

# Breast Pump and Pump Protocols

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## Training goal:

Attendees will better understand breast pumps and pumping protocols, with the foundational belief that when healthcare providers understand pumping protocols, they can better assist breastfeeding mothers to supply their babies with their milk.

## Content:

- Reasons for utilizing a breast pump.
- Identify the different types of pumps (e.g. manual, single electric, multi-user electric (hospital grade)).
- Understand the uses of the different pump types.
- Demonstrate ability to use, assemble, disassemble and clean all types of pumps.
- Discuss the importance of flange-size fitting and suction and speed cycling for electric pumps.
- Identify the need for a pump and ways that staff can help patients have success with pumping.

## Implementation:

- Instructor self-introduction and a brief overview of session
- Reasons to use a breast pump
- Identify the advantages of the different types of breast pumps
- Using the pump:
  - flange size fitting
  - assemble, disassembling and cleaning
  - how frequently to pump
  - how to pump with settings, etc.
- Scenario and role playing

**Resources:**

- CDC Infographics: How to Keep Your Breast Pump Kit Clean, Storage and Preparation of Breastmilk
- Making the Right Amount of Milk, WIC brochure
- Breastfeeding and Returning to Work, WIC brochure