

Identifying red flags when working with nursing mothers

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Objectives:



- 1) Understand how the WIC local agency works together to support breastfeeding and the Breastfeeding Peer Counselor Program.
- 2) Understand how WIC works in the Leavenworth County community to support and promote breastfeeding.
- 3) Identify red flags that the BFPC can recognize to provide appropriate care for breastfeeding families.

Breastfeeding Peer Counselor is Vital for WIC



Jennifer Woolven, CBE
Leavenworth County Breastfeeding Peer Counselor

Leavenworth WIC Team

- ▶ 1 RD/IBCLC
- ▶ 1 RD
- ▶ 2 Clerks
- ▶ 1 BFPC



Ways the WIC team family helps supports breastfeeding

- ▶ **WIC Clerk** - Ask clients how breastfeeding is going and make appropriate referral to CPA, BFPC, or IBCLC. Give positive words of encouragement.
- ▶ **WIC CPA** - Assess breastfeeding, nutrition, medical, and social issues concerning the client. Provide education per scope of practice.
- ▶ **WIC BFPC** - Support normal breastfeeding by peer support.
- ▶ **WIC IBCLC** - Assist WIC clients with breastfeeding problem management.



Leavenworth County Breastfeeding Support Resources

- 1) WIC
- 2) La Leche League (Meet 1x per month)
- 3) New Parent Breastfeeding Support Group on Fort Leavenworth (Meet 1 x per month)



Leavenworth Breastfeeding Barriers

- ▶ No delivering hospital in Leavenworth County a population of 81,000 people.
- ▶ We have 8 delivering hospitals in the KC Metro area that WIC clients can deliver. Closest is a 30 minute drive. Most Leavenworth County clients will drive 45 minutes or more to deliver.
- ▶ It is difficult to maintain a working relationship with so many large hospitals on breastfeeding practices.
- ▶ Clients don't want to drive back to the hospital to access their lactation resources or take their classes. Many clients just don't want to reach out for help.
- ▶ Many Leavenworth clients don't have transportation.




Breastfeeding barriers makes the BFPC really important!

Through the BFPC contacts and relationship with the WIC clients she is able to identify red flags that need to be addressed and refer these moms for the breastfeeding assistance, while still providing support. When she finds these red flags she will communicate these to the WIC IBCLC and follow up appointments can be made to evaluate latch and milk removal, or client may be referred to her health care provider. WIC IBCLC tries to leave time at the end of each day for these urgent clients.



Participant Quiz - based on Staffing and Supervision 7: When to Yield Loving Support© Through Peer Counseling: A Journey Together - For WIC Managers

 Red Flag means "Refer Out".

 Green Flag means "Normal" and don't need to make a referral.

Question #1

Mother has leaking during pregnancy and wants to know if this is normal?



Answer #1

Normal



Question #2

Mother reports she has excessive vomiting or nausea.



Answer #2

Refer Out



Question #3

Breastfeeding typically last more than 45 minutes.



Answer #3

Refer Out



Question #4

Baby wants to eat every 1.5 to 2 hours.



Answer #4

Normal



Question #5

Mother has engorgement or plugged ducts that are not resolved after 24 hours.



Answer #5

Refer Out



Question #6

Mother has nipple discomfort that does not improve after 24 hours.



Answer #6

Refer Out



Question #7

Mother wants to know if it is ok to try a specialized diet.



Answer #7

Refer Out



Question #8

Mother has concerns about yellow dirty diapers.



Answer #8

Normal



Question #9

Mother wants assistance on how to pump when she returns to work.



Answer #9

Normal



Question #10

Mother states that she feels depressed.



Answer #10

Refer Out



Conclusion

- 1) It is important to know the resources in your area!
- 2) Understand the difference between what is normal and what is beyond normal when it comes to breastfeeding.
- 3) Make those referrals when breastfeeding is beyond normal.



Resource

Staffing and Supervision 7: When to Yield
Loving Support© Through Peer Counseling: A Journey Together - For WIC Managers