



Free to UKAMB members

UKAMB NEWS

United Kingdom Association for Milk Banking

October 2007

UKAMB Celebrates Tenth Anniversary

UKAMB came into being ten years ago following a second conference on milk banking held at Queen Charlotte's and Chelsea Hospital in London. The main purpose of the association was to promote safe and accountable human milk banking. However back in 1997 the exact means by which a small group of milk banking enthusiasts and experts could work towards this goal remained to be outlined and pursued. As with many such endeavours, a lack of financial resources needed to be addressed and this was helped by an initial donation of £1000 from the proceeds of the two conferences at Queen Charlotte's. A meeting was convened and attended by representatives of many of the UK's milk banks. Dr Sue Balmer agreed to become the first chairperson, a name was chosen for the association and the decision taken to seek charitable status. Lois Arnold of the Human Milk Banking Association of North America and Dr Skadi Springer, Medical Director of the Leipzig Milk Bank, were on hand to generously provide help and advice and Dr Tony Williams began a decade of invaluable and unstinting support for the Association.

Within 7 months, the charity that is UKAMB held its official launch; speeches were made, a specially made and decorated cake was cut and eaten and there was an air of excitement at the fact that milk banking and the use of donor milk was hitting the headlines on national and local television and radio programmes. Interviews had been aired earlier in the day on the Today programme on Radio 4 and on Breakfast TV and subsequently the phone in the small office of the milk bank at Queen Charlotte's rang almost continually for 3 days as new mothers from around the UK phoned to offer to donate their breastmilk.

The intervening years have seen an increase in the number of milk banks and in the levels of milk banking activity both in the UK and overseas. A steady growth in interest in the use of donor milk has been apparent. Although much remains to be done it is clear that this small charity, organised and run by an even smaller group of volunteers, has much to be proud of as we celebrate ten years of hard work making 'every drop count'.

During the next decade we will continue in our endeavours to ensure sick and premature infants have equal access to appropriately tested and processed donor breastmilk, provided by rigorously screened mothers, via a network of milk banks supplying the milk throughout the UK.



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Milk Banking News Update

Forthcoming AGM 25.11.07

UKAMB's constitution requires that one third of the elected committee members should retire each year and accordingly, Gillian Weaver, Clare Kedves and Ann McCrea will stand down but are eligible for re-election if they decide to stand again. Clare Kedves, who has been the treasurer since the association was formally constituted, has previously made it known that she is no longer able to continue as a Trustee due to other commitments. Trustees' meetings won't be the same without you Clare and on behalf of UKAMB – a huge thank you for all your hard work during the past ten years.

UKAMB ROADSHOW GOES TO BRISTOL

Southmead Hospital, part of the North Bristol NHS Trust, was the latest venue for a UKAMB team to provide one of their roadshows i.e. a day of information for hospitals and Trusts considering establishing a new milk bank. Carolyn Westcott, Lynda Coulter and Gillian Weaver joined forces with Dr Alison Leaf, Consultant Neonatologist at Southmead to ensure that all staff who would be involved in the overall operation of a future milk bank were given the opportunity to hear about the practicalities of donor recruitment, screening of breastmilk, sourcing equipment and tracking the donor milk. Alison answered the question 'Why Donor Milk' and Lynda gave a detailed account of setting up a milk bank and establishing a regional service based on her recent experiences in Chester. Feedback from the day was very positive and the evaluation forms rated all the UKAMB presentations either very useful or useful.

UKAMB roadshows have usually resulted in a new milk bank being set up and we all wish Alison, Rachel Hillan and their hard working colleagues every success. We hope it won't be long before the South West has another milk bank, especially as Bristol would be a good venue to enable donor milk to be accessible to hospitals in South Wales, Somerset and North Devon.

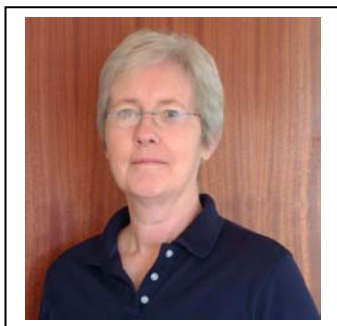
NEW USER PROTOCOL LAUNCHED IN THE NORTH WEST

The Managers of the two Milk Banks in the North West have worked together and developed *Guidelines for Neonatal Units to access and use Pasteurised Donor Milk* for hospitals and NHS Trusts across Cheshire, Merseyside, Lancashire and Wales, as well as locations further afield if requested. Cheshire and Mersey Neonatal Network has welcomed the new document and supported its launch at a best practice day in Warrington. Gillian Weaver, Chair of UKAMB, spoke at the meeting about the need for Milk Bank services in the UK to become regionally organised, to improve access to donor milk for all Neonatal Units. Gillian congratulated Lynda Coulter and Annie Atkinson on their initiative in promoting milk banking in the North West. Lynda and Annie can be contacted by emailing Lynda.coulter@coch.nhs.uk or Anne.Atkinson@whnt.nhs.uk

HTA STANDARD COMMISSIONING BOARD PROPOSAL

The HTA Standard Commissioning Board has recommended the following proposal for immediate funding: Breastfeeding promotion in special care and neonatal intensive care units; an evidence synthesis. The project is to be undertaken by Prof. Mary Renfrew from the University of York. Part of the project will be looking into the use of donor breastmilk.

Carolyn Westcott retires



In 2006 Carolyn Westcott decided to retire as Infant Feeding Adviser and Milk Bank Manager at the Princess Anne Hospital in Southampton. Her name has long been synonymous with human milk banking in the UK and we all owe her a debt of gratitude for being the main driving force that ensured the continued growth and success of one of the UK's leading milk banks.

Carolyn started work on the neonatal unit in September 1989 as the Infant Feeding Advisor, a role that incorporated responsibility for running the milk bank. Prior to this official link, Carolyn had collected milk for the bank for several years in her capacity as an NCT breastfeeding counsellor. As Carolyn explains, "The Infant Feeding Advisor would give me the names of donors and once a fortnight I would ring them all to see who needed a collection. I kept supplies of bottles and cool boxes at home and as the hospital didn't have anyone in post to get the milk from the mother's homes, I did all the collections at that time. I built up quite a relationship with the donors and my mileage expenses were paid to the NCT by the neonatal unit. My very old Morris Traveller did not have a working heater so in the winter I didn't need cool boxes and I even drove with a hot water bottle on my lap! When I took up the post it seemed easier to continue the collections myself and I felt it was important to maintain the rapport with the donors."

In 1993 Carolyn took the IBCLC exam, the first time it could be taken in the UK; there were just 10 candidates. A few years later she was a founder member of Lactation Consultants GB and remains a committee member. Also in '93, Carolyn attended the conference in Birmingham, held to commemorate the closing of the Sorrento Maternity Hospital and the Sorrento Milk Bank's move to the Birmingham Women's Hospital. This notable day led to the development of national guidelines under the stewardship of Dr Sue Balmer. Their publication in 1994 by the British Paediatric Association gave an added authority to their contents. Carolyn was a founder member of UKAMB and became a Trustee when the association was granted charitable status, later becoming the Vice Chair.

Under Carolyn's stewardship, the milk bank in Southampton expanded considerably. The growing need for donors was in part filled as a result of the regular talks that Carolyn gave to local breastfeeding support groups. Meeting the growing demand for donor milk was not always easy as Carolyn explains; "Unlike some other milk banks we have never had purpose built premises and life was often made more difficult by having to move milk from one room to another as it progressed through the system. Shortly before I retired it became even more difficult as the milk bank rooms were on different floors of the hospital. Not the most efficient way to run things! I could not have functioned without the help of Anita Holloway and I was fortunate to be able to happily leave her in charge whenever I was away."

Carolyn has made an even greater mark in an area that developed as a result of her experience as the infant Feeding Advisor and Lactation Consultant. Her research into the best solution to the feeding related problems associated with tongue-tie, and later the provision of a unique training programme for the division of tongue ties, has and still is helping to ensure that these babies are able to breastfeed. The results of the first ever randomised controlled trial into tongue-tie and its effect on infant feeding carried out in 2002 by Dr Mervyn Griffiths, Monica Hogan and Carolyn, was published in the Journal of Paediatrics & Child Health. They have since followed up their work with a further RCT and the results have been submitted for publication.

In retirement, Carolyn is as busy as ever. Her work as a UKAMB Trustee continues, she maintains her training and clinical roles with the Tongue Tie Clinic in Southampton and together with Sarah Brown (also an IBCLC) runs breastfeeding courses for health professionals and breastfeeding supporters; work which takes them all around the country. Back to Carolyn; "The business pays for our trekking holidays – the latest of which was in South Africa! But it is also good to be able to pass on experience and skills to the next generation coming along. Boy, does that make me sound old!"

I am sure all readers will join me in wishing Carolyn a happy, healthy, active and very long retirement.



UKAMB Conference 2007: Celebrating Ten Years of Making Every Drop Count

Question: How should we celebrate the tenth anniversary of the formation of UKAMB? Answer: Hold an international conference!



Taking the decision was the easy part. We knew from past experience that conference organising is hard work followed by more hard work followed by several days of intense and very stressful hard work. We wanted to attract overseas speakers and delegates and so needed to choose a location for the conference that would be both accessible and attractive. We also wanted to celebrate the re-emergence of milk banking in the North West of England and our initial thoughts were to choose Liverpool and make the most of it being the City of Culture. Then we realised that we were going to be a year too early! At that point we took the decision to seek a suitable venue in the beautiful and historic city of Chester. In common with most small charities the last thing we could afford to do was lose money and so the organisation was going to mainly rely on voluntary contributions of help. I joined forces with fellow Trustees Carolyn Westcott, Lynda Coulter and Annie Atkinson and we were also delighted to accept offers of help from Jane Lewis, Michelle Worden and Gill Brady. UKAMB Treasurer Clare Kedves kept an eye on the finances whilst both Lynda and Annie roped in friends and family as helpers. I concentrated on putting together a programme that would include experts from both home and abroad. Sue Balmer allowed us to meet at her home in Birmingham, and was without doubt the hostess with the mostest! Wonderful working lunches were a feature of the planning meetings.



The Programme: From the start we wanted a programme that would inspire as well as inform, that would enable a world of milk banking expertise to be shared and that would tackle some of milk banking's thorny issues. Break out sessions were planned that enabled experts like Liz Jones and Kerri Frischknecht to work together for the first time. Topics of both domestic and international importance were combined and I very much hope that we succeeded in our aim to provide an event that would be as valuable for the novice milk banker as for the delegate with an interest in the use of donor milk as well as for those with a wealth of local expertise. With contributions from renowned milk bank experts of France, Italy, Switzerland, Norway, Sweden, Africa, North America and Australia as well as the UK, the international element was assured. Finally we had contributions from parents (who will forget Dr Tanya Cassidy's description of the effect that human milk banking has made on her family?)

Grateful thanks to Sue Balmer and Kerri Frischknecht for the photos

See page 7 for the full programme.



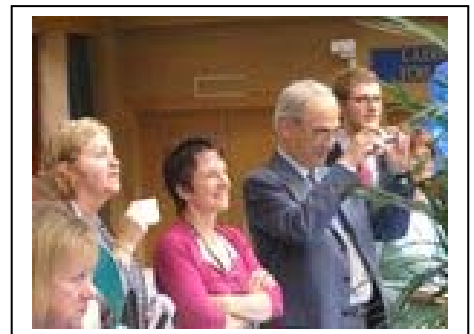
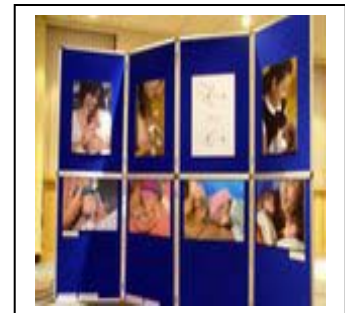
An international networking event

Delegates came from over 20 countries as well as from the length and breadth of the UK. Lois Arnold (now Dr Arnold) and Dr Skadi Springer, who were both at the meeting when UKAMB was formed were very welcome participants as were all the speakers, some of whom like Dr Ben Hartmann had come all the way from Perth in Australia. It has become clear since the conference ended that this was an event that will long be remembered as a valuable opportunity for international networking, for forming and crystallising plans for the future of milk banking in different parts of the world and as a few days during which we could all be optimistic about the future of milk banking. The willingness of eminent neonatologists, lactation specialists and milk bankers to contribute to this event is what made it such a success. Our grateful thanks go to all the speakers for two days in which we were informed, reminded and inspired to continue to work towards the provision of services that are both safe and accountable, evidence based and equitable.



The Conference dinner

Great effort went into the planning of the conference dinner. I was delighted when Nicole and Will Latham, composers and performers of the song 'Wonderful' agreed to provide their very special brand of live music during the dinner. They have donated the song (which is dedicated to milk donors everywhere), to UKAMB and it provides the very special soundtrack to the video which can be found on the website. The dinner was the occasion of the premier screening of the video and we were all reminded that milk banking is founded on the kindness of mothers who care enough to share their breastmilk and enable an increasing number of sick and premature babies to benefit from its wonderful properties. The song is well named! Please forgive a quick bit of marketing: CD's of the song and DVD's are available to purchase or donations can be made to UKAMB using Paypal. The Racecourse in Chester is renowned for good food and we weren't disappointed, however the dinner was also a time to enjoy a social time with friends and colleagues.



And finally

Special thanks must go to everyone who supported this conference. Partners, children and friends gave of their time and talents and helped us to keep costs down. The exhibitors, without whose considerable financial contribution the event would not have been feasible, included companies whose products are essential in milk banks as well as others that help to support breastfeeding. We were delighted to play host to the many small organisations and charities to whom we offered low cost exhibition stands and free conference places. Delegates numbered over 180 – many thanks to all who came. It was a privilege to welcome you all to Chester. All in all this was a joint effort to be proud of and I am sure that we made the right decision a year earlier – an international conference was a great way to celebrate ten years of UKAMB. Milk banking in the UK stands at a crossroads and it is largely the work of UKAMB that has enabled us to get there. The future direction of milk banking in the UK will continue to depend on this small charity and its even smaller band of volunteers. The next decade will be interesting – I wonder what we will be celebrating in 2017?

Cochrane review**Formula milk versus donor breast milk for feeding preterm or low birth weight infants.**

Quigley MA, Henderson G, Anthony MY, McGuire W

Cochrane Database of Systematic Reviews 2007

Issue 4. Art No.:CD002971.DOI:10.1002/14651858.CD002971.pub2.

This review, the most recent to look at the role of donor milk, determines the effect of formula milk compared with donor breastmilk on growth and development in preterm or low birthweight infants. The selection criteria for inclusion in the review was randomised controlled trials of these feeding approaches. Eight trials met the inclusion criteria. The authors' conclude that formula fed infants have higher short term growth rates but also a higher risk of developing necrotising enterocolitis. There was no evidence of an effect on long term growth rates or neurodevelopmental outcomes. The lack of available data on comparisons of feeding these groups of infants with formula compared to nutrient fortified donor breastmilk is noted and the suggestion made that this limits the applicability of the findings as nutrient fortification of breastmilk is now a common practice.

Blood Transfusions: A statement for mothers unable to donate breastmilk

In common with prospective blood donors, UKAMB recommends that mothers should not be recruited as breastmilk donors if they have received a blood transfusion since 1980. Mothers who have contacted milk banks to offer to become donors may be shocked, anxious and upset to discover that they are not suitable donor candidates especially as they may be completely unaware that they may have been at increased risk of contracting vCJD (albeit very slight) following receipt of a blood transfusion. Most prospective donors will be given the information that they can't donate over the telephone as offers to become donors are usually received via a phone call. It may be helpful to have a written statement to send to mothers either in a letter or via email. Dr Fiona Regan, (Consultant Haematologist at Imperial College Healthcare NHS Trust) and I prepared the following for use in such circumstances. I am including it here so that milk banking colleagues can also use it when required.

The guidelines for the donation of breastmilk and blood now exclude as donors anyone who has received a blood transfusion in the UK since 1980. This is because of the small risk that vCJD (variant Creutzfeldt Jakob Disease) may be transmitted via blood transfusions (four cases in 10 years in the UK after approximately 20 million units of blood transfused). Human milk banks must take every possible precaution to ensure the donated breastmilk is safe and this is why we follow the same very strict rules applied to blood donors. However I would like to stress that the risk that it is possible to become infected with vCJD or other agents via a blood transfusion is very, very slight. If you have any concerns you may find it helpful to contact the National Blood Service on 0845 7 711 711 or visit their website - www.blood.co.uk

Slovenia: Developing the first milk bank

I was delighted to be invited to give a presentation on milk banking in Europe at the Baby Friendly Initiative conference held in Slovenia in October 07. Dr Andreja Domjan facilitated my visit and took me to the hospital in Ljubljana where they are planning to develop the first donor breastmilk bank.

International Human Milk Banking Conference

Making Every Drop Count

September 20th and 21st 2007 – Chester, England

If you missed the conference, we have a few conference folders that were left over and which are available to buy. They comprise a large ring binder and contain the abstracts for the presentations and the workshops, together with additional handouts. They can be obtained by sending a cheque for £25 (includes p&p) made payable to UKAMB or by making a Paypal payment to UKAMB (info@ukamb.org) for £27.50.

The two day programme included the following presentations:

UKAMB: The first ten years
Risk Management of Donor Milk
Heat treating breastmilk

Dr Sue Balmer
Dr Ben Hartmann
Carolyn Westcott

Studies from Europe

Using Raw Donor Milk in Norway
Working with statutory regulations

Anne Grovslie
Prof Guy Putet

Using Donor Breastmilk on the NNU

Donor breastmilk and the promotion
of breastfeeding
Does Bristol need a Milk Bank?
The Evolution of a Donor Milk Policy

Dr Tony Williams
Dr Alison Leaf
Dr Camilla Kingdon

Making a World of Difference

A morning devoted to global milk banking experiences including examples of milk banking practices from North America, South America, Europe, Australia and Africa

Speakers include: Frances Jones (Canada), Gillian Weaver
Professor Guido Moro (Italy), Dr Clair-Yves Boquien (France),
Dr Ben Hartmann (Perth, Australia), Dr Peter McCormick
(Child Advocacy International),

The Use of Donor Breastmilk

Case histories from around the world.

Speakers include Prof Anna Coutsoydis and Penny Reimer
(South Africa), Dr Merran Thomson (UK), Dr Tanya Cassidy
(Canada and Ireland) and Gretchen Flatau (USA)

The Future

UKAMB: The next ten years

Gillian Weaver

Workshops and breakout sessions were held on each day and included:

Ethics and Donor Milk Banking (Dr Lois Arnold and Dr Sue Balmer)

Developing a Regional Donor Milk Service (Annie Atkinson and Lynda Coulter)

Supporting Lactation in Mothers of Very Preterm Infants (Elizabeth Jones and Kerri Frischknecht)

Donor milk: Tracking and Audit (Dorothy Dougherty and Ann McCrea)

Analysing Breastmilk in Practice (Professor Staffan Polberger and Dr Ben Hartmann)

Using Donor Milk: The Dietitian's Perspective (Caroline King and Dr Camilla Kingdon)

2007 AGM ANNUAL GENERAL MEETING

2pm on MONDAY 25TH November 2007
Venue: Princess Royal University Hospital
Farnborough Common,
Orpington, Kent, BR6 8ND

UKAMB MEMBERSHIP FORM

There are 6 classes of membership for UKAMB

Annual subscription fee

Milk Bank / Satellite Milk Bank	(voting)	£100
Recipient Hospital	(voting)	£75
Supporting organisation	(voting)	£50
Individual professional	(voting)	£25
Interested individual	(non voting)	£15
Corporate	(non voting)	£250

I would like to become a member of UKAMB

(For individual membership please tick the relevant box: I am a standard rate tax payer and income tax can be claimed back on my subscription under Gift Aid Yes No)

I enclose a cheque for (made out to UKAMB)

Name..... Job description.....

Address..... Tel

..... Email

.....

Please send to UKAMB, The Milk Bank,
Queen Charlotte's and Chelsea Hospital, Du Cane Road, London W12 0HS

Written and edited by Gillian Weaver, with contributions from Carolyn Westcott,
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The views expressed do not necessarily represent those of the UKAMB.

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