



Guidelines for Wellness of Lactating Surgical Residents

Department of Surgery, Division of Surgical Education

Introduction & Purpose

The University Hospitals Department of Surgery supports the wellness of lactating surgical residents. This guide and resources will provide support to lactating residents in the Department of Surgery and serve as a starting point to discuss needs with faculty and team members.

Challenges Faced by Lactating Surgical Residents

- Health and wellness of lactating residents
 - Infrequent or insufficient expression can lead to plugged ducts, mastitis, or decrease in supply
 - Emotional issues/stress regarding significant time spent away from a young child
- Resident commitment to clinical obligations
 - Potential results in infrequent or insufficient pumping
 - Inability to schedule lactation breaks in advance given the unpredictable nature of a clinical practice and surgical responsibilities

Responsibilities of Lactating Residents

- Ongoing commitment to patient care and careful consideration for continuity of care
- Advance notice to program director, colleagues (residents and APP), and faculty on the service if she will require time to express milk
- Clear communication regarding specific needs for lactation (time intervals, specific concerns)

Opportunities to Express Milk

- Resident on floor
 - Resident call rooms (or other appropriately equipped location) will be designated and prioritized as a daytime lactation room (8AM-5PM) for any team with a lactating resident
 - Clear communication with team members (co-residents, PA, NPs) regarding pumping needs
- Resident in clinic
 - Lactating residents will be allowed to leave clinic to pump at reasonable intervals
 - Lactating residents will not leave during an ongoing patient encounter
- Resident in operating room
 - Lactating residents will notify attending surgeons on each service that they will require lactation breaks during prolonged procedures

- Lactating residents will minimize interruption to operating team by pumping before and after cases whenever possible and will not leave during critical portions of the operation
- Lactating residents will reach out to available team members to serve in their absence and will minimize their time out of the operating room
- Resident in conference
 - Lactating residents are allowed to leave mandatory teaching conference for pumping if necessary

Department Support

- The Department of Surgery strives to create a welcoming and inclusive environment for a diverse workforce
- The Department of Surgery commits to distribution and posting of this “Guidelines for Wellness of Lactating Surgical Residents.”
- If issues or concerns arise regarding a lactating resident’s ability to express milk, the Program Director will lead conflict resolution to define and meet the lactating resident’s specific needs.

Site Specific Resources

- **UH Lactation Rooms:** Milk expressing designated areas are available 24/7. Bring your own supplies. Electronic pump is provided.
 - **Rainbow Babies & Children’s Hospitals**
 - Room 637 – use Charlie Brown Elevators – room is on right – keypad entry code (phone number for keypad entry code pasted on pumping room door) – (3 pumps available)
 - **MacDonald Women’s Hospital**
 - 1st Floor – Room 1028, 2 entrances (1st Near the Humphrey elevators- door labeled staff only (unlocked) & 2nd enter through MAC 1000 and walk to rear of suite (badge must be coded). Keypad entry code in sign-in binder on top of shredder next to room 1028. (3 pumps available).
 - **Seidman Cancer Center**
 - Room 3612 – Take SCC elevators to the 3rd floor. Take a left toward a unit. Keypad entry code #. – contact the SCC 3 nurses’ station (x63333 or (216) 286-3333) interior deadbolt & sign to flip on door “do not disturb – room in use” (1 pump available is kept in a labeled drawer).
 - **Lerner Tower – Mather Pavilion**
 - Room 3160 – Take Lerner Tower elevators to the 3rd floor. The room is open for use. It has curtain bays available. See MICU division secretary if locked. 844-2120 (2 pumps available)
 - **Wearn**
 - B-29 – Employee id badge needs to be coded (same day) by UH-PD dept. (with memo from supervisor) for room access up to 1 year (2 pumps available)
- **VAMC Lactation Rooms:** The VA has two lactation rooms located in the main hospital:
 - **Room 2D194** – 2nd floor by ICU
 - **Cares Tower** – 1F161 (next to Rockefeller Conference Room)

- The trainee needs to send an email to Kin Thach (kinxian.thach@va.gov) with the following information:
 - Full name
 - Last 4 SSN
 - The line of digits on the back, LEFT side of their PIV card
 - Kin will arrange via the PIV office for access to both rooms.
 - The trainee will need to use their PIV card to enter (they may need to take it out of the holder to use).
 - The push button on the doors have been deactivated and they must use the PIV.
 - Both rooms have a rectangular box above the door indicating when they are occupied.
- **MetroHealth Lactation Room(s):** MH has lactation rooms located in the main hospital:
 - Main Hospital, 2nd floor (Room 234 - across from the “B” elevators). Note, there is no cold storage in this room
- **UH Lactation Consultants:**
 - If you have question regarding lactation support and specific health questions, please call the inpatient lactation consultants:
 - Monday - Friday: 7:00am – 7:00pm
 - Saturday – Sunday: 7:00am – 1:00pm
 - Phone: 216-844-7975 or 216-844-1630
 - UH MacDonald Lactation Center: Eastside Outpatient Lactation - 440-995-3830;
Westside Outpatient Lactation - 440-250-2035
 - If you would like to be seen regarding lactation support refer to your primary care provider or another lactation group at your location.