

ABOUT THE PRESENTER:

Lara Anderson RN, BGS, IBCLC, RLC is an expert in the field of lactation. Her background as a Registered Nurse provides a caring compassion and wide base of knowledge to draw from.

Lara obtained her nursing degree in 1999 from College of Saint Mary's and began working in Women and Infant Services. In 2009 she completed her Bachelors in General Studies. In 2010 she received the Spirit of Nursing Award from the Nebraska Medical Center; she also became an International Board Certified Lactation Consultant and began working as an inpatient Lactation Consultant. Lara believes she is fulfilling her life's calling by encouraging mothers and babies and bringing awareness to the community on the importance of supporting the mother baby dyad through training and participating in local, national and international efforts to increase breastfeeding knowledge. She is an active member in the breastfeeding community and is on the leadership team of the Nebraska Breastfeeding Coalition as well as a member of Live Well Omaha Kids Breastfeeding Task Force. Lara has completed Lactation Education Resources 21 hour Baby Friendly Hospital Initiative Train the Trainer course. She has also completed the 2 year Promoting Evidence-Based Practice Program sponsored by Nebraska Medicine Nursing Research and Quality Outcomes Department and Office of Nursing Research and Evidence-Based Practice where she gave monthly presentations on current research to management and nursing peers.

Joint Providership By:



Planning Committee

Pat Green RN, IBCLC

Sherilyn Haswell, RN, IBCLC

Cheryl Johansen, AAS

Lorena Morgan, M. Ed.

Julie Vance BSN, RN, NREMT

Diane Ward RN, MS

**Columbus Community
Hospital**

A photograph of a woman with long brown hair, wearing a white top, breastfeeding a baby. The image is slightly faded and serves as a background for the event information.

Breastfeeding Curriculum for Healthcare Providers

**Friday, June 19, 2015
8:30am - 4:30pm**

**Columbus Community Hospital
Third Floor Conference Center
Platte and Pawnee Rooms**

Breastfeeding Curriculum for Healthcare Providers

Registration Form

June 19, 2015

8:30am - 4:30pm



AGENDA for JUNE 19, 2015:

8:30am - Attendees arrive/registration-**PLEASE** bring professional license number for sign in

9:00am - 10:30am - Intros and A Great Start (dyad, skin to skin, milk types, feeding cues)

10:30am - 10:45am - Break

10:45am - 12:15pm - Anatomy & Physiology/Benefits of Human Milk and Recommendations

12:15pm - 1:00pm - Working Lunch Provided - Breastfeeding Assessment (positioning, proper latch, milk transfer)

1:00pm - 2:30pm - Milk Expression & Troubleshooting

2:30pm - 2:45pm - Break

2:45pm - 4:00pm - Booby Traps (evidence based practice recommendations based on AAP and ABM policies/maternity care practices that effect breastfeeding)

4:00pm - 4:30pm - Questions

TARGET AUDIENCE: APRNs, RNs, and LPNs. Columbus Community Hospital is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Code #NE09-12C03-37 6.75 Contact Hours

Important Notices

Your Professional license number will be required for sign in.

Please remember that classroom temperatures fluctuate and dress accordingly.

To receive credit, participants must attend entire activity, sign attendance roster, complete course evaluation and pre and post test. Certificates awarded upon completion.

Turn off cell phone, or place on manners mode.

PURPOSE: To provide consistent education and technique to impact practice that will increase consistency of patient teaching.

OBJECTIVES

- Define Skin to Skin
- Express importance of keeping dyad together
- Define different milk types and implications to breastfeeding
- Identify categories and examples of infant feeding cues
- Define the anatomy of the breast and the physiology of the milk
- Examine the importance of exclusive breast milk feeding
- Describe a basic breastfeeding assessment of the mother and the infant
- Identify different ways to express breast milk
- Discuss early breastfeeding problems and solutions
- Relate the impact of common newborn conditions on breastfeeding
- Recognize national recommendations regarding newborn management and breastfeeding

Program planners and speakers have no financial interest or relationship to disclose with any of the products and/or services discussed in the programs. CCH recognizes that accredited status as a provider unit refers only to its continuing education activities and does not imply ANCC Commission of Accreditation, or other credentialing body's endorsement on any commercial products.

Please Register the following

Single Registrant

Price

\$30.00

Total: _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Name _____

Address _____

Phone _____

Method of Payment

Check Enclosed

Thank you to the Nebraska Breastfeeding Coalition for providing a grant to cover the cost of our speaker, Lara Anderson.

Columbus Community Hospital

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