


Slide 1



**Building Skills for the  
QN/CPA: Conducting a Breast  
Pump Assessment**

NYS WIC Training Center

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WELCOME

Share your:

- Name
- Agency
- How long you've worked at WIC

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### Training Goal

To improve confidence in conducting a breast pump assessment and increase QN/CPAs' knowledge about how breast pumps can support breastfeeding

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### Learning Objectives

- Explain how breast pumps can support breastfeeding
- Describe the importance of teaching hand expression
- Identify key components to conducting a breast pump assessment

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### Learning Objectives

- Select the most appropriate breast pump for a breastfeeding woman
- List resources to support breastfeeding mothers when they return to work or school

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### Training-at-a-Glance

- Welcome and Introductions
- Rationale of Breast Pumps
- Breast Pump Assessment Overview
- 15-minute Break
- Collecting and Clarifying Information for the Breast Pump Assessment
- Indicators of Pump Issuance
- 60-minute Lunch

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### Training-at-a-Glance

- Key Pieces of a Pump Program
- Hand Expression
- Supporting Breastfeeding Moms When They Return to Work/School
- 15-minute Break
- Skills Practice: Assessing Mothers for Breast Pumps
- Wrap-up and Evaluation

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### Icebreaker

Create a briefcase sticker with a breastfeeding slogan



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### How Does WIC Support Breastfeeding?

- Counseling and breastfeeding education
- Peer Counselors
- Stay on WIC longer
- Enhanced food package
- Breast pumps



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## Supporting Breastfeeding

- What is your role in supporting exclusive breastfeeding?
- How does the WIC team support breastfeeding?



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## When Do Pumps...

Help?	Hinder?
<ul style="list-style-type: none"><li>• When mom and baby are separated</li><li>• When baby is unable to build or maintain mom's milk supply</li><li>• When mom needs to maximize milk removal</li></ul>	<ul style="list-style-type: none"><li>• When used to see how much mom is making<ul style="list-style-type: none"><li>– They don't provide the same stimulation</li></ul></li><li>• When used to replace feedings in the first few weeks</li></ul>

Pumps are a tool which should be used carefully



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### Pump Policy

- An assessment must be done before issuing a breast pump
- The mother must have an active WIC certification
- Local agencies must have hospital grade, personal grade electric and manual breast pumps
- Local agencies must provide pumps and collection kits at no charge, local agencies must not deny benefits for unreturned, damaged or lost pumps
- Participant education and follow-up is essential

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### Pump Policy (Cont.)

- Both a physical and NYWIC inventory must be maintained by local agencies while ensuring a two-touch process
- The pumping needs of transferring mothers with multi-user pumps must be met. Agencies must work together.
- Breastfeeding assessment information is now documented in NYWIC
  - The Breast Pump Assessment and Justification form does not need to be scanned and kept on file.
  - This form is now optional.

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### What is a Breastfeeding Assessment?

Consists of reviewing and evaluating information and data to get a picture of how breastfeeding is going for the mother and infant



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### What is a Pump Assessment?

Determines whether a breast pump would assist the mother in reaching her goals, and if so, which pump would be the most appropriate



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### Breast Pump Assessment Steps

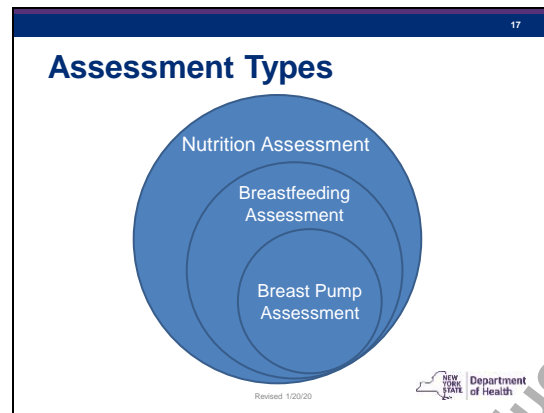
1. Determine if a breast pump assessment is needed
2. Collect the relevant information and clarify information (using participant-centered skills)
3. Process information to determine if a pump is warranted (and if so, determine which pump)
4. Document the assessment in NYWIC

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### Why Moms Might Need Breast Pumps

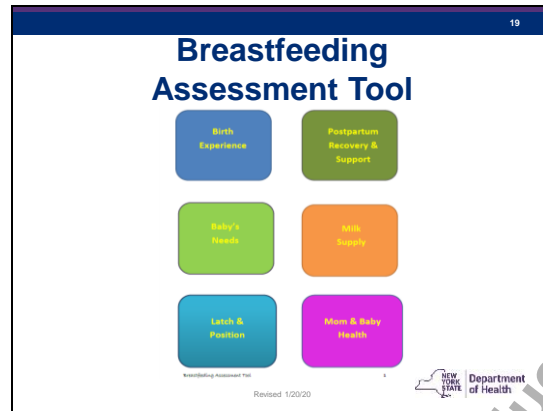
- Separation of mom and baby
- Concerns with baby
- Concerns with mother



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**Information the QN/CPA Should Gather in the Assessment**

- Breastfeeding goals
- Baby's gestational age
- Baby's growth pattern
- Baby's elimination (wet/dirty diapers)
- Baby's diet supplementation
- Mom's postpartum health and well-being
- Breast health
- Work or back to school plans

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## Choosing the Right Pump

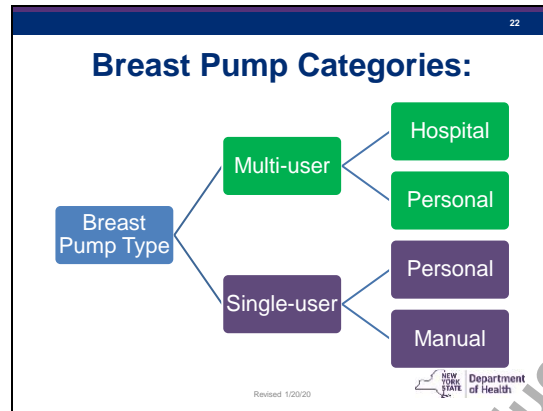
Consider:

- Establishing vs. maintaining milk supply
- Long term pumping
- Short term pumping
- Occasional pumping



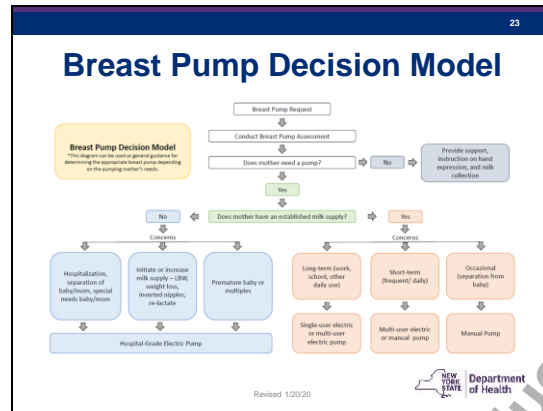
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Step 2 and 3 of Design

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Step 3 of Design


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Additions to NYS WIC Breast Pump List	
Hospital-grade:	Personal-grade (Multi-user):
<ul style="list-style-type: none"><li>• Unimom, "Opera"<ul style="list-style-type: none"><li>– Newly added brand</li></ul></li><li>• Ardo, "Carum"</li><li>• Hygeia, "EnJoye Cordless,"<ul style="list-style-type: none"><li>– Added to hospital-grade list</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Unimom, "Minuet,"</li><li>• Ardo, "Calypso Pro Complete,"</li><li>• Ameda, "Finesse,"</li><li>• Hygeia Cordless Enjoye (LBI) &amp; (EPS)</li></ul>
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### Additions to NYS WIC Breast Pump List

Personal-grade (Single-user):	Manual (Single-user)
<ul style="list-style-type: none"><li>• Ardo, "Calypso-to-go-Pure,"</li><li>• Unimom, "Zomee,"</li></ul>	<ul style="list-style-type: none"><li>• Ardo, "Amaryll Essentials,"</li><li>• Lansinoh, "Manual Pump,"</li><li>• Unimom, "Mezzo,"</li></ul>




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### Changes to NYS WIC Breast Pump List

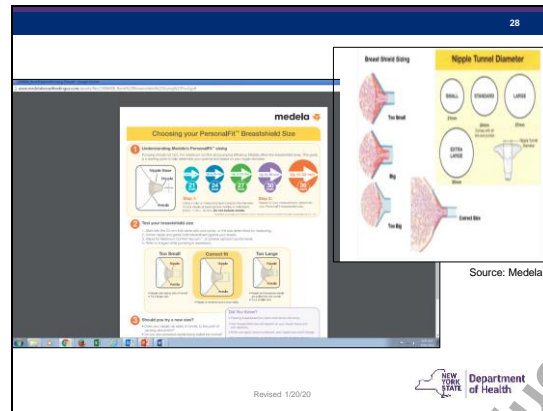
- Discontinued
  - Medela Lactina, Pedal, Advanced Personal Double
  - Ameda Purely Yours
  - Hygeia Q

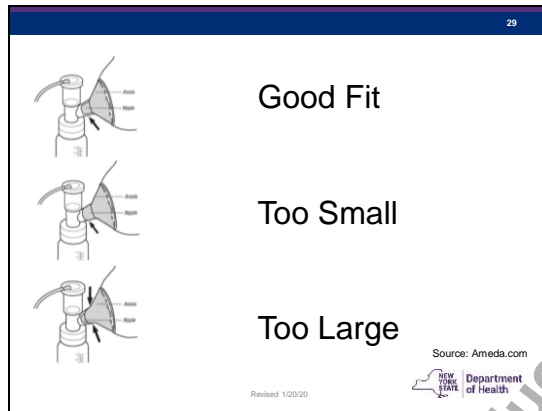


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## What are Key Pieces to Maintaining a Breast Pump Program?



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### Additional Breast Pump Resources:

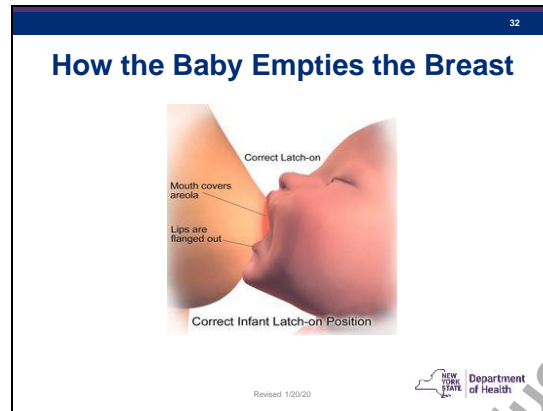
- Guidance for WIC Local Agencies Disposal of Aging/Discontinued Breast Pumps (Revised 12/2019)
- New York State WIC Program Technical Specifications and Requirements (Revised 03/2019)

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Review brief synopsis of additional resources available in NYWIC library regarding management of breast pump program and inventory.

- Disposal guidance for WIC local agencies is a one page document which reviews considerations for pumps which are aging out (considered expired after ten years) as well as how to dispose-of outdated pumps and denote appropriately in NYWIC and local agency inventory. Discusses communication with Sponsoring agency when needed.
- The NYS Technical Specifications document is a six page document which local agencies may provide to breast pump manufacturers as needed in order to determine whether or not the breast pump in question meets the National WIC Association's Guidelines for WIC Agencies Providing Breast Pumps and required technical specifications of operation. Always to be completed in partnership with regional office or appropriate DOH representative. Pumps which do not meet specifications are not able to be purchased/utilized in NYS WIC programs.



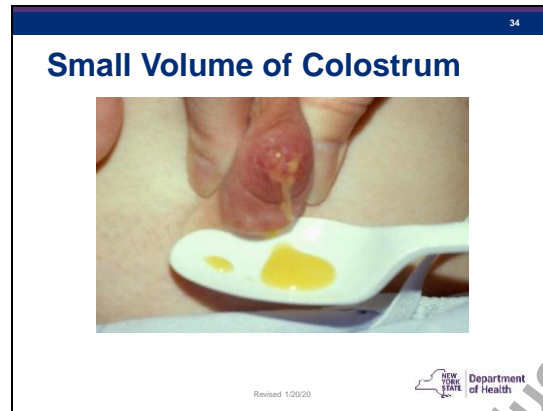
Baby uses both suction and compression. Pumps only use suction. Hand expression can provide the compression.

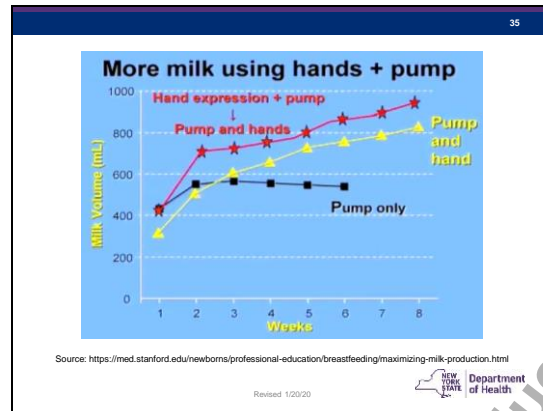


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Show video How to express by hand or show Stanford web-based video at <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>





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[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)  
**Making it Work Toolkit**



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## NYS Laws and Protections

*"An employer shall provide reasonable unpaid break time or permit an employee to use paid break time or meal time each day to allow an employee to express breast milk for her nursing child for up to three years following child birth."*

Also available:

- Wage and Hour Division at the US Dept of Labor
- Able to trigger investigation and assure reasonable unpaid time to pump at work
- Link for more information:  
<https://www.dol.gov/agencies/whd/nursing-mothers>


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## Skills Practice



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