

**MARCH
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Breastfeeding Buzz



UMMC Maternal Health Remote Patient Monitoring Program

The UMMC Center for Telehealth is conducting a study of remote patient monitoring at-home care for maternal health and well-being. Remote Patient Monitoring (RPM) allows patients to monitor their health during pregnancy at no cost. Women can begin the program as soon as they discover they are pregnant up until six months gestation and the program ends at six months postpartum. Patients can check vital signs and share that information using a computer tablet. A maternal nurse can access that information and provide support for and encourage a healthy pregnancy and general well-being. Mothers at risk of hypertension or diabetes especially benefit from this type of monitoring. Patients are shipped a computer tablet along with optional tools to monitor their health, such as a blood pressure cuff and glucometer. Patients use the tablet to complete a short health session two days a week each week of their pregnancy. These sessions take less than 15 minutes. A maternal health nurse checks the results of their sessions along with guides and supports patients throughout their pregnancy journey. If blood pressure or glucose readings are determined necessary, the patient's doctor will determine the frequency. This program also includes health assessments of mental health and social determinants. The study is open to women currently pregnant who are 18 years of age or older that live in either Alcorn, Benton, Lafayette, Prentiss, Tippah, Tishomingo, Union, or Quitman counties. These are the counties North Mississippi Primary Health Care (NMPHC) serves. Patients must be able to read, write, and understand English. Wi-Fi is not needed as the monitoring equipment works by connecting to a close-by cellular tower. For more information, please contact Tiffany Regan at tregan@umc.edu or 601-496-9242.

Free Education

March 1

12:00 p.m. – 1:00 p.m. GOLD Learning Webinar: Breaking the Silos: Understanding the Connections Between Labor Interventions and Lactation. Register at <https://www.goldlearning.com/ce-library/all-lectures/labor-interventions-and-lactation-detail>

March 14

2:30 p.m. – 3:30 p.m. IEBFC Monthly Check-In: Register at <https://www.eventbrite.com/e/monthly-check-in-tickets-492773447647>

March 15

1:00 – 2:00 p.m. Medela Webinar: Understand the Psychological Impact of a NICU Hospitalization and Perinatal Loss on Parents. Register at <https://www.medela.us/mbus/professionals/Education/Programs/Detail/848>

March 21

Available on Demand. Great Lakes Breastfeeding Webinar: Breastfeeding and Cannabis Series Part I: "Do No Harm.". Register at <https://mibreastfeeding.org/webinars/>

March 23

12:00 p.m. – 1:00 p.m. CHAMPS/Cheer Equity Boston Medical Center Health System Webinar: Making exclusive breastfeeding a reality...one mom at a time: Reflections from the Executive Director of the US' biggest Local Agency WIC program. Register at https://bostonmedicalcenter.zoom.us/webinar/register/WN_ZK5GS4ThSeesFvPIPGNpWQ

March IBCLC Exam

Best of luck to the six WIC peer counselors scheduled to take the IBCLC exam during the month of March!!

Breastfeeding Support

WIC's Breastfeeding Program 601-981-2304
Mississippi Lactation Services, Dr. Christina Glick, M.D.
601-932-6455
The Infant Risk Center 806 352-2519 Dr. Thomas Hale's
helpline for medications information
Merit Health Woman's Hospital Lactation Center 601-933-6180 or 601-933-6493

Breastfeeding Classes

- Peer counselors provide breastfeeding classes at all WIC clinics throughout the state.

**YOU DESERVE
THE EMPATHY
YOU GIVE
OTHERS**