# Breastfeeding Medicine

**Fourth Year Elective Title**

**BREASTFEEDING MEDICINE**

**Course Number**

FMED 9095

**Location**

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL & FAMILY MEDICINE AT MONUMENT SQUARE

**Elective Director**

JENNIFER AMICO, MD

**Elective Faculty**

JENNIFER AMICO, MD  
ALICIA DERMER, MD  
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**Elective Contact**

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**Blocks Available**

<table>
<thead>
<tr>
<th></th>
<th>Duration/Weeks</th>
<th>Hours per Week</th>
<th>Students</th>
</tr>
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<tbody>
<tr>
<td>All</td>
<td>MIN 1; MAX 2</td>
<td>40</td>
<td>MAX 1</td>
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**Lectures/Seminars**

<table>
<thead>
<tr>
<th></th>
<th>Outpatient</th>
<th>Inpatient</th>
<th>Housestaff</th>
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<tbody>
<tr>
<td>No</td>
<td>YES (25%)</td>
<td>YES</td>
<td>NO</td>
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**Night Call**

<table>
<thead>
<tr>
<th></th>
<th>Weekends</th>
<th>Lab</th>
<th>Exam Required</th>
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<tbody>
<tr>
<td>No</td>
<td>No</td>
<td>No</td>
<td>NO</td>
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**Overall Educational Goal of Elective**

To provide an introduction to breastfeeding medicine that involves expanding knowledge and skills in supporting breastfeeding practices. This elective will be pertinent to students pursuing any area of medicine and will be particularly useful to primary care providers of mothers and infants.

**Objectives**

Upon completion of the elective, the learner will show he/she is able to:

I. **Patient Care**
   - Obtain a relevant past medical history of breastfeeding mothers and babies
   - Perform a maternal breast assessment, including nipple configuration and assessment for scars
   - Perform infant oral assessment and general health assessment
   - Evaluate position, latch and attachment for the breast feeding mother and infant
   - Evaluate effective nutritive suckling pattern
   - Counsel mothers about maternal nutrition during lactation
   - Counsel mothers about maintaining breastfeeding during separation from the infant
   - Counsel mothers specifically about milk storage and use and continuing breastfeeding when returning to work or school

II. **Medical Knowledge**
   - Identify risks of not breastfeeding for infants, mothers and society
   - Identify anatomic structures of the breast
   - Describe physiology of milk production and removal
   - Explain the biochemical and immunologic properties of human milk
   - Describe signs of adequate milk intake by the infant
   - Describe the normal growth pattern of breastfed infants
   - Recognize the need to maintain breastfeeding during separation
   - List specific benefits of human milk for premature infants

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OVER
• Describe medical indications for supplementing a breastfed baby and methods for supplementing which don’t adversely impact breastfeeding outcomes
• List medical contraindications to breastfeeding

III. Practice-based learning and improvement
• Locate resources for continuing education
• Perform evidence-based review of breastfeeding educational topics or clinical issues

IV. Interpersonal and communication skills
• Counsel mothers and families about optimal infant feeding decisions for health outcomes, child spacing and nutrition
• Demonstrate sensitivity to cultural and ethnic differences and practices related to breastfeeding and infant care
• Demonstrate sensitivity to different family structures and the impact upon lactation
• Document and communicate the results of a clinical counseling session with a breastfeeding family

V. Professionalism
• Demonstrate a respectful and compassionate approach to caring for the mother-infant dyad
• Demonstrate sensitivity and responsiveness to patient’s culture, gender, age, disabilities and limitations
• Demonstrate commitment to ethical principles pertaining to informed consent and confidentiality

VI. Systems-based Practice
• Identify cultural and psychosocial factors that impact breastfeeding rates
• Identify community resources to assist breastfeeding mothers, including mother-to-mother support as well as breastfeeding-friendly practitioners
• Understand the role of board-certified lactation consultants and other members of the healthcare team in caring for mothers and babies

BRIEF DESCRIPTION OF ACTIVITIES
Learner will obtain an enriched knowledge of breastfeeding and medical issues surrounding breastfeeding through online didactic modules, clinical encounters and lactation consultants in the inpatient setting, clinical encounters with physicians caring for lactating mothers and their infants in the outpatient setting and an evidence-based medicine self-directed project.
- Learner will complete online didactic module during independent study time (approximately 4 hours)
- Learner will observe and participate in clinical consultation rounds with the lactation consultants at RWJUH on the mother-baby unit (approximately 18 hours)
- Learner will observe and participate in clinical consultation rounds with the lactation consultants at RWJUH in the Neonatal Intensive Care Unit and/or for preterm infants on the mother-baby unit (approximately 8 hours)
- Learner will participate in outpatient office visits, home visits and/or support groups where physicians and/or lactation consultants area caring for a lactating mother-infant pair (approximately 6 hours)
- Learner will pose a clinical question regarding breastfeeding and the seek out and summarize an evidence-based answer during independent study time (approximately 4 hours)

METHOD OF EVALUATION
Learner fill out self-assessment based on the rotation objectives assessing whether or not each objective was met (not achieved, marginally achieved, adequately achieved, achieved with excellence) in addition to commenting on what he/she feels are strengths and areas of improvement. Similar assessments will be completed two of the lactation consultants. All assessments will be reviewed together by the Elective Director with the student at the end of the rotation.

ARE THERE ANY PREREQUISITES FOR THIS ELECTIVE? No

IS THIS ELECTIVE AVAILABLE TO THIRD YEAR MEDICAL STUDENTS AS WELL? No