

Breastfeeding: Hospital Support After Delivery Evidenced Based Guidelines

Wednesday, October 14, 2009

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

Offered by:
Perinatal Region III+ Education Consortium

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



www.perinatalconsortium.org

The Region III+ Perinatal 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.

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■DESCRIPTION

This conference is targeted for those working with mother and baby at delivery and during the early post-partum period before hospital discharge, although anyone who may need to comment on breastfeeding or provide education and support to a pregnant woman or breastfeeding mother is invited.

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.

Please join us if you would like to improve your ability to help babies and mothers to breastfeed successfully.

■REGISTRATION

The fee is \$20 for employees of member hospitals and \$50 for all others if postmarked on or before **September 30, 2009**, and \$25 for employees of member hospitals and \$55 for all other if postmarked after **September 30, 2009**. This includes morning and afternoon refreshments, continuing education credit, and conference materials.

Refunds are available if notification at least 48 hours prior to the conference is provided. Substitutes are accepted anytime.

■PLANNING COMMITTEE

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

■LOCATION

Mercy St. Charles Hospital is on Navarre and Wheeling, just off I-280. Take I-280 to 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. For further directions go to mapquest.com or maps.google.com.

■CREDITS

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.

■ QUESTIONS

Regional Perinatal Education
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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, Breastfeeding Co-Coordinator
Lucas County WIC
Mercy St. Vincent Medical Center

Contents of human milk and health benefits for mother and infant and how to impart that information to mothers while they are making a decision to breastfeed.
Objective: Describe ways to explain to families 3 risks of not breastfeeding.

9:00 am **Milk Transfer: How It Works**
Connie Powell, RNC
Perinatal Educator
Bellevue Hospital, Family Birthing Center

Anatomy and physiology of the breast, breastmilk production, and milk transfer. Positioning tips, and sample documentation tools.
Objective: Describe breastmilk production and identify methods to promote and document correct latch and milk transfer.

10:00 am Break

10:15 am **Getting Started the First Hour**
Connie Powell, RNC

When and how to initiate breastfeeding, skin to skin holding, effects of delayed initiation of breastfeeding, initiating breastfeeding with families and friends in the room.
Objective: Identify ways to assist with early breastfeeding.

11:05 am **What's New? What's Old?**
Natalie Shenk, RN, IBCLC
Lactation Consultant
Blanchard Valley Hospital

Baby feeding cues, feeding patterns during the first few days, frequency and length of feedings, about pacifiers, practices which empower mothers and are supportive, what interferes with breastfeeding success, discharge teaching, *Objective: Describe practices that support breastfeeding.*

Noon Lunch

Please share this announcement with a colleague who might benefit from attending a conference on breastfeeding.

1:00 pm **Common Scenarios of Problems in Term Babies**

Cherri Wilson, RN, IBCLC
OB Staff Nurse
The Bellevue Hospital

Lactation risk factors, breast refusal/reluctant nursers, flat or inverted nipples, weight loss, jaundice, potential effects of delivery on breastfeeding, pump assembly, how to identify problems/ when and how to refer. *Objective: Identify that the couplet is having a problem & describe techniques to assist mother and infant, including appropriate use of breast pump. List problems that need referral to a lactation consultant.*

2:30 pm Break

2:45 pm **Breastfeeding the Late Preterm/ Early Term Infant**

Cherri Wilson, RN, IBCLC

Common problems of the infant born at this gestation, case scenarios, and tips on what to expect and how to help mom and baby with the early breastfeeding experience. *Objective: Describe the breastfeeding problems and solutions specific to infants born at 35-38 weeks.*

4:00 pm Evaluation

4:15 pm Adjourn

Breastfeeding Support After Delivery

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Regional Perinatal Education Consortium
100-1000-33000-28602-62300

Name _____

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\$20 staff of member hospitals

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Please call first if registering late.

Mail or Fax to: The Toledo Hospital, CHS

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