

Background

For many physicians, childbearing years coincide with critical periods of medical training and career development.¹ Medical professionals, particularly resident mothers, face unique challenges including intense clinical responsibilities, irregular schedules, and navigation of complex workplace dynamics. These challenges are amplified when residents rotate across multiple clinical sites, where **access to appropriate lactation spaces and accommodation policies can be inconsistent.** Research suggests that a significant barrier for breastfeeding residents is that pumping time is perceived to burden teammates.² Addressing the knowledge and attitudes of both breastfeeding and non-breastfeeding residents is crucial for creating a supportive and inclusive training environment.

Objectives

- Identify and address the challenges psychiatry resident mothers face in balancing breastfeeding and pumping with residency demands.
- Evaluate current residents' knowledge and attitudes toward breastfeeding.
- **Reduce logistical difficulties and anxieties related to pumping across multiple clinical sites.**
- Implement solutions to support current and future residents, fostering a breastfeeding-friendly culture within the program.

Fast Facts

- Mothers typically **need to pump or nurse every 2-4 hours for 20-30 minutes or longer** to maintain supply.
- Pumping involves multiple steps, traveling to lactation room; setting up equipment; expressing and storing milk; cleaning pump parts/surfaces and returning to work.
- **Federal labor laws, select state laws, and ACGME regulations protect the rights of breastfeeding mothers to adequate time and appropriate facilities for milk expression.**
- Dr. MILK (Doctor Mothers Interested in Lactation Knowledge) is a virtual support network: drmilk.org
- Breastfeeding and Lactation Medicine is one of the newest boarded subspecialties of medicine: nabblm.org

Materials & Methods

COMPLETED:

- Preliminary research
- Pre-intervention survey
- Results analysis

IN PROGRESS:

- Site data collection
- Resource guide development
- Policy compliance fulfillment

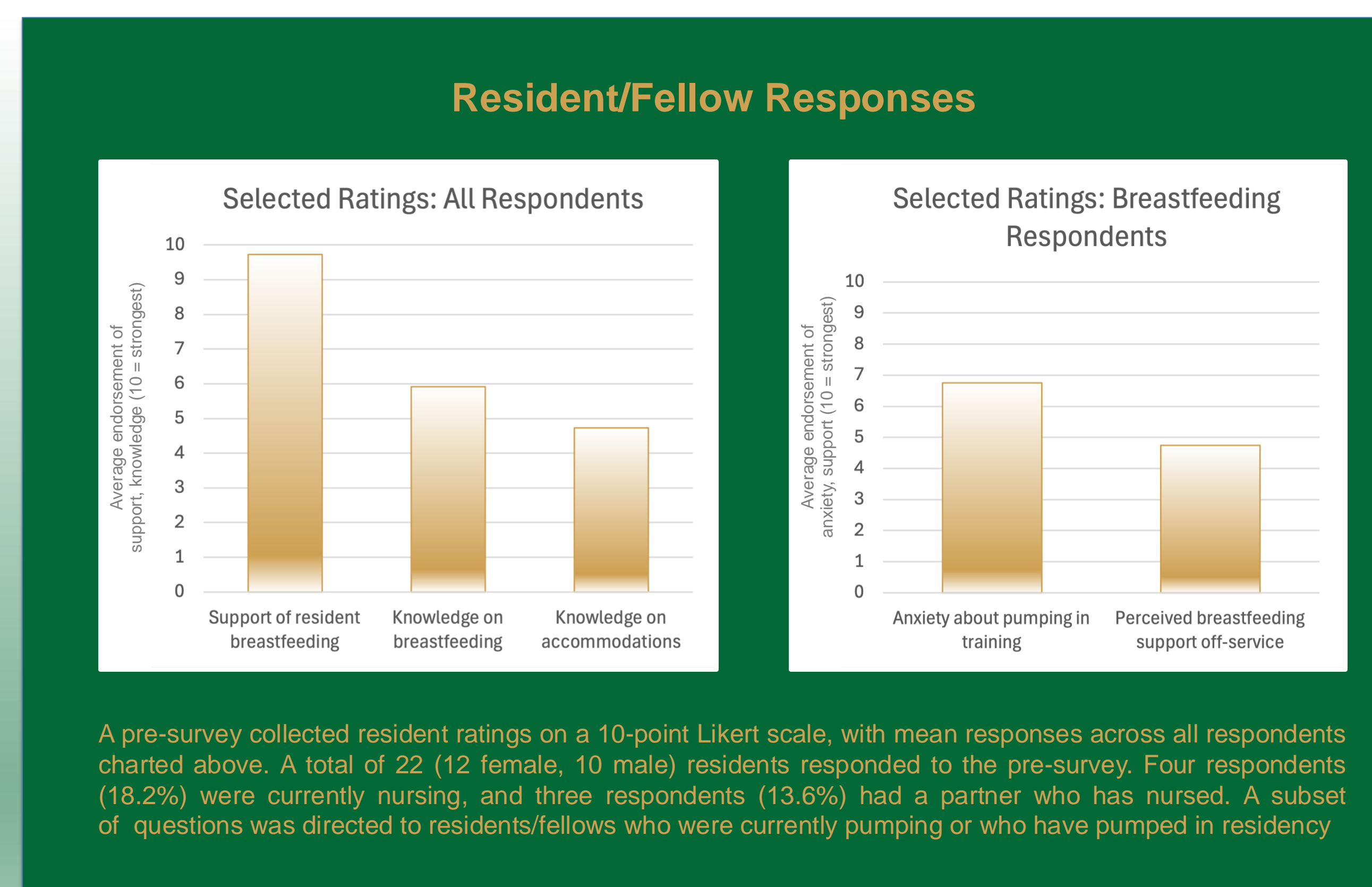
NEXT STEPS:

- Post-intervention survey
- Results analysis

Guide features:

- Lactation room locations
- Site-specific lactation contacts
- Explanation of protections for breastfeeding trainees

Pre-Intervention Data



Key Findings

- Participants felt there was strong support to breastfeed from both faculty and peer residents. However, participants also identify gaps in knowledge about lactation physiology and breastfeeding policies/resources, which may hinder their ability to provide effective support.
- Breastfeeding residents reported anxiety about pumping during residency, and felt support was especially lacking during off-service rotations.
- Providing **clear lactation guidelines and accommodations** could better equip residents to support one another
- Further work may be needed to address the breastfeeding needs of residents working outside their home department.