

Breastfeeding Basics

JUNE 9, 2020 | SEPTEMBER 28, 2020

Problem-Solving for Breastfeeding Concerns

JULY 14, 2020 | SEPTEMBER 10, 2020

NOVEMBER 10, 2020



Join us via Webex!

FREE, but must register in order to attend!

DESCRIPTIONS

Breastfeeding Basics has been designed to provide nutritionists, nurses, social workers, office staff and clinicians with basic skills to assist a breastfeeding dyad in the early days and weeks of the breastfeeding journey. This 6-hour training will focus on the benefits of breastfeeding; the absolute and perceived contraindications to breastfeeding; breast milk production and composition; getting breastfeeding started; assisting a patient with positioning and latch-on; and techniques for assessing the effectiveness of breastfeeding. Throughout the training, hands-on practice and skill-building will occur, as well as application to practice through case studies.

Problem-Solving for Breastfeeding Concerns has been designed to provide nurses, nutritionists, social workers and clinicians who see patients presenting with breastfeeding concerns in a clinical or home setting. Through this training, the participant will gain skills to assist a patient who is struggling with milk supply concerns and the impact of separation from the infant and pumping on milk supply will be explored. Through hands-on activities, the participant will gain skills to support and assist a patient who is experiencing engorgement, sore nipples, plugged ducts, mastitis, a breast abscess, and yeast. Throughout the day hands-on activities and case studies will be utilized to increase the application of basic concepts.

Funding for both of these trainings has been provided through the Region 1 Lactation Training Center.

OBJECTIVES

Upon completion of Breastfeeding Basics, participants will be able to:

- Discuss with a patient the benefits of breastfeeding
- Identify the perceived and absolute contraindications to breastfeeding
- Conduct a conversation with a patient about the decision to breast-feed
- Provide a patient with a description of how the breast makes milk
- Assist a patient with positioning and latch-on
- Assess if breastfeeding is going well and refer the dyad for more assistance with breastfeeding if needed

Upon completion of Problem-Solving for Breastfeeding Concerns, participants will be able to:

- Identify and address common breastfeeding concerns
- Support and assist a patient who is struggling with concerns about milk production
- Address patient concerns related to breast pain
- Apply the skills learned to the clinical setting through the use of case studies



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BREASTFEEDING BASICS

CLICK HERE TO REGISTER

LOCATION	Join via Webex
DATE	Tuesday, June 9, 2020
REGISTRATION PROGRAM	8:45 am–9:00 am 9:00 am–4:15 pm
DATE	Monday, September 28, 2020
REGISTRATION PROGRAM	8:45 am–9:00 am 9:00 am–4:15 pm

PROBLEM-SOLVING FOR BREASTFEEDING CONCERNS

CLICK HERE TO REGISTER

LOCATION	Join via Webex
DATE	Tuesday, July 14, 2020
REGISTRATION PROGRAM	8:45 am–9:00 am 9:00 am–4:15 pm
DATE	Thursday, September 10, 2020
REGISTRATION PROGRAM	8:45 am–9:00 am 9:00 am–4:15 pm
DATE	Tuesday, November 10, 2020
REGISTRATION PROGRAM	8:45 am–9:00 am 9:00 am–4:15 pm

AUDIENCE

Breastfeeding Basics: Health Department and Health Care Provider Staff including nutritionists, nurses, social workers, office staff, and doulas

Problem-Solving for Breastfeeding Concerns: Nurses, nutritionists, and clinicians working in health departments and health care provider offices

CREDITS (PER PROGRAM)

CEUs: The Mountain Area Health Education Center designates this entire continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0 Contact Hours**.

AGENDA — BREASTFEEDING BASICS

- 8:45–9:00** Registration/Check-in
- 9:00–10:30** Professional Recommendations
- Risks of Not Breastfeeding
 - Perceived and Absolute Breastfeeding Contraindications
 - How Patients Make the Decision to Breastfeed: A Look at the Barriers to Breastfeeding
- 10:30–10:45** Break
- 10:45–12:15** Breast Milk Production and Composition
- Getting Breastfeeding Started: The Role of Skin-to-Skin Contact
- 12:15–1:00** Lunch
- 1:00–2:30** Positioning and Latch-on
- Nutritional Needs of the Parent and Infant
- 2:30–2:45** Break
- 2:45–3:45** Assessing that Breastfeeding is Effective: Infant Factors/Maternal Factors
- Infant Feeding States
 - Growth Spurts
- 3:45–4:15** Case Studies: Application to Practice
- 4:15** Adjourn

FACULTY

Georganna Cogburn, MSHE, RD, LDN, IBCLC, RLC, has been a Registered Dietitian since 1984 and an International Board Certified Lactation Consultant since 1992. She was a Public Health Nutritionist for 29 years with the Buncombe County Health and Human Services WIC Program, where she assisted breastfeeding dyads. While at Buncombe County Health and Human Services, she also established the Breastfeeding Support and Breastfeeding Peer Counselor Program. Currently she works at the Mountain Area Health Education Center as the Region 1 Lactation Trainer, serving the 16 westernmost counties of North Carolina and provides services to breastfeeding patients at MAHEC OB/GYN and Family Health Center. She has been the Region 1 Breastfeeding Coordinator since 2005 and in that capacity has trained Breastfeeding Peer Counselors, health department, and health care provider staff throughout Western North Carolina. Since 1996, Georganna has been on the faculty and is the course director for the North Carolina Lactation Trainer Program, a program offered in conjunction with the North Carolina Department of Health and Human Services, Northwest AHEC, and Novant Health. She is also an Adjunct Professor at Western Carolina University in the College of Health and Human Sciences.

AGENDA — PROBLEM-SOLVING FOR BREASTFEEDING CONCERNS

- 8:45–9:00** Registration/Check-in
- 9:00–10:30** Professional Recommendations
- Milk Supply Concerns: Establishing a Milk Supply; Low Milk Supply Considerations; Effective Ways to Increase Milk Supply; Oversupply Concerns
- 10:30–10:45** Break
- 10:45–12:15** The Effect Of Pumping on Milk Supply
- Support for Families When Separated From the Infant
- 12:15–1:00** Lunch
- 1:00–3:00** Working Through Common Breastfeeding Concerns: Engorgement, Sore Nipples, Plugged Ducts/Milk Blebs, Mastitis, Breast Abscess, and Yeast
- 3:00–3:15** Break
- 3:15–3:45** Supporting Breastfeeding with Substance Use Disorder
- 3:45–4:15** Case Studies/Questions
- 4:15** Adjourn

HAVE A QUESTION?

Contact the Program Planner

Georganna Cogburn, MSHE, RD, LDN, IBCLC, RLC
georganna.cogburn@mahec.net or 828-257-4754



Special Services

828-257-4485

REGISTRATION INFORMATION 828-257-4475

FAX REGISTRATION 828-257-4768

ONLINE REGISTRATION

EMAIL

MAIL MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

www.mahec.net/cpd
registration@mahec.net

Breastfeeding Basics

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REGISTRATION FORM

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # **XXX-XX-** ____ ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

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BREASTFEEDING BASICS #20CHSIM011/60781

Tuesday, June 9, 2020

Monday, September 28, 2020

PROBLEM-SOLVING FOR BREASTFEEDING CONCERNS #20CHSIM012/60785

Tuesday, July 14, 2020

Thursday, September 10, 2020

Tuesday, November 10, 2020

Send completed registration form to:

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

Fax: 828-257-4768