

The Pennsylvania Resource Organization For Lactation Consultants

2018

Philadelphia Region: Breastfeeding Resource Directory

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2018 PRO-LC Breastfeeding Resource Directory

Send corrections to: president@prolc.org

***Thanks to Kay Hoover M.Ed., IBCLC, FILCA who continues to serve our community with love.
Thanks to the members of the Philadelphia Region Breastfeeding Community who help keep
this directory current; including Colette Acker IBCLC, Rachel Gazda CD, IBCLC, and
Erica Diehl IBCLC***

**Breastfeeding Report Card 2016
Centers for Disease Control & Prevention
<http://www.cdc.gov/breastfeeding/data/reportcard.htm>**

	<u>U.S.</u>	<u>Pennsylvania</u>
Initiation %	81.1	73.3
Breastfeeding at 6 Months %	51.8	47.6
Breastfeeding at 12 months %	30.7	31.9
Exclusive Breastfeeding % at 3 Months	44.4	41.2
Exclusive Breastfeeding % through 6 Months	22.3	20.5
Breastfed infants supplemented with formula: before 2 days: 24.6 ± 1.6% (2009 provisional data) : before 3 months 36.9 ± 1.9 : before 6 months 42.6 ± 2.20		

Philadelphia Birthing Hospital Breastfeeding Initiation Rates 2015

Source: Pennsylvania Department of Health, Bureau of Family Health, Breastfeeding Awareness Program:
"The information below is obtained from the question "Is infant being breastfed?" as reported on the
Certificate of Live Birth."

2013 average Initiation in Philadelphia Hospitals: 71.7%

PA Hospital of the University of Pennsylvania Health System:	95%
Hospital of the University of Pennsylvania	76%
Temple University Hospital:	51%
Albert Einstein Medical Center:	56%
Hahnemann University Hospital:	62%
Thomas Jefferson University Hospital:	67%
Children's Hospital of Philadelphia	95%

mPINC scores for Pennsylvania and Philadelphia

Source: Breastfeeding Report Card 2016 <https://www.cdc.gov/breastfeeding/data/reportcard.htm>
Scores based on a scale of 0 to 100.

	2013	2015
Pennsylvania mPINC score	74	76
Philadelphia mPINC score	76	78

Chapter 2 -WIC Services and Offices

WIC = Women, Infants & Children Program
<http://www.northwic.org>
Main office: (215) 978-6100

<http://www.facebook.com/PhiladelphiaWICProgram>

<https://twitter.com/PhiladelphiaWIC>

Any mother interested in breastfeeding may be referred to a WIC office, if she is pregnant or has children under 5 years old. WIC enrollment is based on the entire income in the household and the number of people in the family. Middle-income and poor families may be eligible.

WIC encourages breastfeeding women to breastfeed for at least one year, with the gradual introduction of iron-rich complementary foods start about 6 months and to continue for as long as mother and baby find the relationship mutually rewarding. Women who do are given a food package (for them and their baby) that is worth over \$1600 in the 1st year.

Free **Breastfeeding Cafés** are offered to provide breastfeeding support to mothers, connect with other mothers, and get questions answered. The schedule is at the end of this chapter. RSVP at 215-978-6100 or phillywic@northwic.org.

Peer Counselors are also available at various locations throughout the year to provide breastfeeding support. To find your local WIC site and telephone number, go to www.northwic.org/locations. *Call ahead to check when the counselor is available.*

Once the mother is enrolled in WIC, she may be referred to Lisa Volpe, at (215) 978 6100, x 22, for a breast pump.

Multi-user, hospital-grade pumps are available to a mother whose infant is in a Philadelphia hospital for a prolonged period. She must provide identification for herself and her baby and place a \$25 deposit, \$20 of which is refunded upon pump return.

Double-sided electric pumps are given to women who work and/or attend school if they are active in the WIC program and are not receiving any formula. The mother must provide identification for herself, proof of her baby's birth, and a note from her employer or school counselor.

Lisa Volpe CLC, breastfeeding counselor: (215) 978-6100 ext. 22

Coordinator and Manager of the WIC breastfeeding program:
Denise Sobolewski CLC, Coordinator dsobolewski@northwic.org

Electric breast pump rental available by calling cell phone (215) 913-9199
(*This service is for infants hospitalized in a Philadelphia hospital whose mothers are committed to breastfeeding.*)

WIC of Pennsylvania

717-783-1289 sheabraham@pa.gov
Sheena Abraham, M.S. Public Health Nutrition Consultant, WIC Breastfeeding Coordinator

If a mother receives a pump of lesser quality than prescribed: If a woman is having an issue with a pump that was prescribed, she can review her notice of decision and file an appeal and/or call the member services representative at her Medical Assistance Managed Care Organization to discuss with them.

Philadelphia area WIC Offices

Aramingo

2401 E. Tioga Avenue A-4
Philadelphia, PA 19134
(215) 533-9597, 9598

Germantown

301 East Chelton Avenue, Suite 102
Philadelphia, PA 19144
(215) 248-1500, 1501

Kensington-Allegheny

1825-31 E. Hilton Street
Philadelphia, Pa 19134
(215) 426-6801, 6803

Lehigh Avenue

217-33 W. Lehigh Avenue, 2nd Fl.
Philadelphia, PA 19133
(215) 634-8713, 8714

Mobile WIC Office

1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132
1-800-743-3300

North Philadelphia WIC Office

1300 West Lehigh Ave., Suite 104
Philadelphia, PA 19132
1-800-743-3300

Northeast

7959 Bustleton Avenue
Philadelphia, PA 19152
(215) 745-7251, 7252

Olney/Logan

5751 N. Broad Street
Philadelphia, PA 19141
(215) 927-1950

Overbrook

Overbrook Plaza store #1400
5610 Lancaster Avenue #1400
Philadelphia, PA 19131
Phone: (215) 477-3360, 3364

St. Chris WIC Office

160 East Erie Avenue
Philadelphia, PA 19144
(215)-427-6973

South Philadelphia

1165 S. Broad Street
Philadelphia, PA 19146
(215) 463-5571, 5579

Woodland

1739 S. 54th Street
Philadelphia, PA 19143
(215) 726-1142, 1143

Philadelphia WIC Breastfeeding Appreciation Days

Regularly occurring events: call local WIC office for details about the next Breastfeeding Resource Fair.

Chapter 3 - Breastfeeding Support Organizations

- a. Local, State and National
 - b. Support Groups by county and zip code
 - c. On-line
-

Volunteer, trained breastfeeding counselors provide encouragement and practical suggestions of a non-medical nature via telephone. Free monthly mothers' meetings.

Local, State and National Organizations

La Leche League (LLL)

(570) 388-2664 www.llofeasternpa.org <http://www.llli.org>
Karen Shaw acl@llofeasternpa.org
Falls, PA 18615

Greater Philadelphia HELPLINE: (610) 666-0359
LLLI Breastfeeding Helpline-US: 877-4-LA-LECHE (877-452-5324)

North Penn Nursing Mothers (NP) (Serve Harleysville and Lansdale, PA)

Hatfield, PA 19440 (610) 584-4013 Marilyn Boone
www.northpennnursingmothers.org
<http://www.facebook.com/pages/North-Penn-Nursing-Mothers/208019179243956>

Nursing Mothers Advisory Council (NMAC)

5 chapters serve areas of Bucks, Montgomery and Philadelphia counties.
HELPLINE (9am - 8pm) (215) 572-8044 <http://www.nursingmoms.net>
www.facebook.com/NMAC.nursing.moms

Nursing Mothers' Alliance (NMA) (Serves Philadelphia Western Suburbs)

24/7 Warmline: (610) 251-9405
<http://www.NursingMothersAlliance.org> nursingmothersalliance@yahoo.com

Pennsylvania Department of Health

Bureau of Family Health (717) 346-3000
Trained personnel make referrals to local resources, and answer questions about breastfeeding.
Hours are 7am - 7pm Mon.- Fri.

Joseph Wagner | Public Health Program Administrator
Department of Health | Bureau of Family Health
Division of Newborn Screening and Genetics
josewagner@pa.gov

National Breastfeeding Helpline

1-800-994-9662 (TDD 1-888-220-5446)
LLLI-Trained peer counselors answer 9am - 6pm EST Mon.- Fri. (English and Spanish)

Mothers' Support Groups by County and Zip Code

Philadelphia County

LLL of Eastern PA <http://www.llofeasternpa.org>
Philadelphia area Helpline: 610-666-0359 lllofphilly@gmail.com

Ali's Wagon www.aliswagon.com
2017 Fairmont Ave, Phila, PA 19130 215-787-0611 info@aliswagon.com
\$15/session Diane Lawley RN, CLC Weekly on Wednesdays 11:30 am

Center City Philadelphia LLL

19102-8, 12-13, 19121-23, 19130-1, 19139, 19143, 19145-48, 19151, 19153
www.llofeasternpa.org/web/PhiladelphiaPA.html

(215) 222-6332 Marlene Gawarkiewicz marleneglc@gmail.com
(856) 727-5042 Lisa Cohen lisa@blissedoutmamas.com

Center City Pediatrics

1740 South Street, Phila PA 19146 (215) 735-5600
\$20/person *Registration required at <http://www.centercitypediatrics.com/breastfeeding/>

Hahneman Hospital (for those who have delivered at Hahnemann)

2nd Saturday of the month 12:20 pm to 2 pm Room 740 North Tower.
No need to register.

Hospital of the University of Pennsylvania

Warmline: (215) 662-2361
First and Third Thursday of the month 12-2pm FREE for all mothers
Family Caregiver Center, Ravdin 1 Mezzanine
Hospital of the University of Pennsylvania

Karabots Pediatric Care Center, Children's Hospital of Philadelphia

(267) 425-9800
2nd and 4th Monday evenings of the month, 6-7 pm Contact Jessica at clymerj@email.chop.edu
4865 Market Street

Lifecycle WomenCare and Birth Center

Patty Siegrist (610) 525-6106
<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-west-philadelphia/>
No need to RSVP
2017: every other Wednesday 10am to noon, Studio 34 4522 Baltimore Avenue, Philadelphia

Mama's Wellness Joint

(267) 519-9037 info@mamaswellnessjoint.com
<http://www.mamaswellnessjoint.com/schedule/> (Thursday)

Mt. Airy/Chestnut Hill NMAC

190 31,38, 75. 191: 11, 11, 14-16, 18-9, 19126-29, 19134-36, 19138, 19140-41, 19144, 191 49-52, 19154
(917) 742-2659 Vicky Sullivan vfsullivan@gmail.com
<http://www.facebook.com/mt.airy.ch.nursing.moms>

My Fabulous Mama

(215) 970-3020 marisa@myfabulousmama.com
New! Moms Group for Babies held every Wednesday 11:30 a.m. Bring your babies newborn-4 months to cover a variety of topics. Contact or visit website to register. \$85 for six sessions.
<http://www.myfabulousmama.com/parentingcenter/-calendar>

North Philadelphia Breastfeeding Project

Mothers Meetings at Temple University Hospital, weekly
Classes and workshops at 3141 N. Germantown Ave; call for dates: (215) 386-3804
Naima Black, CLC nblack@maternitycarecoalition.org

Pennsylvania Hospital Breastfeeding Support Group

(215) 829-5046 (For women who have delivered anywhere) Monday 12:30 – 2pm
Solutions for Women
700 Spruce Street, Garfield Duncan Building, Suite B3, Philadelphia, 19107

Thomas Jefferson University Hospital

215-955-6665 The Breastfeeding and Pumping Mothers Support Group
215-955-6665 833 Chestnut Street, Family Medicine Conference Room, 3rd floor
Tuesdays at 12-1pm (except on legal holidays)

Philadelphia WIC Appreciation Days And Resource Fairs

RSVP phillywic@notrhwic.org

Philadelphia's Breastfeeding Support Group

<https://www.facebook.com/groups/1500063156959138>

Philly Moms Do Breastfeed

<https://www.facebook.com/groups/921661394573708/>

Department of Public Health City Of Philadelphia

FREE Breastfeeding Help at Philadelphia Health Centers. New mothers sometimes need help learning how to breastfeed their new baby. Certified lactation counselors provide free, private, one-on-one support at the health centers below.

<p>Health Center 2 1700 South Broad Street, Unit 201 Tuesdays (1st, 3rd, 4th & 5th), 9 am – 1 pm Thursdays, 9 am – 1 pm Marlene Gawarkiewicz, IBCLC</p> <p>Health Center 3 555 S. 43rd Street Wednesdays, 8:30 am – 2:30 pm Ta’Hirah Williams, CLC</p> <p>Health Center 4 4400 Haverford Avenue Mondays (2nd & 4th), 9 am – 2 pm Marlene Gawarkiewicz, IBCLC</p> <p>Health Center 5 1900 North 20th Street Mondays (1st, 3rd & 5th) 9 am – 2 pm Marlene Gawarkiewicz, IBCLC</p> <p>Health Center 6 321 West Girard Avenue Tuesdays, 8:30 am – 11:30 am Ana Tapia, CBC</p>	<p>Health Center 9 131 East Cheltenham Avenue Thursdays, 8:30 am – 12 pm Ta’Hirah Williams, CLC</p> <p>Health Center 10 2230 Cottman Avenue Thursdays, 8:30 am – 11:30 am Ana Tapia, CBC Bilingual family support group on the 3rd Thursday</p> <p>Strawberry Mansion Health Center 2840 Dauphin Street Wednesdays, 9 am – 12:30 pm Marlene Gawarkiewicz, IBCLC</p> <p>Congreso 216 West Somerset Street Mon., Wed., & Fri., 8:30 am – 5 pm Tuesdays & Thursdays, 1 pm – 5 pm Ana Tapia, CBC Bilingual family support group on the 3rd Wednesday</p>
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Want to find out more before you come to a health center? Call our counselors directly:

- Ana Tapia, CBC: (610) 203-9840 (**bilingual breastfeeding support in English and Spanish**)
- Marlene Gawarkiewicz, IBCLC: (267) 226-4884
- Ta’Hirah Williams, CLC: (267) 506-4118

Bucks County

Breastfeeding Resource Center at St. Mary

2546 Knights Rd
Bensalem, PA 19020
(267) 510-0255 Every Friday at 1:30pm

Doylestown NM (NMAC)

18901-2, 10-14, 17, 23, 27-28, 31, 34, 38, 43, 44, 47, 49, 50, 63
(215) 572-8044 www.facebook.com/doylestown.nursing.moms

Grand View Hospital

18960, 62, 64, 68, 79, 51, 44, 35, 32, 27, 11, 14, 15, 17, 18, 4, 19438, 26, 40, 43, 46, 50, 51, 73, 8, 92,
18073, 70, 74, 76, 84
(215) 453-4594 Phyllis Young www.gvh.org

North Penn Nursing Mothers

18915, 18, 24, 36, 58, 62, 64, 68
Marilynn Boone: (610) 584-4013

Warwick/Warminster Area Nursing Mothers (NMAC)

189: 25, 29, 40, 54, 56, 66, 74, 76, 80
190: 20, 30, 47, 53-59, 67
<https://www.facebook.com/WW.nursing.moms/?fref=ts>

Lower Bucks LLL 19067

(215) 295-0933 Jeremi

theasanamama@gmail.com

St. Mary Medical Center 19047

(215) 710-5988

www.stmaryhealthcare.org/breastfeedingsupport

The Breastfeeding Support Group meets on 1st and 3rd Wednesdays, 11:30 am - 12:30 pm

Chester County**Downingtown LLL**

Meetings: 4th Tuesday every month 7:30 pm
Messiah Lutheran Church, Downingtown, PA

Exton/Lionville LLL

Meetings: 2nd Wednesday monthly 7:30 pm
Exton Community Baptist Church

Kimberton LLL

Meetings: 1st Tuesday every month 9:30 am
Centennial Evangelical Lutheran Church

West Chester LLL

3rd Wednesday every month 9:30 am
West Chester Municipal Building

www.facebook.com/pages/La-Leche-League-Groups-of-Chester-County-PA/198727686829068

www.beanmom.com/laleche

Leaders: (484) 883-0572 Shelly
(610) 321-0319 Kristina
(610) 363-6206 Judy
Jennifer

kierkar@psualum.com
klpasquale@kristinapasquale.com
japolley@verizon.net
beanmom@gmail.com

Chester Springs

Groups meet at Paoli hospital and Hankin Library

(484) 565-8075 www.mainlinehealth.org/breastfeeding-mothers-groups

Lifecycle WomenCare Phoenixville

Patty Siegrist (610) 525-6106

<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-phoenixville/>

Every other Thursday 9:30 am to noon Rosemont Plaza 1062 E. Lancaster Avenue, Room 20
No need to RSVP

North Penn Nursing Mothers

Marilynne Boone: (610) 584-4013

19423,26,30,35, 38, 40, 43, 46, 50, 51, 54, 73,74,78

Nursing Mothers' Alliance:

193: 20, 35, 41, 44. 194:02-03,25-26,32, 53, 60, 64, 65, 68, 75, 81. 195:25

(610) 251-9405 Jaclyn Stanfield, NMA president nursingmothersalliance@yahoo.com

Phoenixville/Downingtown/Coatsville NM NMA

19320, 35, 41, 44, 355

19402, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81. 19525

Warmline: (610) 251-9405

West Chester/Exton Area NMA

19341-42, 80, 82, 95

www.nursingmothersalliance.org

Call our Warmline: at (610) 251-9405

Email: nursingmothersalliance@yahoo.com

Weekly group meetings in Collegeville and King of Prussia

Delaware County

Greater Philadelphia Area LLLI Helpline: (610) 666-0359

LLL Media <http://www.llofeasternpa.org/DelCoMainLinePA.html>
(610) 892-9787 Barbara Crozier 19086 <mailto:bcropet@hotmail.com>
4th Thursdays 10 am
Ohm Family Chiropractic 327 N. Middletown Road, Media, PA 19063

Lifecycle WomenCare

Rosemont Plaza, 1062 E. Lancaster Ave, Room 20, Rosemont, Pa
Every other Thursday 9:30 – 12 pm
Patty Siegrist RN, IBCLC, facilitator (610) 525-6106

Breastfeeding Mother's Group at Riddle Hospital

Tuesdays noon to 1 pm. 2nd floor conference room, Rothman Building. Scale available.
<http://www.mainlinehealth.org/breastfeeding-mothers/groups>
Kay Hoover, M.Ed, IBCLC, facilitator HooverK@MLHS.org (484) 227-3252

Delaware County WIC

Kathy Tyrrell (484) 472-7022

Montgomery County

Abington Area NM NMAC www.facebook.com/abington.nursing.moms
19001, 06, 09, 12, 25, 27, 38, 40, 44, 46, 90, 95
(267) 243-4939 Nicole Deming

Ambler Area NMAC

18936, 190: 02, 34. 194: 01, 03, 22, 36-37, 44, 54, 62,77
Amy Nucera (215) 643-5484 amyjne@verizon.net
<http://www.facebook.com/NMAC.ambler.nursing.moms>

Breastfeeding Resource Center

(215) 886-2433 Mon-Friday 9-4 pm Check website for dates and times
1355 Old York Road, Ste 101. Abington 19001
Abington office: 215-886-2433 – Check website for days and times – www.BRC4babies.com

Wayne office: (484) 582-8662 – Every Wednesday at 10AM
(484) 582-6682
987 Old Eagle School Rd.Suite 705
Wayne, PA 19087

Bryn Mawr Hospital Breastfeeding Support Group

Call (484) 565-8075 or see website for dates for both groups
www.mainlinehealth.org/breastfeeding-mothers-group
Bryn Mawr Hospital, Conf Room F, 2nd floor, E wing, Thursdays 2-3 pm

Every other Saturday for currently working moms only: 11 am
Employee Education Classroom

Harleysville NM

180: 54, 74, 76, 84 189: 18, 24, 58, 62, 69
194: 23, 26, 30, 35, 38, 43, 50, 51, 73, 74, 78
(610) 584-4013 Marilyn Boone dutch@nni.com

Lansdale-North Wales NPNM

18915, 36. 194: 40, 46, 54
(215) 997-2706 Laura Mullins lamullins1@gmail.com

North Penn Nursing Mothers

18915, 18, 24

Harleysville Meetings: Mondays 7:30 pm Harleysville YMCA

Karen (215) 272-2861

Lansdale Meetings: Tuesdays 7:30 pm Trinity Lutheran Church

Laura (215) 767-3188

Nursing Mothers Alliance

190:10, 35, 85, 87

193:01, 12, 33, 41, 42

194:01, 05, 06, 28

nursingmothersalliance@yahoo.com

(610) 251-9405 www.nursingmothersalliance.org

Lankenau Medical Center

(484) 565-8075

www.mainlinehealth.org/breastfeeding-mothers-groups

Lifecycle WomenCareand Birth Center – Rosemont

Patty Siegrist (610) 525-6106

<http://www.lifecyclewomancare.org/get-involved/events/lifecycle-womancare-breastfeeding-support-group-rosemont/>

LLL of Central Montgomery County

<http://www.llofeasternpa.org/web/MontgomeryCentralPA.html>www.facebook.com/pages/La-Leche-League-of-Central-Montgomery-County-Pennsylvania/184515870425

(610) 287-8190 Ginny

(215) 380-0861 Leah

Montgomery County East LLL

<http://www.llofeasternpa.org/web/MontgomeryEastPA.html>

www.facebook.com/groups/189408902698/

(215) 886-1693 Mary Ann Albert, Oreland

(215) 822-3964 Andy

(215) 828-6483 Ellen

(215) 287-5819 Marjorie

Morning Meetings 2nd Tuesdays 10 am Calvary Presbyterian Church, Wyncote

Evening Meetings 3rd Mondays 7 pm

Phoenixville/Downingtown/Coatsville NM NMA

19320, 35, 41, 44, 355

19402, 03, 25-26, 32, 53, 455, 60, 64-65, 68, 75, 81

19525

Warmline: (610) 251-9405

Wayne/Paoli NM NMA

19010, 19035, 19085, 19087, 19301, 12, 33, 19401, 05, 06, 19425 and 28, 19355, 19380

Warmline: (610) 251-9405 www.nursingmothersalliance.org nmapasub@yahoo.com

Women's Resource Center

Free, Tuesdays 11:00 am-12:00 pm, IBCLC present, scale available

633 W. Germantown Pike, Suite 202

Plymouth Meeting, PA 19462

(484) 362-6133

<https://www.einstein.edu/obstetrics-and-gynecology/obstetrics/maternity-care-montgomery-county/womens-resource-center>

On-line support

Philly Moms Do Breastfeed

A closed Facebook group

<https://www.facebook.com/groups/921661394573708/>

Anyone can join this group

<http://groups.google.com/group/pennsymoms?lnk=srg>

La Leche League Mothers' Forum

<http://forums.llli.org/index.php>

<http://normalizebreastfeeding.org/2016/11/philadelphia-pa-normalize-breastfeeding-tour/>

See FACEBOOK Section in Website Chapter

For Physicians: www.drmlk.org

Chapter 4 -Hospital Programs

Hospital-based lactation professionals assist mothers and babies when they are in the hospital. Some are available by phone after the mother has left the hospital or provide consultation at the hospital after hospital discharge. Hospital-based lactation professionals provide free service and counseling only for patients delivering at that hospital. Directors of programs or primary lactation consultants are listed.

These hospitals are Baby-Friendly designated: Thomas Jefferson University Hospital, Pennsylvania Hospital, and the Hospital of the University of Pennsylvania.

Children's Hospital of Philadelphia is designated a Keystone-10 facility.

Philadelphia County

(215) 456-5751
Jane Dougherty RN, IBCLC
Einstein Medical Center Philadelphia
5501 Old York Road
Philadelphia, PA 19141

(215) 762-3908
Christine Ilik RN, IBCLC
Hahnemann University Hospital
Broad and Vine Streets
Philadelphia 19102

(215) 590-4442
4 IBCLCs on staff
Diane Spatz, PhD, RNC
Children's Hospital of Philadelphia
34th & Civic Center Blvd.
Philadelphia, PA 19104

Warmline: (215) 662-2361
9 IBCLCs on staff
Hospital of the University of Pennsylvania
3400 Spruce St, Maternity
Philadelphia, PA 19104

Warmline: (215) 829-5046
Debi Page Ferrarello, RN, MS, IBCLC,
(215) 829-5085
4 permanent staff
6 per diem
3-5 interns in 10-week blocks
Pennsylvania Hospital
Outpatient Clinic: Solutions for Women
700 Spruce Street
Garfield Duncan Building, Suite B3
Philadelphia, 19107

(215) 955-6665
Helen Costa RN, IBCLC
4 IBCLCs and 1 CLC on staff
Thomas Jefferson University Hospital
1225 B Pavilion Building
117 South 11th Street
Philadelphia, PA 19107-4998

(215) 829-5046
Office visits available with an IBCLC
and store open Monday-Friday
8:30-5 PM
Call to schedule appointment, open
to anyone including those who did
not deliver at Pennsylvania Hospital.

(215) 427-MILK
Katie McPeak, MD
Newborn & Breastfeeding Center
St. Christopher's Hospital for Children
3645 N. Front Street
Philadelphia, PA 19140

(215) 707-3778
Breastfeeding Resource Center
IBCLCs
Temple University Hospital
3401 North Broad St.
Philadelphia, PA 19140

<https://www.pennmedicine.org/for-patients-and-visitors/penn-medicine-locations/pennsylvania-hospital/patient-and-visitor-information/solutions-for-women-boutique>

- Aetna, IBC and Medicaid accepted
- Pump and scale rentals
- Certified nursing bra fitters
- Bras & breastfeeding accessories
- Breastfeeding classes

Bucks County

(215) 345-2972
Lisa Fisher RN, BSN, IBCLC
Doylestown Hospital
595 West State Street
Doylestown, PA 18901

(215) 453-4594
pyoung@gvh.org
Phyllis Young RN, ICCE, IBCLC
Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960

(215) 710-5988
Ann Ridder, RN, BSN, IBCLC
St. Mary Medical Center
Langhorne-Newtown Road
Langhorne, PA 19047

Chester County

(610) 738-2582
Robin Frees BA, IBCLC
The Chester County Hospital
701 E. Marshall Street
West Chester, PA 19380

(484) 565-1515
Donna Sinnott, BBA, IBCLC
Paoli Hospital
255 W. Lancaster Ave.
Paoli, PA 19301

(610) 983-1266
Cathy Kandler, RN, IBCLC
Phoenixville Hospital
140 Nutt Road
Phoenixville, PA 19460

Delaware County

(610) 525-6106
Patty Siegrist, RN, IBCLC
LifeCycleWomenCare
918 County Line Road
Bryn Mawr, PA 19010

(484) 227-3252
Kay Hoover MEd, IBCLC
Riddle Hospital
1068 W. Baltimore Pike
Media, PA 19063

Lehigh County

(610) 402-7264
Jeanne Schevets RN, BSN, IBCLC
Lehigh Valley Hospital
Cedar Crest & I-78
Allentown, PA 18015

(610) 250-4332
Estelle Leopold RN, IBCLC, CCE
Easton Hospital
250 South 21st Street
Easton, PA 18042

(484) 526-2248
Cathy Waltemyer
Cathy.Waltemyer@sluhn.org
St. Luke's Bethlehem
801 Ostrum Street
Bethlehem, PA 18015

(610) 628-8698
Patti Hari RN, IBCLC
St. Luke's, Allentown
1736 Hamilton Street
Allentown, PA 18104

Montgomery County

(215) 481-6104 Warmline
Mara Brand, RNC, IBCLC
Abington Memorial Hospital
1200 Old York Road
Abington, PA 19001

(484) 622-2226
Karen Meade, RN, IBCLC
EinsteinMedicalCenterMontgomery
559 West Germantown Pike
East Norriton PA, 19403

(494) 337-8241
Lydia Srubar, IBCLC
Bryn Mawr Hospital
130 S. Bryn Mawr Avenue
Bryn Mawr, PA 19010

(215) 938-2968
Breastfeeding Resource Center
IBCLCs:
Holy Redeemer Hospital
1648 Huntingdon Pike
Meadowbrook, PA 19046

Sue Bechhold, IBCLC
Lankenau Medical Center
100 East Lancaster Avenue
Wynnewood, PA 19096

Chapter 5 - Community Lactation Consultant/Counselor Services (fee for service)

IBCLC home visits (call the Case Manager to be certain):

- AETNA and Independence Blue Cross (Personal Choice, Keystone Health Plan East) have IBCLCs in their networks.
- United Healthcare may offer a GAP exception: as they have no in-network providers, they may grant a covered mother an exception to see an IBCLC.

The Breastfeeding Resource Center has 3 offices; Abington, Bensalem and King of Prussia.

A sliding scale is offered. www.breastfeedingresourcecenter.org

Find a Certified Lactation Counselor, Advanced Lactation Consultant or Advanced Nurse Lactation Consultant: <http://www.talpp.org>

Find a local International Board Certified Lactation Consultant: www.pro-lc.org

North Philadelphia Community Doula & Breastfeeding Program (free home-based BF support)

Maternity Care Coalition

Naima Black

Nblack@maternitycarecoalition.org

3141 Germantown Avenue-Rear

Philadelphia, PA 19133

(215) 386-3804 – desk

(215) 880-9175 – work cell

maternitycarecoalition.org

CLC/Doula (both): Naima Black, Jennifer Calix

Northeast MOMobile Classic (free home-based BF support)

Maternity Care Coalition

Arnetta Stewart, CLC

ASTewart@maternitycarecoalition.org

841 E. Hunting Park Ave, 2nd Floor

Philadelphia, PA 19124

(215) 713-3714

maternitycarecoalition.org

The above support is most appropriate for families with Medicaid insurance or no insurance.

Healthy Start/ Division of Maternal, Child, and Family Health/ Philadelphia Department of Public Health

Ta'Hirah Williams CLC

Ta'hirah.williams@phila.gov Call or text: (267) 506-4118

PRO-LC LACTATION CONSULTANT LISTING - ALPHABETICAL BY LOCATION

LOCATION	NAME	AREA COVERED (for home visits)	CONTACT INFO	OFFICE OR HOME VISITS	OTHER SERVICES
Abington	Breastfeeding Resource Center Colette M. Acker, BS, IBCLC Janice E. McPhelin, BS, IBCLC Jennifer McClure, IBCLC Louisa Brandenburger IBCLC		Phone: (215) 886-2433 Website: www.BreastfeedingResourceCenter.org	Office Visits 1355 Old York Road Abington, 19001	<ul style="list-style-type: none"> Breast pump rentals & sales Scale rentals Nursing bras, pillows, stools, & breastfeeding accessories Support group meetings & parent classes Aetna provider Independence Blue Cross provider Sliding scale for those whose insurance doesn't cover
BalaCynwyd	Main Line Nutrition Services Gordana Chelsvig , MA, RD, IBCLC, CBCST	Delaware & Eastern Montgomery counties, Narberth, Philadelphia	Phone: (610) 667-1588	Office and Home Visits 112 Bala Avenue Bala Cynwyd, 19004	<ul style="list-style-type: none"> Phone consultations Herbalist Craniosacral therapy
Bensalem	Breastfeeding Resource Center at St. Mary's Carole Hahn, RD, LD, IBCLC Erin Sheridan, IBCLC		Phone: (215) 639-6708 Website: www.BreastfeedingResourceCenter.org	Office visits 2546 Knight's Road Bensalem 19020	<ul style="list-style-type: none"> Weekly Support Group Medicaid patients have no charge! Sliding Scale Aetna provider Independence Blue Cross provider
Berks County	Vicky Sullivan , IBCLC	Berks and surrounding counties	Phone: (917) 742-2659 Email: vickysullivanatl@gmail.com https://www.facebook.com/Victoria-Sullivan-IBCLC-Lactation-Consultant-1541729032795176/	Home Visits	<ul style="list-style-type: none"> Independence Blue Cross provider
BrynMawr	Patty Siegrist , RN, IBCLC Lifecycle Woman Care and Birth Center		Phone: (610) 525-6106 Email: psiegrist@lifecyclewomancare.org Website: www.lifecyclewomancare.org	Office Visits 918 County Line Road Bryn Mawr 19010	
Bucks and Montgomery Counties	Margiotti & Kroll Pediatrics Suzi Garrett, IBCLC	Offices in Newtown, Trevos, Warrington, NE Philadelphia, & Horsham	Phone: (215) 346-6177 Email: sgarrett@mkpeds.com Website: http://www.mkpeds.com	Office Visits Week days and evenings **You do not have to be a patient of this practice for visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Delaware County	Brooke Azevedo , BS, IBCLC	Delaware and Philadelphia Counties	Phone: (805) 709-1133 Email: brookeazevedo@gmail.com Website: https://www.brookeknowsbreast.com/	Office Visits Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Delaware County	Linda Derbyshire , BS, IBCLC	Center City, Main Line, Delaware County, Philadelphia	Phone: (610) 316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits	<ul style="list-style-type: none"> Phone/scope consultations Aetna provider Independence Blue Cross provider
Delaware County	Lisa Mandell , MBA, IBCLC	Main Line, Havertown, Villanova, Delaware County, Philadelphia	Phone: (610) 517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office Visits and limited home visits: Nemours DuPont Pediatrics Villanova, Villanova Center, 789 Lancaster Ave, 19085	<ul style="list-style-type: none"> Phone consultations Weekly support group Aetna provider Independence Blue Cross provider
Delaware County	Christine Sweeney , BSN, IBCLC	Delaware County, Delaware	Phone: (610) 996-1543 Email: lactationaide@yahoo.com	Home Visits Office Visits for Advocare Broomall Pediatrics only	
Doylestown, Upper Bucks	Best for Babies Jean Krauss, RN, BSN, IBCLC Cindy Jarret, RNC, IBCLC	Doylestown, Upper Bucks	Jean Krauss (215) 837-6664 jeanibclc@yahoo.com Cindy Jarret (215) 534-3439 cjarret@hotmail.com	Home Visits	

Elkins Park	Nikki Lee RN, BSN, MS, Mother of 2, IBCLC, CCE, CIMI, ANLC, CKC	Philadelphia, Eastern Montgomery County, Lower Bucks County	Email: nleeguitar@aol.com Website: www.nikkileehealth.com Twitter: @nikkileehealth Facebook: www.facebook.com/nikkileehealth	Office Visits & Home Visits	<ul style="list-style-type: none"> Holistic Lactation Consultant Craniosacral Therapy Baby bodywork
Elkins Park	Linda Ivker RNC-OB, BSN, IBCLC	Philadelphia, Montgomery County, Delaware County	Phone: (215) 512-0075	Home Visits	
Havertown Villanova	Lisa Mandell , MBA, IBCLC	Main Line, Delaware County, Philadelphia	Phone: (610) 517-9552 Email: lisa@lisamandell.com Website: www.lisamandell.com	Office Visits and limited home visits: Nemours DuPont Pediatrics Villanova, Villanova Center, 789 Lancaster Ave, 19085	<ul style="list-style-type: none"> Phone consultations Weekly support group Aetna provider Independence Blue Cross provider
King of Prussia	Amy Siegrist , BS, IBCLC	Montgomery, Chester & Delaware Counties, Main Line	Phone: (484) 919-1027 Email: amyibclc@gmail.com Website: www.breastfeedingbond.com	Office Visits Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Langhorne	Breastfeeding Help Center Susan Slear, RN, CCE, CHBE, IBCLC	Philadelphia Center City, South Phila, Northeast, Bucks County, Eastern Montgomery County and some parts of NJ	Phone: (215) 757-6006 or (267) 231-9442 Email: susan.slear@gmail.com http://www.facebook.com/BreastfeedingHelpCenter Website: www.BreastfeedingHelpCenter.com	Currently not seeing new clients 856 Fernwood Avenue Langhorne 19047	<ul style="list-style-type: none"> Ameda pump parts & milk storage bags Aetna provider Independence Blue Cross provider
Lehigh Valley	Blossom Baby Lehigh Valley Lactation Services Amy E. Nansteel, MA, IBCLC, RLC	Souderton, Ottsville, Montgomery, Bucks, Upper Bucks, Doylestown, Lehigh Valley	Phone: (610) 737-9851 Email: amy@lehighvalleylactation.com Website: www.Lehighvalleylactation.com	Home Visits	<ul style="list-style-type: none"> Aetna provider
Levittown	Breastfeeding Helper PC Gail Dittes, IBCLC	Most of Bucks County, NE Phila and parts of NJ	Phone: (267) 879-5000 Email: GailDittes@BreastfeedingHelper.com Website: www.BreastfeedingHelper.com www.facebook.com/GailDittesRN	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Media	Alison Neuhaus , MA, IBCLC	Delaware County, Main Line, West Chester, North eastern Delaware, Philadelphia (parts)	Phone: (610) 761-4974 Email: asneuhaus@verizon.net	Home Visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Montgomery County	Erica Diehl , MS, IBCLC	Limerick, Collegeville, Pottstown & surrounding areas	Phone: (215) 275-3603 Email: erica.l.diehl@hotmail.com Website: http://erica-ibclc.com	Home visits	<ul style="list-style-type: none"> Aetna provider Independence Blue Cross provider
Morrisville	Lisa Petrino , RN, BSN, IBCLC	Most of Bucks County	Phone: (267) 994-4513	Home Visits	<ul style="list-style-type: none"> Ameda sales
Ottsville	Cathy Snyder , RN, BSN, IBCLC	Northern Bucks County and parts of Montgomery County	Phone: (215) 290-4387 Email: cathysnyderibclc@yahoo.com	Home Visits	<ul style="list-style-type: none"> Private Breastfeeding Classes Phone Consults Aetna Provider Independence Blue Cross provider
Paoli	Molly Zangrilli , IBCLC	Chester, Delaware, Montgomery, Bucks	Phone: (215) 205-2210 Email: molly@mollyzLC.com Website: www.mollyzLC.com	Home Visits	<ul style="list-style-type: none"> Independence Blue Cross provider
Philadelphia	Lisa Broderick-Cohen , IBCLC, RLC	Philadelphia, South Jersey	Phone: (215) 407-1422 Email: lisa@blissedoutmamas.com Website: www.blissedoutmamas.com	Home Visits Cyber Visits Office Visits	<ul style="list-style-type: none"> Creator and sales of Blissful Nipple Balm Aetna provider

Philadelphia	The Children's Hospital of Philadelphia Rachelle Lessen, MS, RD, IBCLC		Phone: (215) 590-4442	Office Visits	<ul style="list-style-type: none"> • Specialist in poor weight gain & allergies • Registered dietitian providing guidance on maternal diet • Medela pump & scale rentals
Philadelphia	Center City Pediatrics Breastfeeding Support Group Linda Derbyshire, BS, IBCLC		Phone: (215) 735-5600 And (610) 316-9157 Email: lindaderbyshire@gmail.com Website: www.centercitypediatrics.com	Office Visits Home Visits You do not need to be a patient of the practice for visits or support group	<ul style="list-style-type: none"> • Breastfeeding support group • Phone/scope consultations • Aetna provider • Independence Blue Cross provider
Philadelphia	Freedom to Feed Rachel Gazda, IBCLC, CD(DONA)	Philadelphia, Bucks, PA & Camden Counties, NJ	Phone: (267) 225-2383 Email: FreedomFeed@gmail.com Website: www.rachelgazda.com	Please contact or availability	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia	Mom+Baby, LLC Rosalie Kmiec, IBCLC	Philadelphia	Phone: (610) 322-4932 Email: Rosalie@mombabyphila.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia 19119	Carol Tenneriello RN, IBCLC 7433 Sprague St.	Philadelphia & parts of Montgomery, Bucks and Delaware Counties	Phone: (215) 248-0197 Email: milkyway4@verizon.net	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Philadelphia/ Greater Philadelphia Area	Breast Feeding Lactation & Feeding Consultation Rebecca A. Walker, BSN RN IBCLC	Philadelphia, Main Line, Delaware & Montgomery Counties	Phone: (717) 856-2705 Email: info@bestfeedinglc.com Website: http://www.bestfeedingLC.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Phoenixville	Kristin Burns, BA, IBCLC	Chester, Montgomery, Berks, and Delaware Counties	Phone: (267) 664-8648 Email: Kristin@bothbettertogether.com Website: www.bothbettertogether.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross provider
Pottstown	Janet Graczyk, BS, IBCLC	Chester, Berks & Montgomery Counties	Cell: (484) 808-7694 Email: janetibclc@gmail.com Website: www.janetgraczyk.com	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Pottstown	Mother 2 Mother Matters Angela Quinn BS, IBCLC	Northern Chester County, Western Montgomery County, Eastern Berks County, southern Lehigh County	Phone: (484) 857-BABY (484) 857-2229 Website: www.Mother2MotherMatters.com www.facebook.com/Mother2MotherMatters www.growingplacepa.com	Home Visits Office Visits at The Growing Place (Emmaus, PA)	<ul style="list-style-type: none"> • Aetna provider
Pottstown	Jillian Nemeth, BA, IBCLC	Chester, Berks & Montgomery Counties	Cell: (215) 528-8759 Email: jillian_nemeth@yahoo.com Website: www.jnlactationconsulting.com Jillian Nemeth Lactation Consulting Pottstown, PA	Home Visits	<ul style="list-style-type: none"> • Aetna provider
Reading	Cindy Griffis, RN, BSN, IBCLC, RLC	Berks and surrounding area	Phone: (610) 378-2068	St. Joseph Medical Center Bern Campus Outpatient Department	<ul style="list-style-type: none"> • Support group twice a month
Reading	Miri Levi, FNP-BC, CNM, IBCLC Just Living Healthcare	Berks, Montgomery, Lehigh, Bucks, Chester, Delaware, Lancaster, Lebanon, and Schuylkill counties	Phone: (484) 985-9719 Email: miri@justlivinghealthcare.com Website: www.justlivinghealthcare.com	Office Visits in Douglassville, PA. Home visits – see areas covered	<ul style="list-style-type: none"> • Accepts most health insurance • Breastfeeding classes • Family and women's health services • Retail products
Souderton	Amazing Newborn Judy Crouthamel RNC, IBCLC	Bucks County & Montgomery County	Phone: (610) 584-6111 Email: judy.crouthamelibclc@yahoo.com Website: www.amazingnewborn.com	Office Visits Home Visits	<ul style="list-style-type: none"> • Nursing clothing & bras sales • Aetna provider • Independence Blue Cross provider

Wayne	Michelle Hudasko, IBCLC	Chester, Delaware, Philadelphia, Montgomery	Phone: (484) 582-8662 Web: BRC4babies.com	Office Visits Home Visits	<ul style="list-style-type: none"> • Breast pump rentals & sales • Scale rentals • Nursing bras, pillows, stools & breastfeeding accessories • Support group meetings & parent classes • Aetna provider • Independence Blue Cross provider • Sliding scale for those whose insurance doesn't cover
West Chester	Amy Hnetinka, BSN, RN, IBCLC	Chester County, The Main Line and Northern Delaware	Phone: (484) 582-8662 Email: amyhbreastfeedinghelp@gmail.com Website: http://www.amyhbreastfeedinghelp.com Website: BRC4babies.com Phone: (484) 999-7729	Office Visits Home Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross
West Chester	Angela Leonard, BA, IBCLC, RLC	Chester, Delaware & N. Wilmington, DE	Phone: (610) 299-8290 Email: angelaibclc@comcast.net	Home Visits	
West Chester	MotherBorn Dana L. Ehman BA, IBCLC, RLC		Phone: (610) 299-1038 Email: dana@motherborn.com Website: www.motherborn.com	Office Visits	<ul style="list-style-type: none"> • Aetna provider • Independence Blue Cross • Tummy Time! Educator • Mother and baby products
Wyndmoor	Liz Brooks, JD, IBCLC, FILCA	Montgomery & Philadelphia Counties	Phone: (215) 836-9088 Email: liz.brooks@yahoo.com	Home Visits	

Chapter 6 - Related Practitioners and Complementary Therapies

These are practitioners who have been found to be knowledgeable about and supportive of breastfeeding. Updates welcomed!

Pediatric Allergist:

Marc Cotler MD (610) 642-3884 (Wynnewood, PA)

Breast Surgeon:

Dahlia M. Sataloff MD (215) 829-8461
(speaks Yiddish and French) Philadelphia, PA 19146

Donna Angotti MD (215) 657-5786 (Abington, PA)

Marcia Boraas MD (215) 728-3001 (Philadelphia, PA)

Ari Brooks MD (215) 829-8461 (Philadelphia, PA)

Kara Friend MD (215) 254-2730 (Philadelphia, PA)

Julia Tchou MD (215) 615-5858 x 3 (Philadelphia, PA)

Jennifer Sabol MD (610) 642-1908 (Wynnewood, PA)

Will evaluate and treat frenula:

RoshaniAnandappa MD, FAAP (215) 545-8188 roshani@ix.netcom.com
Society Hill Pediatrics, Philadelphia 19107

Lyusya (Lucy) Badishyan DMD (215) 699-0650
North Wales, PA. <http://www.bestdentalcare.net/>

Paul Bahn, DMD Temple University Hospital www.infantlaserdentistry.com

Kathleen Bickel DMD Turnersville, NJ info@dayspringlaserdentistry.com
(856) 875-8400

Lisa Elden MD (610) 337-3232

Meg Kawan MD, IBCLC (609)641-0200

Michael Kremer MD (302) 655-6183 Wilmington, Delaware
David King MD

Albert LaTorre DDS (215) 491-0502 Warrington, PA

Daniel May MD (610) 594-6440 Exton, Pa

Lance Panarello DDS (484)498-2129
<http://www.pagreendentist.com/>

Louis Rafetto MD (302) 477-1800 Wilmington, Delaware

James Reilly MD (610) 557-4800
Nemours DuPont Pediatrics, Newtown Square, PA.

B. Davison Smith MD (610) 896-6800 ENT, Lankenau Hospital

Kai-Zu Chi, DMD, MD dr.chi@centercityoms.com
Center City Oral & Maxillofacial Surgery

Acupuncture/Aromatherapy/Herbalist/Homeopathy:

Linda Baker MD, CCH (215) 247-4400
Pediatrician, homeopath www.lindabakermd.com

Jenny Corbin LAc 215-870-2211 Barefoot Doctor Community Acupuncture 19125

Cara Frank R. OM 215-772-0770 <http://www.sixfishes.com> South Philadelphia

Ching-Yao Shi Dipl.OM/Lic. Acu (215) 751-9833 Center City, Philadelphia

Adriane Dourte R.O.M. (484) 319-7700 Offices in Manayunk and Media

Ameet Ravital DiHom, PhD (267) 357-6962
Homeopath Philadelphia, PA 19130

Christine Golcher CLC, CCE, CD (215) 287-4915
Certified Aromatherapist and herbalist <https://christinescareandcompassion.com/>

Infant Feeding Specialists (Infant feeding clinic, OT, CCC/SLP):

Thomas Jefferson University Rehabilitation Clinic
(1 to 2 month waiting list) (215) 955-1200

Practitioners trained in Beckman Oral Motor Assessment
<http://www.beckmanoralmotor.com/therapists.htm>

- 1) Irene Jackson SLP ijackson@theraplayinc.com (484) 369-8953
Limerick, PA 19468
- 2) Melissa DeJoseph SLP hppykey@aol.com (516) 398-7029
Wayne, PA 19087
- 3) Jaclyn Polakoff SLP Jaclyn.polakoff@gmail.com
Philadelphia, PA 19146

TheraPlay (Drexel Hill, West Chester, Hatboro) www.theraplayinc.com

Jolaine Baran SLP Paoli Hospital (484) 565-1063

Craniosacral therapists:

www.upledger.com click on "Find a Practitioner"

Christine Hoefelder (610) 505-8946 <http://www.kindersage.com>

Nikki Lee (215) 635-6477 <http://www.nikkileehealth.com>

Catherine Sliman (620) 299-0951 <http://www.integrativekids.com/>
Also does Myofascial Release

Trish Romano (610) 666-2385 <http://www.energeticsynergy.com>

Infant Massage Instructors:

<http://www.lovingtouch.com> click on "Find an instructor"

<http://www.infantmassageusa.org> click on "Educator Directory"

Dermatologists:

Barry Friter MD (215) 947-7500 Huntingdon Valley, PA
Paul Gross MD (215) 829-3576 Pennsylvania Hospital
Jonathan Winter MD (856) 589-3331 Sewell, NJ
Michele Ziskind MD (610) 296-5801 Paoli, PA
Julia Cohen MD (610) 924-0135 Newtown Square and Bryn Mawr, PA (treats blebs)

Pediatric Gastroenterologist:

Kevin Kelly MD (215) 293-8800 Willow Grove, PA 19090

Radiologist to Read Mammogram in Lactating Woman:

Barbara Cavanaugh, MD (215) 955-5400 Jefferson-Honickman Breast Imaging Center
Kimberly A. Kubek, MD (610) 356-9030 Newtown Square, PA 19073

Breast Thermogram:

The TDI & Health Through Awareness Mission <http://tdinj.com> (856) 596-5834

Chapter 7 - Medical Practices with lactation support staff/or that offer Breastfeeding Medicine

This list is of those currently known to the lactation consultant community. Contact secretary@prolc.org to add more.

Allstar Pediatrics
400 N. Gordon Drive, Exton, PA 19341
(610) 363-1330

Brandywine Pediatrics
3521 Silverside Road, #1F,
Wilmington, DE 19810-4917
(302) 478-8854

Center City Pediatrics
1740 South Street
Philadelphia PA 19146
(215) 735-5600

Drexel Hill Pediatrics
5030 State Rd # 2-900,
Drexel Hill, PA 19026
(610) 623-9080

Jefferson Family Medicine Associates
833 Chestnut Street
Philadelphia, PA 19107
(215) 955-7190

Margiotti and Kroll Pediatrics, P.C.
<http://www.mkpeds.com>
3 offices (Newtown,
Trevose, Warrington)
Lactation Services Voice Mail
(215) 346-6177

Ambler Pediatrics
602 S. Bethlehem Pike
Ambler, PA, 19002-5800
(214) 643-7771

Cowpath Pediatrics
108 Cowpath Road, #1
Lansdale, PA 19446
(215) 855-1599

Fairmont Pediatrics and Adolescent
Medicine
2000 Hamilton Street
Philadelphia PA 19130
(215) 774-1166

Society Hill Pediatrics
1233 Locust Street, Philadelphia 19107
(215) 545-8188

St. Christopher's Outpatient Pediatrics
3645 N. Front St.
Philadelphia PA 19140
(215) 427-5000

Chapter 8 - Business Case for Breastfeeding Assistance

These are lactation professionals who can assist businesses to develop corporate lactation programs.

- Advice on breast pump equipment and resources for employed breastfeeding women
- Provide training for supervisors and staff,
- Consult on breastfeeding-related pages of a company website,
- Teach on-site prenatal and postpartum classes,
- Provide back-to-work consultation for employees returning to work,
- Lead a postpartum breastfeeding employees' support group

Colette Acker IBCLC
(215) 886-2433
brc4babies@comcast.net
Abington, PA 19001

Lisa Broderick-Cohen BFA, IBCLC
Moorestown, NJ, 08057
(215) 407-1422
lisa@mindful-mothering.com

Elizabeth Brooks JD, IBCLC, FILCA
Wyndmoor, PA, 19038
(215) 836-9088
liz.brooks@yahoo.com

Constance Gleckler IBCLC
Cherry Hill, NJ, 08034
(856) 795-8554

Linda Derbyshire BS, IBCLC
Havertown, PA 19083
(610) 316-9157
lindaderby@verizon.net

Karen Kurtz BSOT, IBCLC
Turnersville, NJ, 08012
(856) 448-4666
karen@breastfeedingsuccessNJ.com

Lisa Mandell MBA, IBCLC
Havertown, PA, 19083
(610) 517-9552
lisa@best4both.com

KatjaPigur, M.Ed., CLC
Director of Breastfeeding Services
Maternity Care Coalition
Philadelphia, PA 19130
(215) 989-3564
kpigur@maternitycarecoalition.org
Services offered:

Janice McPhelin BS, IBCLC
Abington, PA
(215) 886-2433
janice_brc@comcast.net

- 1) Breastfeeding Friendly Employer Certificate Program
- 2) Breastfeeding Friendly Business Decal Program

Chapter 9 - Breastfeeding Classes

Classes are open to anyone, no matter where the baby will be born. Fees vary depending on the institution and the client's insurance carrier. The Basic Breastfeeding class is for prenatal women; the Working Mother classes are for prenatal or postpartum women. Support people are welcome.

Philadelphia County

Department of Obstetrics and Gynecology
Albert Einstein Medical Center

5501 Old York Road
Philadelphia, PA 19141
(215) 456-8305

Prenatal childbirth class offered: a one day class on a weekend day. Breastfeeding incorporated into this class. Private insurance pay \$95. Other insurances billed directly.
Centering Pregnancy classes offered include breastfeeding.

Registrar: Jacqueline Neff
Hahnemann University Hospital

Broad and Vine Streets
Philadelphia, PA 19102
(215) 762-4381

Prenatal breastfeeding classes offered 6 Thursdays a year (6 pm to 8 pm) and the 2nd Saturday of the month (10am to noon)
Call for times and dates.

Free for those delivering at Hahnemann; \$20 check or money order per couple if delivering elsewhere.

Sue Stabene
Hospital of the University of Pennsylvania
3400 Spruce Street
Philadelphia, PA 19104
(215) 662-3243
1-800-789-PENN

Six week preparing for childbirth course includes breastfeeding education.

Pennsylvania Hospital
800 Spruce Street, Philadelphia, PA 19107
(215) 829-5020
rodrigum@pahosp.com

Prenatal breastfeeding class presented monthly. \$35. Free for family, friends, and those on medical assistance.

Terry O'Brien Parent Education Coordinator
Thomas Jefferson University Hospital
111 South 11th Street
Philadelphia, PA 19107

(215) 955-6713

1-800-JEFF NOW

See schedule at: <http://hospitals.jefferson.edu/calendar-of-events/maternity/breastfeeding-class/>

Bucks County

Doylestown Hospital

595 West State Street
Doylestown, PA 18901
(215) 345-2121

Breastfeeding, new mothers, and childbirth classes. Register by phone or at:

<https://www.doylestownhealth.org/classes-and-events>

There is a fee for the class.

Grand View Hospital

700 Lawn Avenue
Sellersville, PA 18960
(215) 453-4100

For schedule, costs and registration, visit: <https://www.gvh.org/classes/>

St. Mary Medical Center

Langhorne-Newtown Road
Langhorne, PA 19047
(215) 710-6667

Breastfeeding, childbirth, and maternity classes. For schedule, costs and registration, visit:

<http://www.stmaryhealthcare.org/calendar>

<http://amazingnewborn.com/services/>

(610) 584-6111

Private classes: \$150. 2 support persons allowed.

Judy Crouthamel, RNC, BSN, IBCLC

Souderton, PA.

Chester County

Chester County Hospital

701 East Marshall Street
West Chester, PA 19380
(610) 738-2300

Monthly classes. \$40/couple

www.mainlinehealth.org/evc/Page.asp?PageID=EVC001762&Date=2016-11-28T19:00:00&dateID=163235

Paoli Hospital

255 W. Lancaster Avenue
Paoli, PA 19301
1-866-CALL-MLH

Monthly classes. \$45/couple

Phoenixville Hospital

826 Main Street Suite 300
Phoenixville, PA 19460
(610) 983-1288

A breastfeeding class is offered every month except December. \$35/couple

Calendar and registration at: <http://www.phoenixvillehospital.com/phoenixville-hospital/Events.aspx?calendar=y>

Delaware County

Crozer-Chester Medical Center

Every other Tuesday evening 7:30-0:30 check website calendar for location

Fee \$25 per couple

1-866-225-5654

<http://www.crozerkeystone.org/calendar/event-search-results/?TermId=301a31eb-b459-e011-a42c-00505682182a>

Riddle Hospital

1.866.CALL.MLH (225.5654), or you can go on-line to register

<http://www.mainlinehealth.org/events/2017/07/24/1900/prenatal-breastfeeding?id=086570BA-985A-4CD2-A6B8-58E6B24C45AEw>

Montgomery County

Abington Memorial Hospital

(215) 481-6800

Breastfeeding, childbirth, and newborn classes.

Childbirth Education Department

Registration required. Fee: \$30, Dad & grandparents free!

Bryn Mawr Hospital

Prenatal breastfeeding classes are held monthly from 7-9 PM. Support persons are encouraged to attend. \$45/couple.

1-866-CALL-MLH(Main Line Health)

www.mainlinehealth.org/evc/Page.asp?PageID=EVC001762&Date=2016-11-28T19:00:00&dateID=163235

Einstein Medical Center Montgomery

Women's Resource Center

633 W. Germantown Pike, Suite 202

Plymouth Meeting, PA 19462

(484) 362-6133 (contact Karen Meade RN, IBCLC)

Register: perinatalclasses@einstein.edu or by phone

Holy Redeemer Hospital

1648 Huntingdon Pike

Meadowbrook, PA 19046

1-800-818-4747

Breastfeeding class offered 1st Tuesday of every month, 7:30-9:30 pm

\$20 per family

<http://www.holyredeemer.com/Main/ChildbirthClasses.aspx>

Debra Werner, RN, CLC

Pottstown Memorial Medical Center

1600 E. High Street

Pottstown, PA 19464

(610) 327-7213, 7200

Schedule at: <http://www.pottstownmemorial.com/pottstown-memorial-medical-center/Events.aspx?calendar=y&date=>

<http://amazingnewborn.com/services/>

Private classes: \$150. 2 support persons allowed.

Judy Crouthamel, RNC, BSN, IBCLC

Souderton, PA.

(610) 584-6111

Chapter 10 - Pumps and Breastfeeding Equipment

Breast pumps come in a range of styles and prices. Selection of a pump depends on its purpose. Multiple-user electric breast pumps used in hospitals or as rental pumps are recommended for long-term, heavy use, such as a mother pumping for a premature infant 8 to 12 times a day. Double pump kits reduce time spent pumping, as both breasts can be pumped at once.

Some insurance companies reimburse for electric breast pump rental when a breastfeeding baby is hospitalized, and require a prescription from the baby's doctor stating the need for the baby to have his or her mother's breast milk. If the mother of a hospitalized baby is WIC eligible, **see the WIC chapter** about renting a multiple-user pump.

When a mother and baby are separated for several feedings each day (as with work or school attendance), a multi-user electric rental, a single-user electric breast pump or a manual pump will all work.

When a baby is in NICU or the mother is exclusively pumping, a multi-user (hospital grade) pump is best.

Some rental stations sell pumps, related breastfeeding products and nursing brassieres. Each of the companies listed has a variety of single-user pumps: manual, battery, or small electric pumps that may be purchased, as well as multi-user pumps that can be rented. (Hygeia Baby and Limerick sell multi-user pumps.)

Contact the sites below to find a local durable medical equipment (DME) company that accepts the insurance, or retail provider near to the mother.

(N.B. Lactation professionals are reporting that some insurance pumps can be of lesser quality than retail pumps, despite being made by the same manufacturer. If a mother reports a diminishing supply, check the suction levels and cycling pattern. Check to see that parts are fitted correctly and tightly, and that any flap valve is whole and not torn.)

Hollister/Ameda/Egnell

www.ameda.com
485 Half Day Road, Suite 320
Buffalo Grove, IL 60089
(877) 99-AMEDA
Facebook, Google Hangout and
Twitter

Medela, Inc.

www.medela.com
(800) 435-8316
1101 Corporate Drive
McHenry, IL 60050
Facebook, Pinterest, Twitter, Youtube

Hygeia II Medical Group, Inc.

www.hygeiababy.com
2713 Loker Avenue West
Carlsbad, CA 92010 USA
Phone: (888) 786-7466
Fax: (760) 918-0398
Sales@HygeiaBaby.com
Facebook, Google Hangout, Pinterest,
Twitter, Youtube

Limerick, Inc.

www.limerickinc.com
2150 N. Glenoaks Blvd.
Burbank, CA 91504-4327
Phone: 877-limeric (546-3742)
Fax: (818) 566-1260
customerservice@limerickinc.com
Facebook, LinkedIn, Twitter

Spectra Baby USA

www.spectrababyusa.com
6851 SW 21st Court
Suite 1
Davie, FL 33317
Phone: (855) 44-MOMBABY
customerservice@spectrababyusa.com
Facebook and Twitter

Philips USA

www.usa.philips.com
Avent pumps
(800) 542-8368
Tweet your questions to @PhilipsCare
Also Facebook and Youtube

Mothers who are exclusively pumping: <http://exclusivepumping.com/>

Chapter 11 - Scale Rental

Find a BabyWeigh™ scale to rent: <https://www.medelabreastfeedingus.com/bnnsearch/results?search>

(215) 481-6106	Abington Memorial Hospital, Abington, PA
(610) 299-8290	Angela Leonard, West Chester, PA
(302) 478-8854	Angela Leonard, Wilmington, DE
(856) 374-1580	Away Baby Essentials, Deptford, NJ
(215) 886-2433	Breastfeeding Resource Center, Abington, PA
(267) 426-5325	Children's Hospital of Philadelphia
(610) 649-7769	Joanne Siciliano, Ardmore, PA
(888) 848-7867	PPD Homecare, Inc., Mantua, NJ
(215) 829-5046	Solutions for Women, Philadelphia, PA

Mothers with newly discharged late pre-term or premature babies may need to rent an electric breast pump and express milk in addition to breastfeeding, because these babies may be too weak or too young to transfer enough milk to maintain a mother's production. Using a scale that is accurate to 2 grams allows the mother to weigh the baby before and after breastfeeding, to see how much milk the baby drank. She can then feed the baby additional milk that she has expressed, so the baby has enough intake. The additional milk can be fed to the baby by NG tube, cup, spoon, dropper, finger feeding, or bottle. A rule of thumb is that babies should be taking in ounces equal to 2.5 times their weight in pounds each 24 hours.

Parents need to be told how much milk the baby needs in 24 hours, so they can assure an adequate intake. The baby needs to be fed at least eight times in 24 hours. Holding the baby skin-to-skin will help the mother's milk supply, remind the baby to wake up, and will help the baby learn to breastfeed. Close follow-up, at least once weekly visits, by the pediatric care provider is essential for the near-term and premature baby after hospital discharge. Lactation support is also essential until the situation is resolved.

A video that shows how to do test weighing:

www.youtube.com/watch?v=D_REvUIFubc&feature=youtu.be

The Development of an Accurate Test Weighing Technique for Preterm and High-Risk Hospitalized Infants

BREASTFEEDING MEDICINE Volume 4, Number 3, 2009
Haase, Barreira, Murphy, et al.

Chapter 12 - Durable Medical Equipment Companies Providing Breast Pumps

Accelleron Medical Products

<https://acelleron.com/breast-pumps/order/>

Baird Respiratory and Medical Equipment

<https://www.bairdmedical.com/Catalog/Category/11116/Breast-Pumps>

(214) 884-2990

Breast Pump Account Manager: Mary Guntz (267) 970-7045

Bright Medical Technology Inc.

<http://brightmedi.com/>

Contact: Gloribi Nickens (215) 725-6337 ext# 120

Gnickens.brightmedical@gmail.com

Chapter 13 - Common Questions about Clinical Situations

(birth control, contraindications, postpone breastfeeding, handling human milk, traveling with human milk, special situations)

Birth Control and Breastfeeding:

Natural family planning and barrier or drugstore methods are compatible with lactation.

Note that the following methods of contraception do not prevent Sexually Transmitted Diseases (STDs), therefore, condoms should be used in conjunction to decrease the chance of STDs.

"Until better evidence exists, it is prudent to advise women that hormonal contraceptive methods may decrease milk supply especially in the early postpartum period. Hormonal methods should be discouraged in some circumstances (III):

1. existing low milk supply or history of lactation failure
2. history of breast surgery
3. multiple birth (twins, triplets)
4. preterm birth
5. compromised health of mother and/or baby"

<http://www.bfmed.org/Media/Files/Protocols/Contraception During Breastfeeding.pdf>

Lactational Amenorrhea Method (LAM): When a baby is 6 months old or less, is totally breastfeeding (i.e. not getting anything else to eat), has all sucking needs met at the breast (i.e. no pacifier), is waking to breastfeed during the night, and the mother has not had a period, breastfeeding affords 98-99% protection from pregnancy.

www.arhp.org/Publications-and-Resources/Patient-Resources/Fact-Sheets/Breastfeeding

Reporting a medication's negative impact on milk supply, infant health or breastfeeding:

<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home>

Contraindications for Breastfeeding from CDC.gov/breastfeeding/disease/index.htm 2017:

WHEN A MOTHER:

- Has human immunodeficiency virus (HIV) type I & II
- Is using or dependent upon an illicit drug or alcohol
- Has Human T-cell leukemia virus type I & II.
- Is taking prescribed cancer chemotherapy agents
(N.B. *Current clinical practice is exploring the use chemotherapy in pregnancy and breastfeeding.*)
- Is taking antiretroviral medications
- Is undergoing radiation therapies (can require temporary weaning)
- Has untreated, active tuberculosis
- Has active untreated brucellosis (<http://pediatrics.aappublications.org/content/129/3/e827.full>)

WHEN A BABY:

- Has classical galactosemia, tyrosinemia, or other rare genetic metabolic disorders
- Has PKU

Partial breastfeeding may be possible when a baby has PKU or Duarte's galactosemia (Alternating breastfeeding with special protein-free or modified formulas can be used in feeding infants with other metabolic diseases (such as phenylketonuria), provided that appropriate blood monitoring is available <http://pediatrics.aappublications.org/content/129/3/e827.full>

For additional information, visit American Academy of Pediatrics' Breastfeeding and the Use of Human Milk[PDF-797KB] or read: American Academy of Pediatrics Committee on Drugs. (2013) The Transfer of Drugs and Therapeutics Into Human Breast Milk: An Update on Selected Topics. Pediatrics 132(3): e796-e809.

Immunizations and Breastfeeding 2015:

"Breastfeeding is NOT a contraindication to the administration of any vaccine, EXCEPT smallpox." "Do not administer smallpox vaccine to nursing women."

"While it is unlikely that the (Hepatitis A) vaccine would cause untoward effects in breastfed infants, consider administering immune globulin rather than the vaccine."

Vaccines for Japanese encephalitis, pneumococcal vaccine, rabies, tuberculosis, typhoid and yellow fever need to be researched further as data are currently lacking.
www.cdc.gov/breastfeeding/recommendations/vaccinations.htm

Jaundice and Breastfeeding:

Primary Prevention: "Frequent breastfeeding (8–12 times or more in 24 hours) is crucial both to increase infant enteral intake and to maximize breast emptying, which is essential for the establishment of milk supply. Feeding anything before the onset of breastfeeding delays the establishment of good breastfeeding practices and may hinder milk production, increasing the risk of reduced enteral intake and exaggerated hyperbilirubinemia. There is a positive association between the number of breastfeeds a day and lower TSB."

"When discussing any treatment options with parents, healthcare providers should emphasize that all treatments are compatible with continuation of breastfeeding."

"Do not supplement infants with anything other than mother's own expressed milk in the absence of a specific clinical indication."

"First and best supplement is expressed own mother's milk. It can be hand expressed into a small cup or spoon and directly fed to the infant."

"If own mother's milk is not available, supplementing with donor human milk will increase enteral intake."

"It may be necessary to supplement with infant formula if neither own mothers' milk nor donor human milk is available. The impact of introducing formula to an exclusively breastfed infant must be considered"

"Supplementation of breastfeeding should preferably be undertaken using a cup, spoon, syringe, or supplemental nursing system (if infant is latching) simultaneously with or immediately following each breastfeed. Nipples/teats and bottles should be avoided where possible. However, there is no evidence that any of these methods are unsafe or that one is necessarily better than the other."

ABM Clinical Protocol #22: Guidelines for Management of Jaundice in the Breastfeeding Infant 35 Weeks or More of Gestation—Revised 2017

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/22-jaundice-protocol-english.pdf>

Breastfeeding Interrupted or Postponed:

EXPRESSED MILK CAN BE GIVEN:

Active herpetic lesions on breast:

Cindy Pride, MSN, CPNP, TTUHSC Infant Risk Center <http://www.infantrisk.com>

"If the lesions are on only one breast, mother may continue breastfeeding on the unaffected breast while pumping and discarding on the affected breast. She should keep the affected breast covered and use meticulous hand washing with each breastfeeding session to decrease risk to the infant. If the lesions are on both breasts, she should pump and discard and give an alternative form of nutrition until the lesions are scabbed over (no longer infective). If the lesions are not on the breast, then the mother may breastfeed from both breasts while keeping the affected body area covered."

Active untreated tuberculosis

P. 425 "Breastfeeding can safely continue when the mother, infant, or both are receiving anti-TB therapy." "Breastmilk can be expressed and given to the infant during the short separation." <https://www.cdc.gov/tb/topic/populations/pregnancy/default.htm> "Breastfeeding should not be discouraged for women being treated with the first-line anti-tuberculosis drugs because the concentrations of these drugs in breast milk are too small to produce toxicity in the nursing newborn."

Brucellosis: p.415 "Temporary interruption of breastfeeding...pumping and discarding the milkfor the first 48-96 hours of therapy in the mother."

Gonorrhea:p.416

"Mother should be separated from infant until completion of 24 hours of therapy. Pump and discard for 24 hours."

Influenza:<https://www.cdc.gov/flu/professionals/infectioncontrol/peri-post-settings.htm>

"CDC recommends that facilities consider temporarily separating the mother who is ill with suspected or confirmed influenza from her baby following delivery during the hospital stay. Throughout the course of temporary separation, all feedings should be provided by a healthy caregiver if possible. Mothers who intend to breastfeed should be encouraged to express their milk."

MRSA: p. 419 "Management.... should be based on severity of disease and whether the infant is premature, LBW, VLBW, previously ill or full term."

Syphilis: p.789 "Breastfeeding acceptable after 24 hours of effective therapy; discard breastmilk for 24 hours."

Page Sources: RA Lawrence, RM Lawrence: Breastfeeding: A Guide for the Medical Profession (8th Edition). Philadelphia: Elsevier Mosby, 2016

Varicella: Cindy Pride, MSN, CPNP, TTUHSC Infant Risk Center <http://www.infantrisk.com>

"If the lesions are on only one breast, mother may continue breastfeeding on the unaffected breast while pumping and discarding on the affected breast. She should keep the affected breast covered and use meticulous handwashing with each breastfeeding session to decrease risk to the infant. If the lesions are on both breasts, she should pump and discard and give an alternative form of nutrition until the lesions are scabbed over (no longer infective). If the lesions are not on the breast, then the mother may breastfeed from both breasts while keeping the affected body area covered."

Breastfeeding and infant growth should be regularly monitored after hospital discharge for:

Breastfeeding is a confidence game; whatever the situation, tell the mother to keep the baby close and nurse responsively (8-15 times/ 24 hours) in the first weeks, and bring the baby for weekly weight checks until it is certain that breastfeeding is going well and the baby is gaining appropriately.

Women in the following situations **sometimes** do not produce a full milk supply; therefore, their babies need to be followed with weekly weight checks until the baby demonstrates consistent weight gain:

- Women who have used infertility technology to become pregnant
- Women who do not experience breast changes during pregnancy or during the first postpartum week
- Women who have had breast surgery.
- Women who have asymmetrical breasts
- Women who have hypertension
- Women who are using hormonal birth control.
- Women using a nipple shield

Babies in the following situations **sometimes** have difficult transferring sufficient milk and need weekly follow-up until consistent weight gain is demonstrated:

- Discharged from an intensive care unit
- With special healthcare needs
- With tethered oral tissue (cheek, lip or tongue tie)

Surgery and Breastfeeding:

ABM Clinical Protocol #15: Analgesia and Anesthesia for the Breastfeeding Mother, Revised 2017

Mothers with healthy term or older infants can generally resume breastfeeding as soon as they are awake, stable, and alert. (IV) Resumption of normal mentation is a hallmark that medications have redistributed from the plasma compartment (and thus generally the milk compartment) and entered adipose and muscle tissue where they are slowly released.

Brief procedures

'Mothers who have undergone dental extractions or other short procedures requiring the use of single doses of medication for sedation and analgesia can breastfeed as soon as they are awake and stable. Although shorter-acting agents such as fentanyl and midazolam may be preferred, single doses of meperidine/pethidine or diazepam are unlikely to affect the breastfeeding infant.¹⁵ (III) Local anesthetics given by injection or topical application are considered safe for breastfeeding mothers.^{2,3} (IV)'

Perioperative considerations

Breastfeeding mothers undergoing anesthesia or sedation should be scheduled as the first case of the day when possible to allow for minimal fasting times.

Encourage breastfeeding (or breastmilk feeding) when:

A baby has a cleft lip or palate or any congenital anomaly or disorder
A baby is jaundiced
A baby has diarrhea or otherwise ill
A baby is two, three, four years old or older
A mother is nursing 1, 2 or 3 other children
A woman is pregnant
A woman has twins, triplets, or quadruplets (as many as seven!)
A woman is a teenager or post-menopausal
A woman needs a mammogram
A woman has had breast surgery
A woman is adopting a baby (even if she has never been pregnant)
A woman has a breast infection
A woman has had cancer and is recovered
A woman has had an organ transplant
A woman has had gastric bypass surgery (she needs to keep taking her post-bypass vitamin supplements, particularly B-12, as prenatal vitamins may not be enough).

A mother has C. Difficile, hepatitis (A, B and C), toxoplasmosis, west Nile virus, or Zika. (CDC 2017) Check sources for most current information.

- 1) https://www.cdc.gov/breastfeeding/disease/west_nile_virus.htm
- 2) RA Lawrence, RM Lawrence: Breastfeeding: A Guide for the Medical Profession (8th Edition). Philadelphia: Elsevier Mosby, 2016
- 3) www.infantrisk.com

Handling Human Milk:

"Expressed human milk does not require special handling (such as universal precautions), as is required for other bodily fluids such as blood. It can be stored in a workplace refrigerator where other workers store food, although it should be labeled with name and date. "

ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants
BREASTFEEDING MEDICINE Volume 5, Number 3, 2010

Traveling with Human Milk:

<https://www.tsa.gov/travel/special-procedures/traveling-children>

Medically required liquids, such as baby formula and food, breast milk and medications are allowed in excess of 3.4 ounces in reasonable quantities for the flight. It is not necessary to place medically required liquids in a zip-top bag. However, you must tell the Transportation Security Officer that you have medically necessary liquids at the beginning of the screening checkpoint process. Medically required

liquids will be subjected to additional screening that could include being asked to open the container. We recommend, but do not require, that medication be labeled to facilitate the security process. Many airports have designated lanes for families and individuals with items requiring additional assistance with screening.

Traveling with a Breast Pump:

https://apps.tsa.dhs.gov/mytsa/cib_results.aspx?search=breast pump

"You may transport this item in carry-on baggage or in checked baggage. For items you wish to carry-on, you should check with the airline to ensure that the item will fit in the overhead bin or underneath the seat of the airplane."

Contaminants in Human Milk:

From: CDC.gov/breastfeeding 2015

http://www.cdc.gov/breastfeeding/disease/environmental_toxins.htm

"Breastfeeding is still recommended despite the presence of chemical toxins.... for the vast majority of women, the benefits of breastfeeding appear to far outweigh the risks. Today, effects on the nursing infant have been seen only where the mother herself was clinically ill from toxic exposure."

See: www.ilca.org/files/resources/ilca_publications/EnvironContPP.pdf
www.nrdc.org/breastmilk/default.asp
www.cdc.gov/niosh/topics/ABLES/pdfs/CSTE_2007_Fagan.pdf
www.ncbi.nlm.nih.gov/pmc/articles/PMC2569122/
<https://drive.google.com/file/d/0B6pzivBZDmsXdzq1UHRxaE9hWUE/view?pref=2&pli>

"Lead in breast milk is much lower than in blood; thus, the benefits of breastfeeding generally outweigh the risks."

"Exposure to lead in utero may be the most devastating to a child's development. Recommend BLL < 5 mcg/dl for pregnant women and women considering pregnancy."

Storage Duration of Fresh Human Milk for Use with Healthy Full Term Infants

Location	Temperature	Duration	Comments
Countertop, table	Room temperature (up to 77°F or 25°C)	6–8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	5–39°F or -15–4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
Refrigerator	39°F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
Freezer			Store milk toward the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of a refrigerator	5°F or -15°C	2 weeks	
Freezer compartment of refrigerator with separate doors	0°F or -18°C	3–6 months	
Chest or upright deep freezer	-4°F or -20°C	6–12 months	

Reference: Academy of Breastfeeding Medicine. (2017) [Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants](#)[PDF-125k]. Princeton Junction, New Jersey: Academy of Breastfeeding Medicine. Available

Chapter 14 - APPS for breastfeeding and pumping

Mothers and lactation professionals have reported that the apps below have been found accurate and useful.

Baby Connect (free) Tracks everything related to baby: diapers, feeding, growth, meds, sleep, and vaccines; caregivers can log in too; everybody can be synched together

Baby Feeding Log (free) – allows new parents to record all the basics for nursing, diapers, and sleeping

Baby Nursing (free) - for breast, bottle, and formula feeding mothers

BabyTacker: Nursing (\$5) – tracks breastfeeding details

Breastfeeding Central (\$3.99) created by an IBCLC. Proud of its comprehensive, yet no-frills, simple approach

Breastfeeding Management (free) – complete informational resource for breastfeeding moms developed by Massachusetts Breastfeeding Coalition

iBabyLog (free) – tracks sleeping, breastfeeding, diaper changes, mood, baths, ...

Glow Baby (free) – has educational sections and networking

Latch Me (free) This app is full of resources for a breastfeeding mom to find local support. It includes help finding locations to breastfeed, doctors and lactation consultants nearby and more. You can also add nursing or pumping locations to the app as you find them.

Nancy Morbacher Breastfeeding Solutions (\$4.99) Endorsed by Best for Babes. An interactive app developed by a prominent IBCLC that guides a mother through 30 common situations. Has articles section too.

Nursing Room Locator Moms Pump Here (free) Find quiet and private nursing rooms, lactation lounges, and breastfeeding friendly places to breastfeed their baby or express breast milk. You can add locations.

App for prenatal education: <http://www.coffective.com/learn/>

<https://itunes.apple.com/us/app/coffective/id849901936>

The Milk Man app (free) Just for dads. <http://pifistudy.net.au/milkman>

The Milk Man smartphone app is designed specifically for men about breastfeeding and early parenting.

Total Baby (\$4.99) Log anything, caregivers can log in too, everything can be synched together.

FOR MOTHERS WHO ARE EXCLUSIVELY PUMPING

Pump Log (free) keeps track of everything related to milk production.

Milk Maid (\$2.99) to help mothers manage their stash of milk.

For mothers away from home looking for a Mamava pod:

<https://www.mamava.com/mobile-app/>

Chapter 15 - Selected Websites for Breastfeeding & Related Resources

The Internet is a continually expanding universe. Type the relevant phrase into a search engine. There are more sites about any topic than are listed here. Many of these organizations have Facebook pages, Twitter accounts, and other forms of social media.

Advocacy and Political Action

Baby Milk Action www.babymilkaction.org

Best for Babes www.bestforbabes.org

Ban the Formula Discharge Bags www.banthebags.org

CDC Guide to Breastfeeding Interventions

http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf

National Alliance for Breastfeeding Advocacy www.naba-breastfeeding.org

Surgeon-General Regina Benjamin's Call to Action

www.surgeongeneral.gov/library/calls/breastfeeding

World Alliance for Breastfeeding Action www.waba.org.my

Billing Codes

American Academy of Pediatrics (AAP) <http://www2.aap.org/breastfeeding/files/pdf/coding.pdf>

Billing Codes: www.cms.gov/medicare-coverage-database/staticpages/icd-10-code-lookup.aspx

Billing Codes: www2.aap.org/breastfeeding/files/pdf/coding.pdf

Billing Codes for Lactation www.icd10data.com/ICD10CM/Codes/O00-O9A/O85-O92/O92-/O92.79

Donna Sinnott, lactation coding expert: https://peacelovebreastfeeding.com/Home_Page.html

Blogs

Healthy Children www.ourmilkyway.org

ILCA <https://lactationmatters.org>

A listing of blogs: <https://lactationmatters.org/2012/06/19/great-breastfeeding-blogs-to-read/>

Privately sponsored blogs:

<http://www.sheknows.com/parenting/articles/1020825/best-breastfeeding-blogs>

<http://www.thebadassbreastfeeder.com>

<https://womenshealthtoday.blog/about/>

Books, AV materials, videos, brochures

Childbirth Graphics/WRS Group www.childbirthgraphics.com

Praeclarus Press (formerly Hale Publishing) www.praeclaruspress.com

Injoy www.injoyvideos.com

Noodle Soup: www.noodlesoup.com

Kay Hoover and Barbara Wilson-Clay www.breastfeedingmaterials.com

Low-cost Videos in English and Spanish www.dshs.state.tx.us/wichd/bf/videos.shtm

Breastfeeding/Lactation Organizations

(Offer courses, educational materials and conferences)

Academy of Lactation Policy and Practice www.talpp.org

Healthy Children www.healthychildren.cc

International Board of Lactation Consultant Examiners www.iblce.org

International Lactation Consultant Association www.ilca.org

La Leche League International (LLLI) www.llli.org

National Association of Professional and Peer Supporters of Color <http://napplsc.org>

Wellstart International www.wellstart.org/resources.html

Breastfeeding Help Sites

Biological Nurturing www.biologicalnurturing.com

Breastfeeding/Nursing Aversion & Agitation <https://www.breastfeedingaversion.com/about-me>

Carolina Global Breastfeeding Institute www.breastfeeding.sph.unce.edu

Department of Health and Human Services www.womenshealth.gov/breastfeeding/

Dysphoric Milk Ejection <https://www.d-mer.org/>

UNC Lactation Program Clinical protocols and parent handouts
<http://www.mombaby.org/index.php?c=2&s=30&p=623>

Lactnet (*listserv for lactation professionals and breastfeeding helpers only*)

Search Google for "LACTNET"

Facebook page by invitation only

Newborn Weight Tool www.newbornweight.org/

Privately run sites

www.bfar.org (breastfeeding after all types of breast surgery)

www.kellymom.com

<http://newborns.stanford.edu/Breastfeeding>

Childbirth and Doula Organizations

Birth from Within www.birthfromwithin.com

BirthWorks www.birthworks.org

Childbirth and Postpartum Professional Association www.cappa.net

Coalition to Improve Maternity Services (CIMS) www.motherfriendly.org

Doulas.com <http://www.doulas.com/>

(Includes **Operation Special Delivery**, a program that provides free doulas for women whose babies' fathers are in the military.)

Doulas of North America <http://www.dona.org>

Hypnobirthing www.hypnobirthing.com

ICAN OF SOUTHEASTERN PA (International Cesarean Awareness Network)

<mailto:southeastern.pa@ican-online.org>

International Center for Traditional Childbearing <https://ictcmidwives.org>

International Childbirth Education Association www.icea.org

Lamaze International, Inc. www.lamaze.org

Philadelphia Alliance for Labor Support

<http://www.palsdoulas.com/about-pals/> (Free doulas)

Philly Doula Cooperative www.phillydoulacoop.com

Child Care Programs

Breastfeeding & Early Childhood Educators Pennsylvania

www.ecels-healthychildcarepa.org/publications/heath-link-online/item/437-breastfeeding-early-childhood-educators

Breastfeeding Information for Child Care Providers

<http://www.health.state.mn.us/divs/oshii/bf/childcare.htm>

Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition (CFOC3) <http://nrckids.org/>

Carolina Breastfeeding-Friendly Child Care Initiatives

<http://breastfeeding.sph.unc.edu/what-we-do/programs-and-initiatives/child-care/>

CDC Support for Breastfeeding in Early Childhood Education

www.cdc.gov/breastfeeding/pdf/strategy6-support-breastfeeding-early-care.pdf

What to Do if an Infant or Child Is Mistakenly Fed Another Woman's Expressed BreastMilk

www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm

New York State Department of Health Breastfeeding Friendly Child Care:

<https://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>

Minnesota Department of Health Breastfeeding Information for Child Care Providers:

<http://www.health.state.mn.us/divs/oshii/bf/childcare.html>

US Department of Agriculture CACFP Breastfeeding and Childcare

<https://healthymeals.fns.usda.gov/resource-library/child-and-adult-care-food-program/breastfeeding-and-child-care>

Children with Special Health Care Needs

All babies do better when fed human milk; breastfeeding may or may not be possible.

<https://mchb.hrsa.gov/nsch/07cshcn/national/1chhc/1hbr/pages/01b.html>

<http://kellymom.com/ages/newborn/nb-challenges/bfhelp-baby/>

<http://www.lalecheleague.org/faq/disabled.html>

Breastfeeding a Baby with Cardiac Disease:

<http://www.chop.edu/pages/breastfeeding-baby-congenital-heart-disease>

Breastfeeding a Baby with Cleft Lip and/or Palate:

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/27-breastfeeding-an-infant-or-young-child-with-insulin-protocol-english.pdf>

Breastfeeding a Baby with Down's Syndrome

<https://juliasway.org/brochure> (available in English and in Spanish)

Breastfeeding a Baby with Insulin-Dependent Diabetes

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/27-breastfeeding-an-infant-or-young-child-with-insulin-protocol-english.pdf>

Chronic Conditions in the Mother

Blind: <https://nfb.org/images/nfb/publications/brochures/blindparents/parentingwithoutstight.html>

<http://www.lli.org/llleaderweb/lv/lvsep0ct92p67.html>

Deaf: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4112581/>

<http://www.youtube.com/watch?v=P53LvHkJrYE>

<http://www.youtube.com/watch?v=m36FCJLQLGs>

Disability: <http://www.disabledparenting.com/nursing/>

<https://blog.themobilityresource.com/blog/post/10-amazing-products-for-parents-with-disabilities>

http://en.hesperian.org/hhg/A_Health_Handbook_for_Women_with_Disabilities:Breastfeeding_the_baby

For Parents with Physical Disabilities: <http://www.lookingglass.org>

Substance Abuse Disorder:

<https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/21-drug-dependency-protocol-english.pdf>

College Education in Lactation

Drexel University

<http://drexel.edu/cnhp/academics/undergraduate/Human-Lactation-Consultant-Program>

Maternal-Child Health: Union Institute and University

Lactation Consulting, BS <http://www.myunion.edu/academics/bachelors/maternal-health-human-lactation>

Lactation Consulting, MA <http://myunion.edu/academics/masters/health-wellness/>

Competition

It is a good idea to know what the organized opposition to breastfeeding is doing. Resistance is a teacher.

Fearless Formula Feeder <http://www.fearlessformulafeeder.com>

Fed is Best <https://fedisbest.org>

The Skeptical OB <http://www.skepticalob.com>

Facebook Groups

Search and ask to join (there are thousands of pages).

Black Mothers Do Breastfeed
Chinese Speaking Breastfeeding Support
Latina Breastfeeding Coalition
Native American Breastfeeding Coalition of Washington
Pan-India
Postpartum Mood Disorders Affect Women of Color Too
Postpartum Support International
Thai

Fathers

FDA: <http://www.fns.usda.gov/wic/fathers-supporting-breastfeeding>

Dads Adventure:

<http://www.dadsadventure.com/dadsblog/how-dads-can-help-with-breastfeeding/> - sthash.BE9vz4hl.dpbs

Fathers Hold Key to Breastfeeding Success:

<http://breastfeeding.nichq.org/stories/fathers-breastfeeding-supportFormula>

FDA regulation of formula

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/default.htm>

How to find the safest organic formula

<http://foodbabe.com/2013/05/28/how-to-find-the-safest-organic-infant-formula/>

Safe Preparation of Powdered Infant Formula

<http://www.cdc.gov/Features/Cronobacter/>

FREE Handouts

Academy of Breastfeeding Medicine <http://www.bfmed.org>

Offers free educational podcasts on iTunes, has twenty-five clinical protocols

Breastfeeding: An Owner's Manual:

<http://www.nikkileehealth.com/product/breastfeeding-owners-manual/>

Crib Cards

<http://breastfeedla.org/crib-card-template-available/>

http://www.portal.state.pa.us/portal/server.pt/community/breastfeeding_awareness/14206/crib_card/1737013

Diaper Recording Logs (English and Spanish)

www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoEng.pdf

www.cdph.ca.gov/programs/breastfeeding/Documents/MO-DiaperInfoSpan.pdf

FitWIC Baby Behavior Study:

https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm - staff

Growth Charts

http://www.cdc.gov/growthcharts/who_charts.htm

Massachusetts Breastfeeding Coalition

<http://massbreastfeeding.org/handouts/>

U.S.D.A./W.I.C.

<https://wicworks.fns.usda.gov/nutrition-education/participant-resources/breastfeeding-moms>

Growth Velocity Charts

Girls-- http://www.who.int/childgrowth/standards/velocity/sft_weight_girls_1mon_p.pdf?ua=1

Boys-- http://www.who.int/childgrowth/standards/velocity/sft_weight_boys_1mon_p.pdf?ua=1

Lactation Education Resources

www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation

Free and in many languages

Pennsylvania Department of Health

Pennsylvania Breastfeeding Awareness and Support Program

<http://www.health.pa.gov/my%20health/womens%20health/breastfeeding%20awareness/pages/handout-s-for-parents.aspx#.WIL9LjdrzIU>

In English and Spanish

Formula

FDA regulation of formula

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/default.htm>

How to find the safest organic formula

<http://foodbabe.com/2013/05/28/how-to-find-the-safest-organic-infant-formula/>

Safe Preparation of Powdered Infant Formula

<http://www.cdc.gov/Features/Cronobacter/>

Human Milk: Handling and Storage

CDC: https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

https://www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm

Academy of Breastfeeding Medicine

<http://www.bfmed.org/Resources/Protocols.aspx>

ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, rev. 2017

American Academy of Pediatrics

www2.aap.org/breastfeeding/faqsbreastfeeding.html

Office of Women's Health

<http://www.womenshealth.gov/breastfeeding/employer-solutions/common-solutions/milk-handling.html>

International Organizations

UNICEF <http://www.unicef.org>

World Health Organization (WHO) <http://www.who.int/topics/breastfeeding/en>

WHO Growth Charts http://www.who.int/childgrowth/standards/chart_catalogue/en/index.html

World Alliance for Breastfeeding Action <http://waba.org.my/>

Large-sized nursing bras

<http://www.decentexposures.com>

http://www.barenecessities.com/Nursing--Maternity-Bras-Plus-Size-Bras_catalog_nxs,47,style,12.htm?amsk=riejwn8874

<http://www.bravadodesigns.com/us/collections/plus-size-nursing-bras-tanks>

<http://www.nursingbraexpress.com/category/all-nursing-bras>

www.braspectrum.com (store in Bryn Mawr)

www.giegielingerie.com/bras.php#

Laws and Legal Issues

Breastfeeding Laws by State <http://www.breastfeedinglaw.com>

National Conference of State Legislatures

<http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>

Human Relations Commission Philadelphia

<http://www.phila.gov/humanrelations/Pages/default.aspx>

Monitors and supports Philadelphia ordinances permitting breastfeeding outside the home and pumping in the workplace

United States Breastfeeding Committee Federal Workplace Law

<http://www.usbreastfeeding.org/workplace-law>

About the break time for nursing mothers law:

<http://www.usbreastfeeding.org/Employment/WorkplaceSupport/WorkplaceSupportinFederalLaw/tabid/175/Default.aspx>

United States Department of Labor <http://www.dol.gov/whd/nursingmothers/>

Women's Law Project Philadelphia and Pennsylvania laws

<http://www.womenslawproject.org/NewPages/hrBreastfeeding.html>

Custody Issues (attachment, court letter, parenting plans, visitation):

- (1) <http://www.pabreastfeeding.org/news/protecting-breastfeeding-while-in-a-divorce-or-custody-dispute/>
- (2) <http://theleakyboob.com/2011/02/a-journey-through-breastfeeding-and-visitation/>
- (3) <http://kathydettwyler.weebly.com/2014-court-letter.html>
- (4) www.breastfeedingor.org/wp-content/uploads/2012/10/BCOCoparentingPlan.pdf
- (5) <https://web.archive.org/web/20161121102359/http://www.breastfeedingor.org/wp-content/uploads/2012/10/BCOCoparentingPlan.pdf>
- (6) <http://www.attachmentparenting.org/parentingtopics/special-areas/divorce-custody-blendedfamilies>
- (7) <http://www.newswise.com/articles/overnights-away-from-home-affect-children-s-attachments-uva-study-shows>
- (8) <https://web.archive.org/web/20170326173603/http://www.lli.org/law/lawus.html>

Materials in Other Languages

Baby-Friendly UK www.babyfriendly.org.uk/parents/byb.asp
(Arabic, Bengali, Chinese, Gujarati, French, Hindi, Mirpuri, Portuguese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese)

<http://www.Breastcrawl.org>, materials in over **80** languages

<http://www.Ethnomed.org> "Integrating cultural information into clinical practice."

La Leche League of Canada <http://www.lllc.ca/thursdays-tip-breastfeeding-resources-arabic>

La Leche League International <http://www.llli.org/resources/otherlanguages.html>

Lactation Education Resources
<https://www.lactationtraining.com/resources/educational-materials/handouts-parents>

Massachusetts Breastfeeding Coalition <http://massbfc.org>

Philadelphia Department of Public Health Materials in 14 languages
<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>

Medical Organizations

Academy of Breastfeeding Medicine www.bfmed.org

American Academy of Family Practice www.aafp.org/home.html

American College of Obstetrics and Gynecology www.acog.org

American Academy of Pediatrics (AAP) www.aap.org/breastfeeding

Medical Staff Training

American Academy of Pediatrics
<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/Breastfeeding-Educational-Resources.aspx>

First Latch <http://www.firstlatch.net/>

Maryland Department of Health (free)
https://phpa.health.maryland.gov/mch/Pages/Hospital_Breastfeeding_Resources.aspx

Wellstart <http://welstart.org>

National Organizations

Baby-Friendly Hospital Initiative, USA www.babyfriendlyusa.org

California Department of Public Health
www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/BirthandBeyondCaliforniaDescription.aspx
Hospital Breastfeeding Quality Improvement & Staff Training Project

Centers for Disease Control www.cdc.gov/breastfeeding

CDC's Nutrition, Physical Activity, and Obesity: Data, Trends and Maps (can be filtered to review state-specific breastfeeding data) <https://www.cdc.gov/nccdphp/dnpao/state-local-programs/index.html>

CDC's Breastfeeding Report Cards (includes national and statelevel data)
www.cdc.gov/breastfeeding/data/reportcard.htm

CDC's Maternity Practices in Infant Nutrition and Care (mPINC) Survey (measures breastfeeding-related maternity care practices at all intrapartum care facilities in the United States, including variation by states) www.cdc.gov/BREASTFEEDING/data/mpinc/index.htm

Department of Health and Human Services www.womenshealth.gov/breastfeeding

Healthy People 2020 www.healthypeople.gov/HP2020

March of Dimes (for statistics and information about preterm babies)
<http://www.marchofdimes.com>

United States Breastfeeding Committee www.usbreastfeeding.org

United States Lactation Consultant Association www.uslca.org

WIC/Food & Nutrition Services
<http://www.wicworks.fns.usda.gov/nutrition-education/participant-resources/breastfeeding-moms>
https://wicworks.fns.usda.gov/wicworks/Sharing_Center/gallery/FitWICBaby.htm

Philadelphia/Pennsylvania Organizations

Maternity Care Coalition www.maternitycarecoalition.org

Philadelphia Department of Public Health
<http://www.phila.gov/health/MCFH/BreastfeedingPromotion.html>

Pennsylvania Breastfeeding Coalition www.pabreastfeeding.org

Pennsylvania Department of Health Breastfeeding Program
www.portal.state.pa.us/portal/server.pt/community/breastfeeding_awareness_and_support_program/14206

Keystone 10 Initiative:
<http://www.health.pa.gov/My%20Health/Womens%20Health/Breastfeeding%20Awareness/Pages/Keystone-10-Initiative.aspx#.WSQ8BRMrLOQ>

<http://www.health.pa.gov/My%20Health/Womens%20Health/Breastfeeding%20Awareness/Pages/Keystone-10-Initiative.aspx#.WiXiS7SpkXp>

State Breastfeeding Awareness and Support Plan
http://www.portal.state.pa.us/portal/server.pt/community/breastfeeding_awareness_and_support_program/14206/breastfeeding_awareness_and_support_plan/558175

<http://www.health.pa.gov/My Health/Womens Health/Breastfeeding Awareness/Pages/default.aspx -.WZ8ROj596Ht>

Pennsylvania Resource Organization of Lactation Consultants www.prolc.org
Where to find an IBCLC; information about minority scholarship

Podcasts about breastfeeding

Academy of Breastfeeding Medicine:

<https://itunes.apple.com/us/podcast/breastfeeding-medicine-podcast/id417009927?mt=2>

Breastfeeding Outside the Box <http://breastfeedingoutsidethebox.libsyn.com/>

La Leche League International <http://www.llli.org/podcasts.html>

Kathleen Kendall-Tackett <http://www.kathleenkendall-tackett.com/podcasts-podcasts.html>

New Mommy Media <http://www.newmommymedia.com/the-boob-group/>

Postpartum Depression

Center for Postpartum Depression www.cdc.gov/reproductivehealth/Depression/

Depression Among Women of Reproductive Age www.cdc.gov/reproductivehealth/Depression/

Dr. Katherine-Kendall Tackett www.UppityScienceChick.com

Penn Center for Behavioral Wellness www.med.upenn.edu/womenswellness/

Postpartum Support International www.postpartum.net/locations/pennsylvania/

Premature Infants

Breastfeeding premature infants

<https://www.pinterest.com/mom2momglobal/breastfeeding-preemies/>

<http://health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/Pages/default.aspx>

Nutritional Support of the Very Low Birth Weight Infant

www.cpqcc.org/quality_improvement/qi_toolkits/nutritional_support_of_the_vlbw_infant_rev_december_2008

Mothers who are exclusively pumping <http://exclusivepumping.com/>

Research Publications and Sites

AHRQ Meta-analysis” Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries <http://archive.ahrq.gov/clinic/tp/brfouttp.htm>

Childbirth Connection (formerly Maternity Center Association)

Free downloads, including the Milbank Report and the Listening to Mothers survey
www.childbirthconnection.org

The Cochrane Collaboration <http://www.cochrane.org/search/site/breastfeeding>

PubMed (National Library of Medicine) www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed

Skin to skin Care (Huge current bibliography) www.skintoskincontact.com/susan-ludington.aspx

Safe Sleep

AAP Guidelines <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>

ABM Protocol <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/6-cosleeping-and-breastfeeding-protocol-english.pdf>

Infant Sleep Information Source www.infantsleepinfo.org.uk

Safe to Sleep <https://www.nichd.nih.gov/sts/Pages/default.aspx>

Safe Sleep 7 <http://www.lli.org/sweetsleepbook/infographic>

Streaming Videos for Teaching

Breast Massage <http://www.bfmedneo.com>
<https://vimeo.com/65196007>

Global Health Media Project

A wealth of videos about childbirth, breastfeeding, care of small babies, baby wraps, jaundice, assessment, hand expression and more. In many languages (English, Spanish, Swahili and more.)
<https://www.youtube.com/user/globalhealthmediaorg>

Gentle Cesarean Section <http://www.youtube.com/watch?v=m5ivEYQQ380>

Hand Expression of Human Milk

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
<http://breastfeeding.narod.ru/expressanim.htm>
<http://www.unicef.org.uk/BabyFriendly/Resources/AudioVideo/Hand-expression>
<http://ammehjelpen.no/handmelking?id=907>
<http://www.bfmedneo.com/BreastMassageVideoSpanish.aspx>

Gestalt Breastfeeding

<https://education.possumsonline.com/programs/gestalt-breastfeeding-online-program>

Human Milk for Tiny Humans <https://vimeo.com/190696865?ref=fb-share>

Important Findings Published About Common Labor Medications and Breastfeeding Success

<https://www.youtube.com/watch?v=gX44xcS995k>

Increasing Milk Supply by Hands-On Pumping: (pumping for a premature infant and for return to work)

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

Initiation of Breastfeeding and Skin to Skin <http://breastcrawl.org>

Narrated in: English, Italian, Marathi, Spanish

Video Script in: French, Hindi, Italian, Marathi, Spanish

Sub-titles in Bengali, English, Gujarati, Hindi, Kannada, Malayalam Marathi, Oriya, Punjabi, Tamil, Telugu, Urdu

<http://people.stfx.ca/abigelow/dvds-mother-infant-skin-to-skin-contact.htm>

<http://globalhealthmedia.org/portfolio-items/early-initiation-of-breastfeeding/>

Laid-back breastfeeding <http://www.biologicalnurturing.com/video/bn3clip.html>

Latch Trick <http://www.drmomma.org/2010/08/breastfeeding-latch-trick.html>

Paced Bottle-Feeding

<http://www.youtube.com/watch?v=UH4T700SzGs&feature=youtu.be>

www.youtube.com/watch?v=gJlx_vJv06o

Beckman side-lying <https://www.youtube.com/watch?v=5e1KBtjYYns>

Pain Management During Newborn Screening:

<https://www.youtube.com/watch?v=L43y0H6XEh4> (breastfeeding and skin to skin)

Prenatal Education <http://www.naturalbreastfeeding.com>
Nancy Mohrbacher has a YouTube channel of useful videos

Reverse Pressure Softening http://www.youtube.com/watch?v=2_RD9HNrOJ8

Therapeutic Breast Massage <https://vimeo.com/65196007>

Video clips from Jack Newman, MD <http://www.breastfeedinginc.ca>
Clips illustrate: reverse pressure softening, vasospasm, use of lactation aides, breast compression, tongue-tie release, and latching.

Workplace Breastfeeding Information

Babies at Work <http://www.babiesatwork.org>

Breast Pumps and Insurance Information:
www.hhs.gov/healthcare/facts-and-features/fact-sheets/breast-pumps-and-insurance-coverage-what-you-need-to-know/index.html

FAQs about Affordable Care Act Implementation <http://www.dol.gov/ebsa/faqs/faq-aca29.htm>

FMLA information
www.law.georgetown.edu/workplaceflexibility2010/law/fmlaFiles/fmla_DataPoints.pdf

How to Keep Your Breast Pump Kit Clean
<https://www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet.pdf>

Internet home for information about breastfeeding for working moms.
www.workandpump.com

Where to file a complaint when an employer doesn't provide accommodations for nursing employees.
<http://www.dol.gov/wecanhelp/howtofilecomplaint.htm>

In Philadelphia: Human Relations Commission
<http://www.phila.gov/humanrelations/Pages/default.aspx>

Information for employers about FMLA <https://www.dol.gov/whd/fmla/employerguide.htm>

Nursing Rooms Locator – Enter Zip Code to Search <https://www.momspumphere.com/>

Women of Color

Black Women Do Breastfeed <https://blackwomendobreastfeed.org>

Latina Breastfeeding Coalition <http://www.Youtube.com/channel/UCB2Vi6vx9aR-i7enkG2Q>

National Association of Professional and Peer Supporters of Color <http://www.nappls.org/>

Native American <https://indiancountrymedianetwork.com>

Reaching Our Sisters Everywhere <http://www.breastfeedingrose.org>

W.K. Kellogg Foundation <http://www.wkkf.org/>

Chapter 16 - Sources of Donor Human Milk for Preterm and Sick Infants

Human Milk Bank Association of North America www.hmbana.org

(This professional association sets standards and guidelines for donor milk bank)

Ohio Health Mothers' Milk Bank

4850 E. Main St., Columbus, OH 43213
Phone (614) 566-0630 FAX (614) 566-8074
<http://www.ohiohealth.com/mothersmilkbank/helen.harding@ohiohealth.com>

2 Pennsylvania Milk banks:

1) CHOP Mothers' Milk Bank Only for babies at CHOP.

2) Mid-Atlantic Mother's Milk Bank

3127 Penn Ave., Pittsburgh, PA 15201
(412) 281-4400
info@threeriversmilkbank.org

Offer 3 kinds of milk: term, preterm, and milk for babies with chylothorax. Bridge milk program

Medicaid and insurance reimbursement is in the works!

<http://www.prolacta.com>

A source of human milk products (human milk fortifier, milks of different caloric content, and trophic feeds) for babies in the NICU:

To Donate Milk:

- (1) Contact OhioHealth Mothers' Milk Bank
- (2) Contact Three Rivers' Milk Bank
- (3) Contact <http://www.mothersmilk.coop/>
- (4) Mothers' Milk Bank Northeast has a Breast Milk Depot at 3331 Street Road, Bensalem, PA.
Contact: Kristen Quinn (267) 972-8008 or kquinn@acelleron.com

Informal Milk Sharing Sites (also have Facebook pages)

Eats on Feets: www.eatsonfeets.org (includes 4 Pillars of Safe Breast Milk Sharing)
Human Milk for Human Babies: www.hm4hb.net

Published materials about community or informal breastmilk sharing:

- 1) American Academy of Nursing on Policy
[www.nursingoutlook.org/article/S0029-6554\(15\)00336-X/pdf](http://www.nursingoutlook.org/article/S0029-6554(15)00336-X/pdf)
- 2) Karleen D. Gribble (2013): Perception and management of risk in Internet-based peer-to-peer milk-sharing, Early Child Development and Care, DOI:10.1080/03004430.2013.772994
- 3) FDA
<http://www.fda.gov/ScienceResearch/SpecialTopics/PediatricTherapeuticsResearch/ucm235203.htm>
- 4) Spatz, DL (2016): Informal Milk Sharing. MCN Am J Matern Child Nurs. 41(2):125
- 5) Academy of Breastfeeding Medicine's 2017 Position Statement on Informal Breast Milk Sharing for the Term Healthy Infant.

Sriraman Natasha K., Evans Amy E., Lawrence Robert, Noble Lawrence, and the Academy of Breastfeeding Medicine's Board of Directors. Breastfeeding Medicine. January 2018, ahead of print.
<https://doi.org/10.1089/bfm.2017.29064.nks>

Chapter 17 - Drugs in Lactation Information

LactMed (FREE on-line drug database)

<http://toxnet.nlm.nih.gov/cgi-bin/sishtmlgen?LACT>

Free App available for iPhones and Androids

For healthcare professionals.

The Lactation Center at the University of Rochester Medical Center

(585) 275-0088

For healthcare professionals.

Medications & Mothers' Milk: A Manual of Lactational Pharmacology

By Thomas W. Hale, PhD

Fabulous reference book, updated every two years

For healthcare professionals.

Has an app for sale.

Infant Risk Center

Dr. Thomas Hale's website for answering questions about medications for pregnant and nursing mothers

<http://www.ttuhsc.edu/infantrisk>

<http://infantrisk.org>

(806) 352-2519 Monday-Friday 8am-5pm Central time.

For healthcare professionals and parents

Mommymeds.com

Information for parents about medications, procedures, and surgery and breastfeeding.

<http://mommymeds.com/>

Has an app.

Use of Contrast Media in Lactation

<http://www.radiology.ucsf.edu/patient-care/patient-safety/ct-mri-pregnancy/lactation>

"Lactating women who receive iodinated contrast or gadolinium can continue breast feeding without interruption."

American College of Radiology 2016 Manual

<https://www.acr.org/Quality-Safety/Resources/Contrast-Manual> (pp. 101- 102 specific to breastfeeding)

"Because of the very small percentage of iodinated contrast medium that is excreted into the breast milk and absorbed by the infant's gut, we believe that the available data suggest that it is safe for the mother and infant to continue breast-feeding after receiving such an agent."

"Because of the very small percentage of gadolinium-based contrast medium that is excreted into the breast milk and absorbed by the infant's gut, we believe that the available data suggest that it is safe for the mother and infant to continue breast-feeding after receiving such an agent."

The Transfer of Drugs and Therapeutics Into Human Breast Milk: An Update on Selected Topics

<http://pediatrics.aappublications.org/content/pediatrics/132/3/e796.full.pdf>

Reporting a medication's negative impact on milk supply, infant health or breastfeeding:

<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm?action=reporting.home>

Chapter 18 - AAP Updated (2013) Guide to Billing for Lactation Services

The AAP has granted permission to reproduce the on-line version of this coding document. The source document is located at <http://www2.aap.org/breastfeeding/files/pdf/coding.pdf>

Supporting Breastfeeding and Lactation: The Primary Care Pediatrician's Guide to Getting Paid

Breastfeeding support can often be quite time-intensive initially but pays off in a healthier patient population. It is in your insurers' best interests that you provide these services, and be reimbursed appropriately. This pamphlet is a guide to help pediatric practitioners get paid appropriately for their time as they incorporate more breastfeeding support into their practices. Billing for problems with breastfeeding and lactation is just like billing for any other pediatric problem. Pediatricians and other billable licensed practitioners (nurse practitioners* and physician assistants*) may:

- Use standard CPT codes, e.g., 99212–99215
- Use standard ICD-10-CM codes, e.g., 779.3 or 783.3
- Code based on time, if greater than 50% of time is spent in counseling, education or coordination of care
- Use modifier 25 appended to a separately reported office or other outpatient service to bill for extended time spent on feeding problems at a well baby visit.
- Bill for care provided for the mother, often as a new patient, in addition to billing for the baby, if history, exam, diagnosis and treatment are done for her.

The practice can also, under specific circumstances, charge for services provided by nurses and such allied health professionals as lactation consultants, health educators, and nutritionists, using a variety of codes.

This pamphlet discusses:

1. Commonly used ICD-9-CM codes
2. Options for billing the three-to-five day visit
3. Billing for extra time spent at well baby visits
4. Use of time-based coding
5. Billing for consults
6. Billing for care provided for the mother
7. Billing for allied health professional services

**Unless restricted by their state or payors' scope of practice limitations. This pamphlet does NOT discuss the detailed, important and specific guidelines affecting decisions about billing for nurse practitioners and physician assistants, i.e., whether credentialed and billed under their own names vs. billing for their services "incident to" physician care and thus billed under the physician's name. That topic is beyond the scope of this pamphlet. However, all physicians employing such allied health care providers need to be aware of, and understand, the applicable billing rules, and apply them carefully—whether billing for feeding problems, or for any other medical services in the pediatric office.*

Commonly used ICD-10-CM codes

Baby

Feeding problems

Vomiting, newborn	P92.09
Feeding problem, infant (> 28 days)	783.3?
Vomiting, unspecified(> 28 days)	R11.10

Jaundice

Breastmilk jaundice	774.39?
Neonatal jaundice,unspecified	P59.9
Preterm jaundice	774.2?

Weight and hydration

Dehydration, neonatal	P74.1
Abnormal weight loss	R63.4
Underweight	R63.6
Slow weight gain, FTT	P92.6
Rapid weight gain	R63.5

As well as all the diagnoses associated with size and maturity.

Infant distress

Fussy baby	R68.12
Excessive crying	R68.11
Infantile colic or intestinal distress	R10.83

GI issues

Abnormal stools	R19.5
Diarrhea, unspecified	R19.7
Change in bowel habits	R19.4

Mouth

Ankyloglossia	Q38.1
High arched palate	750.26Q38.5

Other

Other specified follow-up exam	Z09
<i>(When the original reason for visit has resolved)</i>	

Mother

Breast & Nipple issues

Abscess, Breast / Mastitis, infective	O91.13
Blocked milk duct / Mastitis, interstitial	O91.23
Breast engorgement, ductal	676.24?
Burning pains, hyperesthesia	R20.3
Ectopic or axillary breast tissue	Q83.8
Galactocele	676.84?
Other specified nipple/breast anomaly	757.6?
Other specified nipple/breast infection	675.84?
Nipple infection	O91.03
Nipple, cracks or fissures	O92.13
Nipple, sore	676.34?
Retracted nipple, postpartum	O92.03
Impetigo (staph), nipple	L01.00
Candidiasis, nipple or breast	B37.89

Constitutional

Disrupted sleep cycle	G47.23
Fatigue	R53.83

Lactation

Agalactia, failure to lactate	O92.3
Lactation, delayed	676.84?
Lactation, suppressed	O92.5
Other specified disorders of lactation	O92.29
Supervision of lactation	V24.1?
Other specified follow-up exam	V67.59?
<i>(When the original reason for visit has resolved)</i>	

Other

Other specified follow-up exam	Z09
<i>(When the original reason for visit has resolved)</i>	

The three- to five-day visit

The AAP recommends^{1,2,3}this visit

- to assess jaundice in ALL infants, regardless of feeding method.
- to address other early feeding issues

For breastfeeding infants, the purpose of this visit is

- to assess weight, hydration and jaundice and
- to address the ability of the infant to:
 1. Maintain hydration AND
 2. Sustain growth and activity AND
 3. Increase and maintain maternal production.

This assessment usually includes:

1. History: Infant feeding, sleep and activity patterns, urine and stool output; maternal lactogenesis, comfort and confidence
2. Exam: Weight, and exam for dehydration, sleepiness and level of jaundice
3. If indicated, observation of a feeding, including weights before and after feeding
4. Testing, interventions, and counseling if indicated

The visit may be billed as either

- a first routine well visit OR
- a follow-up visit, for a problem noted earlier

Billing as a well visit

If the infant's previous record does not document a feeding problem, and no other health problem has been identified, then this first office visit should be coded and billed as an established patient well-child visit.

- CPT code 99391
- ICD-9-CM V20.32 (and any other indicated diagnosis codes, e.g., for jaundice or feeding problem)

In any well visit, the clinician is expected to spend time addressing routine feeding issues. When unusual time beyond the usual is required, there are two ways of billing for this extra time.

When extra time is required:

If a feeding problem exists which requires more than an ordinary amount of time to address, the physician may, depending on the circumstances, choose one or both of the following options, as clinically appropriate:

- Prefer to spend extra time at this visit to address the problem immediately. This may then be billed separately using the 99212-99215 codes appended with the modifier 25, following the guidelines described on the next page
- Schedule a follow-up visit, for example, within a few days, or at one to two weeks of age. That follow-up visit would then be billable using the office follow-up codes (99211-99215) related to that feeding problem diagnosis.

Coding and billing as a follow-up visit

For this to be billed as a follow-up visit, the reason for follow-up must be clearly established on the preceding record.

- The earlier chart must document the unresolved problem that requires a follow-up visit.
- An appropriate diagnosis code, e.g., "newborn feeding problem" (779.31), or "jaundice" (774.6) must be included with the discharge diagnoses, to establish the reason for the follow-up visit.
- Alternatively, telephone chart notes document that, since discharge, a new problem exists.

Examples of problems requiring follow-up include, but are not limited to:

- Jaundice
- Infrequent and/or dark stools
- Ability to transfer milk not established
- Infrequent breastfeeding
- Weight loss exceeds 7%

¹ American Academy of Pediatrics, Subcommittee on Hyperbilirubinemia. Management of hyperbilirubinemia in the newborn infant 35 or more weeks of gestation. Pediatrics. 2004;114:297-316

² American Academy of Pediatrics, Committee on Practice and Ambulatory Medicine. Recommendations for Preventive Pediatric Health Care. Pediatrics. 2000;105:645

³ American Academy of Pediatrics, Committee on Fetus and Newborn. Hospital stay for healthy term newborns. Pediatrics. 1995;96:788-790

- Breastfed infant being fed formula

Options for coding and billing as a follow-up visit:

1. Schedule routinely with physician or billable licensed health care provider (e.g., NP or PA):

Use office follow-up codes 99212–99215 and appropriate ICD-9-CM codes:

- If the feeding problem persists, use an ICD-9-CM such as 779.31, 774.6, 783.21, etc.
- If, however, the feeding problem has resolved, use instead ICD-9-CM code V67.59, just as you would for a follow-up resolved otitis media.

2. Nurse visit with possible triage to physician or other billable licensed health care provider

This is a weight check and quick screen for feeding, sleep, and stool patterns. It is only billable to the nurse as a 99211 if it is NOT triaged to the doctor. Triage based on adequacy of feeding:

- If this visit demonstrates that good feeding has been established, the physician does not need to see the patient to bill for a limited nurse's visit with CPT code 99211 and ICD-9-CM code V67.59.
- If nurse's weight check visit reveals persistent problems, you do NOT bill for the nurse visit but instead triage back to pediatrician or other billable health care practitioner (NP or PA) immediately for a problem visit, billable as a follow-up visit (99212–99215)

Billing for extra time spent on feeding problems at any well baby visit

If, at a well visit, a significant, separately identifiable, diagnosable feeding problem necessitates extra time beyond routine well visit feeding counseling, then the 99212–99215 codes appended with the modifier 25 may be reported in addition to the preventive medicine service code.

A separate note is optimally written, on a separate page or on the same page with a line separating the two notes: the well visit note and the problem based note. Furthermore, the problem-based note will require that all required key components of appropriate time-based billing are documented for the code selected.

Both visits are then billed, adding the modifier 25 to the acute visit code. Billing might then be, for example:

99391 V20.32
99213- 25 779.31 [or 783.3 if over 28 days]?

Note: Some insurers do not accept the modifier 25.

Billing for any clinician's visit based on time

Because breastfeeding visits are dominated by counseling and education, they can be time-intensive. The CPT guidelines allow for a visit to be billed based on time, rather than by meeting the E/M requirements for elements of history, physical, and decision-making, if:

- More than 50% of the practitioner's face-to-face time with the patient has been spent on counseling (patient education) or coordination of care
- You must document on the chart:
 - Your total face-to-face time with the patient and/or the patient's family.
 - Time spent counseling (and this must be > 50% of total)
 - A brief description of what was discussed (should be one or more: diagnosis or impressions; prognosis; risks/benefits of management options; instructions for management and follow-up; compliance issues; risk factor reduction; patient and family education); a checklist on your encounter form will make this easier for all time based visits, not just those about breastfeeding issues

You can bill for time for most routine E/M codes, e.g., 99212–99215, when counseling and education dominate a visit otherwise not meeting customary guidelines for history, physical, and medical decision-making. (but it should be noted that time-based billing cannot be used with the preventive medicine service codes, since their CPT code descriptors do not contain "typical times")

The CPT E/M guidelines for billing based on time:

<i>New</i>		<i>Established</i>		<i>Outpatient</i>	
<i>Patient</i>	<i>Time</i>	<i>Patient</i>	<i>Time</i>	<i>Consult</i>	<i>Time</i>
99202	20	99212	10	99241	15
99203	30	99213	15	99242	30
99204	45	99214	25	99243	40
99205	60	99215	40	99244	60
				99245	80

[For example, if you spent 30 minutes face to face with an established baby and mother, of which greater than 15 minutes were spent counseling about feeding issues, you could bill with CPT code 99214, ignoring the usual history, exam, and medical decision-making requirements for a 99214. Your chart documentation must include the three elements described above: total physician face-to-face time, total time spent counseling, and a description of that counseling.]

Consultations

The physician or individually credentialed nurse practitioner or physician's assistant* may also bill the initial feeding evaluation as a requested consultation if the following guidelines are met:

A requested consultation (99241–99245) requires the "3 Rs," documentation on chart of:

1. **Request** (whether verbal or written) from another physician (even within the practice) "or other appropriate source" (can be a lactation consultant or even a La Leche League leader) is documented
2. **Render** the service requested
3. **Report** back to requesting source (Note: must be a written report.)
 - a. Billing for codes 99241-99245 may be either based on key components or time.

Follow-up visits will be billed as established patients (99212–99215).

*An allied health care provider cannot bill a consult under the "incident to" billing options. Only a nurse practitioner or physician's assistant who has been credentialed individually by an insurance company may bill for either of these types of consults under that provider's own name. Note: This is subject to individual state and payor limitations.

Billing for the infant's mother

If the physician or other billable licensed health care provider is taking the mother's history, examining her breasts and nipples, observing a feeding, and making a diagnosis and treatment plan for her, the clinician is treating a second patient. This may change the visit with the baby into two separate and identifiable visits with two different patients—two patients, two visits, two records, two bills, and two co-pays.

- Depending on the mother's insurance, you may need to get a request from her primary care health care provider.
- Can be billed either as a new patient (99201–99205) or, if you have a request and will make a written report back to the requesting source, as a consult (99241–99245)

Billing for services by allied health providers who are neither nurse practitioners nor physician's assistants

Services provided by an allied health professional who is not a billable and credentialed nurse practitioner or physician's assistant, (e.g., a nurse, health educator, or lactation consultant) can be billed two ways.

- A. The allied health professional's time can be used to make the physician's time more productive.
- B. The Health Behavior Assessment and Intervention codes allow the allied health professional to see the patient alone and bill for the allied health professional's face-to-face time.

A. Joint visit physician and allied health professional: (99212–99215)

This is a physician visit, which is supported and facilitated by the initial work of the allied health professional. The latter begins the visit, records the chief complaint, documents the history, establishes key physical findings, observes and documents the breastfeeding encounter, and counsels the patient about lactation issues related to the problem.

The physician can join the allied health provider, baby, and mother partway through the encounter and then:

1. Review the history
2. Examine the infant to confirm and/or add to the physical
3. Document in the chart the physician's physical findings, diagnoses and plans
4. Write any necessary prescriptions.

With the help of the allied health provider, physician time spent on history taking, counseling, and education will be minimized.

History, physical, and medical decision-making guidelines will be used to decide the level of the visit code (99212-99215). Time based coding cannot be used for this visit because the physician will have spent relatively little time face-to-face with the family. Time based coding is based specifically on the physician's time, NOT the allied health professional's time.

B. Health and Behavior Assessment and Intervention codes

After a breastfeeding (or any other health) problem has been established by the physician, an allied health provider may see the patient to focus on "the biopsychosocial factors, important physical health problems, and treatments" (the AMA's CPT 20014 manual, page 591). The following conditions apply:

1. These require a medical condition (e.g., feeding problem or low weight gain) **previously** diagnosed by the physician **at an earlier date**.
2. These health and behavior visits may not be reported on the same day as any other E/M service.
3. These visits are not for generalized preventive counseling or risk factor reduction.
4. These are billable in 15-minute time increments, based on the allied health professional's time (they are not for use by physicians or other billable licensed health care provider). If honored by the insurer, these codes are well reimbursed and are a good way to pay for your office lactation consultant who is not otherwise licensed or credentialed for billing.

Codes

- **96150** Initial health and behavior assessment (clinical interview, behavioral observations, health questionnaires, etc.):
Each 15 minutes face-to-face time
- **96151** Reassessment
- **96152** Health and behavior intervention, individual
Each 15 minutes face-to-face time
- **96153** Health and behavior intervention, group (two or more patients)
Note: you will need a group of five or six to be reimbursed for the allied health professional's time equivalently to the individual or family sessions.
Each 15 minutes face-to-face time
- **96154** Health and behavior intervention, family, with patient present
Each 15 minutes face-to-face time
- **96155** Health and behavior intervention, family, without patient present
Each 15 minutes face-to-face time

Billing for phone calls and online communications

Certain non-face-to-face services codes have been updated for 2008. The updated E/M codes for telephone and online medical discussions permit billing for both physician services and services provided by "qualified non-physician health care professional(s)".

Billing for these services is limited to the following circumstances:

- The telephone or online communication is with an established patient, or an established patient's parent or guardian. NOT for NEW patients.
- *The online codes (but not the telephone codes) additionally may be used for communications with the patient's health care provider.*
- The telephone or online service does *NOT* originate from a related E/M service or procedure for that patient within the previous 7 days
- The telephone E/M codes may NOT be used if the call leads to a face-to-face E/M service or procedure within the next 24 hours, or the soonest available appointment. (The online E/M codes do not carry this restriction.)

Note: Not all insurers reimburse for these codes.

Telephone Calls

Provided the criteria above are met, telephone calls may be billed using the following codes:

Medical Discussion in minutes	Physician Calls	Non-physician Provider Calls
5-10 minutes	99441	98966
11-20 minutes	99442	98967
21-30 minutes	99443	98968

Online Medical Evaluations

E/M services

- provided to an established patient, or to that patient's parent, guardian or health care provider
- using the internet or similar electronic communications network
- not originating from a related E/M service in the previous 7 days may be billed, regardless of length, using codes
- 99444 for services provided by a physician
- 98969 for services provided by a qualified non-physician health care professional.

Billing for interdisciplinary team conferences

The codes for billing for participation in interdisciplinary medical team conferences attended by other health professionals have been updated for 2008.

To bill for participation in team meetings when the patient or family is present

- Physicians continue to use regular E/M codes, e.g. 99214 or 99215, using time as the controlling factor, based on face-to-face time spent on "counseling and coordination of care."
- To bill for participation by non-physician qualified health care professionals, use 99366 for meetings of 30 minutes or more

To bill for participation in team meetings of 30 minutes or more when the patient or family is NOT present:

- 99367 participation by physician
- 99368 participation by non-physician qualified health care professional
- To bill for codes 99366, 99367, 99368 there must be a minimum of 3 qualified healthcare professionals in attendance