# Proceedings of the American Society of Civil Engineers Volume 19



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## **PROCEEDINGS OF THE AMERICAN SOCIETY OF CIVIL ENGINEERS VOLUME 19**



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RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 92 pages. Original publisher: Fairfax, Va. : National Womens Health Information Center, 2001 OCLC Number: (OCoLC)50856773 Subject: Breastfeeding promotion -- United States. Excerpt: . . . Physicians Health Plan of Northern Indiana, Inc. provides support to breastfeeding mothers through provision of the mothers room, with a lock for privacy, a comfortable recliner, and an electric breast pump. Managers work with employees to schedule pumping sessions during the day. Attachments for the breast pump and coolers for storing expressed milk are available to employees for purchase at cost. Overall Lessons Learned Based on the experiences of the health plans described in this report, the following lessons may be helpful for other managed care organizations interested in promoting breastfeeding: Find a champion - obtain senior management support, using the science proving breastfeeding is optimal;Build the business case for a return on investment, using data that demonstrates patient satisfaction and significant cost in medical saving;Incorporate consistent pro-breastfeeding messages throughout all prenatal education and counseling sessions;Build a culture that promotes breastfeeding as the best infant feeding choice;Sell the program to providers in the network - convince them of the value of the program;Provide continuing education opportunities to obstetricians gynecologists, nurses, nurse-midwives, and other personnel who routinely are in contact with pregnant or lactating women;Work with hospitals in the network to implement practices that promote breastfeeding, including putting the baby to the breast immediately in the delivery room, rooming-in, and providing access to inpatient lactation consultation;Utilize certified lactation consultants;Establish a network of community resources for referral;Establish postpartum support procedures, including routine nurse follow-up calls, access to lactation consultants, and or a telephon

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