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MOTHER- AND INFANT-DEPENDENT FACTORS INFLUENCING BREAST MILK DONATION

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Background and aims: The objective was to seek mother- and infant-dependent predictors influencing breast milk donation. We sought to create the profile of a Finnish breast milk donor, including information on demographics, lifestyle, breastfeeding habits, health, infant's health, experienced quality of life, connection with the milk bank, problems while breastfeeding and expressing milk and reasons for and barriers to donating milk.

Methods: Data were collected by a letter questionnaire and patient records of 80 donors and 59 non-donor controls.

Results: The typical donor was young, well-educated, married, a mother of two children and healthy with healthy living habits. Health and rate of pregnancy complications were similar in the study groups. Need for phototherapy was more common and postnatal weight loss was greater in babies of donors compared to non-donors whereas infant's slow weight gain was later more common among non-donors. Donors were mostly motivated by altruistic considerations. Partner's support to donation was reported in 95 % of donors and 28 % of non-donors ($p < .001$). The most common source of information on the need for donated milk reported by both groups was the maternity ward. Difficulty of storing and delivering milk to the milk bank was significantly more common among non-donors.

Conclusions: Most donors are motivated by altruistic considerations. Health care professionals play an important role in motivating mothers to donate milk. Information on need for donated milk should also focus on the fathers/partners. Making milk delivery from home to milk bank easier might increase the number of donors.

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GALACTAGOGUES USE IN LACTATING WOMEN: DOMPERIDONE, SELF-EFFICACY AND PERCEIVED MILK SUPPLY

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Background: Women often seek medical solutions for "insufficient milk syndrome", the most common reason for breastfeeding cessation. This study investigated the relationship between self-efficacy, perceived insufficient milk supply, and the use of galactagogues in lactating women.

Methods: Over three months, a convenience sample of mothers and babies attending community health clinics in Calgary, Alberta were recruited to participate. A battery of surveys were distributed then repeated by telephone at two subsequent time periods. The instruments used included a socio-demographic information page, the Breastfeeding Self-Efficacy Scale (BSES 2003), and the Humenick & Hill Lactation Scale (HHLS 1996).

Results: Domperidone (Motilium) was used by 28% ($n=21$) of the 75 participants recruited. The HHLS scores ranged from 62-115 (total score of 140); formula was used by those with lower scores but this was not significantly different at 5% (95% CI=-6.12, 2.29). Women ($n=32$) who used formula had lower BSES scores than those who did not ($n=43$), ($p < .001$), (95% CI=-11.66, -3.66). Women who used domperidone on average had lower BSES scores than those who did not ($p=0.014$), (95% CI = -10.13, -1.15). An association between those women who used domperidone and those who used formula was found (Pearson Chi Square, test statistic=6.87, $df=1$, $p=0.009$).

Conclusion: Off label use of prescription medication is commonly used in lactating women but we did not find an association of perceived insufficient milk supply with medication use. Women reporting lower breastfeeding confidence used both formula and domperidone. These results are limited by the sample of convenience of educated women.