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

Date: September 14, 2017 7:30 am-5:00 pm
Credits: 6 L CERPs & 1 E CERP/7 Nursing CEs
Location: DuPage County Health Department Community Center
115 N. County Farm Road
Wheaton, IL 60187
Contact: www.USLCA.org/regional-workshops
info@uslca.org
202-738-1125

• Early Bird (deadline July 14)
  Members $90 | Non-Members* $120
• Standard (deadline September 11**)
  Members $120 | Non-Members* $150

*Not a current USLCA member? Join/renew today for access to member pricing!
**Call USLCA office for availability after September 11

Registration Deadline:
Monday, September 11
Refund Policy:
If you need to cancel your registration for any reason, you may do so until the registration deadline, September 11, minus a $10 handling fee. After this date, no refunds will be issued.

REGISTER ONLINE AT:
www.uslca.org/regional-workshops

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Speakers...

Marsha Walker
RN, IBCLC, RLC
National Alliance for Breastfeeding Advocacy

Maya Bolman
RN, BA, BSN, IBCLC
Cleveland Clinic Hillcrest Hospital; Breastfeeding Medicine of Northeast Ohio

Summer Kelly
RN, IBCLC, RLC
Mothers’ Milk Bank of the Western Great Lakes
Schedule:

7:30-8:00  Registration and Continental Breakfast
8:00-8:15  Introduction
8:15-9:15  Ethics in Milk Banking
Presenter: Summer Kelly, IBCLC, RLC  Credit: 1 E CERP and 1 Nursing Contact Hour
Objectives:
1. The learner will be able to identify the key differences between for-profit and non-profit entities
2. The learner will be able to list two ethical principles that influence milk banking

9:15-10:15  Breastfeeding for Bifidobacteria: Serving Breakfast, Lunch, and Dinner for the Infant Gut Microbiome
Presenter: Marsha Walker, RN, IBCLC, RLC  Credit: 1 L CERP and 1 Nursing Contact Hour
Objectives:
1. The learner will be able to describe the function and development of the infant gut microbiome
2. 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
Presenter: Maya Bolman, RN, BA, BSN, IBCLC  Credit: 1 L CERP and 1 Nursing Contact Hour
Objectives:
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 pain
3. 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
Presenter: Marsha Walker, RN, IBCLC, RLC  Credit: 1 L CERP and 1 Nursing Contact Hour
Objectives:
1. The learner will be able to list potential common and less common contributors to insufficient breastmilk
2. 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
Presenter: Maya Bolman, RN, BA, BSN, IBCLC  Credit: 1 L CERP and 1 Nursing Contact Hour
Objectives:
1. The learner will be able to demonstrate how to teach self-breast massage techniques to breastfeeding mothers
2. 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 strategy
3. 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
Presenter: Marsha Walker, RN, IBCLC, RLC  Credit: 1 L CERP and 1 Nursing Contact Hour
Objectives:
1. The learner will be able to discuss the media accusations that exclusive breastfeeding is dangerous or deadly
2. 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