

## Lactation Physiology & Breastfeeding Management

### Objectives

- Discuss the process of lactogenesis
- Review when it is the best time to initiate breastfeeding
- Describe complications that can interfere with breastfeeding
- Summarize how to store and thaw breast milk
- Identify safe and contraindicated medications for use in breastfeeding women

### Content Outline

1. Lactation Physiology
  - A. Lactogenesis I
  - B. Lactogenesis II
  - C. Let down reflex
2. Initiation of Breastfeeding
  - A. Best time to start
  - B. Interfering factors
3. Breastfeeding Complications
  - A. Breast engorgement and nipple tenderness
  - B. Diminishing milk supply
  - C. Contraception methods and their effect
  - D. Infections
  - E. Plugged ducts
  - F. Galactocele
  - G. Mastitis
4. Milk Storage and Thawing
5. Medication Use During Breastfeeding
  - A. Physiology of drug transfer
  - B. Type of drugs and compatibility with breastfeeding
  - C. Milk to plasma ratio

### Reading Material Resources

**Module WB2115: Lactation Physiology & Breastfeeding Management** is based on the resource listed below. A copy of the resource is included with the module.

Chapter 11, The Breast and the Physiology of Lactation, Maternal-Fetal Medicine, Resnik, et al., Elsevier, 2019, 167-180 (partial excerpt)