



## L.O.V.E. Practice Case Studies

### Scenario #1:

Bonnie, age 35, delivered her baby 3 days ago, via emergency cesarean section. Bonnie is home now with baby, and today she called the WIC clinic today asking for formula because she does not think she is making enough milk. When you phone Bonnie she tells you that the baby is fussy, and the baby's last bowel movement looked a little like black tar. When you ask her about baby's fussiness, Bonnie describes this: "She cries every night for two hours straight. I try to feed her every time she cries, but she gets so worked up that she can't focus on latching."

Bonnie had a visit from the unit IBCLC when she was in the hospital; however, she was in pain from the surgery, and feeling drowsy from the medications and she doesn't remember exactly what she discussed with the IBCLC. However, she says that the baby has never latched well and received several bottles of formula while in the hospital. She hasn't had a visit with a lactation professional since then; nor has she contacted her home visiting nurse for in-home support yet. Baby has not had any formula since getting home; however, Bonnie's own mother is pressuring her to get formula for the baby. During her pregnancy, Bonnie was very adamant that she wanted to breastfeed her baby for at least 6 months.

### Scenario #2:

Rosa, age 30, gave birth to her third child, Fiona, one week ago in a vaginal birth with no complications. You have worked with Rosa throughout all 3 of her pregnancies, and you know that Rosa has successfully breastfed both of her first two children for 1 year each. This time is different, however: Rosa has texted you at 7PM to say that her nipples are cracked and bleeding, and that she is in pain and ready to quit breastfeeding.

You text her back quickly to see if she's available to talk, and upon receiving your text Rosa calls you right away. Through tears, Rosa tells you that baby Fiona is fussing all the time, screaming at the top of her lungs. Rosa says that baby Fiona never seems to be full, and the pain of latching is making her toes curl. On your phone call, you can hear the baby crying in the background. You overhear Rosa's mother say, "We just need to give her another bottle as soon as possible!" Rosa states that they have already used the small sample bottles of formula that the hospital sent home with them, and Rosa's mother is ready to go to the store to buy more formula until the WIC office opens up tomorrow. When you ask Rosa what she needs help with to support her goals, she simply replies, "I just want the pain to go away and my baby to stop crying so much."



### **Scenario #3:**

Olivia, age 19, is a first generation university student and your WIC client who is currently 30 weeks pregnant with her first child. When you ask Olivia about her plans to feed the baby, she states she grew up around many babies in her family, and that everyone in her family has breastfed their children. However, she is worried about how she can breastfeed her baby because she will be returning to classes when her baby is 6 weeks old and her baby will go to daycare on campus. Olivia confides in you that she feels like her nipples are flat, and she believes her breasts are too small for breastfeeding. She wants to try breastfeeding her baby and see how it goes, but she is worried about how to make it work with her busy schedule. When you ask her if she's interested in learning about pumping milk for her baby when she returns to school, she says, "I'm interested in pumping, but I don't know much about it and I'm not sure if it's allowed on campus or if I have to pump in my car, or what..."

### **Scenario #4:**

The hospital phoned you today to tell you that your WIC client Amelia, age 24, has delivered her twin babies at 36 weeks gestation via emergency cesarean section. You learn that Amelia had experienced preterm labor for over 24 hours before her cesarean; she also had signs of pre-eclampsia. Her twin babies were 4 pounds each at the time of delivery; and due to hospital policy the babies were immediately taken to the NICU for observation and Amelia was not able to directly latch them in the hospital. Today, at day 4 postpartum, Amelia is being discharged back home while her twins stay in the hospital for an unknown length of time, due to jaundice and needing further observation for potential breathing difficulties.

In the hospital, Amelia received support to begin pumping with a multi-user electric pump. She successfully pumped around 8 ounces of milk altogether within the first 4 days, which the nurses fed to her babies using a sterile syringe. You phone Amelia to check in on her. She is weepy and states that she is extremely upset about leaving her babies behind at the hospital. She hasn't slept well since the birth. She wants to continue pumping her milk to keep up her supply; however, she doesn't have a high-quality pump yet. Amelia says that she and her partner plan to visit the NICU every morning to deliver the pumped milk and participate in the hands-on care and bonding with their babies.



### **Scenario #5:**

Kimberly, age 40, is your WIC client who has delivered her first child, baby Miles, 4 days ago in a vaginal birth with no complications. She calls you at 4 days postpartum saying her breasts are so full they feel like watermelons, they hurt, and the baby cannot latch on. You tell Kimberly that you are here to help, and you would like to make an office appointment with her as soon as possible. In the meantime, you ask her a few more questions about her current experience, and baby's health. You learn that baby Miles had been latching just fine until yesterday when all of a sudden, her breasts got really swollen and hard. She said that she couldn't sleep all day or night because she can't lay on her breasts. She is leaking a lot of milk and soaking through her shirts. Baby Miles seems to be peeing so much that he is leaking through his pants several times per day. Kimberly is not sure if any of this is normal.

She says that baby seems to be "choking" on milk every time he latches, and breastfeeding is becoming very stressful and discouraging. She tried using a hand-held pump to relieve some of the pressure, but it didn't work because her breasts are so swollen that she can't get the pump attached. She doesn't want to give up breastfeeding, because she waited so long to get pregnant with her "rainbow baby," and feels very strongly that she wants to continue.