

# Annual Breastfeeding Conference

## Current Issues in Breastfeeding: Enhancing Your Knowledge, Strengthening Your Skills

Sponsored by:  
**Baystate Health Lactation Services**  
**Baystate Continuing Interprofessional Education**

**May 2 & May 3, 2019**

**The Log Cabin Banquet & Meeting House**  
**500 Easthampton Rd., Holyoke, MA**

### STATEMENT OF NEED:

According to the World Alliance for Breastfeeding Action (WABA), "Breastfeeding is a universal solution that levels the playing field giving everyone a fair start in life. It improves the health, wellbeing and survival of women and children around the world." Despite the understanding of how breastfeeding improves the lifetime health of the population, exclusive breastfeeding rates still lag below the goals of Healthy People 2020. Essential to improving breastfeeding outcomes for families is the strengthening of provider skills through the presentation of up-to-date evidenced based research and through expert guidance in practical skills.

### Thursday, May 2, 2019

7:30	Registration, Continental Breakfast and Vendors
8:05	Welcome, Opening Remarks, Introduction
<b>Alison Hazelbaker, PhD, IBCLC, FILCA, CST, RSCT</b>	
8:15	Anatomy and Physiology of Infant Feeding (What is normal suckling)
9:45	Break, Vendors
10:00	Assessing and Treating the Infant with Sucking problems
11:45	Lunch, Vendors
12:55	Introduction
<b>Lawrence Noble, MD, FABM, FAAP, IBCLC</b>	
1:00	The Future is Here: Epigenetics, Stem Cells and Breastfeeding
2:30	Break, Vendors
2:45	Exclusive Breastfeeding, Microbiota and Metabolic Syndrome
4:15	Questions
4:30	Adjourn

### Friday, May 3, 2019

7:30	Registration, Continental Breakfast and Exhibits
8:05	Welcome, Opening Remarks, Introduction
<b>Lawrence Noble, MD, FABM, FAAP, IBCLC</b>	
8:15	Oxytocin
9:45	Break, Vendors
10:00	Informal Milk Sharing
11:00	Marijuana Use During Breastfeeding
11:30	Lunch
12:40	Introduction
<b>Alison Hazelbaker, PhD, IBCLC, FILCA, CST, RSCT</b>	
12:45	Failure To Launch: Working with the Baby who has Difficulty Latching, Latches but won't Suck or won't Latch at All
2:30	Break, Vendors
2:45	Tongue Tie vs. Faux Tie
4:15	Questions
4:30	Adjourn

After participating in this educational activity, attendees should be able to:

#### 1. Anatomy and Physiology of Infant Feeding (What is normal suckling)

- Discuss gestational development of the suck-swallow-breathe developmental reflex and identify the various tissues and cranial nerves involved.
- Identify five components of normal sucking physiology.

#### 2. Assessing and treating the infant with Sucking problems

- List the five classification categories of infant sucking problems and describe proper assessment strategies.
- Discuss five basic and advanced practice intervention strategies for infant sucking problems.

#### 3. The Future is Here: Epigenetics, Stem Cells and Breastfeeding

- State how breastmilk miRNA control epigenetics and an infant's phenotype, and describe the role of epigenetics in explaining long term effects of breast-feeding to the infant and mother.
- Discuss the possible role of breastmilk stem cells on the infant

#### 4. Exclusive Breastfeeding, Microbiota and Metabolic Syndrome

- Describe the role of infant feedings pertaining to changing the bacteria flora and its effect on infections and inflammatory diseases including long-term obesity, cardiovascular disease and type 2 diabetes.
- Describe what to counsel breastfeeding mothers with concerns about colostrum, early milk supply and poor weight gain.

#### 1. Oxytocin

- Explain the physiologic role of oxytocin on uterine contractions and breast myoepithelial cells, and the multiple psychosocial effects of oxytocin on the breastfeeding mother and infant.
- State the importance of skin to skin care to long term infant health.

#### 2. Informal Milk Sharing

- Discuss the risks and benefits of informal milk sharing and strategies to make informal milk sharing safer.
- Explain the risks and benefits of home pasteurization of donated milk.

#### 3. Marijuana Use During Breastfeeding

- Describe the current marijuana use and breastfeeding.
- Discuss whether it is safe for mothers who use marijuana to breastfeed.

#### 4. Failure To Launch: Working with the Baby who has Difficulty Latching, Latches but won't Suck or Won't Latch at All

- Identify the main causes of failure to latch babies and discuss the various treatment approaches along with five easy to apply treatment strategies that have been shown to work with these babies.
- Differentiate between the various forms of structurally related causes of failure to latch sucking issues.

#### 5. Tongue Tie vs. Faux Tie

- Define true tongue-tie and faux tie and identify the similarities and the differences between the two types of structural issues.
- Discuss the various causes of the faux tie.

## Faculty

**Alison Hazelbaker, PhD, IBCLC, FILCA**  
CST, RCST maintains a private practice in Columbus, Ohio. She has been a La Leche League Leader for over 30 years and a practicing lactation consultant for nearly 30 years. She incorporates her special training in Cranio-Sacral Therapy and Lymphatic Drainage Therapy into her lactation practice. She authored the "Assessment Tool for lingual Frenulum Function" and invented the Hazelbaker™ FingerFeeder. She is one of the few lactation consultants who earned a graduate degree in human lactation (Master's). Dr. Hazelbaker also holds a doctorate in Psychology, specializing in Energetic and Transformational Healing. Dr. Hazelbaker mothered her five children through long-term breastfeeding and is the proud grandmother of two breastfed grandchildren, Aiden and Eva.

**Lawrence Noble, MD, FAAP, FABM, IBCLC**  
Larry is a neonatologist at Elmhurst Hospital and Associate Professor of Pediatrics at the Icahn School of Medicine at Mount Sinai. He is on the Breastfeeding Leadership Team and serves as Protocol Chair for the Breastfeeding Section of the AAP. He serves on the Board of Directors and as Secretary of the Academy of Breastfeeding Medicine. He is an Associate Editor for the medical journal Breastfeeding Medicine. He is co-chair of the Bronx Breastfeeding Coalition and a member of the NYC Breastfeeding Promotion Leadership Committee.

#### Planning Committee

Kimberly Congden, RN, MSN, IBCLC  
John Kelley, MD, FAAP  
Linda Piper, BSN, RN, IBCLC  
Erika LaChance, MD, IBCLC

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

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### Credits

In support of improving patient care, Baystate Health is jointly 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 6.5 AMA PRA Category 1 Credit(s)<sup>TM</sup> (May 2) and a maximum of 6.5 AMA PRA Category 1 Credit(s)<sup>TM</sup> (May 3). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### NURSES

This activity carries a maximum of 6.5 (May 2) and 6.5 (May 3) contact hours.

#### LACTATION CONSULTANTS

Application for CERPs has been submitted to the International Board of Lactation Consultant Examiners. The IBCLE approval number and number of CERPs will be posted in the learner portal at [education.baystatehealth.org](http://education.baystatehealth.org)

#### 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, and 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 evidenced based research and skills that will support knowledge for optimum support and guidance of breastfeeding families.

### 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 7B 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.**

#### 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 [education.baystatehealth.org](http://education.baystatehealth.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

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

Through April 17, 2019 \$160/day

Use coupon code BF2019 at checkout

Beginning April 18, 2019 \$170/day

Baystate employees \$150/day

\*The registration process for Continuing Interprofessional Education courses has changed.

1. Our new website is [education.baystatehealth.org](http://education.baystatehealth.org)
2. ALL registration/enrollments must be made online.

a. Credit Card payments will receive immediate confirmation of registration and payment.

b. Check payments and (Baystate) Interdepartmental Transfers will generate a status of "Pending" and will be registered and confirmed upon receipt of payment.

Interdepartmental Transfers: Notify your education coordinator of your registration.

#### Check Payment:

Make payable to: Baystate Health

Mail to: Baystate Continuing

Interprofessional

Education, 3601 Main St., Springfield,

MA 01199

#### LOGGING IN:

1. Baystate employees and medical staff members

log in using their 5-digit EN/PN (including letters).

2. All those who do not have an EN or PN and have not already done so, must create a new account under the visitor section. If you have already created a visitor account, you may log in under the visitor section using the username and password you created.

#### CANCELLATIONS:

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