

A close-up photograph of a woman with dark, curly hair, smiling warmly as she holds a baby. The woman is wearing a light blue shirt, and the baby is wearing a grey onesie. The background is softly blurred, suggesting an indoor setting.

# 2017 BREASTFEEDING SYMPOSIUM

August 11, 2017

The Education Center  
at Eastern AHEC  
2600 W. Arlington Blvd.  
Greenville, NC



Stock photo © Christopher Furcher

## About The Symposium

The 2017 Breastfeeding Symposium will provide current information and evidence-based practice recommendations related to optimal breastfeeding care and support. This symposium will present topics including institutional culture and the impact on breastfeeding; evidence based management and use of the breastfeeding resource nurse program; breastfeeding in vulnerable infants; techniques to identify and provide lactation support; strategies for supporting families dealing with postpartum depression; support for breastfeeding mothers with babies in the acute and intensive care settings; recognition of new mothers' concerns related to breastfeeding in the postpartum period; evidence based factors that impact breastfeeding and identifying ways to support, promote and protect breastfeeding.

## Learning Outcomes

Participants will be able to incorporate current information and evidenced based guidelines into their practice of caring for the breastfeeding patient.

## Objectives

- ◆ **Changing Institutional Culture to Value Human Milk and Breastfeeding:** Define components of institutional culture and evidence based management
  - Discuss the Breastfeeding Resource Nurse Program
  - State three examples of projects used to change institutional culture
- ◆ **Implementation of Spatz 10 Step Model for Human Milk & Breastfeeding in Vulnerable Infants:** Articulate the difference in human milk & breastfeeding for healthy term infants versus vulnerable infants
- ◆ **Panel Discussion:** Describe 3 techniques to provide effective, impactful lactation support in the hospital setting
  - List concerns of new mothers related to breastfeeding in the postpartum period
  - Identify methods to support mothers to express breastmilk when separated from their baby in acute and intensive care settings
  - List local community resources for breastfeeding support
- ◆ **Emotions during the Postpartum Period and Lactation:** Identify signs and symptoms of Postpartum Depression
  - Identify the connection between lactation and Postpartum Depression
  - Implement strategies to support families dealing with Postpartum Depression
  - Identify community resources
    - Describe signs and symptoms of grief following perinatal or neonatal loss
    - Discuss lactation concerns after perinatal or neonatal loss
- ◆ **Welcome to the Breastaurant:** Explore a brief history of breastfeeding
  - Discuss evidence-based factors that impact breastfeeding support in the hospital and community
  - Outline strategies to support, protect and promote breastfeeding in the clinical and community setting

## Target Audience

Lactation consultants, peer counselors, registered nurses, nurse practitioners, certified nurse midwives, dietitians, public health staff, childbirth educators, doulas, and other breastfeeding support persons.

# Agenda

- 8:15-8:45<sup>AM</sup> **Registration**
- 8:45-9:00<sup>AM</sup> **Welcome & Program Overview**
- 9:00-10:30<sup>AM</sup> **Changing Institutional Culture to Value Human Milk & Breastfeeding**  
• Diane L. Spatz, PhD, RN-BC, FAAN
- 10:30-10:45<sup>AM</sup> **Break**
- 10:45-12:00<sup>PM</sup> **Implementation of Spatz 10 Step Model for Human Milk & Breast feeding in Vulnerable Infants**  
• Diane L. Spatz, PhD, RN-BC, FAAN
- 12:00-1:00<sup>PM</sup> **Lunch**
- 1:00-2:00<sup>PM</sup> **Panel Discussion with Breastfeeding Mothers**  
• Moderator - Hannah Edens, MPH, RD, LDN, IBCLC
- 2:00-2:15<sup>PM</sup> **Break**
- 2:15-3:15<sup>PM</sup> **When Tears Flow - Emotions during the Postpartum Period & Lactation**  
• Kelly Weaver, MS, LMFT
- 3:15-4:30<sup>PM</sup> **Welcome to the Breastaurant**  
• Shakira Henderson, PhD, DNP, MS, MPH, RNC-NIC, IBCLC
- 4:30-4:45<sup>PM</sup> **Summary and Evaluation**
- 4:45<sup>PM</sup> **Adjourn**

# Keynote

## **Diane L. Spatz, PhD, RN-BC, FAAN**

Nurse Researcher and Director of the Lactation Program  
Children's Hospital of Philadelphia

# Faculty

**Hannah Edens, MPH, RD, LDN, IBCLC**  
WIC Regional Breastfeeding Coordinator  
Eastern AHEC

**Shakira Henderson, PhD, DNP, MS, MPH, RNC-NIC, IBCLC**  
Director of Nursing and Health  
Science Research  
Vidant Medical Center

**Kelly Weaver, MS, LMFT**  
Marriage and Family Therapist  
Vidant Medical Center

# Planning Committee

**Carolyn Alphin, MSN, RN**  
Vidant Medical Center

**Donna Brooks, LPA, IBCLC**  
Vidant Medical Center

**Elaine S. Clark MSN, RN, IBCLC**  
Vidant Medical Center

**Hannah Edens, MPH, RD, LDN, IBCLC**  
Eastern AHEC

**Shakira Henderson, PhD, DNP, MS, MPH, RNC-NIC, IBCLC**  
Vidant Medical Center

**Kay Mitchell, MSN, RN, CNM**  
Vidant Health

**Donna Moses, MSN, RN**  
Eastern AHEC

**Robin Raynor, MSN, RN**  
Vidant Health

**Mary Wilson, PhD, MSN, RN**  
Eastern AHEC

# Credit

## **Nurses**

6.5 CNE contact hours

Eastern AHEC Department of Nursing Education is an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

## **CERPS**

Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiner.

## **Dietitians**

Application has been submitted to the Commission on Dietetic Registration (CDR), an approver of Continuing Professional Education (CPE) programs for Registered Dietitians.

## **Other Professionals**

6.5 Eastern AHEC Contact Hours

**Participants must attend the entire program in order to earn contact hour credit. Verification of participation will be noted by check-in at the start of the program and an initial-out at the conclusion of the program.**

**Certificates will be awarded after the participant completes the evaluation.**

This program is supported by funds from the North Carolina Department of Health and Human Services - Division of Public Health, Special Supplemental Nutrition program for Women, Infants and Children (DHHS-DPH WIC) under contract number #35959, Eastern Area Health Education Center, Inc. This information of content and conclusions are those of the speakers and should not be construed as the official position or policy of, nor should any endorsements be inferred by North Carolina DHHS-DPH WIC.

This institution is an equal opportunity provider.

## Registration Information

Online registration is available at <http://eahec.ecu.edu>.

Received **by** August 4, 2017. . . . . \$99.00  
Received **after** August 4, 2017 . . . . . \$114.00

The registration fee includes all program materials, credit, lunch and refreshments. SPACE IS LIMITED AND EARLY REGISTRATION IS ADVISED.

By attending this event, I acknowledge that Eastern AHEC staff and/or their designees including news media may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.

## Americans with Disabilities Act



Individuals requesting accommodations under the Americans with Disabilities Act (ADA), should contact the ECU Department of Disability Support Services at (252) 737-1016 (V/TTY) at least five business days prior to the program.

## Handouts

Handouts will be available online only. A link to the location where you can view or print the handouts will be sent with your confirmation email one week before the program. Please make sure that we have an email address where your confirmation and link to the handouts should be sent.

## Eastern AHEC Cancellation Policy

- To be eligible for a refund, cancellations MUST be emailed to [easternahec@ecu.edu](mailto:easternahec@ecu.edu) at least one week in advance of the activity.
- No refunds will be given for cancellations less than one week prior to the activity.
- For continuing professional development activities canceled more than one week prior to the activity:
  - A \$35.00 fee will be deducted from the refund, OR
  - The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held with one year, OR
  - Substitutions are welcome; advance notification encouraged

If you would like more information on the program, please call the Department of Nursing Education at (252) 744-3087.

It is not always possible to maintain an environmental temperature that is comfortable for everyone. Please bring a sweater or lightweight jacket

