

RESIDENT HANDBOOK
Policies and Procedures

II.P. Housestaff Guidelines for Wellness of Lactating Residents

P.1 Introduction

Loyola University Medical Center's Graduate Medical Education program has developed this guideline to support the wellness of lactating residents. We are committed to protecting the health and wellbeing of our residents.

Challenges faced by lactating residents

Health and wellness of lactating residents

- Infrequent or insufficient expression can lead to plugged ducts, mastitis, or decreases in supply
- Emotional issues/stress regarding significant time spent away from a young child

Resident commitment to clinical obligations

- Potentially results in infrequent or insufficient pumping
- Inability to schedule lactation breaks in advance given unpredictable nature of clinical practice

P.2. Responsibilities of lactating residents

Ongoing commitment to patient care and careful consideration for clinical continuity when determining appropriate times to express milk

Advanced notice to program director and all residents on the service if she will require time to express milk upon return from maternity leave

Clear communication with attending physicians and colleagues regarding specific needs for lactation (ex. Time interval, specific concerns)

P.3. Opportunities to express milk

Residents on ward

- Clear communication with team members regarding pumping needs
- The call room will be prioritized as a daytime lactation room if necessary

Residents in clinic

- Lactating resident will be allowed to leave clinic to pump at a reasonable interval
- Lactating resident will not leave during a patient encounter

Residents in the operating room

- Lactating resident will notify the attending surgeons on each service that they will require lactation breaks during long procedures
- Lactating residents will minimize disruptions to the operating team by pumping before or after cases whenever possible and will not leave during critical portions of the operation
- Lactating residents will reach out to available team members to serve in their absence and will minimize their time out of the operating room, whenever possible

Residents in conference

- Residents are allowed to leave mandatory teaching conference for pumping if necessary

P.4 GME Support

We strive to create a welcoming and inclusive environment for our residents
We are committed to distribution and posting this guideline

If issues or concerns arise regarding a lactating resident's ability to express milk, the Program Directors will lead conflict resolution.

GMEC Approved: November 12, 2021
Reviewed:
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