Are you aware of the five lactation rooms on campus?
YES 111111 7 (28%)
NO 1111111111 10 (40%)
JUST ONE/SOME 111111 8 (32%)
YES + SOME (60%)
NOT APPLICABLE
COMMENTS:
- just one, in the library, which is my workplace--luckily!
- I have no idea that there are such things. There certainly aren't in the law school.
- I am aware of only one--the one near the L&D unit. I am shameless and tend to nurse anywhere we are, including in class.
- I only know of three: Duke North, South (purple zone) and the library building

If you needed to use one, do you know how to locate and gain access to a lactation room?
YES 1111111111 10 (40%)
NO 11111111111111 15 (60%)
NOT APPLICABLE
COMMENTS:
- I know where one is, and I used the ones in the hospital when my son was in the ICN, but it is too much trouble to go through the bother of gaining access via duke card (I guess I have to go over to the duke card office, and I hate that office: there is a line and they do stuff wrong then won't believe you when you go back, in my experience) when I can use a hand pump in my office. Since there are not adequate resources for pump washing and sterilizing or refrigerating milk or anything else that would make the rooms more useful, I as a person with an office prefer to stay there.
- No - actually tried about a year ago. I couldn't find any information online and couldn't figure out who to contact.
- I figured out where one was at after nursing on this campus over a year, but the directions to get access were involved enough that I have never bothered.
- I'd look it up on the web site (hopefully I could find the web site searching the Duke web site for "lactation rooms")
- I know that I could find info about this through the new parents at duke website
- In spring 2003 when I had my first child, I called HR since I had heard they had recently revamped the lactation rooms. I expected to find a convenient room near to my building. It turned out the people I talked to in HR had no idea what I was talking about and no one ever called me back with information. I had to scramble to find a place to pump when I returned to work. This involved having several embarrassing conversations with male faculty and administrators in my department.

Have you used one of the lactation rooms on campus?
YES 111111 7 (28%)
NO 111111111111111111 18 (72%)
NOT APPLICABLE
COMMENTS:
- no, except in the hospital where the resources were inadequate as specified above (the notion that duke hospital supports breastfeeding mothers of children in the ICN is a joke given that they lack proper resources for washing and sterilizing or anything like adequate resources for refrigerating and freezing milk)
- I have only used on once. I had the nurse in L&D let me in.
- Yes, several of them. I have used them regularly for the first 6 months after each of my two kids were born.

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<td><strong>Have you needed a lactation room, but did not know they were available?</strong></td>
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<td>YES</td>
<td>11111111111110 (40%)</td>
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<td>NO</td>
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<td>NOT APPLICABLE</td>
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COMMENTS:
- I would love to nurse my son at school rather than bring him home to do it, or to pump at school and feed him there. I haven't been able to do any of these things.
- My current office has a door on it, but we are moving and I may be sharing an office at the new location. This means that I may need one in the future unless my office mate allows me to kick him/her out for 15+ minutes several times a day.
- When I was nursing I usually pumped in my office (which is private) but there were times when I could not be in the BioSci building and needed a lactation room. For example, one week during this time, I was at a conference held in the Public Policy building. I just had to find my own space to pump, put up hand made privacy signs, and pray that no one walked in on me.
- Yes, but being shameless, I just nursed where I was at. I have nursed in the medical school auditorium, med school CTL, both medical center cafeterias and a few others, multiple hospital waiting rooms, conference rooms, Sanford institute (just about everywhere), the art museum, and on the quad. I have nursed two children for a total of 28 months at Duke while completing an MD/MPP degree.
- I was able to find information on lactation rooms when my first child was born by searching the Duke web site (summer 2002). The second time I needed one (January 2004), I was able to use a room in the Sands building. This was available through the administrator for the Molecular Genetics and Microbiology (MGM) department. [She] issued me a key to an office that was unoccupied and hence gave me a locked room I could use that worked out really well. The room had a desk and an electrical outlet, which was all I really needed. There was a bathroom down the hall where I could wash my equipment out each time I used it. I had access to a refrigerator in the lab I work in (in CARL) where I stored the milk during the day. Having this room available was a God send! The biggest problem with this room is that it is not well advertised (I knew about it through word-of-mouth).
- I would like to find a way to publicize its availability more widely so other women could take advantage of it.
Have you needed a lactation room, but found the ones available were too inconvenient?
YES 1111111111111111 10 (40%)
NO 11 2 (8%)
NOT APPLICABLE 1111111111111111 13 (52%)-these women do not know that lactation rooms exist

COMMENTS:
- Even going across the quad to Perkins Library is inconvenient given that I am very busy and can use my own office. If I did not have my own office I would probably use the room in Perkins. But even in that case I might prefer another room if the lactation room were overbooked when I needed it as a general rule and if all that was provided was (as now) a pump base.
- Now that I know where they are, I still probably would not have used any - it would be at least a 10 minute walk from my campus in each direction.
- I use that room about 15 min every time, but I need 10-15 min to go there from my lab (one way). So, I spend about 45 min to do whole things.
- Having a lactation room close enough to where I work was a problem for me when I had my first child. I used to pump in the bathrooms in LSRC because they had single room bathrooms with electrical outlets and a lock on the door. It worked out ok but as you can imagine wasn't very comfortable and didn't feel terribly sanitary. I used a cooler with ice packs to store the milk during the day since I didn't have access to a refrigerator at the time. I also used a room (that was really awful! Besides being terribly dirty and full of junk, you always had to worry about maintenance people walking in on you) in the Jones building. They ended up shutting it down when an inspection was done and they found out how terrible it was. Unfortunately, this created a real hardship for me because then I was left with nothing. I think everyone had their heart in the right place by shutting down a bad location but since they didn't replace it with anything, it ended up hurting more than helping.
- Yes, often I used my office when my office-mate was out - I am in the Jones building all the current lactation rooms are 10-15' walk from my building, counting pumping time, this involves being away from work far too long to be convenient. I had to resort to other alternatives within my building.

Free response:
Can you suggest a building/location in need of a lactation room on Duke's campus?
- East campus locations are sorely needed; as far as I know the only rooms available are those in the med center, aside from Perkins. This leaves out everyone on east and people on science drive, and far from Perkins on west.
- I think a lactation room at Fuqua would be helpful, but I did not know that they were available, so there may be one!
- Library
- Perkins
- There should be one in every building if the campus really wants to provide adequate
  service to nursing mothers.
- The law school. I think it would create a lot of awareness and would benefit many of
  the law school mothers.
- GS RB1 (Center for Human Genetics)
- CIEMAS, Teer, Hudson, or the LSRC
- ALL professional buildings should have one. But, realistically, there should certainly
  be more on west campus.
- Divinity school
- Biological Sciences
- Public Policy
- Nanaline H. Duke building/ bathroom at the 2nd floor. There are a sofa and a table in
  the bathroom. If Human Resources can't supply a breast pump, please ask to install just a
  curtain to separate from toilet area. We can use a handy-type breast pump
  there. (If Human Resources will be able to set also a breast pump, I am so happy!)
  If you have a chance, please come to see the bathroom on the 2nd floor in
  Nanaline H. Duke.
- Does the outpt clinic building have a lactation room? What would really be
  helpful in most buildings is a traditional ladies lounge, where I can kick back
  and relax while I nurse.
- somewhere on east campus, perhaps the gym? The Bryan Center, the
  gym on west campus
- I believe that the university should make a policy that all new
  buildings on campus should include a lactation room (or rooms!). In
  addition, there are several areas on campus that do not have an
  accessible lactation room that would be convenient for a nursing mom to
  access during lunch or on break: East Campus; Fuqua/Law/Sanford/Gross
  Chem building area; Bryan Center/lower Science Drive area; Central
  Campus/Campus Drive offices
- CIEMAS
- I work in the Psych/Soc building and 718 Rutherford (Center for Family
  and Child Studies) and struggle to find places to pump in both locations.
- I am a graduate student in the Dept of Immunology currently working in the
  Jones Bldg. The nearest lactation room is on the 5th floor of Duke North (I
  think). I know there are several other women on my floor that have had or
  will soon be having children but I am unsure of the need throughout the rest
  of the building. I am due in March and I foresee myself pumping in a shared
  office somewhere in the building. The bathrooms in our building are not
  conducive for this. I am sure I will have to discuss this with my supervisor.
- East Campus; somewhere on Campus drive; somewhere on both ends of Science Drive
- I am not aware of lactation rooms close to the Language Center (West campus, near
  Perkins). Most language instructors do not have a private office: they either share or have
  a cubicle. And, even if you have a private office (my case); it was really hard to find
  complete privacy to pump.
- The science buildings on Research Drive
- LSRC, science drive
Do you have an anecdote to share about your lactation experience that would help make the case for additional rooms?
- It was just sheer luck that I had the Perkins lactation room right around the corner from my office, even on the same floor as my office. (That room was supplied by the library admin, not HR, by the way!) I have, however, encountered women pumping in the bathrooms and have tried to let them know about the Perkins facility. Pumping in a bathroom is absolutely unacceptable--no one should have to do that. They are unsanitary and uncomfortable.
- None since I have my own office and even a fridge, thanks to a co worker who ordered one while I was on leave.
- A new coworker had to get help in converting an empty office into a "lactation room". They put up some curtains along the windows. Another coworker went to her car to pump. I have seen that there are lactation rooms in the hospital. But not being connected to the hospital building, they aren't convenient at all for us out yonder!
- Even with a door on my current office, I was pumping late one afternoon, with my door closed and locked, and a cleaning person (male) walked in. I snapped at him, pretty severely, out of shock and embarrassment on my part. He looked incredibly surprised and embarrassed (I am not even sure if he knew what was going on) and closed the door immediately. It would be nice to know there was a location that was completely secure for me and other breastfeeding mothers that are returning to work to pump.
- At the time I shared an office with two other people, including a rather squeamish male coworker, so that pumping in my office was not viable. Across the hall from my office is a lab that is rarely used. I asked the professor whose lab it is whether she would mind if I pumped in there occasionally. Luckily she didn't mind, but I was always worried that someone would walk in . . .
- Recently, I pump my breast milk at my boss's office or dark room (to develop films) by a handy pump. It takes about 15 min for whole procedure. When I used lactation room at North Hospital, I spent about 45 min to do whole procedure from leaving my lab to coming back to my lab. 45 min is too long not only for me but also for my boss. Because breast pumping will be continued for several month, every day. Finally, my boss told me that "you can use my office to save a time of round trip."
  When he goes out (for meeting etc), I borrow his office. But when he is there, I hesitate to ask to borrow his office (that means to get him out), I use a dark room which can be locked and signed "In Use". I don't want to use a bathroom because I don't want to prepare my baby's lunch on the toilet! There are a sofa and a table in the bathroom, but no curtain. It is shameful to breast pump there.
- See above, I have nursed just about everywhere I have been as a medical/graduate student, except the ER and OR. I respect the needs of others.
who need space and privacy to nurse or pump, but I have had the luxury of my husband bringing my babies to me (or carrying my babies with to class). It has made others uncomfortable at times, but I have put the needs of my babies ahead of the comfort of others. When confronted (by another female medical student) about demonstrating a lack of modesty/professionalism by nursing in public, I told her what I have told others: Nursing is a necessary and healthful part of parenting. If others have a problem with breastfeeding, then they need to examine how they regard their own bodies and how highly they rank the welfare of children.

-I delivered in March of 2003-- I asked Human Resources where the advertised lactation rooms were and was sent an email of room numbers. The nearby lactation room I tried to locate was actually a bathroom in the LSRC, which did not even have a chair. Since I share an office with two other folks, I decided to abandon breastfeeding when I went back to work.

-Yes- I routinely have to go door to door in my building to find an unoccupied office to pump in, since I share space with 3-4 other individuals. Fortunately, my supervisor has young children and offers to leave and let me use her office in a pinch. One day, I had to pump with another intern in the room with me (!!!) because I had no other options. She is also a mother of an infant, so she was understanding, but it was not an ideal situation by any means.

-[A co-worker] encountered a woman pumping in the restroom in Perkins, and told her about the lactation room. The woman subsequently got access and has been using it. This was after the big media push by HR, so obviously not everybody found out!

-Pumping in a shared office is time saving, but a closed door seems to invite visitors. I was often disturbed by people asking questions through the door or stuffing material under the door. I pumped on my lunch break and never asked for "time-off" and I am sure that only my office mate was aware of what I was doing behind the closed blinds and door. Once I decided to ignore the questions and the boss proceeded to put his key in the lock to leave a pile of work on my desk - needless to say, I spoke up ....

-PUMPING IN MY LIBRARY CARREL (IT MAKES A LOT OF NOISE!)

-I was unsuccessful at getting info about lactation rooms from HR, so I wound up having to talk to my departmental administrator. He made arrangements for me to use the office of an emeritus professor who was very reluctant to let me use his space. Since I was never certain about his traveling schedule I also made arrangements with my office mate to let me use the office once per day. It was inconvenient to have to kick him out of the office regularly. It was also embarrassing for both of us. He was fearful he was going to walk in some day in case I forgot to use the door sign. All of his coworkers knew that when I showed up it was time to pump. I had hoped to be able to pump more privately, but it felt like such a song and dance to find a place to do it without alerting a large number of people to my plans. It would be great to be able to call HR and obtain access to a private, secure room without having to discuss it with co-workers.
Do you have any solutions/success stories to report about how you or a coworker solved a work related lactation issue?

- thank you to my co worker for ordering that fridge!!! Why the hospital cannot provide adequate resources for its most vulnerable patients, let alone the nursing staff who must share the few available rooms with the mothers of the patients, is beyond me!

-While a first year medical student, I simply sat in the back row of the auditorium so that my husband could wheel the carriage into the auditorium and I could breastfeed without anyone being disturbed. After a while, even if my daughter did make a noise, no one even paid any attention because they knew that it was just Clarissa, coming for her mid-morning snack. The hard part was getting my classmates to give Clarissa back if it was the end of our break and time for her to leave for her nap:) Personally, I think that lactation rooms or ladies lounges are a great idea, but we also need a more positive view of breastfeeding promoted so that no one feels that they have to hide in order to feed her children.

-When in the Soc/Psych building, I sometimes use one of the therapy rooms in the psychology clinic and put up the "Do not disturb" sign!

-The room provided by the MGM department was a huge success story for me. I think perhaps we could encourage individual departments to provide temporary rooms like this and in this way provide a lot more locations. One of my big concerns is that it sometimes seems like we demand a lot of facilities to support a lactation room (refrigerator, sinks, pumps, etc). These things really are great if you can get them but I'd rather have a simple room with a locked door and electricity (to operate my portable pump) near where I work than a fully equipped room far away. By making so many demands for facilities in lactation rooms I fear we are eliminating some good options. Keeping the requirements simple might serve us better so we can have more lactation rooms spread around campus.

-I used the Perkins lactation room from Dec. 1 2003 until Oct. 8 2004. I was using it continuously during the renovation of it, which was a hassle - access could be sporadic, there were boxes in it some times, etc. Once the room was established, it worked well. Because the room used to be used for Perkins staff, I often encountered non-lactating staff using the room (to lie down on lunch breaks, or because they felt ill - one woman was having chemo, for example.) Most users were very willing to cede the room to my use, and I knew most of them, some well, some by sight - but this could be a problem for lactating users who a) are shy and b) do not work in Perkins. There is a sign-up sheet for the room but only lactating users have used it. Two other women have used the room for pumping; I have never met them, but we have all used the sign-up sheet to coordinate our use.

If it were not for the existence of the Perkins lactation room, I would have been hard-pressed to find a place to pump. I do not have my own office and neither do most of the 200 people in the building; my boss' office is small and has a window. On several occasions when I did not have access to the lactation room (change of key-card lock without warning, construction work, 10 year old sleeping in the room, no idea whose kid she was!) I have pumped in my boss' office or in an empty office in the building (co-
worker hospitalized, so office temporarily vacant). There are no extra meeting spaces in Perkins that could be relied upon for pumping. I like to think that my (supportive) local HR staff and I could have figured out something so I wouldn't be pumping in a bathroom stall, but I'm not sure we would have had many options.

I bring my own pump and believe the other women using the Perkins room do also. In my opinion most mothers who work full-time own their own pump, since they often pump at home to supplement their work pumping.

-My office-mate was really understanding and let me know, whenever he would be out of the office for any length of time (meeting, lab-work etc.). I scheduled my pumping around his plans and went to the lactation room if the office was not available

-DO IT ANYWAY.

-Since I had my child in 2003 there have been five other women in my department needing a place to pump. We all had to make arrangements to borrow offices. Collectively we could have made continuous use of a lactation room since that time.