

### Research to Practice: An Informal Quiz for Lactation Professionals

Is your practice evidence based? Have you kept up with the latest lactation research from the scientific literature? Take a few moments to take this quiz. The answers can be found on the following page.

- The potential explanations cited by Kay Dewey for the connection between breastfeeding and reduced risk of later obesity include:
  - Formula use inducing overfeeding and disturbances in the maternal/infant feeding relationship
  - Learned self-regulation, properties of breast milk, confounding factors
  - Higher caloric density of formulas, maternal inactivity, tobacco use
  - Sleep disturbances among breastfed infants, rejection of solid foods by breastfed infants
- On average, pain related to mastitis:
  - Peaks on the second day and lasts 5 days
  - Peaks on the fifth day and lasts 7 days
  - Peaks on the first day and lasts 3 days
  - Peaks on the third day and lasts 6 days
- The “self-care” methods considered to be most effective by mothers developing mastitis include all of the following *except*:
  - Nursing on the infected breast first
  - Increased breastfeeding frequency
  - Increased fluid intake
  - Rest
- A powerful factor *increasing* the likelihood of breastfeeding among teenage mothers is:
  - Greater gestational age of the infant
  - Quitting smoking
  - Smaller household size
  - Receipt of food stamps
- The Maternal Breastfeeding Evaluation Scale (MBFES) is:
  - An assessment of maternal attachment
  - A survey instrument for maternal beliefs about breastfeeding
  - An assessment of maternal satisfaction with breastfeeding
  - A tool to assess latch
- Mothers of low birth weight infants may experience a greater degree of insecurity about breastfeeding than mothers of term infants because:
  - Behavioral cues of low birth weight infants are less distinct and take time to learn
  - Low birth weight infants do not exhibit behavioral cues to feed
  - Mothers of low birth weight infants are stressed and not able to learn their infants’ behavioral cues
  - Mothers of low birth weight infants generally believe that behavioral cues are not useful because of their infant’s medical conditions
- In a multiple regression analysis, factors associated with use of mothers’ own milk for low birth weight infants during their neonatal intensive care (NICU) unit stay included:
  - Maternal race, infant sex, and Apgar score
  - Maternal race, birth weight, and gestational age
  - Infant sex, maternal income, and infant birth weight
  - Maternal race, infant sex, Apgar score, and IBCLC support
- In a US survey, factors associated with 3 themes accounted for 97% of the reasons given for weaning in the first 5 months. These three themes were:
  - Mother wished to return to work, partner was not supportive, mother wanted to lose weight
  - Health professional advised weaning, mother had too many other duties, breastfeeding problems
  - Mothers concern about her milk supply, wanting to leave the infant, wanting someone else to feed the infant
  - Breastfeeding was too tiring, breastfeeding was not worth the effort, mother was concerned about infant weight gain

**Answer Key**

1. The correct answer is B. Further information about these explanations may be found in the February 2003 issue of *JHL* on pages 14-16. In her article titled "Is Breastfeeding Protective Against Child Obesity?" Dr Kathryn Dewey describes the 3 main categories of potential explanations for the association between breastfeeding and reduced risk of later obesity. As lactation consultants, it is important for us to be aware of these explanations to (1) answer questions of clients who may be concerned about their infant's risk for obesity, and (2) educate funding agencies interested in supporting programs designed to prevent childhood obesity.
2. The correct answer is A. Further information about the course of lactation mastitis can be found in the February 2003 issue of *JHL* on pages 27-28. In Karen Wambach's article titled "Lactation Mastitis: A Descriptive Study of the Experience," data related to symptoms, self-care, and treatment, recurrence, and complications were collected via daily phone calls to 31 women diagnosed with lactation mastitis. This study provides an in-depth view of the maternal experience during mastitis. For lactation consultants, this information can be used to counsel women with suspected and diagnosed mastitis and inform women about what to expect during treatment and recovery.
3. The correct answer is C. The complete list of highly rated self-care methods may be found on pages 28-30 of the February 2003 issue of *JHL*. Increasing fluids is the only self-care method on the list that was not rated as highly effective by the women participating in Karen Wambach's study (described above). Lactation consultants may wish to share the list of highly rated self-care methods with mothers in their practice, particularly with women who may be at higher risk for mastitis.
4. The correct answer is B. Quitting smoking between the discovery of the pregnancy and the first WIC visit was a strong predictor of breastfeeding among teen mothers in Park et al's article titled "Characteristics of Teenage Mothers and Predictors of Breastfeeding Initiation in the Michigan WIC program in 1995." The complete list of predictors of breastfeeding in this population may be found on pages 52-54 of the February 2003 issue of *JHL*. For lactation consultants, these predictors may be used to identify which adolescent mothers may be more likely to breastfeed their infants. Mothers who quit smoking prior to the first WIC visit may have been particularly concerned about their infant's health, making them more likely than others to be receptive to infant feeding education.
5. The correct answer is C. A detailed description of the MBFES can be found on page 146 of the May 2003 issue of *JHL*. In the study by Cooke et al titled "A Description of the Relationship Between Breastfeeding Experiences, Breastfeeding Satisfaction, and Weaning in the First 3 Months After Birth," postal surveys were used to collect data from 365 Australian women antenatally and at 2 weeks, 6 weeks, and 3 months postpartum. The purpose of the study was to describe relationships among breastfeeding experiences, maternal breastfeeding satisfaction, and weaning in the first 3 months postpartum. Low MBFES scores were significantly related to weaning at all survey periods. For lactation consultants, the MBFES may be used to identify mothers who may need additional support to sustain breastfeeding. Also of interest in this study, engorgement and leaking milk were not associated with weaning in the study population, perhaps because mothers experiencing these symptoms were reassured that they were producing plenty of milk.
6. The correct answer is A. A discussion of the problems faced by mothers of low birth weight infants may be found on pages 162-164 of the May 2003 issue of *JHL*. In the study by Flacking et al titled "Long-term Duration of Breastfeeding in Swedish Low Birth Weight Infants," the incidence of breastfeeding among mothers of low birth weight Swedish infants was determined at 2, 4, 6, and 8 months postpartum. Typically, low birth weight infants had high initiation but short duration of breastfeeding. The authors expressed concern that the time and opportunities necessary to learn the subtle behavioral cues of low birth weight mothers were restricted in the neonatal unit. Lactation consultants, recognizing the need for skills training for these mothers, may use these data to support their efforts to reduce mothers' insecurity prior to and after hospital discharge.

7. The correct answer is D. A complete description of the factors associated with provision of mothers' own milk may be found on pages 289-290 of the August 2003 issue of *JHL*. In a study by Gonzalez et al titled "Evaluation of a Lactation Support Service in a Children's Hospital Neonatal Intensive Care Unit," a retrospective chart review of 350 randomly selected patients of a children's hospital NICU indicated that the presence of IBCLC level support was an important factor in infants' ever being given their mothers' own milk. This is important evidence supporting that lactation consultants' services are needed and effective.
8. The correct answer is C. Detailed information about the factors associated with weaning among the 758 breastfeeding mothers participating in the study may be found on pages 280-282 of the August 2003 issue of *JHL*. In the study by Kirkland and Fein titled "Characterizing Reasons for Breastfeeding Cessation Throughout the First Year Postpartum Using the Construct of Thriving," a longitudinal postal survey was used to assess infant feeding practices during late gestation and during months 1 through 7 and again at 9 and 12 months postpartum. For lactation consultants, these data describe which complaints are most likely to lead to weaning. These factors may be used to prioritize mothers needing support services.