

Connecticut WIC Program

Consistent Breastfeeding Education Messages: Breast Pump Policy and Training

Why is this important?

Obtaining a breast pump may be a deciding factor in a participant's decision to continue breastfeeding. There are many reasons that a participant may desire or require a pump to preserve breastfeeding. Many participants have barriers in getting pumps from outside sources, especially in a timely manner. Access to breast pumps and support create healthier families. It is part of WIC's role to connect participants to necessary resources and help support breastfeeding as the optimal infant feeding choice. This content sheet was created to assist staff in implementation of the WIC Breast Pump policy and provide guidance to staff on professional discretion

WIC's Goals:

- 1. Increase exclusivity, intensity, and duration of breastfeeding for WIC participants by providing staff flexibility in issuing breast pumps.**
 - Make breast pump issuance as easy as possible for both participants and staff. Ensure staff is responsible for issuance of breast pumps have the proper training. Provide flexibility in the guidelines for issuance to increase the duration and intensity of breastfeeding for WIC participants.
 - Establish a *minimum* inventory of manual (10) and electric (3 - preferably including both Ameda & Medela options) pumps at each permanent site. Depending on agency size, quantity can be customized as necessary.
- 2. Reinforce annual breast pump training and create uniformity among all CT WIC local agencies.**

Learning Objectives:

1. Understand the importance of WIC's role in breast pump issuance and how it may preserve the ability to continue breastfeeding and meet infant feeding goals.
2. To provide guidance to nutrition staff on when to exercise professional discretion in breast pump issuance.

Affirmation: You are such a great mom/parent for committing to giving your baby breastmilk!

Key Educational Messages:

- Instructions for issuance:
 - If issuance of a breast pump will support participants in meeting her BF goals and/or continue BF, it should be issued.
 - Participants can receive a breast pump from WIC even when formula is issued.
 - Participants can receive an electric pump from WIC even when a manual pump was already given from WIC (and vice versa).
 - Participants can receive a manual pump from WIC even if they are covered through insurance. See WIC Policy 300-12.
 - Participants can receive an electric pump from WIC even if they are covered through insurance. See WIC Policy 300-12.

As a reminder, ideally participants should receive breast pumps through insurance. If a participant has a short conceptual period or there is something wrong with the breast pump an insurance form called Prior Authorization may be needed. The Durable Medical Equipment (DME) company the participant is working with can help get the paperwork and instructions needed to receive a pump earlier than their benefit may allow.
 - Follow up with the Breastfeeding Coordinator as needed if there is any question or unusual circumstances that may need additional clarification.

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- Ideally, the Nutritionist working with the participant should be the one issuing the pump. However, all Nutritionists, CLCs, and Peer Counselors should be able to, and feel comfortable with, issuing a breast pump.
 - Annual training will be provided to ensure adequate knowledge of issuance to all the above staff listed.
 - Appropriate staff will observe the Breastfeeding Coordinator issue a pump and, in turn, will issue a pump as the coordinator observes; upon successful demonstration of one each type of single user electric pumps and one hand pump, designated staff (listed above) will be able to issue breast pumps at their discretion and provide appropriate documentation.

Handouts:

- CDC Pumping and Storing, Cleaning Guidelines
- It's Worth It: Make It Work checklist
- Pump Release form
- Pre/Post Test when providing an in-service
- Staff guidance for issuing a pump (staff only)

Resources:

- (Older Model) Medela Double Electric Pump Video
 - English: https://www.youtube.com/watch?v=EpTqA6M_Aic
 - Spanish: <https://www.youtube.com/watch?v=IB4-WWqIfP0>
- (Newer Model) Medela Pump in Style with MaxFlow Video
 - English: <https://www.youtube.com/watch?v=6LaRnhqTpJ8>
 - Spanish: <https://www.youtube.com/watch?v=C7Xp6OmqJyU>
- Ameda Purely Yours (or Finesse)
 - English: <https://www.youtube.com/watch?v=TlLbe5NrN14>
 - Spanish: <https://www.youtube.com/watch?v=en4JWiSRdek>
- Ameda Mya Joy
 - English: https://www.youtube.com/watch?v=_SHVF4KvAAc
 - Spanish: <https://www.youtube.com/watch?v=C1D0ITr5EM0>
- Medela Harmony Manual Pump Video
 - English: <https://www.youtube.com/watch?v=Zf10sCScdMo>
 - Spanish: <https://www.youtube.com/watch?v=ym1SJ77sr4g>
- Staff Guidance/Checklist (see addendum)

Activities:

- Refer to electric breast pump videos listed under resources.
- Practice assembling and disassembling pumps.
- Fill-in-the-blank diagrams for Medela and Ameda pumps (see addendum)

References:

- WIC Policy 300-12
- Connecticut Guidelines for Breastfeeding Promotion and Support (Updated Dec 2018)

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(Older Model) Medela Harmony (Manual)

Product Description



Questions? Visit www.medela.com or call us at 1-800-435-8316.

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Consistent Breastfeeding Education Messages: Breast Pump Policy and Training

(Newer Model) Medela Harmony (Manual)

Breast Pump Features



PersonalFit™ PLUS breast shields have a 105-degree angle and oval shape for a better fit for increased comfort and more milk!

Includes two PersonalFit™ PLUS Breast Shield sizes (21 mm and 24 mm) for added customization (additional breast shield sizes sold separately).

Compatible with the Symphony® hospital-grade (multi-user) breast pump.

5 oz/150 mL breast milk bottle with lid for storage

Convenient bottle stand helps prevent spills



Easy-to-use, ergonomic swivel handle for one-handed operation.

2-Phase Expression® Technology Mimics baby's natural sucking rhythm.

- Includes:**
- (1) Manual breast pump
 - (1) 21 mm PersonalFit™ PLUS Breast Shield
 - (1) 24 mm PersonalFit PLUS Breast Shield
 - (1) 5 oz/150 mL bottle with lid
 - (1) Bottle stand
 - (2) Extra membranes
 - Instructions for use in English and Spanish

Warranty
Warranted to the original participant to be free from defects in material and workmanship for the period of 90 days.

Regulatory
All components that come in contact with mother's milk are made without BPA and meet US Consumer Product Safety Improvement Act (CPSIA 2008), CA AB 1108 requirements for DEHP and other phthalates for all components that contact mother's milk.

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Consistent Breastfeeding Education Messages: Breast Pump Policy and Training

(Older Model) Medela Pump In Style (Electric)

Product Description

Medela reserves the right to substitute any component or accessory with a replacement of equivalent performance.

2x PersonalFit™ Breast shields 24 mm

(for other breast shield sizes

see **Section 2.2**, page 20)

Item 87073



2x Connectors

Item 87071 or 8107264

2x Valves

Item 87089

2x Membranes

Item 87088

4x Bottles

Item 6100050

Replacement 87130



4x Lids

Item 8107183

Replacement 87165



1x Battery pack

Item 9017002

Replacement 67553



2x Tubing

Item 87212



1x Power adaptor

Item 9207010

Replacement 68030



1x Cooler bag

Replacement 67068

(includes ice pack & 4 bottles with lids)



1x Ice pack

Item 8117010

Replacement 87092

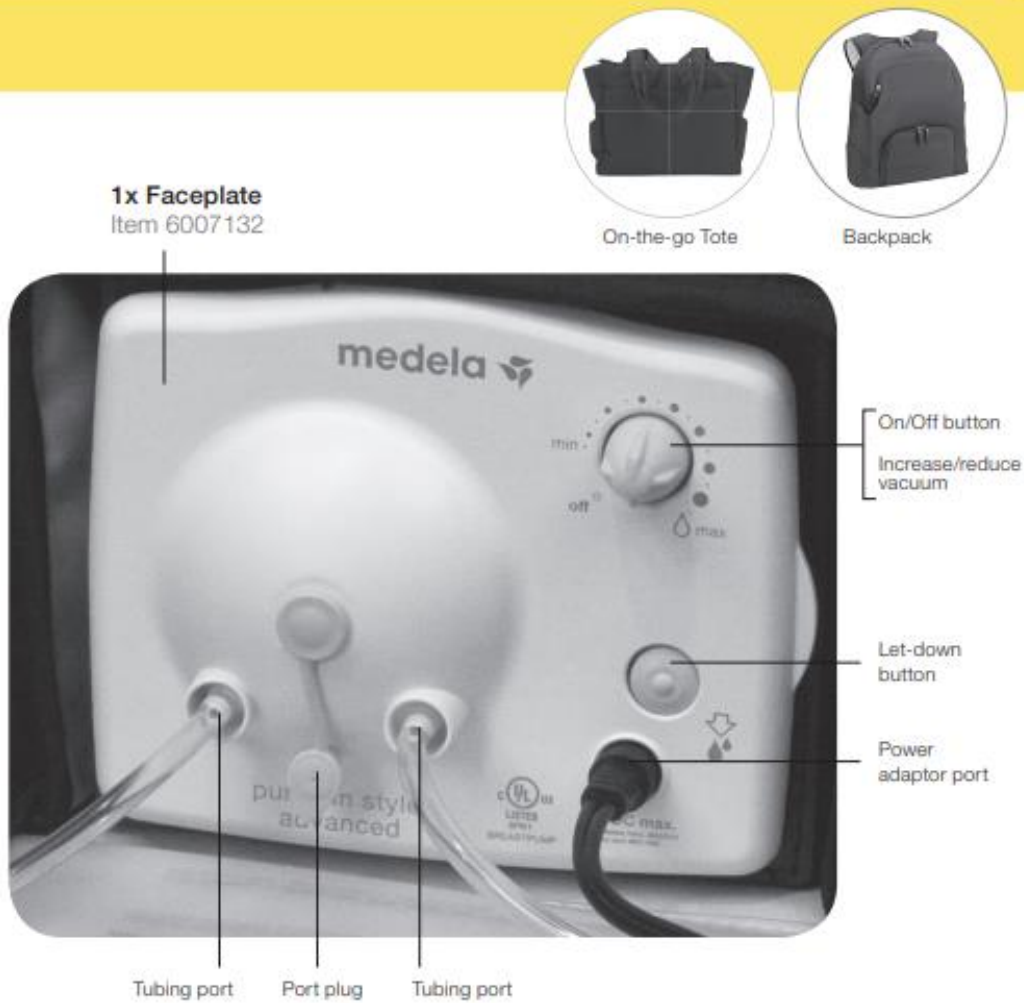
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To find replacement parts please visit www.shopmedela.com

(Older Model) Medela Pump In Style (Electric)

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Additional parts included with The Metro Bag™



Pump In Style®
Advanced
The Metro Bag™

- 27 mm PersonalFit™ Breast shields..... 87274
- Metro Bag including:
 - Flexible, Plastic Workspace 3007299
 - 2 Mesh Storage Bags

Questions? Visit www.medela.com or call us at 1-800-435-8316.

(Newer Model) Medela Pump In Style with MaxFlow (Electric)

3. Product description / parts

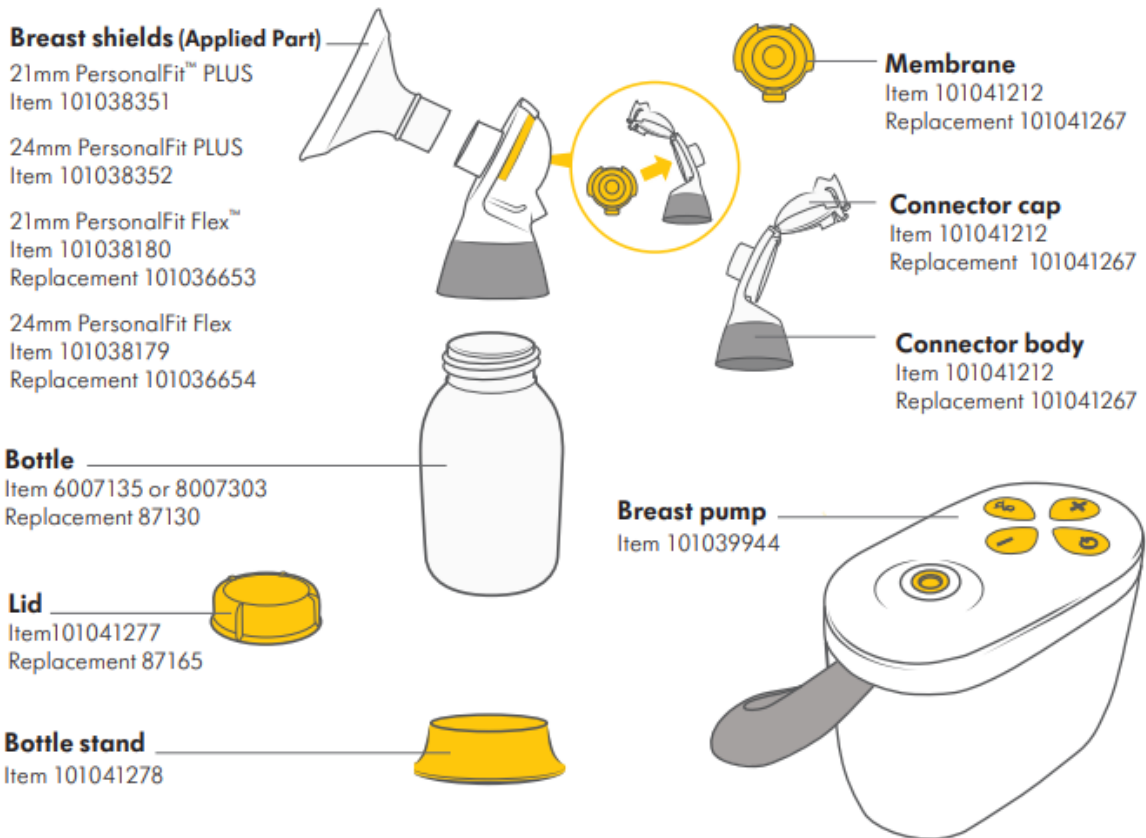
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Product description

This breast pump is a personal-use electric breast pump that includes 2-Phase Expression® technology and is capable of single and double pumping.

Breast pump system parts

Not all parts listed are included with every Pump in Style® model. Refer to page 10 for a complete list.



Parts not shown:		
<p>Breast pump bag Item 101040561 or item 101040560</p>	<p>Cooler bag Item 3007378 Replacement 67068 (includes ice pack & 4 bottles with lids)</p>	<p>Ice pack Item 8117010 Replacement 87092</p>

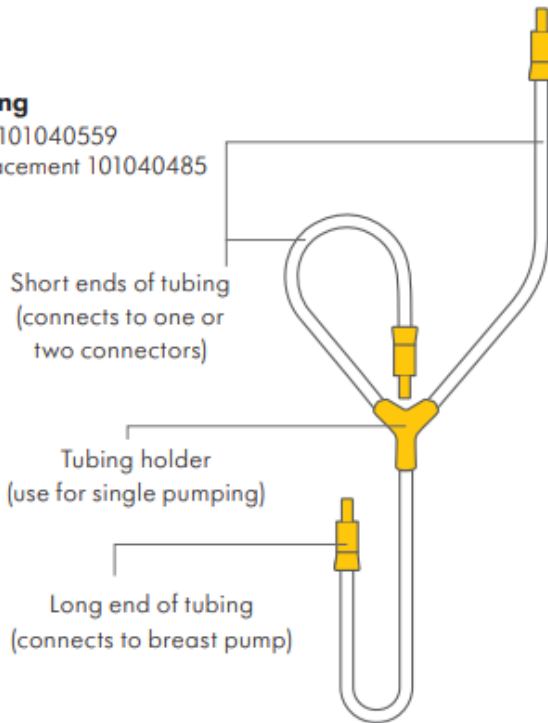
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Newer Model) Medela Pump In Style with MaxFlow (Electric)

Tubing

Item 101040559
Replacement 101040485



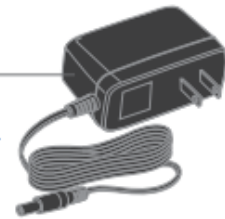
Battery pack

Item 9017002
Replacement 67553

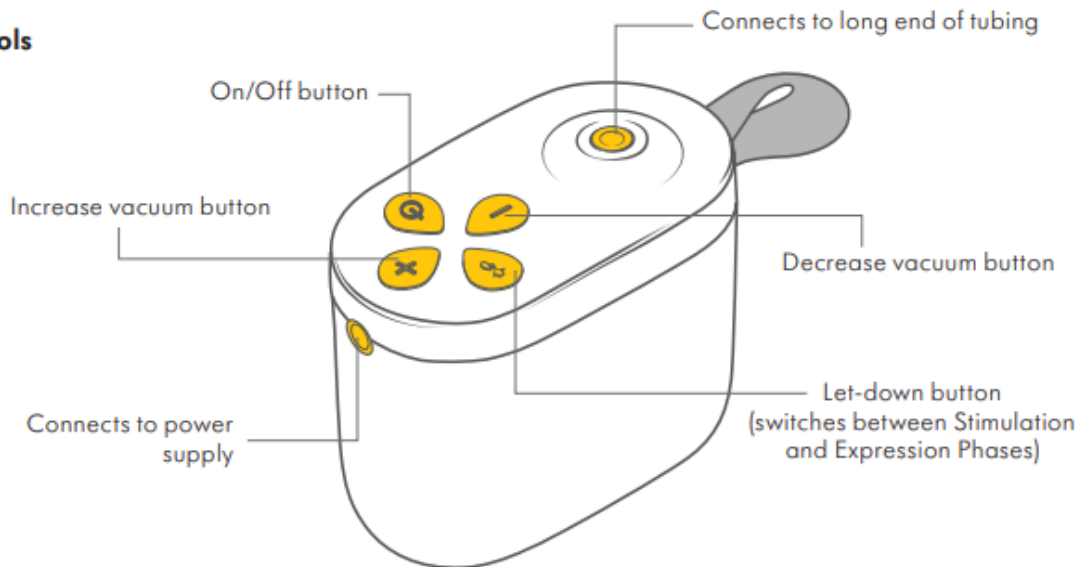


Power adaptor

Item 101036149
Replacement 101040484



Controls



All pictures shown in these instructions are for illustration purpose only. The actual product may vary due to local differences or product enhancement. Medela reserves the right to substitute any component with a replacement of equivalent performance.

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(Older Model) Ameda Purely Yours/Finesse (Electric, including one-hand manual pump)

Diagram 2 • Diagramme 2 • Diagrama 2

Ameda HygieniKit Milk Collection System Diagram

Diagramme du système de collecte de lait HygieniKit d'Ameda

Diagrama del sistema de recolección de leche Ameda HygieniKit

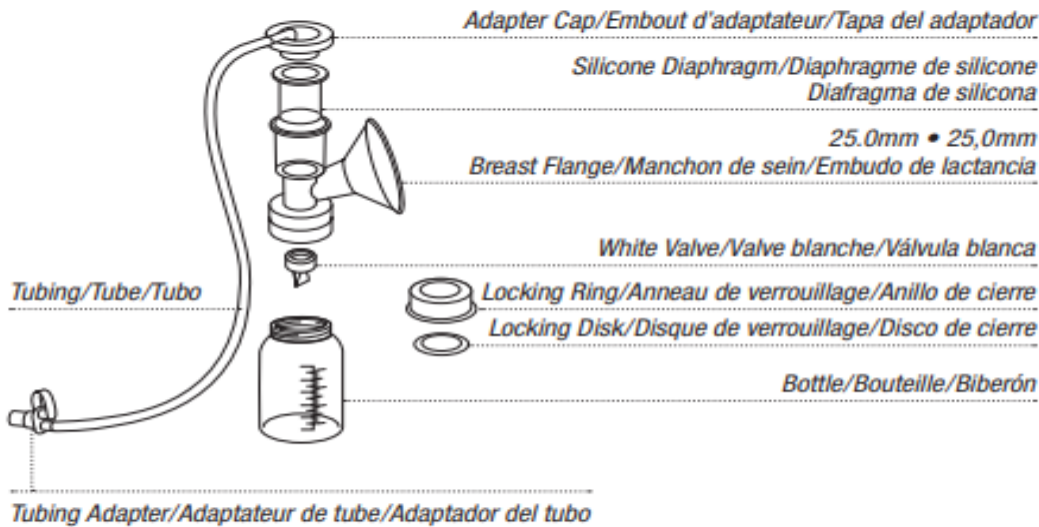
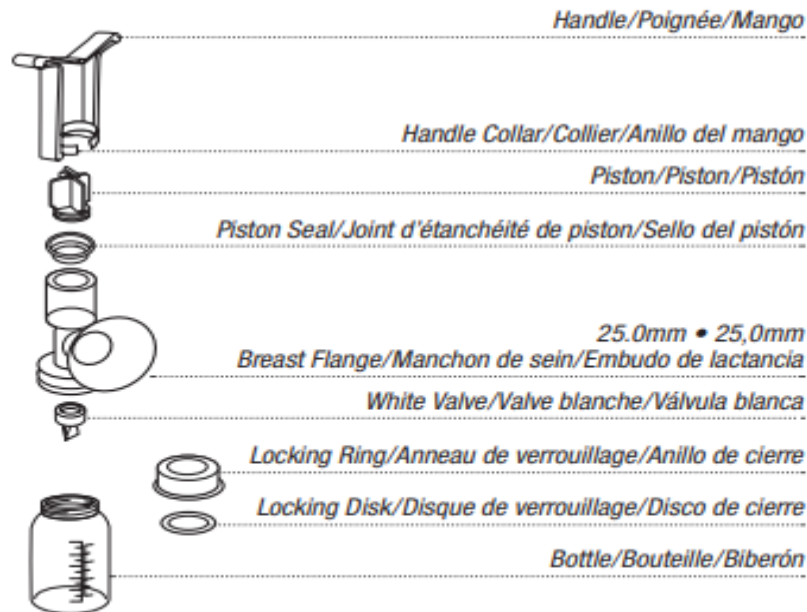


Diagram 3 • Diagramme 3 • Diagrama 3

Ameda One-Hand Manual Breast Pump Diagram

Diagramme du tire-lait manuel à une main d'Ameda

Diagrama de la bomba manual para una mano de Ameda



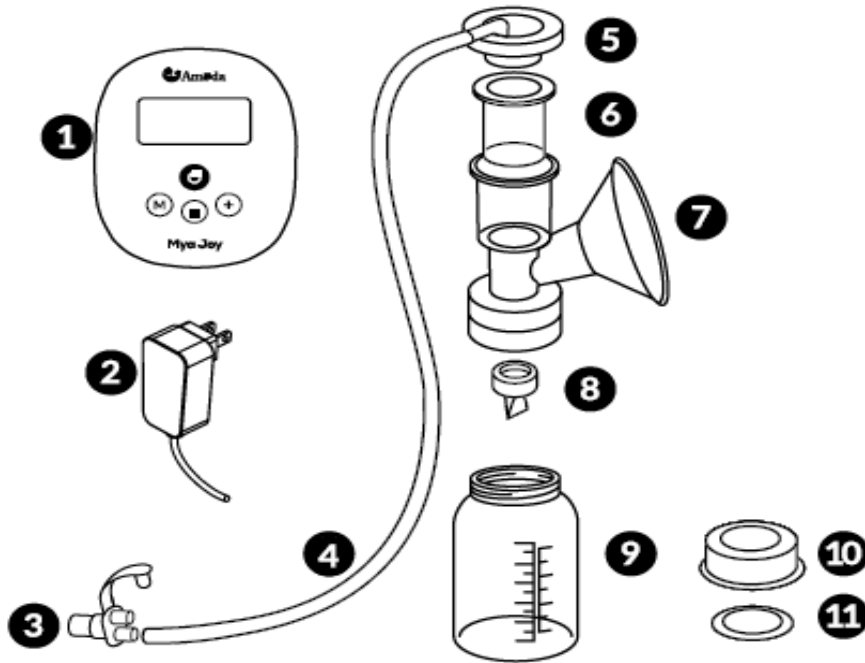
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(Newer Model) Ameda Mya Joy (Electric)

4. PRODUCT DESCRIPTION

Ameda Mya Joy & HygieniKit Milk Collection System



Contents	
1. Ameda Joy Pump Unit	
2. Power Adapter	
Ameda HygieniKit Milk Collection System	3. Tubing Adapter
	4. Tubing
	5. Adapter Cap
	6. Diaphragm
	7. Breast Flange (25.0mm)
	8. Silicone Valve
	9. Bottle
	10. Bottle Locking Ring Cap
	11. Bottle Locking Disc

Pump parts may vary