

The Norwegian clinical guideline for diagnosis and treatment of tongue-ties

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Oral presentation preferred

Background:

In some babies, tongue-tie (ankyloglossia) can make it harder to breastfeed and this may cause sore or cracked nipples, low milk supply and mastitis. In Norway, the management of tongue-tie has been debated, and both mothers and health personnel have called for a knowledge based clinical guideline for diagnosis and treatment of tongue-tie.

Purpose/aim and Method:

The Norwegian National Advisory Unit on Breastfeeding established, in 2017, an interdisciplinary working group comprising 15 prominent representatives of health personnel. Public health nurses, midwives, speech language pathologist, pediatricians, general practitioners, otolaryngology doctors, dentist, community medicine doctors and user representatives were included. The group has been working to publish a knowledge-based guideline on diagnosis and treatment of tongue-ties in line with the GRADE methodology, combined with the user perspective and clinical experience. Consensus within the group about the recommendations given in the guidance document was reached and a hearing was held. The guidelines were published in May 2021.
<https://oslo-universitetssykehus.no/seksjon/Nasjonal-kompetansetjeneste-for-amming/Documents/Veiledning%20Stramt%20tungeb%C3%A5nd.pdf>

Result:

The guideline aim to enable health personnel working with breastfeeding mothers to identify tongue-tie as a possible cause of breastfeeding difficulties and to offer adequate counselling and treatment.

The guideline includes information on evaluation, diagnosis, treatment and after-care, multi-disciplinary approach and breastfeeding counseling.

Conclusion:

In our presentation we will give an overview of the guideline, and on the method and working process and how the user perspective and clinical experience was included. By sharing our experiences, we hope that others will find inspiration in commencing similar processes in their countries.