

**USLCA Regional Workshop:
Contemporary Breastfeeding Challenges:
Giving Mother Nature a Helping Hand**

Date: June 8, 2018

Credits: 7 CERPs/7 Nursing CEs

Location: 1200 Children's Ave
Oklahoma City OK 73104
Meeting Location:
Samis Education Center
Rainbolt Aud. Level 2

Contact: www.USLCA.org/regional-workshops
info@uslca.org
202-738-1125

- **Early Bird (April 8)**
Members \$90 | Non-Members* \$120
- **Standard (deadline June 6**)**
Members \$120 | Non-Members* \$150

**Not a current USLCA member? Join/renew today for access to member pricing!*

***Call USLCA office for availability after March 9*

Registration Deadline:

June 6, 2018

Refund Policy:

If you need to cancel your registration for any reason, you may do so until the registration deadline, June 6 minus a \$10 handling fee. After this date, no refunds will be issued.

REGISTER ONLINE AT:

www.uslca.org/regional-workshops

**USLCA Regional Workshop:
Contemporary Breastfeeding Challenges:
Giving Mother Nature a Helping Hand**

speakers...



Marsha Walker
RN, IBCLC, RLC



Maya Bolman
RN, BA, BSN, IBCLC



Rebecca Mannel
MPH, IBCLC, FILCA



In partnership with



United States Lactation Consultant Association
4410 Massachusetts Ave., NW #406
Washington, D.C. 20016

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Contemporary
Breastfeeding Challenges:
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**"The National Standard in
Professional Lactation Care"**

June 8, 2018

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Schedule:



7:30-8:00	Registration and Continental Breakfast
8:00-8:15	Introduction
8:15-9:15	Utilizing Lactation Acuity to Improve Hospital Lactation Services <i>Presenter: Rebecca Mannel, MPH, IBCLC, FILCA</i> <i>Credit: 1 L CERP and 1 Nursing Contact Hour</i> Objectives: <ol style="list-style-type: none">1. Describe the concept of lactation acuity2. Discuss lactation acuity in relation to hospital unit, length of consult, and reason for consult
9:15-10:15	Breastfeeding for Bifidobacteria: Serving Breakfast, Lunch, and Dinner for the Infant Gut Microbiome <i>Presenter: Marsha Walker, RN, IBCLC, RLC</i> <i>Credit: 1 L CERP and 1 Nursing Contact Hour</i> Objectives: <ol style="list-style-type: none">1. The learner will be able to describe the function and development of the infant gut microbiome2. The learner will be able to discuss prenatal and postpartum interventions that impact infant gut microbiome development
10:15-10:30	Break
10:30-12:00	The Art of Therapeutic Breast Massage in Supporting Lactation <i>Presenter: Maya Bolman, RN, BA, BSN, IBCLC</i> <i>Credit: 1.5 L CERPs and 1.5 Nursing Contact Hours</i> Objectives: <ol style="list-style-type: none">1. The learner will be able to describe how breast massage is used by different cultures to help with problems such as engorgement, plugged ducts, and mastitis.2. The learner will be able to identify causes of and treatment options for acute breast pain3. The learner will be able to demonstrate how hand expression and therapeutic breast massage (TBML) can assist in management of engorgement, plugged ducts and mastitis.
12:00-1:00	Lunch -- will be provided
1:00-2:00	When Traditional Interventions for Insufficient Milk Just Don't Work: Hidden Genetics, Nutritional, and Environmental Culprits <i>Presenter: Marsha Walker, RN, IBCLC, RLC</i> <i>Credit: 1 L CERP and 1 Nursing Contact Hour</i> Objectives: <ol style="list-style-type: none">1. The learner will be able to list potential common and less common contributors to insufficient breastmilk2. The learner will be able to describe breastfeeding management guidelines based on etiology for insufficient milk production
2:00-3:30	HAND-ling the Pain: The Role of Therapeutic Breast Massage in Lactation <i>Presenter: Maya Bolman, RN, BA, BSN, IBCLC</i> <i>Credit: 1.5 L CERPs and 1.5 Nursing Contact Hours</i> Objectives: <ol style="list-style-type: none">1. The learner will be able to demonstrate how to teach self-breast massage techniques to breastfeeding mothers2. The learner will be able to demonstrate and teach lactation consultants simple techniques of breast massage and hand expression that help in treatment of blebs. These hands-on techniques may provide a complementary treatment strategy3. The learner will be able to demonstrate hand expression and breast massage techniques
3:30-3:45	Break
3:45-4:45	Breastfeeding Under Fire: The Media Assault on Exclusive Breastfeeding <i>Presenter: Marsha Walker, RN, IBCLC, RLC</i> <i>Credit: 1 L CERP and 1 Nursing Contact Hour</i> Objectives: <ol style="list-style-type: none">1. The learner will be able to discuss the media accusations that exclusive breastfeeding is dangerous or deadly2. The learner will be able to create infant feeding plans that avoid dangerous outcomes such as hypoglycemia, hypernatremic dehydration, & extreme hyperbilirubinemia
4:45-5:00	Closing and questions