



Prenatal Breastfeeding Risk Assessment

Designed for Clinicians Providing Prenatal Care
To Be Incorporated into the Electronic Medical Record

Breast Anatomy:

- Advanced maternal age (age-related atrophy of milk glands)
- No breast changes in pregnancy
- Suspected glandular hypoplasia (markedly asymmetric, widely spaced, or tubular-shaped breasts)
- Breast surgery, trauma, breasts or cranial radiation
- Smooth or inverted nipples

Metabolism/Hormones:

- Diabetes (gestational, Types 1 and 2)
- Insulin Resistance
- Metabolic Syndrome
- Obesity (blunted prolactin response to sucking)
- Pituitary gland disorders
- PCOS, especially with no breast growth in pregnancy
- Thyroid conditions

Other:

- For multiparas: history of difficulty breastfeeding previous children
- Medications that may suppress milk production
- Lack of social support, health education

Additional Postpartum Risk Assessment:

- Maternal-infant separation, without milk expression in the first hour post birth
- Maternal psychological distress
- New medication that may suppress milk production
- Postpartum haemorrhage
- Retained placenta

Compiled from List Located on Page 2



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Academy of Breastfeeding Medicine Clinical Protocols:

#3: Supplementary Feedings in the Healthy Term Breastfed Neonate, Revised 2017

#7: Model Maternity Policy Supportive of Breastfeeding, 2018

#9: Use of Galactagogues in Initiating or Augmenting Maternal Milk Production, Revised 2018

#19: Breastfeeding Promotion in the Prenatal Setting, Revision 2015

Flagg, J., & Busch, D. W. (2019). Utilizing a risk factor approach to identify potential breastfeeding problems. *Global Pediatric Health*, 6, 2333794X19847923.

Geddes, D. T., Gridneva, Z., Perrella, S. L., Mitoulas, L. R., Kent, J. C., Stinson, L. F., ... & Hartmann, P. E. (2021). 25 years of research in human lactation: From discovery to translation. *Nutrients*, 13(9), 3071.

Kam, R. L., Amir, L. H., & Cullinane, M. (2021). Is There an Association Between Breast Hypoplasia and Breastfeeding Outcomes? A Systematic Review. *Breastfeeding Medicine*.

Nagel, E. M., Howland, M. A., Pando, C., Stang, J., Mason, S. M., Fields, D. A., & Demerath, E. W. (2022). Maternal psychological distress and lactation and breastfeeding outcomes: A narrative review. *Clinical Therapeutics*, 44(2), 215-227.

Nommsen-Rivers, L. A., Wagner, E. A., Roznowski, D. M., Riddle, S. W., Ward, L. P., & Thompson, A. (2022). Measures of Maternal Metabolic Health as Predictors of Severely Low Milk Production. *Breastfeeding Medicine*.