

# Breastfeeding Potpourri:

May 5 & 6, 2016  
The Log Cabin  
Banquet & Meeting House,  
Holyoke, MA

Baystate  Health

*Together we deliver a higher state of caring.™*

## Objectives

### STATEMENT OF NEED:

It has long been recognized that in order to most effectively increase access to lactation support for all mothers, collaboration among all lactation support providers is essential.

The medical community plays a critical role in promoting, protecting and supporting breastfeeding for optimal health outcomes for all children and families. According to the ABM key components of ongoing education should encompass the importance of breastfeeding and, especially the risks of not breastfeeding.

### LEARNER OBJECTIVES

MAY 5 & 6, 2016

By participating in this program, you should be able to:

- 1. Understanding Breastfeeding Behaviors**
  - Summarize recommended approaches to positioning and latch during the past 35 years.
  - Describe the effects of hands-on versus hands-off breastfeeding help on long-term outcomes.
- 2. Neurology of the Newborn**
  - Describe unique characteristics of human neonates.
  - Discuss the reasons why it is appropriate to consider a different approach to initiation and establishment of breastfeeding in term newborns.
- 3. Breastfeeding Education and Tools: There's a Better Way**
  - Summarize mothers' preferences concerning digital prenatal breastfeeding education versus in-person, group instruction.
- 4. Transitioning Baby to the Breast**
  - Name 3 basic strategies used to help any baby transition to the breast.
  - List 2 affective strategies for transitioning preterm babies to full breastfeeding.
- 5. Breast, Bottle and Childhood Obesity**
  - List 2 factors unrelated to infant feeding that increase the risk of childhood obesity.
  - Describe how milk intake differs during the first year in breastfed and formula-fed babies.
- 6. Epigenetics Made Easy**
  - Define Epigenetics and how nature and nurture interact to influence phenotype.
- 7. Breastfeeding and Substance Abuse**
  - Explain the recommendations concerning marijuana use and breastfeeding.
  - Discuss the research on breastfeeding and neonatal abstinence syndrome.
  - Describe under what circumstances breastfeeding should be encouraged in a mother with a history of substance abuse.
- 8. Eating Before During and after Pregnancy**
  - Identify foods and supplements that nourish and replenish mother's body.
- 9. Assessing Breast Pain**
  - Summarize the evidence indicating the most likely causes of breast pain in lactating women.
  - List 4 uncommon causes of deep breast pain in lactating women.

### (Objectives Continued)

#### 10. Concerns about Low Milk Production

- Identify common reasons mothers supplement with formula unnecessarily.

## Program

### May 5th

- 7:30 **Registration, Continental Breakfast and Exhibits**
- 7:55 **Introduction**  
Nancy Mohrbacher, IBCLC, FILCA  
Theresa Nesbitt, MD
- 8:00 **Understanding Breastfeeding Behaviors Part 1**
- 9:00 **Understanding Breastfeeding Behaviors Part 2**
- 10:00 **Coffee Break & Exhibits**
- 10:15 **Neurology of the Newborn and the Pressure Buttons**
- 11:15 **Breastfeeding Education: There's a Better Way**
- 12:15 **Lunch**
- 1:15 **Transitioning to the Breast**
- 2:45 **Break & Exhibits**
- 3:00 **Breast, Bottle, and Childhood Obesity**
- 4:15 **Questions & Evaluations**
- 4:30 **Adjourn**

### May 6th

- 7:30 **Registration, Continental Breakfast, and Exhibits**
- 7:55 **Introduction**  
Nancy Mohrbacher, IBCLC, FILCA  
Theresa Nesbitt, MD
- 8:00 **Epigenetics Made Easy**
- 9:00 **Breastfeeding and Substance Abuse**
- 10:00 **Break**
- 10:15 **Eating Before, During, and after Pregnancy**
- 11:15 **Assessing Breast Pain**
- 12:15 **Lunch**
- 1:15 **Concerns about Low Milk Production**
- 2:45 **Break**
- 3:00 **More than Milk: the Perfect Dispenser**
- 4:15 **Questions & Evaluations**
- 4:30 **Adjourn**

COURSE CODE: OB16S0505, OB16S0506

ENTER YOUR CE ID NUMBER in ONE of the boxes to the right. Use your CE ID number to register for courses, access your CE transcript/credits, and confirm your registration.

#### MAIL TO:

Baystate Continuing Interprofessional Education  
361 Whitney Ave, Holyoke, MA 01040

## Registration



LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

PROFESSION \_\_\_\_\_

HIGHEST PROFESSIONAL DEGREE \_\_\_\_\_

SPECIALTY \_\_\_\_\_

INSTITUTIONAL AFFILIATION \_\_\_\_\_ HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

E-MAIL \_\_\_\_\_ FAX NUMBER \_\_\_\_\_

LIST QUESTIONS YOU WOULD LIKE ANSWERED AT THIS COURSE: \_\_\_\_\_

PREFERRED DELIVERY  MAIL  FAX  E-MAIL

#### PAYMENT METHOD (WE CANNOT PROCESS REGISTRATIONS WITHOUT PAYMENT)

|   |                                |  |  |
|---|--------------------------------|--|--|
| MAKE CHECKS PAYABLE TO<br>BAYSTATE MEDICAL CENTER | <input type="checkbox"/> CHECK | <input type="checkbox"/> AMOUNT ENCLOSED | <input type="checkbox"/> INTERDEPARTMENT<br>TRANSFER (Please Attach) |
|---|--------------------------------|--|--|

For your security, we do not accept credit card payments by FAX or mail. We accept credit card payments on our 128-bit encrypted website available at [learn.bhs.org](http://learn.bhs.org)  
We do not store your full credit card number in this system.

## Faculty

**Nancy Mohrbacher, IBCLC, FILCA**, is a lactation consultant and author of several breastfeeding books for parents and professionals, as well as the Breastfeeding Solutions smartphone app for Android and iPhones. Nancy has written for many publications and speaks at events around the world. In 2008 the International Lactation Consultant Association officially recognized Nancy's contributions to the field of breastfeeding by awarding her the designation FILCA, Fellow of the International Lactation Consultant Association. Nancy was one of the first group of 16 to be recognized for their lifetime achievements in breastfeeding.

**Theresa Nesbitt MD** "Dr. Theresa" is an Obstetrician-Gynecologist with special training in Maternal Fetal Medicine. Theresa promotes health and wellness for women with a focus on mothers. She has a particular interest in brain growth and development. Dr. Theresa is Director of Family Health Coaching, editor of *Babies and Breastfeeding Magazine* and author of *Evolutionary Eating: How We Got Fat and 7 Simple Fixes*. Her newest book is *Building a Baby Brain Bite by Bite – How to Eat Before, During and After Pregnancy*. She is also co-author (with Nancy Mohrbacher IBCLC, FILCA) of the *Natural Breastfeeding Program – The Solution to Successful Start*.

Dr. Nesbitt developed an interest in breastfeeding because she observed that although many pregnant women plan to breastfeed, they are not really prepared to do so. Her interest in brain health, nutrition and developmental kinesiology have helped her to look at Breastfeeding and Human milk from a new perspective.

### FACULTY DISCLOSURE

Faculty and Planners marked with an \* have no commercial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.

For the most current information on course content, faculty disclosure, credits, tuition and to register go to [www.learn.bhs.org](http://www.learn.bhs.org) or call (413)322-4242 or email [Joanna.Donahue@baystatehealth.org](mailto:Joanna.Donahue@baystatehealth.org)

If you are not a Baystate employee or attending physician, your CE ID number is:

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- A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_
- A. First initial of your first name  
B. Birthday month and day (2 digits each May 7 = 0507 not 57)  
C. Last four digits of social security number

### OR

For Baystate employees or medical staff members  
Your CE number is your EN or PN Number

Baystate Employees EN \_\_\_\_\_

Attending Physicians/Medical Staff PN \_\_\_\_\_

[learn.bhs.org](http://learn.bhs.org)

**Breastfeeding Potpourri • May 5 & May 6, 2016**



# Baystate Medical Center

Baystate Continuing Interprofessional Education Springfield, MA 01199  
Supporting the Advancement of Knowledge



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## 21<sup>th</sup> Annual Breastfeeding Conference

# Breastfeeding Potpourri: A Multitude of Important Topics

Sponsored by:  
Baystate Health Lactation Services  
Baystate Continuing Interprofessional Education

May 5 - May 6, 2016  
The Log Cabin  
Banquet & Meeting House  
Holyoke, MA

## Credits

Baystate Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

### PHYSICIANS

Baystate Health designates this live activity for a maximum of 7.0 AMA PRA Category 1 Credit(s)<sup>TM</sup> (May 5) and 7.0 (May 6) Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### NURSES

This activity carries a maximum of 7.0 (May 5) and 7.0 (May 6) contact hours.

### LACTATION CONSULTANTS

The International Board of Lactation Consultant Examiners has approved this course as follows IBLCE approval number 14 L (Contact) CERPs IBLCE Approval Number C1661021

There are 7 hours of instruction each day

### TARGET AUDIENCE

This course is designed for nurses in the following practice settings: OB/GYN, maternal child, pediatrics, neonatal intensive care unit/critical care nursery, postpartum, LDRP, newborn nursery, infants and children's unit; visiting nurses caring for mother/baby dyads, doulas, midwives, WIC counselors, La Leche League leaders, physicians (in the following specialties: pediatricians, OB/GYN, family practice), nurse practitioners, resident physicians in medicine-pediatrics, pediatrics, obstetrics/gynecology; parent educators, childbirth and breastfeeding instructors, lactation consultants, lactation counselors. The audience was determined based upon their proximity in the well and sick care of mother/baby dyads.

### GOAL

This educational program is designed to provide attendees with updated evidence surrounding a multitude of breastfeeding issues. The learner will be able to support efforts to help mothers, partners and families meet their breastfeeding goals.

## Location

This program will take place at **The Log Cabin**, 500 Easthampton Road, Holyoke, MA 01040. The Log Cabin phone number is 413-535-5077.

### DIRECTIONS

**From the Mass Pike:** Take Exit 4 to I-91 North. From I-91, take Exit 17B to Route 141 West. The Log Cabin is two miles ahead on the left.

**From the North:** Travel South on I-91. Take Exit 17 to Route 141 West. (Going toward Easthampton). The Log Cabin is two miles ahead on the left.

**From the South:** Travel North on I-91. Take Exit 17B to Route 141 West. The Log Cabin is two miles ahead on the left.

**There is no charge for parking.**

### OVERNIGHT ACCOMMODATIONS

Please go to [learn.bhs.org](http://learn.bhs.org) and click on the Directions and Lodging link. The list includes amenities and contact information for the overnight lodging options close to the course locations.

### SPECIFIC AIDS OR SERVICES

Please call Baystate Continuing Interprofessional Education at 413-322-4242 if, under the Americans with Disabilities Act, you require specific aids or services during your visit to this continuing education program. For additional course listings and your transcript go to [learn.bhs.org](http://learn.bhs.org)

### YOUR COMFORT

Meeting Room temperatures will fluctuate. Please dress in layers and bring a sweater.

### BREASTFEEDING/PUMPING ROOM

The Log Cabin has made a Breastfeeding/Pumping Room available for use during the conference. Please bring your own breastpump equipment.

### BABY POLICY

Quiet babies under 3 months of age are welcome. Restless infants will require immediate attention as a courtesy to participants and for the comfort of the child.

## Registration

### TUITION

#### THROUGH APRIL 16, 2016

On-line \$160/day Mail/Check \$180/day

#### BMC Employees

On-line \$140/day Mail/Check \$150/day

#### AFTER APRIL 16, 2016

On-line \$170/day

#### BMC Employees

On-line \$150/day

**Tuition is PER DAY** and includes continental breakfast, lunch and refreshment break. There is no charge for parking.

### YOU CAN REGISTER TWO WAYS:

#### On-line

Go to [learn.bhs.org](http://learn.bhs.org). If you have attended a course before, be sure to use your CE ID No. in the registration process

#### Baystate Employees:

Enter your User ID, which is your EN. (i.e.: EN12345)

#### Baystate Medical Staff:

Enter your User ID, which is your PN. (i.e.: PN12345)

#### All Other Guests:

Your ID number is the First Letter of FIRST Name, Month and Day of birth with two digits for each (no year), and last 4 digits of your SSN.

(i.e.: John Smith would be J06019999)

#### How to register online at [learn.bhs.org](http://learn.bhs.org)

For step by step registration instructions, click on help OR follow the instructions below

- Wait for the calendar to load
- Click the month in which the course is being held
- Scroll down to the name and date of the course
- Click on it and proceed through the checkout process

**By Mail:** Complete the registration form below and mail it along with a check for the full course fee to Baystate Continuing Interprofessional Education, 361 Whitney Avenue, Holyoke, MA, 01040.

### CANCELLATIONS:

If you must cancel, telephone Baystate Continuing Interprofessional Education at 413-322-4242 and follow your call with a written refund request or FAX your cancellation request to 413-322-4259. All cancellations will incur a \$25 fee. We cannot refund cancellations received less than two weeks (10 business days) before the program date.

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