

Lactation Resource Centre

PO Box 4000, Glen Iris VIC 3146
T: (03) 9885 0855 F: (03) 9885 0866
Email: lrc@breastfeeding.asn.au



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Writing up your case history for the Lactation Resource Centre

Why write it up?

The Lactation Resource Centre needs to collect breastfeeding case histories to provide information on breastfeeding practice in the community and to shed light on the practical experiences of mothers especially in areas that are not well researched.

Why are case histories useful?

- Many areas of breastfeeding management are poorly researched due to practical difficulties, ethical concerns and the historical lack of interest in the field
- Case histories may offer reassurance and support to mothers who have unusual problems that the published research does not cover.

Our requirements

- include author's name, contact details and qualifications
- Preferably emailed or on disc
- Mother's and author's permission to use the case history
- Please remember to include a date of writing on the history so that we know how the management of the situation fits with current practice.

Points for consideration when writing up a case history

- Include details if relevant of: pregnancy complications, breast development during pregnancy, include mother's age, birthing details, birth weight, first/second child, health of mother and baby after birth,
- Course of breastfeeding establishment frequency, length of feeds, scheduled or not, exclusive or not, stools/wet nappies, positioning, attachment, further weight gains or losses, changes to feeding patterns
- Put weight losses/gains in the larger context of a healthy baby - wet nappies, skin colour, muscle tone, growth in head circumference and overall length.
- Health professional (or other) advice, and whether it was followed or not; for how long and what the impact was; how the baby/you/supply etc reacted/responded etc. Include timelines as relevant - can be actual dates, days after birth. Include graphical presentation if it helps to demonstrate the course of things.
- Details of medication given - doses/frequency, how they worked/didn't work, any side effects they caused and how they impacted overall.
- Anything else that was tried or impacted on the situation.
- Include feelings or life circumstances which impacted on the situation
- Include the year of the events so that how management of the situation fitted in with current theory can be assessed

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The Lactation Resource Centre may wish to publish information from your case history in a paper based on mothers' experiences, or in complete form as a case history, without the use of names. To allow the Lactation Resource Centre to use your case history we need a signed copyright assignment form, and to preserve your privacy we would prefer that no identifying details are given within the body of the history.

We cannot use your case history if you do not sign the form below to give us permission and assign copyright to the Australian Breastfeeding Association.

If you do allow us to use your case history, it may be published in full, or be part of a compilation of case studies, or be quoted in a paper on a relevant topic. All personal identifying details such as names will be removed or changed to preserve your privacy.

Author Acknowledgment and Copyright Assignment Form

In respect of the case history, or as subsequently amended ('the article') which the author has forwarded to *Australian Breastfeeding Association* ('the publisher') for possible use or publication, I the author hereby warrant that:

- (1) I am the sole author of the article;
- (2) The article is an original work and does not infringe any law or any right of third parties;
- (3) All facts stated in the article are true and accurate, the article contains nothing misleading or deceptive, and all expressions of opinion in the article represent the author's/s' honest belief;

Signed:..... Date:.....

Print name:.....Phone number:.....

I, the author, consent to the *Australian Breastfeeding Association* using the article, in whole or part, or the information in the article for research purposes or for publication.

I acknowledge the Association's ownership of copyright of the article and that they may reproduce it at any time in the future without further permission from me.

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