

Stephanie Nguyen

Neonatal Lactation Consultant

IBCLC-certified neonatal lactation consultant with 9 years of specialized experience supporting premature and medically fragile infants at a Level IV NICU. Expert in establishing milk supply for mothers of preterm infants, oral-motor feeding assessments, and transitioning NICU infants from tube to breast. Achieved 85% human milk feeding rate across 30 daily patient encounters, surpassing the 67% national NICU benchmark.

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 Houston, TX

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Experience

Neonatal Lactation Consultant

Mar 2018 - Present

Texas Children's Hospital

Houston, TX

Provide specialized lactation support for premature and medically complex infants in a 100-bed Level IV NICU.

- Provide daily lactation support to 30+ NICU families, achieving 85% human milk feeding rate versus 67% national benchmark for premature infants
- Reduced median time to full oral feeding by 3.5 days through implementation of a paced bottle-feeding and skin-to-skin readiness protocol
- Developed NICU nurse lactation training curriculum adopted unit-wide, improving staff documentation compliance by 44%
- Lead interdisciplinary feeding team rounds with neonatologists, SLPs, and OTs to coordinate care for infants with complex oral-motor deficits
- Established a milk bank donor outreach program supplying pasteurized donor breast milk to 20+ infants per month

NICU Lactation Consultant

Jun 2016 - Feb 2018

Memorial Hermann Hospital

Houston, TX

Supported lactation needs of premature and critically ill NICU infants in a 45-bed Level III unit.

- Supported lactation for 20+ premature and critically ill NICU infants daily across a 45-bed Level III unit
- Collaborated with neonatology team to design individualized feeding progression plans for infants with NEC, BPD, and CHD diagnoses
- Increased exclusive breastfeeding at NICU discharge from 41% to 62% over 18-month tenure
- Trained 12 NICU nurses on breast pump fitting, milk storage guidelines, and feeding readiness cues

Skills

NICU Lactation Support

Premature Infant Feeding

Oral-Motor Assessment

Kangaroo Care

Donor Milk Programs

Tube-to-Breast Transition

Interdisciplinary Care
Coordination

Epic EHR Documentation

Education

Bachelor of Science in Nursing

May 2015

University of Texas Health
Science Center

Houston, TX

Nursing

GPA: 3.8

Languages

English

Native

Vietnamese

Conversational



Certificates

International Board Certified Lactation Consultant (IBCLC)

2017

International Board of
Lactation Consultant
Examiners (IBLCE)

Gold-standard lactation
credential

Registered Nurse (RN)

2015

Texas Board of Nursing

Texas state nursing license

Certified Neonatal Intensive Care Nurse (RNC-NIC)

2018

National Certification
Corporation

Specialty NICU nursing
certification