

<b>ELECTIVE TITLE</b> BREASTFEEDING MEDICINE	<b>COURSE NUMBER</b> FMED 9095	<b>LOCATION</b> Robert Wood Johnson University Hospital; Freehold Family Health Center; Private Offices Some virtual platforms	<b>ELECTIVE FACULTY</b>  Alicia Dermer, MD Director
<b>DURATION/WEEKS</b>  Min 1; Max 2	<b>HOURS/WEEK</b>  40	<b>ELECTIVE CONTACT</b>  Alicia Dermer, MD	<b>CONTACT PHONE/FAX/EMAIL</b> Ph 732-294-2540 dermer@rwjms.rutgers.edu
<b>STUDENTS</b>  Max 2	<b>LECTURES/SEMINARS (virtual and in person)</b>  Yes	<b>HOUSESTAFF</b> No  <b>LAB</b> No	<b>BLOCKS AVAILABLE</b>  All
<b>OUTPATIENT</b>  On-site patient care Telehealth visits possible	<b>INPATIENT</b>  On-site patient care Telehealth visits possible	<b>WEEKENDS</b> No  <b>NIGHT CALL</b> No	<b>EXAM REQUIRED</b>  No

**NOTE: PRIOR WRITTEN AUTHORIZATION MUST BE RECEIVED BY THE REGISTRAR BEFORE SCHEDULING.**

**Note: this is the modified elective via virtual and telehealth during the COVID-19 emergency**

#### OVERALL EDUCATIONAL GOAL OF THE ELECTIVE

To provide and 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 for 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
  - Describe the elements of a maternal breast assessment, including nipple configuration and assessment for scars
  - Identify components of an infant oral assessment and general health assessment
  - Grasp the fundamentals of position, latch and attachment for the breastfeeding mother and infant
  - Know the details of position, latch and attachment for successful breastfeeding

- Recognize effective nutritive suckling pattern
- Counsel mothers about maternal nutrition during lactation
- Counsel mothers about maintaining breastfeeding during separation from the infant
- Counsel mothers about milk storage and use and continuing breastfeeding on return 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 preterm infants
- Describe medical indications for supplementing a breastfed baby and methods for supplementing which don't adversely impact breastfeeding outcomes
- List medical contraindications to breastfeeding and distinguish them from perceived or false contraindications

## III. Practice-based learning and improvement

- Locate resources for continuing education on breastfeeding and human lactation
- Perform evidence-base 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
- Identify cultural and ethnic differences and practices related to breastfeeding and infant care
- Recognize different family structures and their impact upon lactation
- Document and communicate the result of a clinical counseling session with a breastfeeding family via telehealth

## 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

The learner will obtain an enriched knowledge of breastfeeding and medical issues surrounding breastfeeding through online didactic modules, on site inpatient and outpatient clinical encounters with lactation consultants and/or physicians caring for lactating mothers and their nursing children, attending community breastfeeding support groups in person when available or via virtual platforms, and completing an evidence-based medicine self-directed project.

The learner will complete online didactic modules during independent study time (approximately 4 hours per week).

The learner will observe and participate in clinical consultation rounds with hospital lactation consultants.

The learner will participate in outpatient in person and telehealth office visits, home visits and/or support groups where physicians and/or lactation consultants are caring for lactating mother-infant dyads (approximately 16 hours per week).

The learner will pose a clinical question regarding breastfeeding and then seek out and summarize an evidence-based answer during independent study time (approximately 4 hours per week).

## METHOD OF EVALUATION

The learner will submit a certificate of completion of the online modules done in independent study time. The learner will be evaluated by the combined input from the lactation consultants and breastfeeding medicine physicians with whom he/she has worked as well as the clinical director's evaluation of the clinical question project. The learner will fill out a self-assessment based on the sense of attainment of the rotation objectives. All assessments will be reviewed together with the Clinical Director at the end of the rotation.

ARE THERE ANY PREREQUISITE FOR THIS ELECTIVE? No.

IS THE ELECTIVE AVAILABLE TO THIRD YEAR MEDICAL STUDENTS AS WELL? Yes.