

Texas WIC Breast Pump Program_02

Hollister Breast Pump Basics
Use, Assembly, & Cleaning
Human Milk Storage



Revised 12/06/05

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Texas WIC Hollister Pumps

- Electric pumps
 - Multi-user (Hollister “Elite”)
 - Single-user (Hollister “Purely Yours”)
- Manual pumps
 - Hollister One-hand



There are certain features which all good pumps should offer:

- Operation at safe vacuum levels
- Automatic cycling
- Adjustable vacuum levels
- Easy assembly and cleaning

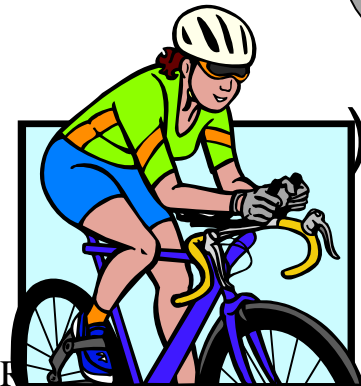
Electric Pumps



2 main features:

Vacuum - suction (negative pressure)

Cycling- suction
release (positive)



Vacuum

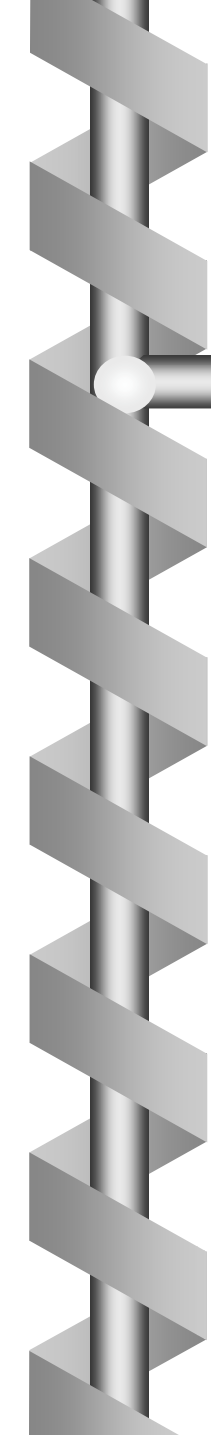


- A newborn suckle has a pressure that is -50 to -155 millimeters of mercury (mmHg) and they go to a maximum of -220 mm Hg

Cycling

- Babies nutritively suck at one per second or 60 cycles per minute (Wolf, McGowan, Sameroff, Weber, Woolridge)
- 60 cycles/min on Hollister pumps is all the way up

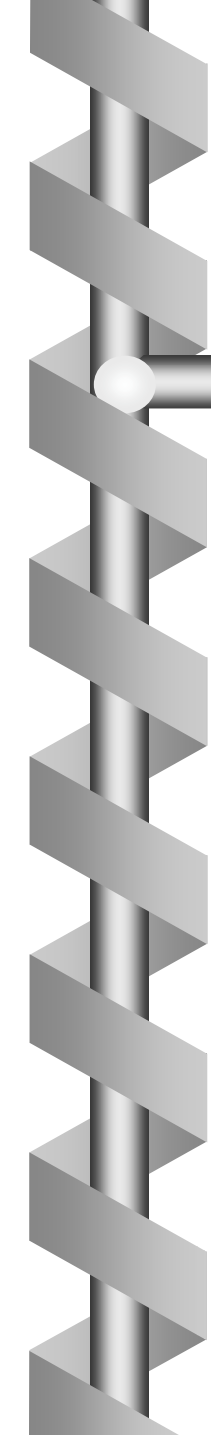




When Would a Breastfeeding Mom Need a Multi-user Electric Pump?

- Premature or sick newborn in NICU
- Mothers who want to build supply or re-lactate
- Low birth weight
- Cleft-lip or palate
- Downs Syndrome

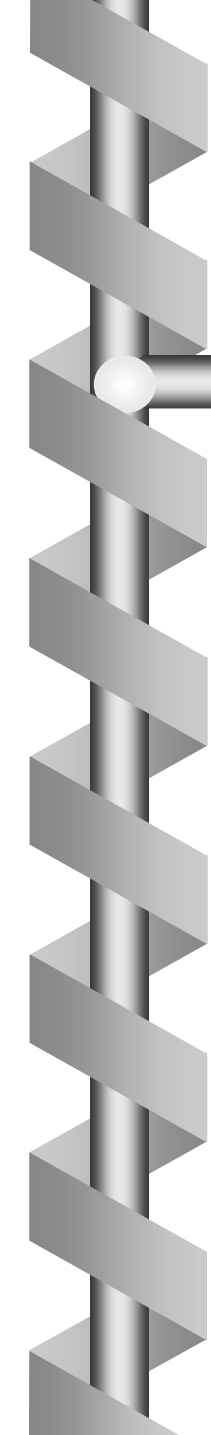
BF: 06.0



When Would a Breastfeeding Mom Need a Multi-user Electric Pump?

- Cardiac Problems
- Uncoordinated suck/swallow/breathe pattern
- Weak suck
- Inability to suck
- Inability to latch-on to the breast

BF: 06.0



When Would a Breastfeeding Mom Need a Multi-user Electric Pump?

- Cystic Fibrosis
- PKU
- Neurological impairment
- Other special needs as determined by the CA, Peer Counselor, IBCLC or WIC Director



Issuance for Mother/Baby Separation

- If a WIC participant needs to get a pump because she is separated from her baby (ie baby in NICU), the WIC staff should try to squeeze her in as quickly as possible, preferably within 1-2 working days.



Issuance for Mother/Baby Separation

- The participant does **not** need to be recertified as breastfeeding before they issue a pump.
- The WIC director can designate additional WIC staff such as peer counselors and clerical staff members to issue pumps, provided the staff receive training.



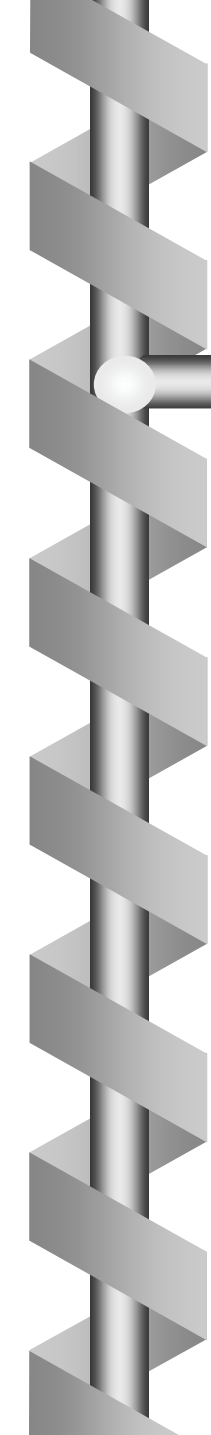
Issuance for Mother/Baby Separation

- If a non-WIC mom calls and says needs a pump because she is separated from her baby (ie baby in NICU), the staff should try to squeeze her in as quickly as possible, preferably within 3 working days. Please ask the hospital to work with you and loan her a pump until you can get her in.



Issuance for Mother/Baby Separation

- If it is difficult for you to squeeze moms in, talk to your local hospital to see if they would be willing to notify you or have the mom contact you as soon as they know she might need a pump, rather than waiting to call you when she is about to be discharged.



Why Wouldn't You Give Her A Single-user Electric Pump?

- Multi-user pumps have more durable motors that are designed for full-time pumping with multiple moms.
- Single-user electric pumps have less durable motors and are designed for part-time pumping and only one mom.



When Would a Breastfeeding Mom Need a Single-user Electric Pump?

BF: 05.0

- Return to work or school
- Infant/mother hospitalization
- Sharing child custody
- Mothers of multiples
- Other special needs as determined by the CA, Peer Counselor, IBCLC or WIC Director.



Who is Eligible for the Purely Yours?

- Can any woman who is returning to work or school get a Purely Yours?
- Does it matter how many days a week she works or how many hours?
- Yes!
- No!

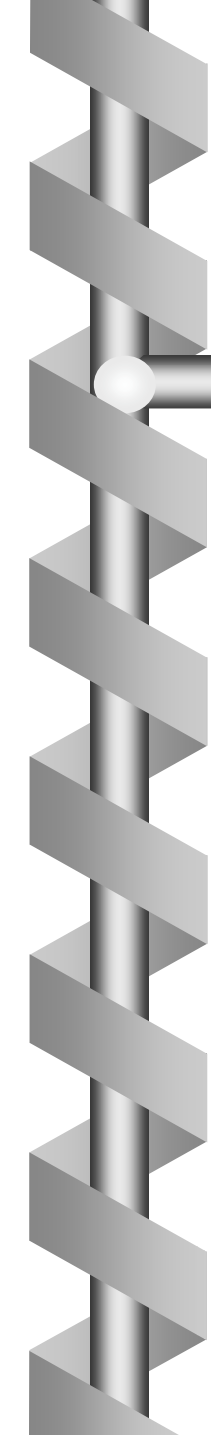
When Would a Breastfeeding Mom Need a Manual Pump? BF: 05.0

- To resolve a short-term breastfeeding concern
 - Engorgement
 - Sleepy baby
 - Flat or inverted nipples
 - Oversupply
- Infrequent separation of mother and baby
 - Mom wants a break
 - Mom does not want to breastfeed in public
- Other special needs




Training Moms to Use Pumps

- Before receiving a breast pump, mothers shall be trained by WIC staff on assembly, use, and cleaning of the breast pump and storage of human milk (BF:05.0 & 06.0)
- They do **not** need to show the video that comes with the pump to the moms when they train moms to use the pumps. A video **must** go home with the mom. She can watch it if she needs/wants to.



Breast Pump Issuance Demonstration

- Assembly
- Use
- Cleaning



Does everyone have their demo breast pumps and collection kit available?

- Elite
- Purely Yours
- One-handed



Assembly and Use

- Assemble the pump parts
- Attach the kit to the Elite
 - Demonstrate how to use the Elite
- Attach the kit to the Purely Yours
 - Demonstrate how to use the Purely Yours
- Demonstrate conversion to the One-handed pump



Hollister Breast Pump Parts

1. Breast pump flange
2. Reducing insert
3. White valve
4. Silicone Diaphragm
5. White Adapter Cap
6. Tubing
7. White Pump Connector
8. Bottle/container
9. Elite Motor Unit
10. Purely Yours™ motor unit
11. Hollister one-hand

What size does she need?



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Hollister Flange Sizes

- Standard Flange: 25.0 mm
- Custom Flange w/ insert (L) 28.5 mm
- Custom Flange (XL) 30.5 mm




To determine the flange size

- The nipple should move smoothly and freely into the flange tunnel and should not rub up against the sides .
- There should be visible airspace around the nipple and at the end of the nipple tunnel in the breast flange.
- If you do not see any movement in the areola with the pump vacuum, the breastshield is probably too small.



What should not be felt or seen

- Nipple is rubbing against the sides of the tunnel with each vacuum movement of the pump.
- No airspace around nipple or at end of nipple tunnel in flange.
- The outside of the nipple (rather than the nipple tip) is tender or sore
- A ring of skin flecks probably indicates that the tunnel is too small



Over three quarters (77.1%) of the women eventually used a larger size breast flange.

Paula P. Meier, RN, DNSc, FAAN



General Cleaning Instructions

- Wash hands
- First time use - Boil all parts (except tubing, white cap, and tubing adapter)
 - Fill to within 1 inch of rim with cold water.
 - Cover and boil for 20 minutes.
 - Drain water off and allow parts to cool in open pan.
 - Remove all parts and allow to air-dry.



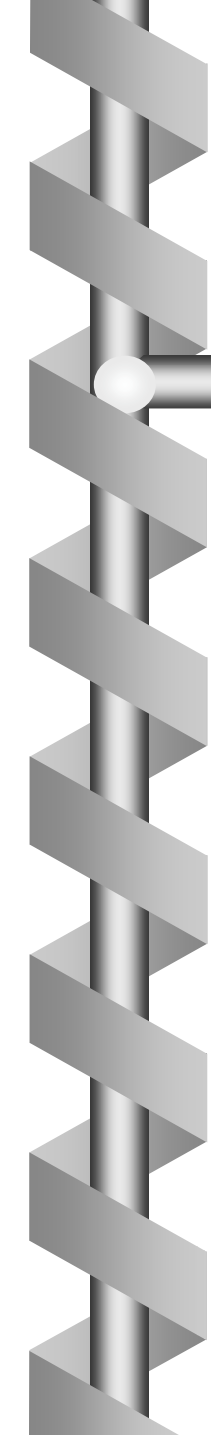
After each use

- Wash all parts in hot soapy water
- OR Wash the breast shield and container in the dishwasher
- And, wash the diaphragm and white valve in hot, soapy water
 - Do not insert any object into the valve opening to clean
 - Remember to check this part frequently for tears



WIC Breast Milk Storage Guidelines

- Ice pack - 8 hours (put it in the refrigerator or freezer as soon as possible)
- Refrigerator - 5 days
- Freezer compartment located inside the refrigerator - 2 weeks
- Refrigerator freezer - 3 months
- Deep freezer (20°) - 6 months



Pump Repair and Replacement

- WIC Warranty
 - Multi User Elite - 4 years (for Pumps received after January 2004)
 - Purely Yours - 2 years
 - Elite bag - 1 year

Important Breast Pump Inventory Reminder:

- When breast pumps are lost due to:
 - inadequate tracking
 - not documenting shipments received
 - not completing breast pump logs
 - poor controls, and/or no follow up by LA's the cost of the lost breast pumps may be deducted from the LA's monthly voucher
- No financial penalty will be incurred if the breast pumps and kits are lost or stolen through no fault of the LA



Technical Assistance

For technical assistance with breast pump issuance, ordering, trouble-shooting, obtaining spare parts etc

Contact:

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(512) 458-7111 ext 3411



Question 1

You can issue a Hollister Elite multi-user breast pump to Mothers who want to build supply or re-lactate.

1. True
2. False



Question 2

What is the criteria for issuing a Purely Yours?

1. She must work at least 30 hours a week
2. It does not matter how many days a week she works or how many hours
3. She must be exclusively breastfeeding
4. She must work 40 hours a week



Question 3

The vacuum (negative pressure) on the pump and the cycling (cycle of negative and positive pressure) has to do with suction and release when comparing to a babies suckling.

1. True
2. False

Question 4

A new client calls from the hospital. She is on Medicaid but she was not on WIC while she was pregnant. Her new baby boy is 3 days old and in the NICU due to heart problems, her doctor told her to call and get a breast pump from WIC. You decide to:

1. Give the mom your next available appointment, which is 2 weeks away.
2. Tell the mom you can't help her until her baby is home from the hospital.
3. Squeeze the mom on to your currently full schedule as soon as possible.
4. Ask the mom to call back later when you've had time to think about what to do.



Question 5

Does a mom who was on WIC as pregnant need to be recertified before you can issue her a pump?

1. Yes
2. No