

Texas WIC Breast Pump Program_03

Medela Breast Pumps

- Use, Assembly, & Cleaning of Breast Pumps
- Human Milk Storage

Situation 1



Brianna is pregnant and she has been told that she has inverted nipples. She comes to you for a breast pump because a friend said it might help draw her nipples out.

What would be the **best** way to approach this situation?

1. Refer her to her physician.
2. Discuss alternative methods.
3. Give her a Harmony™ Breastpump.
4. Have her return after she has the baby.
5. 1, 2, & 4.

Situation 2

Charlotte wants a breast pump because she does not like to breastfeed in public and she wants to provide her breast milk while she is out.

What can you do for Charlotte?

1. Teach her how to hand express.
2. Issue her formula.
3. Issue her one of the Medela hand pumps.
4. Teach her discreet breastfeeding in public.
5. All of the above except 2.

Situation 3

Felicia has a three day old baby. She comes to see you because she wants a pump. Her breasts are hard hot and full of knots.

What will you do for Felicia **first**?

1. Issue her a hand pump.
2. Tell her that her baby is too young to give her a breast pump.
3. Engorgement treatment (such as ice, latch-on and positioning).
4. Teach her manual expression.
5. Answers 1, 3, and 4.

Situation 4

Maria Comes to the Clinic and Says That Her Pump No Longer Has Any Suction. What could cause suction to falter?

1. Assembly of the breast pump parts
2. Tear in the white membrane
3. A dirty yellow valve
4. The white membrane is not lying flat against the yellow valve
5. All of the above

Texas WIC Pumps

- Medela Spring Express
- Medela Little Hearts
- FY 04 new additions
 - Medela Harmony
 - Medela Spring Express without the spring

Features to Look For in a Breastpump:

- Automatic cycling to help maintain milk supply
- Gentle and comfortable expression
- Adjustable vacuum levels to maximize comfort
- Effectiveness
- Ease of cleaning

Breast Pumps

2 main features:

Vacuum - suction (negative pressure)

Cycling-



(positive pressure)



Vacuum



A newborn suckle has a pressure that is -50 to -155 mm Hg and go to a maximum of -220 mm Hg.



Cycling

- Babies nutritively suckle at one per second or 60 cycles per minute (wolf, McGowan, Sameroff, Weber, Woolridge)

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**
 - part-time work or school
 - mom does not want to breastfeed in public
- **Other special needs**

PersonalFit™ Breastshields



- **PersonalFit™ Large Breastshields**
(27mm in diameter)
- **PersonalFit™ Extra Large Breastshields**
(30mm in diameter)

PersonalFit™
Breastshield Size

Small
21mm

Standard
24mm

Large
27mm

Extra Large
30mm

Medela makes different sizes of PersonalFit™ breastshields to fit all nipple sizes, from small to extra large.

Manual/Spring Express Breastpump Parts

1. Breastshield
2. Valve
3. Membrane
4. Piston with seal
5. Cylinder with vacuum ring
6. Collection container
7. 2 piece lid
8. Container stand
9. ExpressSpring
10. Comfort cushion

Manual/Spring Express Breastpump Parts



Little Hearts™ Breastpump Parts & Assembly

- | | |
|------------------------|-------------------------|
| 1. Container | 7. Cylinder |
| 2. Lid | 8. Seal |
| 3. Breastshield/Piston | 9. End Cap |
| 4. Valve Head | 10. Vacuum
Regulator |
| 5. Membrane | 11. Stand |

Little Hearts™ Breastpump Parts & Assembly



Tips for Trouble Shooting for the Manual/Spring Express™ and Little Hearts™ Breastpumps

- Make sure the white membrane lies completely flat in place on the yellow valve and is clean
- Make sure all connections of the kit are secure
- Call Medela: 1-800-435-8316

Harmony™ Breastpump Parts & Assembly

- | | |
|--------------------|-------------------------|
| 1. Handle | 7. White Membrane |
| 2. Let-down Symbol | 8. Yellow valve |
| 3. Diaphragm | 9. Breastmilk container |
| 4. Stem w/ O-Ring | 10. Solid container lid |
| 5. Breastshield | 11. Container stand |

Harmony™ Breastpump



Tips for Trouble Shooting for the Harmony™ Breastpump

- Make sure the white membrane lies completely flat in place on the yellow valve and is clean
- Make sure the stem assembly on the pump handle is seated all the way into the pump body until it will go no farther. Make sure the O-Ring is in place in the stem handle
- Make sure the pump body is firmly screwed onto the container and that the breastshield is firmly seated into the pump body

Tips for Trouble Shooting for the Harmony™ Breastpump

- Make sure the oval base of the stem is properly seated in the oval base of the diaphragm
- Make sure the diaphragm is pushed all the way onto the circular rim on the underside of the handle
- Call Medela: 1-800-435-8316

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)
- Video, not acceptable

Breast Pump Issuance Demonstration

- Assembly
- Use
- Cleaning

Obtaining Extra Parts

- Call Medela: 1-800-435-8316

Important Breast Pump Inventory Reminder:

- When breast pumps are lost due to:
 - inadequate tracking
 - not documenting shipments received
 - not completing breast pump logs
 - lost breast pumps may be deducted from the LA's monthly voucher
- No financial penalty will be incurred if the breast pumps 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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