

Elizabeth Cetin

Midwife and breastfeeding specialist

Works at Royal Brompton Hospital as breastfeeding specialist

She works with babies with cardiac conditions with mothers who want to breastfeed despite the babies being too ill to breastfeed at the moment. The babies are tube fed and the mums are thus encouraged to collect their milk for later use.

She teaches Modella pumps, which she feels is the best.

Expressed Breast Milk (EBM) better than any substitutes (see chart).

The hospital has an expressing room with armchairs, pumps, TV, snacks. This is the beginning of their feeding.

Start with **colostrum** – only 2 spoonfuls normally – greyish colour. Hand massage and get colostrum into syringe.

Then Modella pump – 5 mins, double pumping, at least every 3 hrs in the daytime and once between 2-4 am. Start with 5mls and go up.

Important to keep encouraging them.

Also bedside pumping by the babies' beds – this improves both the milk supply and the babies' heart rates. About 15 mins double pumping, but not too much.

Tube fed babies take 1 ml per hr in a tube into the stomach – tube is changed every day and rinsed out in between. As baby puts on weight, encourage mother to feed baby directly. Skin to skin v important; EC helps to position baby.

Need to do this for 2-8 weeks. It helps the baby's wound etc.

Some babies can't even have their mother's milk for 1st few months as heart problems can cause stomach problems. They are often given fatty stuff called Monagen till 6 weeks old.

Hospital has fridges and freezers to put the milk. It will keep in the freezer in the hospital 3 months, and at home 6 months. Lots of mothers donate milk and they give it to Queen Charlotte's baby unit. When they go home, they take their cooler bag away with them.

Breast milk gives

- 1) protection of newborn gut (colostrum) – helps pain and stomach problems
- 2) is easily absorbed
- 3) has immune factors

They give them dummies with sterile water – helps them to learn to suck.

ACT Talk – 18 January 2018

Mothers get free food 3 times a day, a baby's box, massage and a **flannel** for baby and mother – baby and mother swap flannels when mum is back. The smell and hormones increase the milk supply and helps bonding – see 'The Flannel Project'. Also encourage skin to skin even with tubes and oxygen.

If not expressing enough

Ante natal – massage breasts and 'harvest colostrum' if get it pre-delivery. If feel a drop coming out, collect it in a syringe, label time and date and keep in fridge in clean container. Colostrum comes in first 2-3 days after birth and lasts 3-6 months in freezer. They also do a chart and measure it every 2 hrs. They give healthy diet advice, stress, and how alcohol and smoking affects the baby.

Must also wear a good nursing bra, supportive, in 1st few weeks.

Sore nipples – shouldn't get them if baby positioned properly. They help them fix the baby on the breast. Have to open mouth, nose to nipple. She often has to keep her hand on the baby's head. Look at positioning and attachment. If it hurts too much, put baby on the other side – feed little and often is best. Breasts need oxygen to heal – go topless wherever possible. Camillosan or Calendula cream help. Keep nipples clean and dry. Use breast shields even while feeding as a last resort – helps engorgement. Fair skinned women get it more.

Some babies scream and cant get on. When baby born, stomach is size of a marble for 2 weeks. If you breastfeed for 2 mins, it grows to a golfball. If overfeed, they will regurgitate.

Can feed every 2 hrs, then they pass a stool, sleep and feed again.

Brompton unit – they get 30 children a month, from other maternity units.

Also get babies with severe lung problems e.g. cystic fibrosis. They're trying to close their unit which is funded by the Brompton Fountain Charity and move patients to GOS or St Georges. However, they're now safe for 5 years. But it's a very special unit because there are 20 heart surgeons wandering around so that if any baby has a cardiac arrest they can operate on them there and then in the ward. As it's an HDU (high dependency unit) there are often cardiac arrests. There are 4 babies in a bay.

Lactation support training - Elizabeth trained with UNICEF and La Leche League.

Midwives are responsible for mothers for 10 days.

They visit them at least 3 times in 10 days, then sign them off. Then health visitor should be responsible, and GP.

Notes by Eve Rogans