

## Breastfeeding Apps for Health Care Providers

This list is based on suggestions from IBCLCs working in Ireland. The BFHI does not take responsibility for the content, endorse, guarantee or have any links with producers of these apps.

Information on an app about any clinical condition or treatment should not be used in place of consultation with an appropriate health care professional.

### Breastfeeding questions

**Texas 10-Step Program Health Care Provider's Guide to Breastfeeding** FREE. Developed and maintained by the Texas Department of State Health Services. Guidance on lactation assessment, drug interactions and treatment of common maternal and infant conditions. <http://texastenstep.org/tools-and-resources/health-care-guide-to-breastfeeding/>



**Breastfeeding Management 2** Cost \$1.99. From the Massachusetts Breastfeeding Coalition to help the clinician identify, triage, and manage common breastfeeding problems in the first weeks of life. Includes 5 calculators, and information on medications. <http://massbreastfeeding.org/2009/02/09/breastfeeding-management/>



### Medications

**LactMed** FREE. US National Library of Medicine's Toxicology database of drugs and other chemicals to which breastfeeding mothers may be exposed. Includes maternal and infant drug levels, possible effects on lactation and on breastfed infants, and alternative drugs to consider. LactMed is updated monthly. <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>



**Infant Risk Center Health Care Professional Mobile Resource** Cost \$10. Developed by the Texas Tech University Health Sciences Center gives health care providers fast, convenient access to up-to-date and evidence-based information about prescription and non-prescription medications and their safety during pregnancy and breastfeeding. Drug Database on more than 20,000 drugs that is updated daily. <http://www.infantrisk.com/apps>



**MommyMeds** Cost \$3.99. From Infant Risk Centre for pregnant and breastfeeding mothers. Search or scan the barcodes of thousands of medications and receive immediate, easy to understand information on drug safety and ingredients. <http://www.infantrisk.com/apps>

### Growth

**Growth Charts UK-WHO** FREE. Data used in this app has been provided by the Royal College of Paediatrics and Child Health (RCPCH), and is a combination of the Neonatal and Infant Close Monitoring Growth Chart (NICM), the UK WHO 0-4 years growth chart, and the UK Growth chart <https://appsto.re/ie/youEO2.i> Can be used on-line at <http://www.paediatrics.co.uk/nicu/growth-charts>



**Babyscale** FREE. Simple app that assists in making a fast and accurate calculation of an infant's day to day weight loss displayed as a percentage of birth weight loss. <http://www.thebabyscale.com/>



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