



BREASTFEEDING SUPPORT FOR WOMEN WITH DIABETES



Learning Objectives

By the end of this module, you will be able to:

- Explain how diabetes may adversely affect maternal outcomes
- Explain how diabetes may adversely affect newborn outcomes
- List at least five reasons why breastfeeding is recommended for mothers who have diabetes



Overview on Diabetes/Pregnancy/ Breastfeeding



Intention to breastfeed is lower in women with diabetes

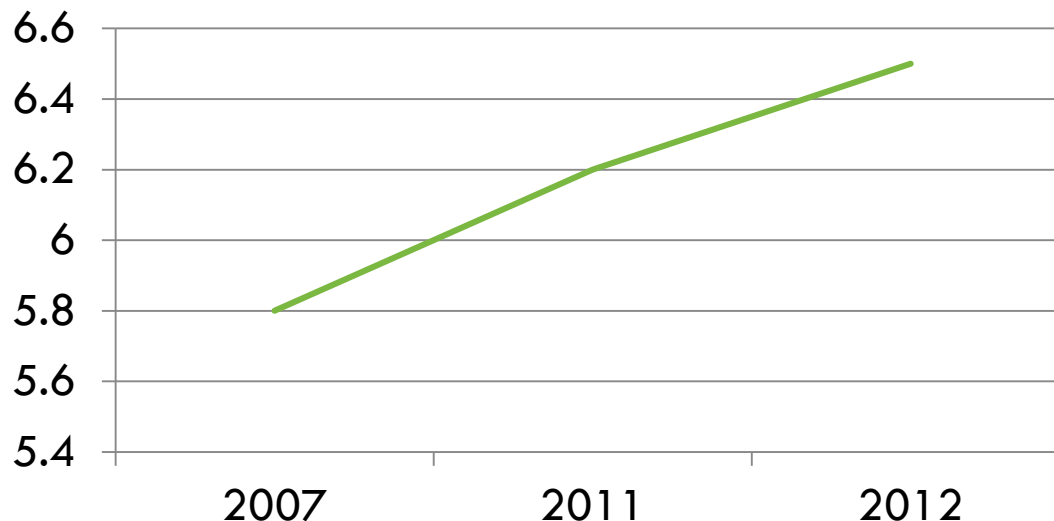
- Intention to breastfeed is linked to self-efficacy/confidence and perceived barriers to breastfeeding

Breastfeeding duration and exclusivity is lower in women with diabetes

- May be due to difficulty latching infant, delayed milk production and inadequate breastfeeding support

Statistics

- The incidence of diabetes in Canada among the general population aged 12 years and older has increased from 5.8% to 6.5% during 2007 to 2012 (see graph below)
 - Or approximately 2.4 million Canadians
 - By 2019, the number is expected to be 3.7 million
- The prevalence of GDM in Canada is approximately 4%
- Almost 50% of women with GDM will be diagnosed with T2DM within 5-8 years after pregnancy





Types of Diabetes

Accordion - 5 Panels (Including Introduction)

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PROPERTIES

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Edit Properties

DIABETES & MATERNAL IMPLICATIONS



Maternal Implications Diabetes and Obesity

Bulletin Board - 2 Notes

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Long-Term Values of Breastfeeding for Mother's who have Di...

Media Panel - 3 Steps

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DIABETES AND IMPLICATIONS FOR INFANTS

Implications for Infants

Infant's born to mothers with diabetes are at a greater risk for:

- Hypoglycemia
- Respiratory distress
- Neonatal morbidity
- Prematurity





The value of Breastfeeding for Infants

Tabbed Image - 2 Tabs

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THE EFFECTS OF BREASTFEEDING FOR WOMEN WITH DIABETES AND THEIR INFANTS

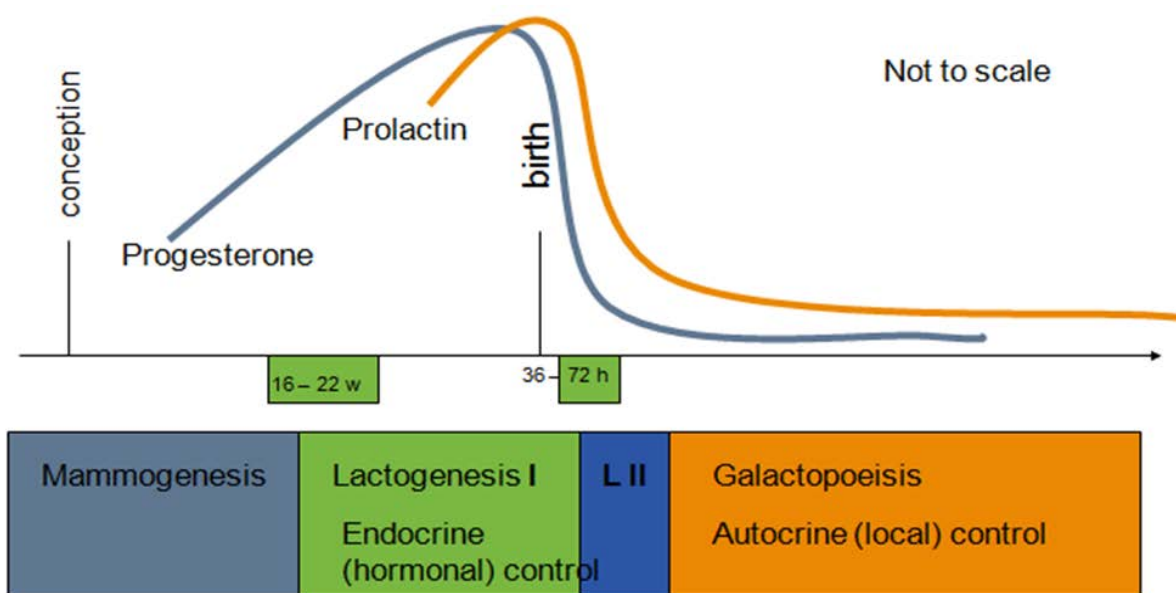
Lactation Terminology

Lactogenesis I

- Prepares breast tissue for milk synthesis through colostrum production

Lactogenesis II

- Copious milk production beginning approximately 2 days after birth



Adapted from
Kellymom.com, 2004



Strategies to Create a Sufficient Milk Supply

Accordion - 4 Panels (Including Introduction)

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PROPERTIES

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Delayed onset of Milk Production (after 72 Hours Postpartum...

Timeline - 2 Periods, 2 Events

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PROPERTIES

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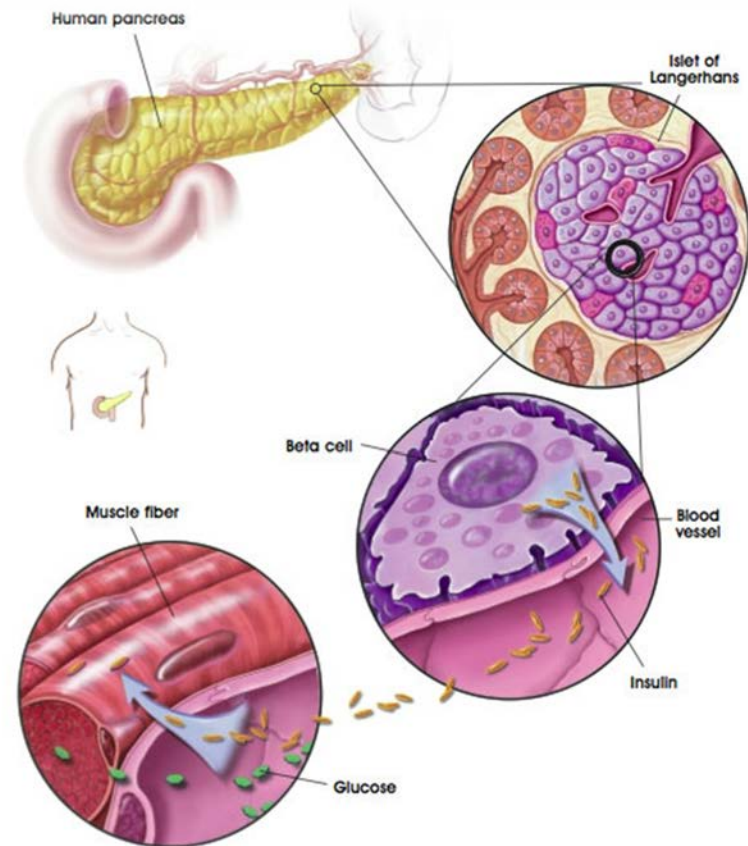


Edit Properties

Long-Term Value of Lactation

Most lactating mothers lose body weight and subcutaneous fat during the postpartum period which decreases the risk of progression to T2DM

Lactation may reduce the load on the pancreatic β -cells through reduced demand for insulin secretion therefore decreasing progression to T2DM



NURSING IMPLICATIONS



Nursing Implications

Process - 4 Steps (Including Introduction)

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Edit in Engage



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Reminder in OBTV to call Breastfeeding Clinic

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Please call the Breastfeeding Clinic to notify LCs of baby's birth so LCs can follow them closely

Sunnybrook's Experience

Exclusive Breastfeeding Rates for Women with Diabetes 2011-2013

Exclusive Breastfeeding Rates at Discharge (2011-2013)	
Breastfeeding Rate	75%
Type 2 Diabetes	8%
Type 1 Diabetes	16%
Gestational Diabetes	49%

Current Success

- Program was implemented in 2013
- There has been a 15% increase in breastfeeding exclusivity for women with diabetes since the **Antenatal Breastfeeding program** started
- The goal is to increase the rate of breastfeeding exclusivity to 75% for women with diabetes

Summary



- Diabetes rates globally and within Canada are rising sharply.
- Diabetes represents significant future health risks for both mothers and their children
- We need to support strategies that encourage women who have diabetes to breastfeed and to persist in breastfeeding as breastfeeding is a modifiable factor that may help reduce diabetes in both women and their children.

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The incidence of diabetes is increasing in the general population internationally and nationally. What is the percentage increase in incidence of diabetes in Canada age 12 years and older from 2007 to 2012?

- ☐ 21-25%
- ☐ 32-39%
- ☐ 41-48%
- ☐ 58-65%

Quiz

Quiz - 6 questions

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PROPERTIES

On passing, 'Finish' button: [Goes to Next Slide](#)

On failing, 'Finish' button: [Goes to Next Slide](#)

Allow user to leave quiz: [At any time](#)

User may view slides after quiz: [After attempting quiz](#)

Show in menu as: [Multiple items](#)



Edit in Quizmaker



Edit Properties

References

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Conclusion

- Thank you for completing Breastfeeding Support for Women with Diabetes eLearning module.
- Your results have been saved and updated in the Learning Management System (LMS).
- Your Manager, Clinical Educator or Advanced Practice Nurse will have access to your results.
- Please ensure you click the “**EXIT**” button on the top right hand corner.