

Game-changing Research about Breastmilk Expression:

Early Hand Expression and Hands-on Pumping

Jane A Morton, MD

Outline:

- Milk production in mothers of preterm and term infants
- Research on **hand expression** used in the first 3 postpartum days and **hands-on pumping** used after lactogenesis and the influence of these techniques on milk production and composition
- Clinical implications and subsequent research

Objectives:

The objectives of this presentation are for participant to understand:

- The scope of the problem of insufficient milk production in both mothers of term and preterm infants
- The rationale for hand expression used in the first postpartum days and the influence of this technique on subsequent milk production
- The rationale for hands-on pumping used after lactogenesis and the influence of this technique on both milk production and milk composition

Publications:

1. Morton J, Hall JY, Wong RJ, Thairu L, Benitz WE, Rhine WD. Combining hand techniques with electric pumping increases milk production in mothers of preterm infants. J Perinatol. 2009 Nov;29(11):757-64. Epub 2009 Jul 2.
2. Morton J, Wong RJ, Hall JY, Pang WW, Lai C, Hartmann P, Rhine W. Combining hand techniques with electric pumping increases the caloric content of milk in mothers of preterm infants. J Perinatol 2012 32;791-796. doi: 10.1038/jp.2011.195.