WIC and MILK BANKS: Working Together

NWA 2014 Nutrition Education and Breastfeeding Conference

Janice Sneider O’Rourke, MPA, RD
The Milk Bank:

• Mission, Vision, Values
• History

Milk Banking
Pasteurized Donor Human Milk
Collaboration
Indiana Mothers' Milk Bank, Inc.
Sharing the Gift of Mothers' Milk

The Milk Bank
Providing safe mothers’ milk for fragile infants
Mission:
- The Milk Bank is a non-profit organization that promotes community health by expanding the safe use of human milk for all babies, especially premature and ill infants.

Vision:
- Every child has access to safe human milk.
Human milk should be available to all ill and premature infants

An educated community understands the need for human milk for all babies

Safe human milk offers the best health care outcomes for premature and ill infants

Pasteurized donor human milk decreases health care costs
Safely screen, collect, pasteurize, and distribute donor human milk to premature infants and others.

Collaborate to support and educate the community in order to promote the awareness and acceptance of breastfeeding and donor milk.
Community-based milk bank

Funded by donations, grants, and fee-for-service

Member of HMBANA

The Milk Bank History
Established in 1985 to standardize procedures
Ensures quality control of donor milk
Provides a forum for networking among experts
Provides information on benefits and indications for using banked human milk
Provides communication among milk banks to assure adequate supply for all patients
Serves as liaison between member institutions and governmental regulatory agencies
Encourages research, education and evidence-based practice
Next best option when infants own mothers milk is absent.

Optimal Nutrition.

Easy digestibility.

Immunologic protection against many organisms and diseases.

Protects immature tissue.

Promotes maturation of the gut, preventing the incidence of NEC.

Promotes healing of previously damaged tissue from infection.

Endorsed by the AAP, WHO/UNICEF and the CDC.
Donor Milk
Donor mothers are screened verbally.

Written medical history along with consent forms from both mom’s and baby’s MD.

Blood screening.

All Donor Moms are educated and given full support on safe handling of the milk.

Milk Safety: Donor Screening & Approval.
Step 1: Donor Mother Pre-Screening

- Currently lactating & have surplus milk
- In good general health
- Willing to undergo blood test
- Not on medications or herbal supplements
- Willing to donate suggested minimum of 100 oz. of milk
- Within 24 months of delivering an infant
Step 2: Complete Donor Packet

- The donor completes 4 forms including:
  - Donor Consent Form
  - Donor Medical History Form
  - Health Care Provider Release
  - Baby’s Health Care Provider Release (waived for bereavement mothers)
Donor mother must consent to a serological test for the following:

- HIV - 1, 2 & O
- HTLV - 1 & 2
- Hepatitis C
- Hepatitis B surface antigen
- Syphilis RPR
The Potential Donor’s medical history, lifestyle questionnaire, blood serology and any pharmacological contraindications are rigorously reviewed by IMMB’s Clinical Coordinator, an International board certified lactation consultant (IBCLC), before approval is given.
Procuring Milk

- Drop Off
- Shipping
- Milk Depots

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Procuring Milk
Pasteurization Process

1. Defrost
2. Pool
3. Aliquot
4. Freeze
5. Pasteurize
6. Seal
Milk from 2 - 5 donors taken from the pre-pasteurization freezer
Placed into defrosting refrigerator.
Defrosted over a 48 hour period at a temperature of approximately 10º Celsius
After the milk is completely defrosted, it is poured into several glass beakers by the pasteurization technician. The milk is thoroughly mixed to ensure an even distribution of components such as fat, protein, and immunologic properties.
After it is thoroughly mixed, the milk is aliquoted into special bottles that can withstand the heat of pasteurization.

The bottles are then sealed using an induction cap sealer. Every seal is checked to ensure quality control.
After sealing, the bottles are placed into the pasteurizer. The pasteurizer warms the milk to a temperature of 62.5º Celsius for 30 minutes and then proceeds into a rapid cooling cycle.
Lysozyme retains 75% of its activity.
Lipase is inactivated by pasteurization.
Oligosaccharides are unchanged and unaffected.
Random sample from each pasteurized batch is tested for bacterial growth. Only batches with no bacterial growth are approved to be sent to hospital NICUs or outpatient recipients.
As part of the healing process, we offer bereaved families the opportunity to have their little one join our Giving Tree Memorial. This beautiful plaque tree is displayed in our office to honor babies who have passed and families who have donated in their memory. Bereaved families are not turned away for any reason.
One day’s care in the NICU during the first 2-3 weeks of life can cost over $4000. For an infant hospitalized for 2 months, this cost can exceed $240,000 (Ward, 2010). A 2001 study found that preterm infants fed human milk spent 15 fewer days hospitalized than those receiving formula (Wight, 2001).
How can WIC collaborate with milk banks?
Collaboration: Training

- Educate all staff
- Prenatal breastfeeding classes
- Peer Counselors
- Breastfeeding Support Groups
Collaboration: Referral
Donor Collection Sites
Donor Collection Sites

For our milk depots, the IMMB:

- Provides an 18-22 cubic foot freezer
- Reimburses expenses related to the procurement of dry ice for shipping
- Provides blood kits for depots that can also draw blood for our donors
- Provides shipping containers and return labels for shipping the milk back to us.

Our depots:

- Place the freezer in a secure location with an uninterrupted power source
- Monitor the freezer temperature
- Accept milk donations from approved donors
- Ship the milk to the IMMB in a timely manner.
Collaboration: Milk Depots

Donor Collection Sites

- 9/22/2006     Bloomington WIC
- 4/3/2007       Michigan City WIC
- 4/2/2007       Muncie WIC
- 12/5/2008     Tippecanoe County WIC
‘Milk depot’ gives breast-feeding mothers way to help babies in need

By TAYA FLORES

The fifth “milk depot” in the state has opened in Tipppecanoe County, giving breast-feeding mothers a place to donate their milk for babies who need it.

Cheri Daniels, Indiana’s first lady was in Lafayette on Friday to praise the collaborative effort between the Indiana Mothers’ Milk Bank and the Tipppecanoe County Women, Infants and Children (WIC) Office.

“I breast-fed all four of my daughters, and I wish there would have been something like this at that time because I could have participated as a donor,” Daniels said Friday.

The Tippecanoe County site is the fifth in the state, and the fourth depot to partner with WIC, a federal nutrition program for low-income women, infants and children.

The other four depots are located in Muncie, Michigan City, Bloomington and Fort Wayne.

The donated milk is taken to the Indiana Mothers’ Milk Bank in Indianapolis. A majority of the milk goes to premature and sick infants in hospital neonatal intensive care units and is dispensed by a physician’s prescription, said Janice O’Rourke, executive director of the milk bank.

O’Rourke said donor milk is the ideal food for premature and sick infants. But some mothers are unable to provide sufficient breast milk for a variety of reasons, including illness, the signs of feeding multiple infants or lactation hormones working improperly as a result of premature birth.

The milk bank charges hospitals about half of what it costs to process the milk, and the rest of the costs are covered by donations and grants, O’Rourke said.

Nine hospitals in Indiana receive milk from the bank, she said.

Lactating mothers have to go through a screening process before they can become donors.

Wendy Fording, a Lafayette mother who has been donating breast milk since January said it was rewarding to know that her extra milk would be used instead of going to waste.

Fording made a donation to the milk bank on Friday.

“I hope that by having this location local people will learn of the need for breast milk and also be willing to contribute,” Fording said.

What you can do

To donate, call the Indiana Mothers’ Milk Bank at (317) 329-7146. Donors need to be healthy, lactating women who have delivered an infant within the past 12 months. Donors must not be users of nicotine products.

The local depot is at the Tippecanoe County WIC Office, 1922 Tippecanoe St. in Lafayette.

“I breast-fed all four of my daughters, and I wish ... I could have participated as a donor.”

Cheri Daniels, Indiana’s first lady
Collaboration: Milk Depots
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Collaboration: Other States

- Denver
  - Participate in events
  - No depots

- Boston
  - Participate in events
  - No depots

- Oklahoma
  - Part of WIC State Breastfeeding Taskforce
  - No depots
Collaboration: Other States

- **Austin, Texas**
  - Depots
  - Provide peer counselor training, staff inservice

- **Missouri**
  - One depot
  - Work with State Office

- **Iowa**
  - One depot
Story County Human Services
Milk Collection Depot for the
Mother’s Milk Bank of Iowa

WIC Office
226 SE 16th Street
Ames, IA 50010

Donations accepted
M-F 9am-4pm.

For more information, please contact:
Comments, Questions, Discussion
Contact Information:

Janice Sneider O’Rourke

jorourke@themilkbank.org

www.themilkbank.org