

## LAWN Meeting Minutes February 26, 2013

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### 40 participants attending:

Name	County/ Agency	Name	County/ Agency
Deborah Pyke	Benton	Ricki Donato	Multnomah
Julie Aalbers	Clackamas	Elizabeth Berol-Rinder	Multnomah
Mari Brooker	Clackamas	Joy McNeal	Multnomah
Roopa Puri	CT Warm Springs	Kjersti Madsen	North Central
Jean Farmer	CT Umatilla, Union	Nicole Grigorieff	Salud
Phyllis Olson	Coos	Cheryl Alto	State WIC
RanDee Anshutz	Crook, Columbia*, Lake*, Curry*, Wallowa*	Karen Bettin	State WIC
Janet Harris	Deschutes	Beth Lanham	State WIC
Sherri Tobin	Deschutes	Vernita Reyna	State WIC
Theresa Reiter	Deschutes	Bonnie Ranno	State WIC
Dale Erickson	Douglas	Sara Sloan	State WIC
Debbie Watson	Jackson	Nancy Ludwig	Tillamook
Judy Harvey	Jackson	Angie Treadwell	Umatilla Morrow H.S.
Simone Champagne	Josephine	Diane Benfield	Umatilla Morrow H.S.
Sue Schiess	Klamath	Stephanie Hiramura	Washington
Katey Bosworth	Lane	Tiare Sanna	Washington
Lindsay Grosvenor	Malheur, Harney	Lisa Beck	Washington
Vera Yamamoto	Marion	Jan Apland Curtis	Washington
Mary Kay Diloreto	Multnomah	Roxanne McKeen	Washington
Heidi Suess	Multnomah	Annie Southworth	Washington

(\* RanDee provides remote RD services to these counties)

### Agenda:

- Continuing education presentation
- Local updates
- State updates
- Wrap-up

### Materials sent prior to the call:

- LAWN calendar of events
- WIC Nutritionist Map
- Nutrition Practice Care Guidelines for Preterm Infants in the Community (2013 revision)
- Group roster
- Resources for eLearning class for counseling mothers with premature babies

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**Presentation:** Nutrition Practice Care Guidelines for Preterm Infants in the Community, 2013 revision

**Speaker:** Melissa Nash, MPH, RD

This is the first of two presentations to review the revised guidelines. The second session will cover case studies and the Oregon appendix.

**Note Time and Date change of next LAWN meeting/presentation:**

**Tuesday, May 21<sup>st</sup> 1-3pm.**

### **Highlights:**

- This is the 3<sup>rd</sup> and most extensive revision since the first publication of the guidelines in 2001. Last revision was in 2006. This revision was a two year process with collaboration with WIC RDs, Neonatal Intensive Care (NICU) RDs and Oregon Pediatric Nutrition Practice Group (OPNPG).
- Guidelines are now in a chapter format with new/updated sections for:
  - Definitions
  - WHO growth charts
  - Developmental origins of health and disease
  - Growth velocity
  - Vitamin mineral supplementation update
  - Labs and tribasic case studies
  - Breastfeeding progression chart
  - Expressed mothers milk (EMM) storage guidelines
  - Pumping and maintaining milk supply
  - Banked human milk
  - Human milk and formula listing update
  - Formula recipe
  - Formula preparation and storage guidelines
  - Constipation
  - Probiotics
  - Late preterm infants
- Oregon appendix: A separate Oregon appendix is in development and will include:
  - Oregon human milk donor depot sites
  - Listing of lactation consultants
  - Listing of breast pump rentals
  - WIC contact list
  - Babies First
  - CaCoon
  - Developmental clinics
  - Feeding clinics

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- Discharge into the community:
  - Infants are often on reflux meds, suppositories and Human Milk Fortifier (HMF) in the NICU. When they are preparing to be discharged, they are taken off the meds, suppositories and transitioned to breastmilk, premie transition formula (Neosure, Enfacare or Nourish) or standard infant formula. It is not unusual for these changes to impact feeding. If an infant is experiencing reflux along with having reduced stomach volume due to full bowels, their intake of breastmilk/formula may be reduced. This change may result in breastfeeding babies being switched to formula; formula fed babies switched to a different formula, etc. Understanding this critical phase of transition and working with families to address reflux (positioning, smaller, more frequent feeds, possibly new meds) and constipation (fluid, movement and possibly juice as medicine. Refer to page 65 for more information of appropriate ways to treat juice as medicine/treatment of constipation.
  - Infant massage was brought up as a resource for treating constipation. Nancy Ludwig asked if there were resources for infant massage training. Katey Bosworth provided this link to a training resource in Portland:
    - <http://lovingtouch.com/infant-massage-training-course-cimi-usa-portland-oregon-may-2013>
  - A critical “red flag” to screen for: “How long is a feeding taking?” Feeding duration longer than 30 minutes or less than 6 feedings per day are cause for further evaluation. Refer to page 8 for more information on feeding ‘red flags’.
  - Discharge formulas (Neosure, Enfacare or Nourish) are intended for infants with a birthweight less than 2000 grams (4 1/2 pounds). There really is no way in TWIST to limit issuance of these formulas. It is recommended that the WIC RD assess for the correct issuance of these formulas. Refer to pages 10-12 for a decision tree on feeding recommendations.
  - Lab values assessing bone mineralization is the best indicator of how the preterm infant is doing. There are times that growth can be fine (e.g. exclusive breastfeeding) and the infant is not receiving adequate calcium and phosphorus. Refer to page 23 for more information on labs and page 26 for more information regarding indications for reassessment of calcium, phosphorus and alkaline phosphatase (alk phos) status.

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- If you hear a mom describe their breastmilk as “soapy” or smelling “funny/rancid”, refer to page 40 for instructions to help with this issue. Some women produce more lipase enzyme which can cause the breakdown of milk fats.

### **Local updates:**

- Douglas County: Dale Erickson is the WIC Coordinator
- Curry County: RanDee Anshutz is the remote RD for Curry County
- Remote RD: RanDee Anshutz has increased her remote RD services to four counties (Columbia, Lake, Curry, and Wallowa) in addition to her position as WIC RD for Crook County.
- Marion County: Vera Yamamoto has moved to Marion County from Salud WIC
- Salud has two openings: staff dietitian, 20 hours/week; Full time Supervisor/Registered dietitian  
Full time RD/Supervisor position on Lancaster in Salem, OR  
Part time RD Float position based mainly in Salem and Woodburn, OR  
The contact person is:  
Lynnetta Doellefeld, RD  
Nutrition Services OR Regional Supervisor  
YVFWC Nutrition Services/Salud WIC  
2251 E Hancock St, Suite 107  
Newberg, OR 97132  
(503) 538-8779  
[lynnettad@yvwfc.org](mailto:lynnettad@yvwfc.org)  
Website is [www.yvwfc.org](http://www.yvwfc.org)

### **State updates:**

- Molly Kellogg: The state office has purchased Molly Kellogg resources developed specifically for WIC staff. More information will be shared at OWCA on how these resources can support participant centered services and education.
- Pediatric Conference May 18<sup>th</sup>: The Oregon Pediatric Nutrition Practice Group (OPNPG) will be sponsoring a one day conference in Portland at Emanuel Hospital Lorenzen Center. A flyer will be sent to LAWN to share with partners. Topics will include: developmental origins of health and disease, allergies/probiotics, impact of breastfeeding on mom/infant's health, feeding clinic case studies, developmental feeding strategies. Cost:
- New information (released after the meeting): The Oregon, Washington lactation association (OWLA)/NWMMB are sponsoring a conference on May 31, 2013

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to be held at Legacy Emanuel Hospital. The speaker will be Nils Bergman who has spoken extensively on the benefits of skin-to-skin contact.

Presentation will include:

- \* Scientific and Evidence Base for Skin-to-skin contact.
- \* A neurobehavioural approach to breastfeeding/feeding frequency.
- \* Implementation issues in support of Baby Friendly Hospitals.
- \* Financial and cost issues from the neuroscience.

Seating capacity will be approximately 175 people.

Tentative registration fee will be \$105 (early bird feed slightly lower) and include 6 CERPS for lactation folks and 6 CEUs for nurses.

Continental breakfast, box lunch and afternoon cookie will be included in the price.

- Formula updates: two new formulas to be added to the formulary (new information since the meeting) and one formula update. **More information about both formulas will be sent in a separate email and TWIST alert:**
  - Nourish, a postdischarge premature formula manufactured by Gerber will be added to the Oregon WIC formulary in April.
  - PurAmino (formerly known as Nutramigen AA)
    - Same formula composition as Nutramigen AA.
    - Change in: name, can size, reconstitution value, UPC code
    - We have less than 4 participants on Nutramigen/PurAmino in the state.
  - Total Comfort: a new product from Similac; due out in April/May.
    - Milk-based, 100% partially hydrolyzed whey
    - Reduced lactose
    - Rebated item
    - Will **not** require medical documentation
    - Comparable alternative to Gerber Good Start Gentle
- Formula reference guide: The guide has been revised and will be available online and copies will be sent to vendors and local agencies. Reminder- this is a vendor publication that is used in the clinic to assist families with purchasing the correct product. It is still to be decided whether the guide will be needed when we transition to eWIC. The online version will be available by April 1<sup>st</sup> here:  
[http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/vendor\\_materials.aspx](http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/vendor_materials.aspx)

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- Appropriate use of supplements with children: Continuation of the discussion of the use of supplements for children and the over prescribing of certain supplements (such as Pediasure). The result is a reluctance to adopt other formulas in the product line (Pediasure SideKicks, Pediasure 1.5).  
Update/Action: Since the LAWN meeting, Cheryl has met with the Abbott dietitians and will be scheduling a meeting of the metro area dietitians for further discussion. The goal of the meeting will be to understand current attitude/knowledge/beliefs of WIC RDs on why Pediasure is prescribed; building community collaboration between community/clinical/manufacturer; discuss possible protocols, decision making tools to assure correct prescription of Pediasure. Recommendations from the metro group will be brought to LAWN for further discussion, input. Please contact Cheryl if you have any comments, questions.

Minutes respectively submitted by Cheryl Alto