SPIN Program
Supporting Premature Infant Nutrition
Lesson #1
Overview and Benefits of Breast Milk
Objectives

• Overview of the SPIN Program
• Role of SPIN Mommas
• What is in human milk?
• The premature infant nutritional emergency
• Some of the benefits of human milk
SPIN Program

• **Supporting Premature Infant Nutrition**

• **Mission Statement:** To create a Center of Excellence in neonatal nutrition focused on the provision, analysis, and research of human milk to improve nutritional and neuro-developmental outcomes in preterm babies.

• **Website:** [http://spinprogram.ucsd.edu](http://spinprogram.ucsd.edu)
SPIN Program Focus Points

• Early aggressive nutrition
• Increase human milk exposure
• Establish/maintain milk production
• Skin-to-skin care
• Get babies to the breast
• Optimal milk safety, handling & delivery
• Communicate the nutritional plan to the pediatrician at discharge
Multidisciplinary Team

- Medical director
- Lactation director
- NICU F/U Neonatologist
- Lactation Consultants
- Occupational Therapist
- NICU Dietician
- Research Nurse
- NICU Staff Nurse
Program Goals

- Encourage skin-to-skin time
- Get baby to the breast
- Make milk feeding safe
- Help preemies grow better
- Prevent NEC (more on this later)
- Help moms make enough milk
- Encourage all mothers to pump for their preemies
- Improve premature babies’ brain growth by increasing their exposure to mother’s milk
Role of SPIN Mommas

- Establish a connection with the family to provide comfort and share personal experience when appropriate
- Educate the family on the importance of human milk
- Discuss what to expect in the NICU
- Introduce the photo book
- Act as liaison between the family and NICU staff
- Provide a credible list of resources and websites
Providing Education

- Benefits of human milk for the preemie
- Making milk for your baby
- Helping baby learn to eat
  - Skin to skin
  - Taste
  - Learning to drink milk at the breast
  - Drinking milk at the breast
- Getting ready to go home
Assisting Moms

• Providing emotional support, encouragement, and reassurance (consult with social worker as necessary)

• Provide mom with the needed pumping and educational equipment

• Monitoring mom’s milk volume

• Help moms in handling their milk
Assisting Moms (cont’d)

- Act as a liaison between families and NICU staff
- Manage the “question book” where parents can record any questions for doctors/nurses/social workers
- Help create photo book as a way to connect and save memories
- Help mom and families to see the light at the end of the tunnel!
What is in Human Milk?

- Human milk is a living tissue with many components
  - Macronutrients: fat, protein, sugars
  - Micronutrients: vitamins and minerals
  - Many non-nutritional components
    - Anti-bacterial factors
    - Hormones to mature intestinal tract
    - Enzymes to aid in digestion
    - Live immune cells to protect baby from infection
    - Probiotic bacteria