

# REQUEST FOR BREAST PUMP DISCRETIONARY BENEFIT

## Information Package for Health Professionals

### Overview

The Breast Pump Discretionary Benefit Program is a joint program run by York Region Community and Health Services Department, and the Ministry of Community and Social Services, York Region Ontario Works (OW) and York Region Ontario Disability Support Program (ODSP). The program ensures that participants receiving financial assistance through OW and ODSP have adequate funds to obtain a breast pump when necessary to protect breastfeeding/chestfeeding\* and provide infants and growing children with as much breastmilk/human milk\* as possible.

### Identifying Need

To establish adequate breastmilk production, milk must be removed from the breast frequently and effectively. If a baby is unable to effectively remove milk at the breast, the milk will have to be removed by other means.

### Eligibility Criteria

Only clients receiving benefits through Ontario Works or the Ontario Disability Support Program are eligible for this Discretionary Breast Pump Benefit.

### Eligible Clients Must:

- Wish to make milk available to their child if they are routinely separated OR
- Be in need of a breast pump to establish or maintain milk production OR
- Be in need of abrupt weaning

### PUBLIC HEALTH

1-800-361-5653

TTY: 1-866-512-6228

[york.ca/breastfeeding](http://york.ca/breastfeeding)

## Choosing A Breast Pump

Health Professionals (Doctors, Registered Nurses, Nurse Practitioners, Midwives, Registered Social Workers, PHN's, and International Board Certified Lactation Consultants) can recommend one of the three types of breast pumps.

### 1. Hospital-grade Rental Electric Pump (i.e., Medela Symphony, Ameda Elite)

- Used to establish, increase, or maintain milk production
- When an infant is not at the breast or is not feeding well at the breast. This could include an infant in the NICU
- Short term requirements likely (1-2 months) to cover cost of pump rental and accessories
- This type of pump will require the purchase of a breastmilk collection kit which should be included in the rental quote and can be purchased from the vendor
  - Clients who are actively receiving support from a YRPH breastfeeding clinic may have received a collection kit during their clinic visit.
  - If you are assessing your client in the community and/or phone/virtual, and client is not a YRPH breastfeeding client, please include collection kit cost in quote to be procured from the vendor

### 2. High quality Double Electric Pump (i.e., Ameda- Purely Yours, Medela- Pump In-Style, Spectra)

- Funding is available for the purchase of this pump
- Recommended for clients when breastfeeding is established with adequate milk production or wanting to increase milk production
- Recommended for clients who have made the informed decision not to feed directly at breast but want to provide EBM (i.e., history of trauma or sexual abuse, personal informed decision)
- Recommended for clients requiring long term provision of expressed breastmilk or who are routinely separated. Some examples may include:
  - Shared custody
  - Physical challenges/disabilities (i.e., down syndrome, cleft palate)
  - Clients who are working or going to school)
- Clients who wish to maintain supply because of temporary interruption of breastfeeding due to contraindications:
  - Some medications (i.e., chemotherapy, radiation)
  - Active HSV lesions

### 3. Hand Pump

- Only recommended when abrupt weaning is required (see below)
- HCP should also teach clients effective hand expression

## When Abrupt Weaning is Required

There may be scenarios in which a client has made an informed decision not to breastfeed or provide breastmilk to their baby or in which cessation is medically indicated. In these scenarios, clients will need to safely cease breastfeeding/milk production.

Scenarios where abrupt weaning may be required include:

- Classic galactosemia
- Maple syrup urine disease
- Phenylketonuria
- HIV infection
- Human T-lymphotropic virus
- Infant death
- Permanent separation from infant
- History of sexual abuse (informed decision not to provide EMB and/or breastfeed)

The client should be advised to express only enough breast milk as needed for comfort, apply cold to the breasts after expressing/between expressing to reduce swelling and avoid bras with underwire.

Hand expression and/or a hand pump may be an appropriate option for clients facing abrupt weaning.

There are many resources for clients to learn how to hand express on [york.ca/breastfeeding](http://york.ca/breastfeeding) or via a virtual or in-person breastfeeding consultation with YRPH. A handpump should only be considered in these scenarios and not recommended to clients who are working towards establishment/maintenance of breastfeeding.

Please note that very few medications or substances of misuse result in contraindication from breastfeeding.

Disclaimer\*

*The terms breast milk/breastfed/breastfeeding are widely used, but human milk/chestfed/chestfeeding can be used interchangeably.*

*The terms mother/maternal are meant to be inclusive of all parents, caregivers and significant others.*



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about breastfeeding