UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

Lactation Guideline(s)

Roles and Responsibilities

Policy Contact(s)	Associate Dean for Student Affairs
Responsible	OSA, OME
Accountable	Medical Students, Site Contact
Consulted	MEAC, OSA
Informed	Medical Students, Course and Clerkship Directors, Sub-internship and Clinical Elective Directors, and Clinical Affiliate Contacts

LCME Standard(s)

12.3 Personal Counseling/Mental Health/Well-Being Programs

A medical school has in place an effective system of counseling services for its medical students that includes programs to promote their well-being and to facilitate their adjustment to the physical and emotional demands of medical education.

Purpose and Scope

Medical trainees face work hours and patient care demands that can make continued breastfeeding particularly challenging. Therefore, it is essential that University of Maryland School of Medicine faculty establish an environment that provides encouragement and resources for the successful continuation of breastfeeding.

These guidelines apply to all medical students enrolled in the MD program at the University of Maryland School of Medicine.

Guidelines and Expectations

The medical school and its clinical affiliates will provide medical students who are breastfeeding with access to appropriately designed lactation rooms, including refrigeration for expressed milk. Medical school faculty should make every effort to accommodate the requests and lactation needs of medical students. More specific considerations are described below for each phase of the MD program.

Students who need to request an adjustment to academic obligations during the pre-clerkship phase to express breast milk should contact the course or clerkship director to provide as much advance notice as possible.

Depending on the circumstances, adjustments may include, but are not limited to, an extension of time during an exam or situating the location of an exam to allow for a break to use a lactation room and excusing reasonable absences from class or providing opportunities to make up any missed work due to lactation needs. The duration of such adjustments can vary depending on the personal and physical needs of the student, but in general, a reasonable adjustment would allow, at minimum, 30 minutes to express milk approximately every three hours.

Information regarding options for protected time to express breast milk and/or parental leave should be provided to students at the time the pregnancy, birth, and/or leave is discussed.

Exceptions

There should be no exceptions to these guidelines for any reason. If a circumstance arises that creates issues for adhering to the guidelines, the faculty member who is unable to accommodate the student request must contact the Office of Student Affairs.

Sanctions

Failure to follow these guidelines could result in disciplinary action for medical school faculty and a re-examination (up to and including termination) for affiliations with a non-compliant healthcare facility providing clinical experiences for medical students.

Related Policies/Procedures

Attendance & Participation
Leave of Absence
UMB Policy
ACGME Policy

References

American Academy of Family Physicians. Breastfeeding (policy statement). 2017.

American Academy of Pediatrics. Breastfeeding and the use of human milk. *Pediatrics*. 2012;129(3):e827-841.

American College of Obstetricians and Gynecologists. Optimizing Support for Breastfeeding as Part of Obstetric Practice. 2016.

World Health Organization. Breastfeeding. 2018.

History

Revised:
Approved: July 2024