

Hand Expression

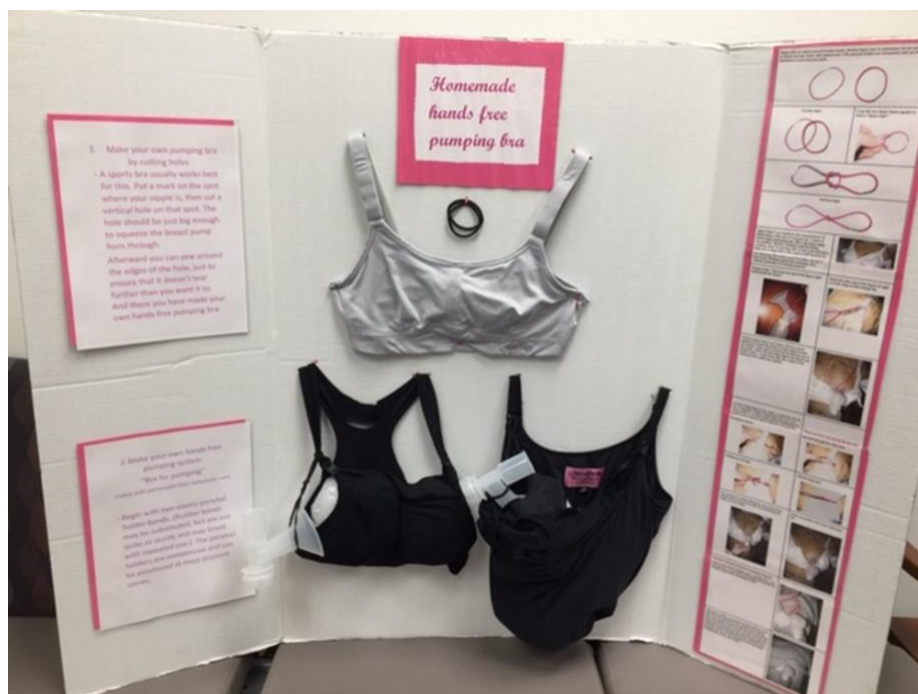
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Training Goal:

Attendees should be able to demonstrate the steps for effective hand expression, using hand-expression training model and hands-free pumping bra.

Content:

- Describe the benefits of hand expression.
- Research review on:
 - Increased milk volume with hand expression
 - Hands on pumping
- Demonstrate the steps to effective hand expression using the hand expression model.
- Poster presentation: How to Create a Hands-free Pumping Bra.



Implementation:

- Use true/false quiz in power point to assess the participants' baseline knowledge of hand expression
- View the poster presentation of how to create a hands-free pumping bra

- Allow a volunteer from group to demonstrate hands on pumping with a cloth breast model and hands-free pumping bra
- Allow students to each practice hand expression with hand expression model
- Facilitate discussion and Q&A regarding hand expression and hands-on pumping

Resources:

Video clips:

- University of San Diego and Dr. Jane Morton:
 - Hand expression
 - Hands-on-pumping
 - FirstDroplets.com
- KellyMom.com
 - Hands Free Pumping

Research articles by Dr. Jane Morton including:

- Mothers Who use “Hands-On” Technique See Increase in Milk Production
- Combining Hand Techniques with Electric Pumps Increases the Caloric Content of Milk in Mothers Of Preterm Infants.
- Bedside Breastfeeding Care
- Hands-On or Hands-Off When First Milk Matters Most
- Rethinking Bedside Care: A Shared Sustainable and Proactive Model

Other articles:

- Research article published in Pediatrics 2013 by EA Wagner, CJ Chantry, KG Dewey, LA Nommsen-Rivers: Breastfeeding Concerns at 3 and 7 Days Postpartum and Feeding Status at 2 Months.

Supplies:

- Hand expression model, cloth breast model and hands-free pumping bra.