/2021		[REDACTED] GMA	541-637-8781	#57
[REDACTED] 541-670-6179 Message 541-671-8675 Home	00929671-01	1485257	10/20/2021		[REDACTED] BOYFRIEND	541-670-6179	#75
TAYLOR McKenzie DREWS 541-530-4816 Home	01141177-01	693443	10/01/2021	11/01/2021	[REDACTED] FOB	541/530-4816	#68
[REDACTED] 541-936-8185 Message 541-680-0000 Home	00888386-01	693441	10/10/2021	11/10/2021	[REDACTED] SISTER	541-936-8185	#66

Oregon WIC Program Page: 1

Breast Pump Issuance Report

Client Processes - [CP425R - Breastpump Issuance]

File Edit View Window Help

Selection

Start Date: 00/00/0000 Agency: Include Partner Pumps

End Date: 00/00/0000 BP Type:

- Double Pumping Accessory Kit
- Harmony Breast Pump
- Hospital-Grade Breast Pump (Lactina)
- Manual Breast Pump
- Multi-User Breast Pump (Hygeia EnDea)

User ID: branno

Report ID: CP425R

Date Range: 8/1/2021 - 10/20/2021

10/24/2021 14:31:55

Breastpump Issuance Report

Agency/Partner Name: Multnomah CHD		<u>No. of Pumps Issued</u>	<u>No. of Pumps Returned</u>	<u>No. of Pumps Referred Not Recovered</u>	<u>No. of Pumps Referred Recovered</u>
	<u>Pump Type</u>				
DPAK	Double Pumping Accessory Kit	9	0	0	0
HBP	Harmony Breast Pump	2	0	0	0
HGBP	Hospital-Grade Breast Pump (Lactina)	13	3	0	0
MBP	Manual Breast Pump	2	0	0	0
PDEP	Personal Double Electric Pump (PumpInStyle)	3	0	0	0

Oregon WIC Breast Pump Training

Part 2 – January 26, 2022

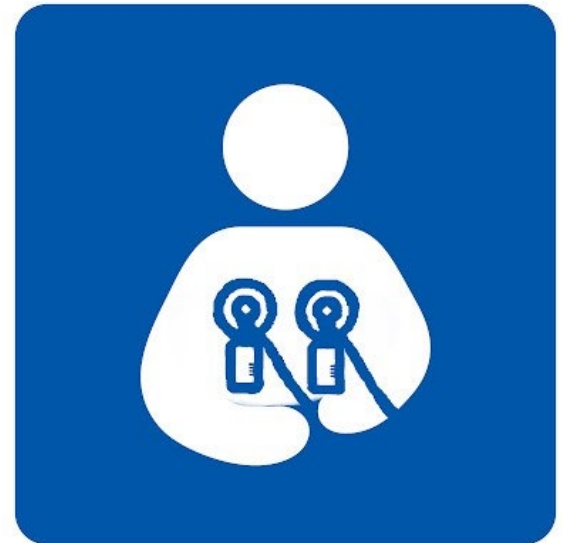
Bonnie Ranno, MS, RDN

Training Objectives

- ✓ Recognize pumps and accessories available from Hygeia
- ✓ View demonstration of new Evolve single user pump
- ✓ Discuss the role and responsibilities of the Breast Pump Coordinator
- ✓ Locate breast pump resources on the website, especially the *Breast Pump Handbook*
- ✓ Describe how to find and use the 4 pump reports in TWIST
- ❖ **Describe procedures specific to breast pumps in WIC**

Breast Pump Procedures in WIC

- ❖ Much of the information in this next section was borrowed (with permission!) from an amazing 2-part pump training offered by Washington County WIC in 2020.
- ❖ Training was developed by Washington County WIC staff members **Jeanette Lopez, IBCLC** and **Cenaida Valdivia, Breastfeeding Coordinator**.
(at the time – she is now working at the state)



Breast Pump Procedures in WIC

- ❖ Pumps can interfere with breastfeeding
- ❖ Reasons a pump may be needed
- ❖ When to loan a multi-user pump, single user pump or manual pump
- ❖ Specific exclusions in WIC
- ❖ Insurance and pumps
- ❖ Participant pump education
- ❖ Management of multi-user pumps
- ❖ Flanges, pressure gauges and troubleshooting problems

Pumps can interfere with breastfeeding

- ❖ May lead to early introduction or unnecessary use of formula
- ❖ If used improperly, pumps may cause discomfort
- ❖ Could lead to nipple confusion/flow preference in baby
- ❖ May affect a mom's confidence



Reasons a pump may be needed

1. To manage milk production



- ❖ Mother-baby separation
- ❖ Increase or decrease milk production
- ❖ Relieve engorgement
- ❖ Nipple trauma
- ❖ Poor start to breastfeeding
- ❖ Infant factors – trouble attaching, oral anomalies, illness, preterm

Reasons a pump may be needed

2. Baby's feeding needs

- ❖ Mother-baby separation
 - NICU
 - Return to work or school
 - Build supply for freezer
- ❖ To allow others to feed baby
- ❖ To mix with cereal or other solids as baby grows older



Reasons a pump may be needed

3. Personal choice

- ❖ Mom chooses to exclusively pump
 - May be related to past trauma
 - Other reasons she may not disclose

4. Avoid infant exposure

- ❖ Via timing of feedings or “pump and dump”
 - Alcohol
 - Active TB
 - Medical procedures
 - Certain medications or recreational drugs



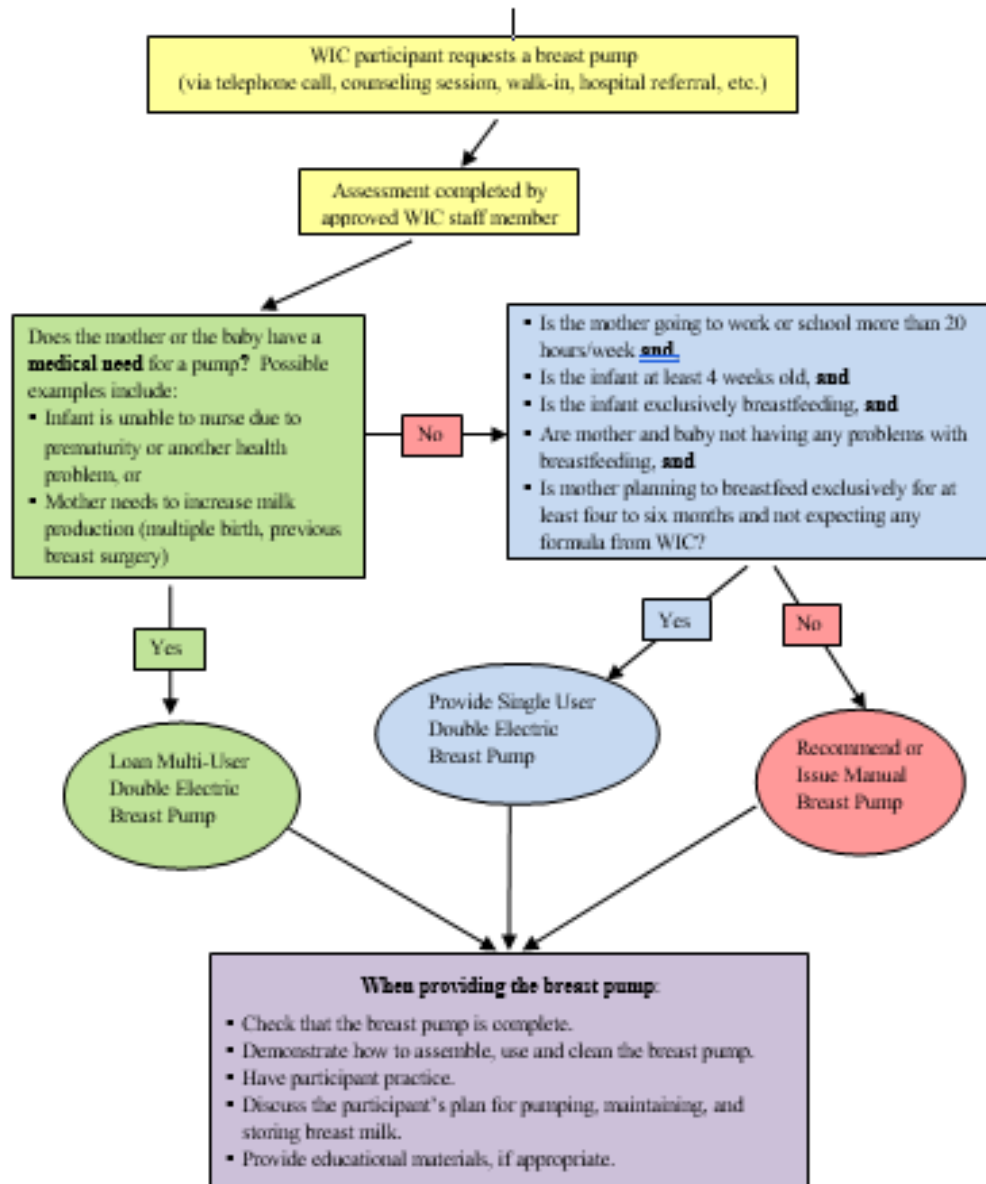
Reasons a pump may be needed

5. Milk sharing

Northwest Mothers Milk Bank



Decision Tree – Breast Pump Distribution in Oregon WIC



Determine Pump Eligibility

When to loan a multi-user pump

- Medical need – baby or mother experiencing illness or separation due to surgery, procedure, etc.
- Temporary pump dependence
- Pain with direct feeding – need to maintain production
- To increase milk production
- To decrease milk production
- For bereaved parent
- Pumping and dumping



When to provide a single user pump

For longer term pumping needs:

- Returning to work or school (more than 20 hours/week)
- Short-term separations, allow someone else to feed baby, etc.

*Common gift for baby showers.
Many moms feels it's a must-have baby item.*



When to give a manual pump

- Occasional separation
- Working or attending school (less than 20 hours/week or 9 feedings per week)
- No access to electricity
- As a back-up to leave at work, in the car, or in a bag



Specific exclusions in WIC

- ❖ Pregnant women
- ❖ Inducement to breastfeed
- ❖ Women beyond 1 year postpartum
- ❖ Parents who do not meet criteria
- ❖ Borrowed and did not return pump previously
- ❖ Mothers who are using marijuana, drugs of abuse, or other contraindicated medications without thorough prior assessment by a health professional

Insurance Pumps

“It is important for WIC staff to inquire about whether a mother is able to get a breast pump from her insurer, while at the same time not giving her another barrier to overcome to continue breastfeeding.”

(Breast Pump Handbook)

Insurance Pumps

- ❖ Insurance companies (including OHP) are the first provider of pumps. WIC is the second provider. WIC and OHP cannot both provide pumps as that is considered “double-dipping”.
- ❖ Participants should first ask their insurer for a pump. Explain this prenatally.
- ❖ Participants may need assistance selecting a good quality pump from the insurance choices. WIC Certifiers can provide an *opinion* if asked; selection is of course up to the participant.
- ❖ Participants might need instruction on assembly or use of the pump. Encourage them to look at the pump manual or to find directions online – videos are especially helpful. WIC staff may assist participants who have been given pumps from other vendors.
- ❖ Participants who cannot get an insurance pump, can receive a WIC pump if all criteria is met.
- ❖ If participant’s insurance pump breaks or stops working, it may be exchanged for a WIC pump.

Quality Brands for Single User Electric Breast Pumps

- ❖ Hygeia Enjoye or Evolve
- ❖ Medela Pump in Style Max Flow
- ❖ Ameda Mya Joy Plus
- ❖ Spectra S2+
- ❖ Ardo Calypso
- ❖ Lansinoh Smartpump
- ❖ Others – it is an expanding market

Participant Education for all Pump Issuances

1. Check that the contents of the breast pump are complete.
2. Demonstrate how to assemble the breast pump. Take the breast pump apart and have the participant re-assemble it.
(we recognize that this is difficult with remote appointments)
3. Review with the participant how to use the breast pump for pumping breast milk. Provide verbal, written or audio instruction (DVD or YouTube link) on its assembly and use.
4. Discuss how to collect, warm and feed breast milk to baby, as well as how to store breast milk safely.



Human Milk Storage Guidelines for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

These guidelines are for healthy full term babies¹

Guidelines are for home use only and not for hospital use.

	Counter top or table	Refrigerator	Freezer with separate door	Deep Freezer
Storage Temperatures *	Up to 77°F ² (25°C)	At or below 40°F ^{2,3,4} (4°C)	0°F ² (-18°C)	At or below -4°F ⁵ (-20°C)
Freshly Pumped / Expressed Human milk	Up to 4 hours ²	Up to 4 days ^{2,3}	Up to 6 months ^{2,3}	Up to 12 months ⁵
Thawed Human Milk	1-2 hours ⁴	Up to 1 day (24 hours) ^{2,4}	Never re-freeze thawed human milk ²⁻⁵	Never re-freeze thawed human milk ²⁻⁵

* Storage times and temperatures may vary for premature or sick babies. Check with your health care provider.

Participant Education for all Pump Issuances

5. Develop a pumping plan to maintain milk production. Include:
- ❖ frequency of pumping
 - ❖ pumping location (home or work)
 - ❖ how long to pump each session
 - ❖ duration of the pumping plan



6. Instruct about the importance of keeping the pump clean.
- ❖ For electric breast pumps, advise the participant to run the pump for about two minutes with just the tubing connected, to prevent the growth of molds.



Participant Education for all Pump Issuances


7. Review pertinent written educational materials with the participant as needed, in appropriate language.



Pumping & Storing Breastmilk


10 Pumping Tips

1. Always wash your hands before pumping. This reduces the spread of germs.
2. Breastfeed your baby right before you leave and soon after you get back.
3. Set an alarm to remind you it's time to pump during your work day.
4. Before pumping, gently massage your breasts in circles with your hands. This helps your milk flow.
5. Go hands free! There are a few kinds of hands-free bras you can buy. Or, take a sports bra and cut holes in the cups to hold the flanges.
6. Try to relax and think about something else while pumping. Some moms listen to music, read, or look at a picture of their baby while they pump.
7. To get more milk in less time, massage and squeeze your breasts once in a while as you pump.
8. Get an extra set of pump parts so you don't have to wash them each time. Or, store the pump parts in the refrigerator and clean them at home.
9. Fill containers with 2 to 4 ounces of milk. This is how much your baby will eat during a feeding.
10. Label each container with the date so you know how long the milk will last (see storage chart below).



You may need to pump if you will be away from your baby for more than a few hours, or if your baby is not able to feed at your breast. If you need to pump, it's a good idea to get help from a lactation consultant or a nurse.

Breastfeeding Employee Rights



Oregon law requires employers to provide workplace support for breastfeeding:

- reasonable time to pump breast milk
- a private place to pump other than a restroom

Tips for employees:

- before you come back to work, tell your employer you will need a place to pump
- talk with your employer about scheduling break times

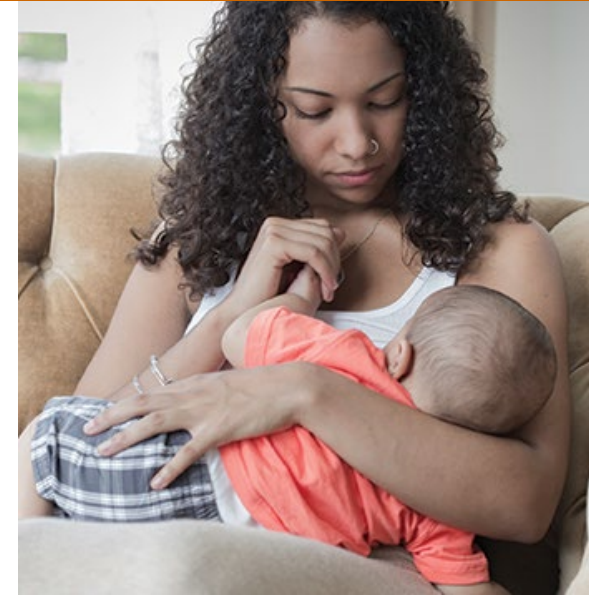
Learn more: www.healthoregon.org/bf
Get help: www.oregon.gov/BOLI
(971) 673-0761, Oregon Relay TTY: 711

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57-779-ENGL/SPAN (2/2017)

Participant Education for all WIC Pumps

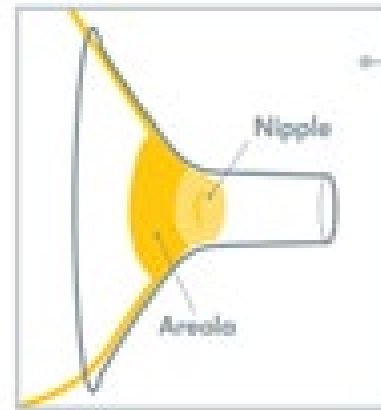
8. Encourage continued breastfeeding. If appropriate, include information on the importance of breastfeeding directly from the breast, and to limit pumping to times when mother and baby are apart.



9. Provide information on what to do and/or who to contact if the pump breaks, does not work properly, or if questions arise.

Flanges

- ❖ Flanges come in many sizes
- ❖ Fit is important
- ❖ Nipple should be centered in the flange tunnel
- ❖ Nipple size may change during course of breastfeeding

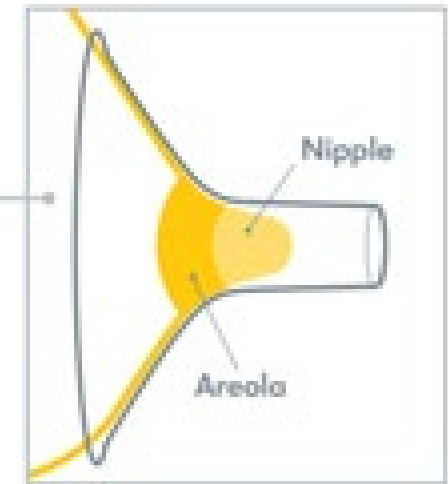


Too Small

- Nipple rubs along side of tunnel
- Try a larger size

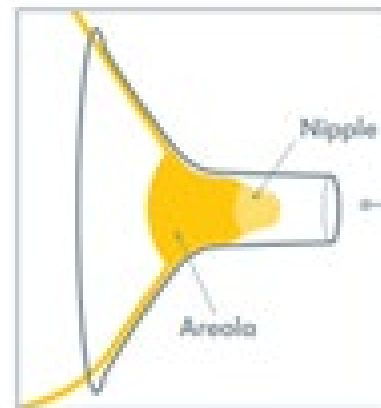
Correct Fit

- Nipple is centered and moves freely



Too Large

- Nipple and excessive areola are pulled into the tunnel
- Try a smaller size



What to
do when a
multi-user
pump is
returned

A story in
pictures



What to do when a multi-user pump is returned



Visually check the condition of pump and case.

What to do when a multi-user pump is returned

WIC Cat: WOMAN, FULLY BREASTFEEDING

History Diet Assessment NE Plan Progress Notes **BF Tracking** Food Pac


Phone Number Ext. Phone Type
CELL

Type	Serial #	Partner Pump	Pump Due Date	Extended Due Date	Date Returned
al-Grade Breast Pump (Lactina)	689240	NO	11/05/2020	00/00/0000	00/00/0000

Referrals Breast Pump Issuance

Document the return date in the participant's TWIST record ...

What to do when a multi-user pump is returned

Multi-user electric breast pump loan agreement 

WIC Clinic: Beverton Hospital partner site: _____ Date: 10/22/20

Participant information

<u>Primary Participant</u>	<u>09/02045-01</u>	
<u>Co-Primary Participant</u>	<u>12/01/20</u>	
<u>DOB Month Yr.</u>	<u>Beverton</u>	<u>9/2005</u>
<u>RTI- ID#-IDB#1</u>		
<u>Home Telephone</u>	<u>Home/Mobile Telephone</u>	
<u>Home Fax</u>	<u>Work/Fax</u>	<u>971-03-4563</u>
<u>Signature</u>		

FOR STAFF USE ONLY

Type of pump issued
 Electric
 Double pumping
 Other _____

Pump serial #: 1234567

Reason for loan
Lactation 12/20/20

Follow-up notes

Loan Conditions

Read each statement, initial each line, and sign below.

- I have not received a breast pump from any health care provider / agency.
- I understand that this breast pump is the property of the WIC program and I agree to use. I will protect the pump from theft or loss by keeping it in a secure location at all times. I will not make around the pump. I will not use the pump, give it away, or let anyone else use it.
- I will return the breast pump in clean condition to the location stamped on the pump. I will return the pump by the following date: 11/01/20 or earlier if I no longer need the pump, if I leave Oregon, or if WIC asks me to do so. If I fail to return the breast pump, I agree to pay the WIC program back for the cost of the pump.
- I have read the instructions on the assembly, use, and cleaning of the pump, and I understand how to safely store my breast milk. I will use the breast pump according to the instructions provided. I will call 503-846-3000 if the pump is not working properly, if parts break, or to report any loss, theft, or damage to the pump.
- I understand WIC may contact me to provide breastfeeding support and assess my continued need for the breast pump. I will maintain confidentiality to WIC. I will notify WIC if I change my name, address, or phone number. I give clinic staff permission to contact my alternate contact listed above if I cannot be reached.
- I understand that I should not use marijuana or street drugs while breastfeeding because it is a health risk for my baby.
- I agree not to make a claim against any local or state WIC program or their employees for any damage or coverage that may be incurred using the pump.

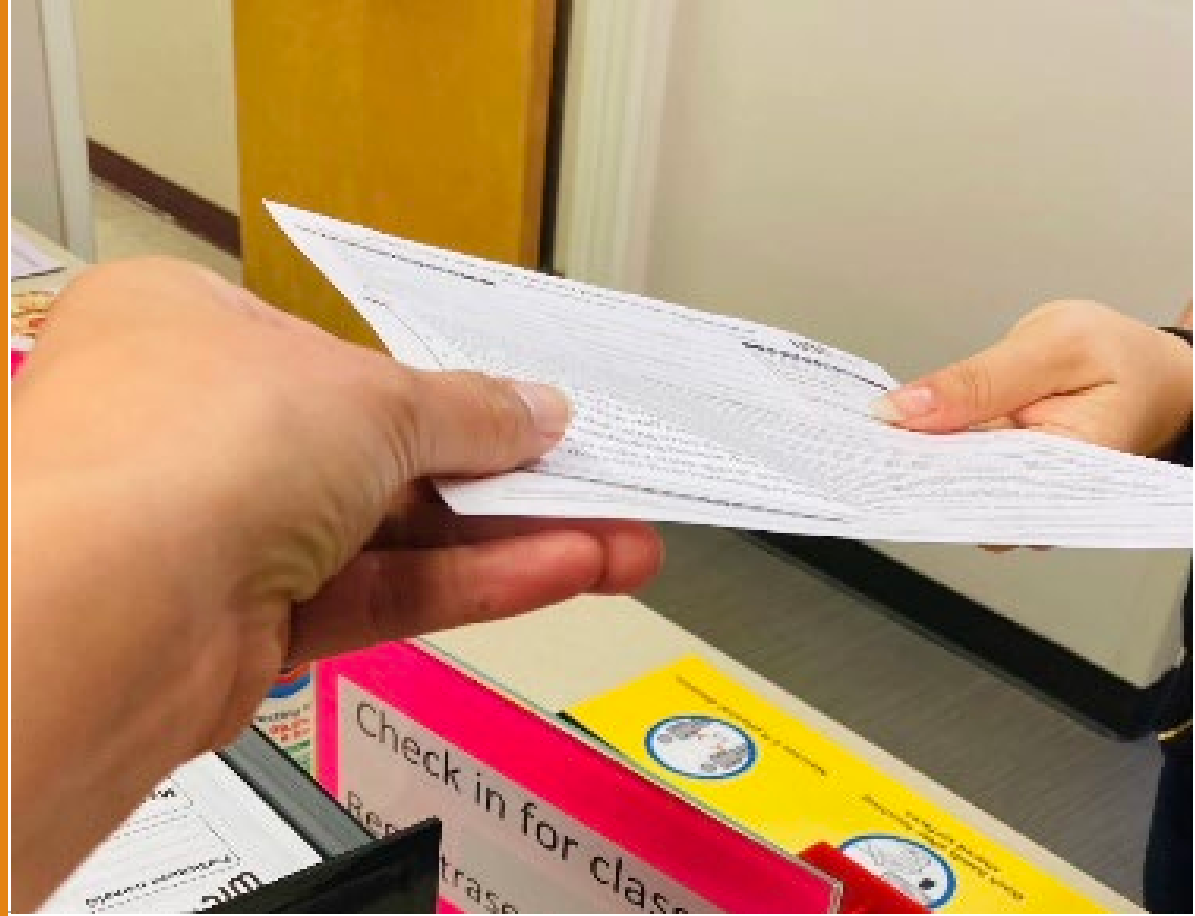
Primary Participant 11/5/20 Stearns Stiffington 11/5/20

Sign below when pump is returned

Primary Participant 11/5/20 Stearns Stiffington 11/5/20

... and in the corresponding loan agreement.

What to do when a multi-user pump is returned



Offer the participant a copy of the updated loan agreement.

What to
do when a
multi-user
pump is
returned



Leave the pump in its case and
place it in a plastic bag right away.

What to do when a multi-user pump is returned



Twist the top of the bag and use a zip tie for a secure closure.

What to
do when a
multi-user
pump is
returned



Label bag with pump serial #, date received,
and date pump can be removed for cleaning.

What to do when a multi-user pump is returned



- After 3 days, remove pump from bag and visually inspect pump for evidence of insect or rodent infestation or damage. If there is none, proceed to cleaning the pump.

Broken or infested pumps

- If there IS evidence of infestation or damage, the pump must be discarded. Medela no longer offers professional cleaning or repair services.
 - The participant is not responsible for the damage.
 - Change pump status in TWIST to “Permanently Out of Service”.
 - Call the state agency if you need a replacement pump.
-

Steps for cleaning a multi-user pump



Spray the front and back air vents with compressed air.

Steps for cleaning a multi-user pump

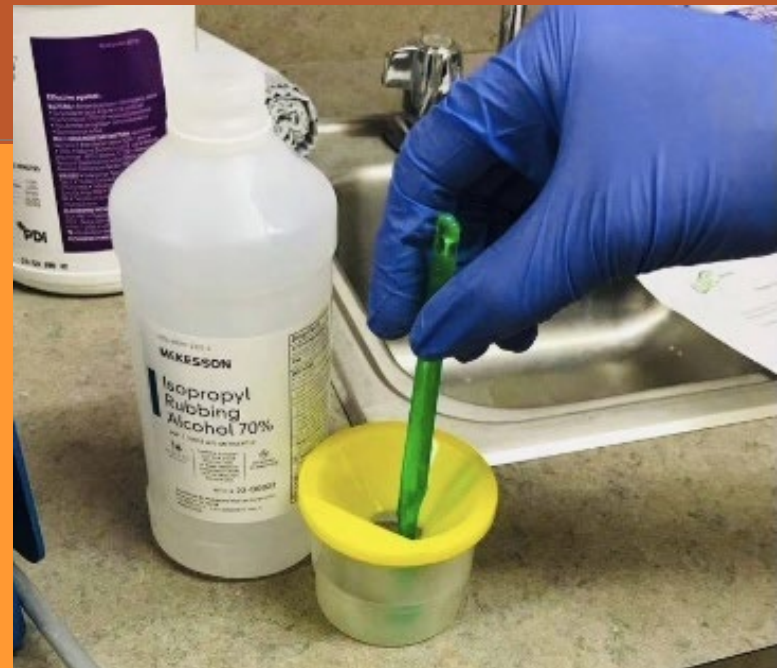


Clean the pump and the pump case with a disinfectant cleaner.

Steps for cleaning a multi-user pump



Use a toothbrush to reach the nooks & crannies, then disinfect it in a 70% IPA solution.



Steps for cleaning a multi-user pump



After a pump has been cleaned, use a pressure gauge to assess its performance.

Steps for cleaning a multi-user pump



Place the clean pump in a clean plastic bag.
Store the pump away from any dirty pumps
to avoid cross-contamination.



Pressure gauge use

Instructions for using Hygeia and Medela gauges are on the website



Instructions for Using the Hygeia Gauge Kit

Important:

The pressure gauge is a very delicate pressure measuring device. Always take extreme care when handling this gauge to prevent any possible damage due to impact.

The pressure gauge is intended to provide a means of verification of pressure on all Hygeia breast pumps to determine whether the pump is functioning properly.

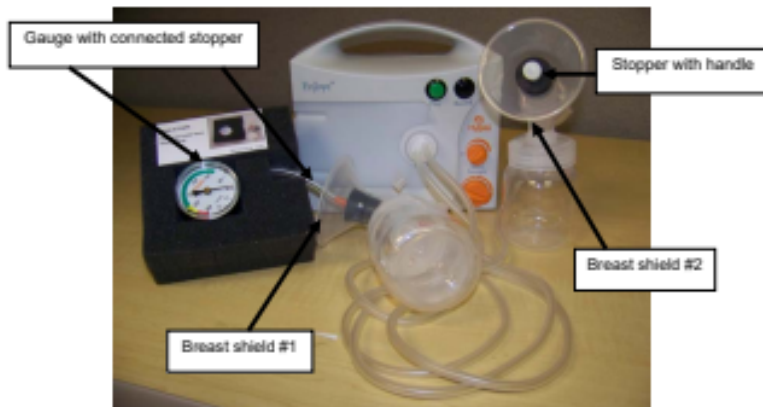
1. Familiarize yourself with the Gauge Kit:

Gauge kit contains:

1. A gauge connected to a black stopper via a 5" tubing and an orange fitting
2. A black stopper with handle

2. How To Take A Reading:

1. The scale of the gauge is marked as following; 0, 50, 100, 150, 200, 250, and 300 mmHg (millimeter of mercury) in counterclockwise direction. Unmarked indicators are in increments of ten units.
2. The suction strength of the pump is shown by the needle coming to a pause at the higher end of the scale before returning to 0 mmHg. The location of the pausing point indicates the pressure (strength) of the pump.
 - a. For example: If the needle pauses at the first unmarked indicator between 250 and 300 (counterclockwise), the strength reading is 260mmHg.



Configuration for "Double Pumping"

Using a Pressure Gauge to Assess Breast Pump Performance

Breast pump effectiveness is evaluated by measuring the vacuum (also called suction) of the pump with a pressure gauge, an instrument that measures negative pressure. The gauge needle points to a number from 0 to 450 mmHg (the abbreviation for millimeters of mercury - Hg is the chemical symbol for mercury). The reading on the gauge is then compared to a standard range for the specific breast pump that is being tested, to determine whether the pump is performing adequately or not.



Testing WIC Pumps

The gauge will primarily be used to obtain pressure readings on Lactina breast pumps.

- Test Lactinas for vacuum level each time they are cleaned between users, using the instructions below.

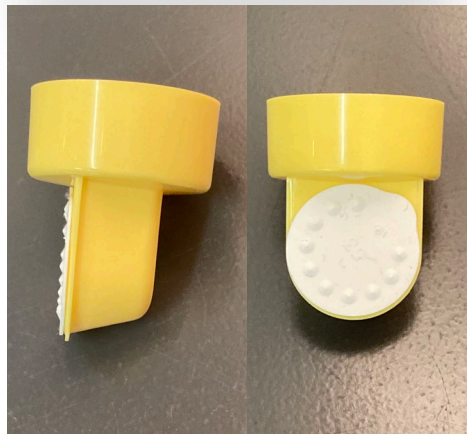
Pump in Styles will only need to be tested if a participant reports a problem with a pump. The participant also has the option to call Medela's Customer Service directly for troubleshooting.

Please Note: The gauge measures the vacuum, not the speed, of the pump. When there are questions about a pump's performance, the concern is usually about the vacuum, but not always. If it does appear to be a question of speed, turn the pump on and count the number of cycles for a minute. The normal range for a Lactina breast pump is 40-60 cycles per minute and for the Pump in Style about 60 cycles per minute.

Prior to testing pump performance:

1. Set aside one double pumping accessory kit to be dedicated to pump testing.
2. Ensure that the pump to be tested is assembled correctly. For an electric breast pump (Lactina or Pump in Style), **attach tubing for single pumping** (pumping just one breast)
3. Inspect all of the parts to the pump – the flange (sometimes called a breastshield), membrane, and valve. Even a small tear in the membrane can affect pump performance.
4. Securely attach a single bottle and all of the pump parts to the tubing.
5. Firmly press the plug into the second opening for the tubing (needed when double pumping) and ensure that the opening is completely closed.
6. Turn the pump on and listen for any irregularities. Many Lactina's that have suction issues also make unusual squeaks or noises, or they just sound louder than usual.

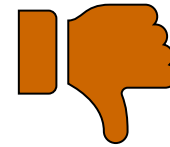
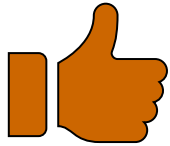
Trouble-shooting pumps



Make sure ...

- ❖ Pump is plugged in well.
- ❖ Valve has been correctly fitted to the flange.
- ❖ Membranes are on, clean, and closing properly when in resting position.

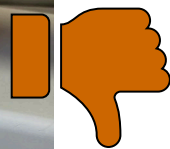
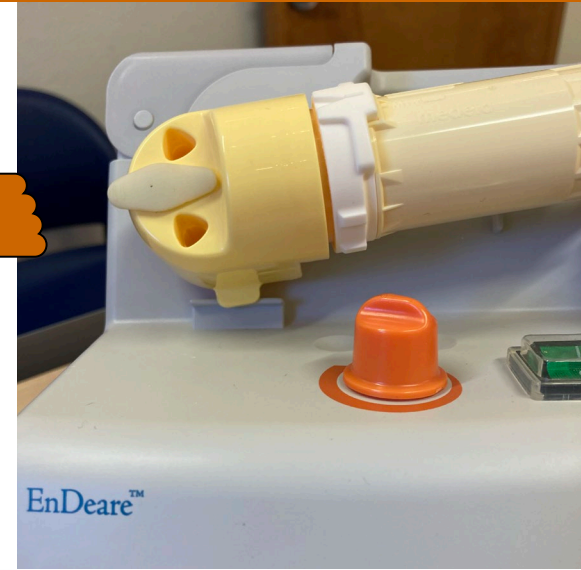
- ❖ Lactina and EnDeare parts are interchangeable to an extent.
- ❖ Cannot mix and match piston and tubing.



Troubleshooting Pumps



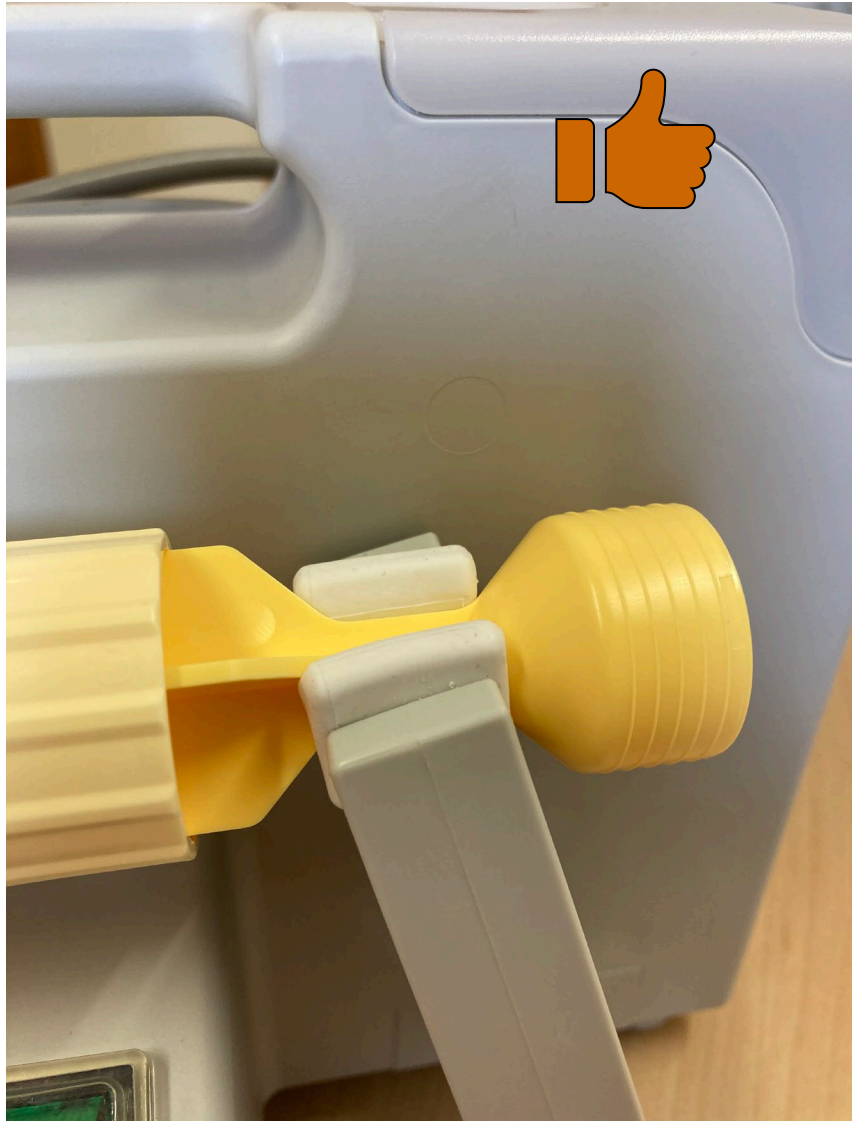
Piston in correct position?



Regulator ring in correct position?



Trouble-shooting pumps



What to do when a multi-user pump is NOT returned

Steps for tracking multi-user pumps

1. Call participant within 7 days following the due date.
2. Send a letter stating that the pump is overdue. Request that the pump be returned within 30 days.
3. If pump is not returned, refer the matter to the state agency.
 - Click the “Referred to State” box on the Breast Pump Issuance screen
 - Email a copy of the loan agreement and a copy of the letter sent by your agency to the State Compliance Investigator.

Summary – Part 1

- ❖ Viewed Hygeia products
- ❖ Discussed the role of the pump coordinator
- ❖ Reviewed pump resources available to local agencies
- ❖ Provided an overview of the 4 pump reports in TWIST

Summary – Part 2

Discussed specific pump procedures:

- ❖ When to loan a multi-user pump, single user pump or manual pump
- ❖ Specific exclusions in WIC
- ❖ Insurance and pumps
- ❖ Participant pump education
- ❖ Management of multi-user pumps
- ❖ Flanges, pressure gauges and troubleshooting problems

Questions?
Comments?

Thank you!