



# UNIVERSITY OF HAWAII SYSTEM

## Legislative Testimony

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Written Testimony Presented Before the  
House Committee on Health  
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By

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and

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HCR 7 Encouraging the John A. Burns School of Medicine and the School of Nursing and Dental Hygiene of the University of Hawai'i to Include Breastfeeding in Educational Curriculum to Educate Medical Professionals to Advocate and Promote Breastfeeding Among Expectant Mothers

Aloha Chair Yamane, Vice Chair Morikawa and members of the House Committee on Health thank you for the opportunity to provide testimony from the School of Nursing and Dental Hygiene and John A. Burns School of Medicine on HCR 7.

### **School of Nursing and Dental Hygiene**

Nursing education has always included the promotion and support of breast feeding in courses for both entry level and advanced practice students. The child family course provides specific content related to the physiologic components of breast milk, benefits to the maternal-infant pair, decision-making for breast feeding, and strategies to assist new mothers to be successful. At the graduate level, the pediatric and family nurse practitioner student course on women's health has a strong young family focus.

Faculty including Dr. Maureen Shannon, Frances Matsuda Chair in Women's Health, a nurse midwife and fellow of the American College of Nurse Midwives and Dr Carol Richardson ensure that students have the clinical experience working with your families to support breast feeding. We will be pleased to provide course syllabus if needed.

### **John A. Burns School of Medicine**

The John A. Burns School of Medicine takes note of your resolution in support of education regarding breastfeeding, and we support your measure's intent.

We also wanted you to know that breastfeeding already is part of the curriculum for all our trainees in the medical school's Pediatrics Residency Program, which is housed at and works in partnership with the Kapi'olani Medical Center for Women and Children.

In fact, we are pleased to report that Kapi'olani was just presented the "IBCLC Care Award". This international award was established in 2010 to recognize and honor established IBCLC facilities that have demonstrated a commitment to breastfeeding support through clinician training and project implementation in the promotion and protection of breastfeeding. This is indeed an honor as only 192 facilities were selected worldwide.

At the medical school, allow us to provide, for your information, a brief rundown of our breastfeeding curriculum.

### **From GOAL 1: Delivery Room**

- h. Discuss immediate breastfeeding and early bonding between baby and family; describe how hospital routines can facilitate or impede these natural processes.
- i. Describe how obstetricians and pediatricians can work together as a team to improve outcome at high-risk deliveries.
- j. Discuss prevalence of home deliveries by nurse midwives in one's own community; recognize risks and liabilities.

GOAL 4: Nutrition (Newborn). Understand how to manage breast and bottle feeding in the newborn period.

### **OBJECTIVES:**

#### **Assessment and screening**

- a. Assess a newborn's nutritional status based on history (volume of feeding if formula, latch, suck duration, presence of swallowing etc if breast feeding, number and type of urine and stools) and physical exam (e.g., weight change from birth weight, fontanel, neurologic or oral/facial anomalies).
- b. Discuss mother's feeding choice and assess for potential risks/difficulties (e.g. previous breast surgery, previous failed breast feeding attempts, inverted nipples).

#### **Health promotion/disease prevention**

- c. Encourage and support mothers who will breast feed. Lactation consults when indicated.
- d. Counsel mothers who will bottle feed.
- e. Refer mothers to WIC and other resources for assistance with food purchase and nutrition education.

#### **Common problems**

- f. Recognize and manage these conditions:
  - 1. Common problems for breast feeding infants and mothers.
  - 2. Newborn who is a poor feeder.
  - 3. Feeding plans for the SGA infant.
  - 4. Feeding plans for the infant of a diabetic mother.
  - 5. Feeding plans for the infant with a cleft palate.

6. Feeding plans for neurologically depressed/abnormal newborns.

## II. Medical students' pediatric rotation

### Neonatal / Nursery rotation

They are six objectives for the student to accomplish during this rotation

Objective#2 refers to breast feeding. "The student will be able to assess and counsel mothers of newborns on feeding issues, especially common tips for successful breast feeding and management of common problems associated with breast feeding.

## IV. Nutrition

### Competencies

#### A. Knowledge

1. Describe the advantages of breastfeeding and describe common difficulties experienced by breastfeeding mothers.
2. Describe the signs and symptoms of common nutritional deficiencies in infants and children (e.g. iron, vitamin D, fluoride, and inappropriate caloric volume) and how to prevent them.
3. Identify children with specific or special nutritional needs (e.g. patients with chronic illness, prematurity, abnormal growth patterns, failure to thrive, obesity, or when family risk factors suggest the possibility that nutritional modification will be needed).
4. Describe nutritional factors that contribute to the development of childhood obesity and to failure to thrive.
5. Discuss risk factors for the development of cardiac disease and diabetes with families.
6. Describe the endocrine, cardiovascular, and orthopedic consequences of childhood obesity.

#### B. Skills

1. Obtain a dietary history in children of different ages that includes the following:
  - Infants: type, amount and frequency of breast or formula feeding, solid foods, and - dietary supplements (vitamins, iron, fluoride).
  - Toddler/school age child: milk, juice, soda, fast foods, and meal patterns
  - Adolescents: meal patterns, nutritional supplements, milk, juice, soda, alcohol, snacking, and fad diets
2. Determine the caloric adequacy of an infant's diet.
3. Provide nutritional advice to families regarding the following:
  - Breastfeeding vs. formula feeding
  - Addition of solids to an infant's diet
  - Introduction of cow's milk to an infant's diet
  - Healthy food choices for children and adolescents
  - Exercise and TV or video viewing and their effect on obesity

**Processes:** All students on the Pediatric Clerkship should see a patient or patients with self or parental concerns or questions about appropriate nutrition (e.g. failure to thrive, questions about breast vs. bottle feeding, questions about switching to formula, when to add solids). This can be in the context of a routine health care supervision visit.

Mahalo for this opportunity to tell you about part of the curriculum at the John A. Burns School of Medicine, where we continue to train physicians and physician specialists for Hawai'i.

The University of Hawai'i appreciates your continuing support of nursing and healthcare in Hawai'i.