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

speakers...

Marsha Walker
RN, IBCLC, RLC

Maya Bolman
RN, BA, BSN, IBCLC

Rebecca Mannel
MPH, IBCLC, FILCA

“The National Standard in Professional Lactation Care”

June 8, 2018
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United States Lactation Consultant Association
4410 Massachusetts Ave., NW #406
Washington, D.C. 20016

In partnership with

OK! LCA
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
  Presenter: Rebecca Mannel, MPH, IBCLC, FILCA  Credit: 1 L CERP and 1 Nursing Contact Hour
  Objectives:
  1. Describe the concept of lactation acuity
  2. 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
  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: 1.5 L CERPs and 1.5 Nursing Contact Hours
  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: 1.5 L CERPs and 1.5 Nursing Contact Hours
  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