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**#11-046**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** April 15, 2011

**SUBJECT:** Revised optional *Breast Pump Assistance* flyer/*Breast Pump Referral* form

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This memo is to announce revisions made to the optional *Breast Pump Referral* form, stock number EF13-06-13185, which was originally only available for downloading. The referral form was recently combined with an informational flyer for participants and given a new title and stock number – the *Breast Pump Assistance* flyer/*Breast Pump Referral* form, stock number F13-06-13185. This handout is intended to explain the logistics of the Texas WIC Breast Pump Program to participants, facilitate communication between the hospital and the WIC program about specific pump needs, and ultimately help WIC expedite pump issuance to high risk moms and infants during critical times.

Although participants are not required to have a referral, local agencies can encourage hospitals to utilize this handout to inform WIC clinics about participants in need of multiuser breast pumps. The handout can also be given to participants during prenatal visits to help advance the continuity of care between hospital discharge and the first visit to WIC after delivery.

Completion of the referral by a health care provider does not exempt WIC staff from educating participants on proper pump practices, but it does allow some flexibility regarding the depth of training that occurs during issuance. For example, if the referral portion of the handout indicates that mom has received training on proper storage of human milk and has had extensive training or experience using an Ameda multiuser breast pump prior to visiting the WIC clinic, then briefly reviewing correct pump practices while addressing mom's concerns is acceptable.

If the referral indicates that mom received an Ameda hygienikit during her hospital stay, then it is not necessary to reissue one through WIC unless deemed necessary by WIC staff.

**Please remind all staff of the following:**

- Women enrolled in the WIC program during pregnancy do not need to be recertified before receiving a breast pump nor do they need a certification appointment to pick up a breast pump.
- If a participant needs a pump, but has not been discharged from the hospital or is unable to pick up a breast pump from the WIC clinic, then a proxy can be sent in her place.
- Pump issuance is a priority and participants in need of a breast pump should not have to wait longer than 2 business days to get one.

The *Breast Pump Assistance* flyer/*Breast Pump Referral* form is now available for local agencies and Texas Ten Step hospitals who serve a high volume of Medicaid patients. To order go to the WIC Catalog at: <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>.

The most effective way for local agencies to implement this form is to arrange a meeting with the hospital lactation support staff, the director of women's services, the hospital's nursery or Neonatal Intensive Care Unit (NICU) staff to discuss expectations and communicate who to contact in regards to pump issuance. Explain the benefits of using the referral form and answer any questions about the Texas WIC pump program.

**Other resources you may consider sharing with surrounding hospitals:**

- *What Hospitals Need to Know about the Texas WIC Breast Pump Program*, stock number 13-06-12480
- *The Hospital Experience* brochure, stock number 13-06-13120a
- *How Do I Know if Breastfeeding is Going Well & First Week Daily Breastfeeding Log-Breast*, stock number F13-06-13104/a
- *Pumping Log*, stock number F13-06-13103/a
- *Crib cards*, stock number 13-25

If you have questions, or require additional information regarding the improved *Breast Pump Assistance* flyer/*Breast Pump Referral* form, F13-06-13185, please contact Cristina Garcia, Nutrition Education Breastfeeding Consultant, at (512) 341-4583 or email [cristina.garcia@dshs.state.tx.us](mailto:cristina.garcia@dshs.state.tx.us), or Tracy Erickson, WIC Breastfeeding Coordinator, at (512) 341-4521 or email [tracy.erickson@dshs.state.tx.us](mailto:tracy.erickson@dshs.state.tx.us).

## How can the Texas WIC Program help me and my baby?

- The Texas WIC Program offers breastfeeding support and education for women and their families.
- The Texas WIC Program provides breast pumps and breastfeeding supplies to WIC moms as needed. WIC moms are women who are currently enrolled in the Texas WIC program. You must enroll in the program as a WIC mom before receiving a WIC breast pump or any WIC breastfeeding supplies.

## What if I need a breast pump, but I am not on WIC?

- You must enroll in WIC before receiving a WIC breast pump.
- If you participate in Medicaid, Temporary Assistance for Needy Families (TANF), or Supplemental Nutrition Assistance Program (SNAP), then you automatically meet the income eligibility guidelines for WIC. If you live in a household where anyone in the household receives TANF or if you live in a household where a pregnant woman or an infant receives Medicaid, then you meet income eligibility guidelines for WIC.
- If you do not participate in these services, you can still apply for WIC by providing your household's gross income. WIC has generous income guidelines and many women are surprised that they qualify for WIC based on their household's monthly gross income. To find out more information about applying for WIC or to locate a WIC office in your area, visit [www.TexasWIC.org](http://www.TexasWIC.org) or call 1 (800) 942-3678.



## How long does it take to get a breast pump from WIC?

- If you are a WIC mom, then you should be able to get a breast pump within at least two business days of a phone call requesting a pump from WIC.
- If you are not enrolled in WIC but participate in Medicaid, TANF, SNAP, or have a qualifying income, you should be able to get a breast pump upon WIC enrollment. Breastfeeding moms with babies born earlier than 38 weeks gestation, or who are sick, are of highest priority, but enrolling in WIC may take additional time, so call your local WIC office without delay.
- If you received an Ameda hygienikit from your birthing facility, then it is not necessary for WIC to reissue one unless deemed necessary by WIC staff.

## What other breastfeeding support is available through the Texas WIC Program?

- Peer counselors are available to provide you with mother-to-mother encouragement and to support your breastfeeding goals. They have specialized training to teach you how to use your pump, assist with important breastfeeding skills, and answer your questions.
- Access and/or referrals to an International Board Certified Lactation Consultant (IBCLC). These are highly skilled professionals who are dedicated to improving health through breastfeeding support.
- Nutrition education for lactating mothers and their infants from a Registered Dietitian (RD), Degreed Nutritionist, or other highly qualified staff.
- The Texas Lactation Support Hotline, 1 (800) 514-6667 (MOMS), is a toll free hotline you can call to get answers to your breastfeeding questions. If you call the hotline after business hours, leave a message and your call will be returned within 24 hours.
- For more breastfeeding information visit, [www.breastmilkcounts.com](http://www.breastmilkcounts.com).

# Request for Breast Pump Assistance from the Texas WIC Program

This Form is not required but may be used by hospitals to request a breast pump from WIC.  
Using a referral system may help moms get a breast pump from WIC more quickly.

Mom's Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Infant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Birth Weight: \_\_\_\_\_ Weeks Gestation: \_\_\_\_\_  
Referring Facility: \_\_\_\_\_ Date: \_\_\_\_\_

I am referring this patient to the Texas WIC program for assistance with a breast pump. After thorough assessment, it has been determined that this mother is experiencing the following breastfeeding complications in which a breast pump is indicated:

(Check all that apply.)

- Mother/Infant Separation (including infant in NICU).
- Mother of infant(s) born prior to 38 weeks gestation.
- Mother of multiple newborns.
- Mother/Infant with special needs. (Explain:) \_\_\_\_\_  
\_\_\_\_\_
- Other. (Explain:) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

As a health-care provider, I have assessed the patient's needs and determined the following:

(Check all that apply.)

- Patient is currently enrolled in WIC. (Call and request a breast pump from the WIC clinic prior to discharge to expedite pump issuance.)
- Patient would like to apply for WIC. (WIC pump issuance is limited to individuals who are enrolled in the WIC program. To locate the nearest WIC clinic call 1 (800) 942-3678.)
- Patient has received an Ameda hygienikit.
- Patient has used or has been trained on how to assemble, use, and clean the Ameda multiuser breast pump and collection kit.
- Patient has been trained on proper storage of human milk.

\_\_\_\_\_  
Signature and Title of Health-Care Provider

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Phone Number

I, \_\_\_\_\_, authorize my health-care provider, \_\_\_\_\_, to release  
(patient first and last name) (health-care provider name)  
information on this form to the WIC program, and I authorize the WIC program to release information about me to this health-care provider for the purpose of coordinating my health care. I understand that all information is considered confidential.

Signature of Participant/Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_



## ¿Cómo puede el Programa WIC de Texas ayudarnos a mí y a mi bebé?

- El Programa WIC de Texas ofrece apoyo y educación para la lactancia materna para mujeres y sus familias.
- El Programa WIC de Texas proporciona a las mamás sacaleches y artículos para la lactancia materna, cuando sea necesario. Las mamás de WIC son mujeres que actualmente están inscritas en el Programa WIC de Texas. Tiene que estar inscrita en el programa como mamá de WIC antes de recibir de WIC un sacaleches o cualquier otro artículo para la lactancia materna.

## ¿Qué hago si necesito un sacaleches pero no estoy inscrita en WIC?

- Usted tiene que inscribirse en WIC antes de recibir un sacaleches.
- Si participa en Medicaid, Asistencia Temporal a Familias Necesitadas (TANF) o Supplemental Nutrition Assistance Program (SNAP), automáticamente llena los requisitos de ingresos para la elegibilidad de WIC. Si vive en un hogar en que alguien recibe TANF o si vive en un hogar en que una mujer embarazada o un bebé recibe Medicaid, usted llena los requisitos de ingresos para la elegibilidad de WIC.
- Si no recibe estos servicios, todavía puede solicitar WIC informando sobre los ingresos brutos de su hogar. WIC tiene requisitos de ingresos muy generosos y a muchas mujeres les sorprende que llenan los requisitos de WIC basado en los ingresos brutos mensuales de su hogar. Para más información sobre cómo solicitar WIC o para ubicar una oficina de WIC en su zona, vea [www.TexasWIC.org](http://www.TexasWIC.org) o llame al 1-800-942-3678.



## ¿Cuánto tiempo se tarda en recibir un sacaleches de WIC?

- Si usted es una mamá de WIC, lo más probable es que pueda recibir un sacaleches dentro de al menos 2 días laborales después de llamar a WIC para pedirlo.
- Si no está inscrita en WIC pero recibe Medicaid, TANF, SNAP o llena los requisitos de ingresos, debe poder recibir un sacaleches cuando se inscriba en WIC. Tienen prioridad las mamás que amamantan a bebés que nacieron antes de cumplir 38 semanas de gestación o que están enfermos. Además, inscribirse en WIC puede tardar tiempo adicional, así que llame de una vez a la oficina de WIC local.
- Si recibió un sacaleches Ameda hygienikit del centro de partos, WIC no tiene que asignarle otro a menos que el personal de WIC determine que es necesario.

## ¿Qué otro apoyo para la lactancia materna ofrece el Programa WIC de Texas?

- Madres consejeras están disponibles para ofrecerle apoyo de mamá a mamá y ayudarle a lograr sus metas de lactancia materna. Ofrecen capacitación especializada para enseñarle cómo usar el sacaleches, ayudar con habilidades importantes para la lactancia materna y contestar sus preguntas.
- Acceso y envíos a un consejero de lactancia certificado por la International Board of Lactation Consultant Examiners (IBLCE). Estos profesionales con habilidades especializadas se dedican a mejorar la salud por medio de apoyo a la lactancia materna.
- Educación sobre la nutrición para mamás que amamantan y sus bebés de un dietista registrado (RD), nutricionista certificado u otro miembro del personal altamente capacitado.
- Llame gratis a la Línea Directa de Texas de Apoyo a la Lactancia al 1-800-514-6667 para respuestas a las preguntas que tenga sobre la lactancia materna. Si llama después de las horas normales de oficina, por favor, deje un mensaje y le devolveremos la llamada dentro de 24 horas.
- Para más información sobre la lactancia materna vaya a [www.breastmilkcounts.com](http://www.breastmilkcounts.com).

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\_\_\_\_\_  
Signature and Title of Health-Care Provider

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Phone Number

Yo, \_\_\_\_\_ autorizo a mi proveedor de atención médica, \_\_\_\_\_, a divulgar  
(nombre y apellido del paciente) (nombre del proveedor de atención médica)  
la información en esta forma al Programa para Mujeres, Bebés y Niños (WIC) y autorizo al programa WIC para divulgar mi información personal a este proveedor de atención médica con el propósito de coordinar mi atención médica. Entiendo que toda esta información se considera confidencial.

Firma del participante/padre/tutor: \_\_\_\_\_ Fecha: \_\_\_\_\_

