

Breastfeeding Follow-up Support after Hospital Discharge

Friday, May 1, 2009

**Oregon Room
St. Charles Mercy Hospital
2600 Navarre Avenue
Oregon, OH 43616**

Offered by:

Region III+ Perinatal Education Consortium



www.perinatalconsortium.org

The Perinatal Region III+ Education Consortium is a collaborative effort of perinatal professionals at member hospitals in Region III+. The mission of the Consortium is to enhance the quality and quantity of basic orientation and continuing education resources available to the perinatal staff of member hospitals.

■DESCRIPTION

This conference is for those who need an educational session or update on breastfeeding. **It is targeted for those working with mothers who need breastfeeding support following hospital discharge.**

The American Academy of Pediatrics states that human milk is the preferred feeding for all infants. A joint WHO/UNICEF statement entitled *Protecting, Promoting, and Supporting Breastfeeding* lists 10 steps to successful breastfeeding. Emphasis is placed on the importance of appropriate training for the staff of hospitals and outpatient facilities, including private physician office staff, about the benefits of breastfeeding and on lactation management. This conference is an attempt to help meet that need. Anyone who may need to comment on breastfeeding or provide education and support to a pregnant woman or breastfeeding mother is invited.

■PLANNING COMMITTEE

Carol Miller RNC, BSN, IBCLC
Melinda Lueck RN, BSN, IBCLC
Natalie Shenk BS, IBCLC
Kathy Sharpe RN, CLE, IBCLC
Jody Sennish RN, CCE, IBCLC
Judy McCurdy RN, IBCLC

■QUESTIONS

Regional Perinatal Education
Debbie Fritz, RNC, MSN, coordinator
Kim Rosin, office support coordinator
(419) 291-4645
debbie.fritz@promedica.org
kim.rosin@promedica.org

■LOCATION

St. Charles Mercy Hospital is on Navarre and Wheeling, just off I-280. From I-280 take Route 2/Navarre exit, turn east on Navarre. Hospital will be on the right. Enter that main entrance and ask for directions to the classroom. Go to www.mercyweb.org for more specific directions or call the hospital at 419-696-7200.

■REGISTRATION

The fee is \$50 if postmarked on or before **April 17, 2009** and \$55 if postmarked after **April 17, 2009**. (Please contact the office if this fee is a barrier for you to attend-help may be available.)

This includes morning and afternoon refreshments, continuing education credit, and conference materials. Lunch will be on your own. You may eat in the hospital cafeteria or at a nearby fast food restaurant.

Refunds are available if notification is provided at least 48 hours prior to the conference. The office voice mail takes messages 24 hours per day. Substitutes are accepted anytime.

■CREDITS

This program is an educational event co-provided by ProMedica Health System and the Region III+ Perinatal Education Consortium.

ProMedica Health System (OH-069/4-1-12) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

■AGENDA

7:30 am Registration\Conference Breakfast

8:00 am Introduction-Moderator
Carol Miller RNC, BSN, IBCLC

8:10 am **Why Human Milk for Infants**
Sharla Cook RD, LD, IBCLC
Dietitian, Lucas County WIC
Breastfeeding Co-Coordinator
St. Vincent Mercy Medical Center

Contents of human milk and health benefits for mother and infant and how to impart this information to mothers while they are making a decision to breastfeed.
Objective: Describe ways to explain to families risks of not breastfeeding.

9:00 am **Milk Transfer: How it Works**
Judy McCurdy RN IBCLC
WIC Breastfeeding Coordinator
Erie/Huron County Health Department

Anatomy and physiology of breastfeeding, breastmilk production, prenatal evaluation, evaluation of correct latch-on, how to evaluate milk transfer and sufficient milk intake. *Objective: Explain the anatomy and physiology of breastfeeding and identify correct latch and milk transfer.*

10:00 am Break

Please help us get the word out and share this announcement with others.

10:20 am **Breastfeeding Friendly Follow-Up Care**
Sharla Cook RD, LD, IBCLC

Discussion of staff training needs, attitudes, available informational resources, structural environment, and staff routines to support breastfeeding in area physician offices, clinics, and other ambulatory health agencies. *Objective: Evaluate ways to increase agency support for breastfeeding mothers and babies.*

11:00 am **Support for Working Moms/Pumping and Storing Milk**
Judy McCurdy, RN, IBCLC

How to help moms prepare for going to work, strategies for breastfeeding while working, employer support and support needs for breastfeeding workers in the work environment, how to wean from the breast and breast milk. Types of breast pumps, differences among breast pumps and indications for use, methods for breast pumping and safe storage of expressed breast milk. *Objective: Discuss anticipatory guidance and support strategies for working women. Explain methods to pump and store breast milk.*

12:15 pm Lunch (on your own)

1:15 pm **Mom's Cry for Help: Those First Weeks**
Judy McCurdy RN IBCLC

Lactation risk factors and needed follow-up. Strategies for the evaluation and support of breastfeeding when early problems appear,

such as, pain during breastfeeding or other breast problems, milk supply issues, latch – on problems, management of stress and fatigue, infant jaundice, baby feeding problems, inadequate weight gain, sick mother or infant, etc. *Objective: Identify risk factors that might lead to ineffective breastfeeding. List actions that are supportive of couplets while they learn to breastfeed.*

2:15 pm **Break**

2:30 pm **Mom's Cry for Help Cont. Discussion-Panel Discussion**
All Speakers

3:00pm **Breastfeeding as the Infant Grows**
Sue Manore IBCLC
Helen Wild, IBCLC
Lactation Consultants
St. Vincent Mercy Medical Center

Growth during the first year, maintaining milk supply, introducing solids, subsequent pregnancy, biting, birth control issues, distractibility of child, nursing patterns, support group needs, breastfeeding the infant beyond one year. How and where to refer mothers for help. *Objectives: Outline issues to address in the support of breastfeeding during the first year and beyond. Recognize the credentials required of an IBCLC and their availability for breastfeeding support.*

4:00 pm Questions and Evaluation

4:15 pm Adjourn

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100-1000-33000-28602-62300

Name _____
please print

Title _____ Position _____

Employer _____

Mailing address, please check one:

Business Home

City _____ State _____ Zip _____

Home Phone _____

Business Phone _____

E-mail _____

Registration Fee:

Postmarked on or before **4/17/09**: \$50

Postmarked after **4/17/09**: \$55

Check enclosed (payable to The Toledo Hospital)

Master Card Visa

Card No. _____

Expiration Date _____ Amount \$ _____

Authorizing Signature _____

Please call first if registering late.

Mail or Fax to: Regional Perinatal Education

CHS, 1st Floor, 2150 W. Central Avenue

Toledo, OH 43606

Phone: 419-291-4646 Fax 419-479-6137

www.perinatalconsortium.org