

Topic: Wearing Me Out: Incorporating the Use of Wearable Pumps and Tools into Your Practice

Presentation Length: 60 Minutes

1. Introduction to Wearable Pumps and Tools (5 minutes)

- Define wearable breast pumps and tools: What are they, and how do they work?
- Brief history and evolution of wearable pumping technology.
- Importance of integrating wearable tools into lactation practice:
 - Addressing parent convenience, mobility, and privacy needs.
 - Enhancing breastfeeding/chestfeeding support for diverse lifestyles.

Teaching Method: Lecture with introductory slides and visuals of wearable pumps.

2. Benefits of Wearable Pumps and Tools (10 minutes)

- Practical benefits:
 - Hands-free, portable, and discreet pumping options.
 - Time-saving for working or on-the-go parents.
- Improved breastfeeding/chestfeeding outcomes:
 - Facilitating consistent milk removal.
 - Supporting lactation maintenance for parents with busy schedules.
- Increased accessibility for diverse populations, including:
 - NICU parents.
 - Postpartum parents returning to work early.

Teaching Method: Case study discussion highlighting real-life success stories of wearable pump users.

3. Challenges and Considerations (10 minutes)

- Limitations of wearable pumps:

- Cost barriers and accessibility.
- Battery life, noise levels, and suction power.
- Impact on milk supply if wearable pumps are used improperly.
- Addressing client misconceptions:
 - Wearable pumps as a supplement, not always a replacement for traditional pumps.

Teaching Method: Group discussion with sample client scenarios.

4. Incorporating Wearable Pumps Into Lactation Practice (15 minutes)

- Assessment:
 - Determining if wearable pumps are suitable for individual clients.
 - Matching pump features to client needs (e.g., milk supply concerns, mobility needs).
- Client education:
 - How to use wearable pumps effectively (placement, suction settings, cleaning).
 - Managing expectations: Understanding milk output differences with wearable pumps.
- Providing resources:
 - Guide to top wearable pumps on the market.
 - Insurance coverage options and financial assistance for clients.

Teaching Method: Interactive demonstration of wearable pumps and tools, including models or videos.

5. Practical Application: Case Studies and Role-Playing (15 minutes)

- Case Study 1: A parent returning to work needing discreet pumping options.
- Case Study 2: A parent with low milk supply concerns using a wearable pump.

- Case Study 3: A NICU parent balancing pumping with hospital visits.
- Role-playing exercise: Practicing client counseling on selecting and using wearable pumps.

Teaching Method: Hands-on role-playing and discussion in small groups.

6. Conclusion and Q&A (5 minutes)

- Recap of key points:
 - Benefits and challenges of wearable pumps.
 - Importance of proper assessment and education.
 - Resources for lactation consultants to stay updated on wearable pump technology.
- Open floor for questions and audience discussion.

Teaching Method: Summary slides and interactive Q&A session.

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