Quick Reference Breastfeeding Guide Available for Medical Students and Residents

Ann M. Dozier

Dear Editor:

WE ARE PLEASED to announce the availability of a "Breastfeeding Quick-Reference Guide." This free application, jointly developed by medical students at the University of Rochester (Rochester, NY), is intended for use during OB/GYN and Pediatric clerkships. It is also a potentially useful tool for residents and others involved with pregnant women or breastfeeding mothers.

The impetus for development of the "Guide" was from several medical students who, during their fourth-year Community Health Improvement Course, were assigned to my community-based breastfeeding research grant (support from Public Health Service grant RO1-HD055191, Community Partnership for Breastfeeding Promotion and Support is acknowledged). Reflecting back on their third-year clerkship experiences they identified a gap in students' information about breastfeeding and how to support breastfeeding mothers in the early postpartum period.

The "Guide" includes background information on the importance of breastfeeding (including both infant and maternal health), contraindications, breastmilk changes, information about infant behavior, tips, and drawings depicting latch and positions. Also listed are local resources, which may not be useful to those outside our immediate area.

Dr. Ruth Lawrence informed and reviewed the final product. It is now being routinely distributed to our medical students at the start of their OB/GYN clerkship and to our OB/GYN Residents. We are also distributing it to prenatal providers. Although the "Guide" has not been formally evaluated, reaction has been very positive.

Although initially developed as a printed pocket guide, it was converted into a downloadable application. It is available for download to the iPad® and iPhone® (Apple) and the Nook® (Barnes and Noble) as follows: access for the iPod/iPad at <http://itunes.apple.com/us/book/breastfeeding-quick-reference/id517131646?mt=11> and for the Nook at www.barnesandnoble.com/w/breastfeeding-quick-reference-guide-university-of-rochester-medical-center-dcpm/1110195984

Any comments or feedback are welcome.

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