

La Leche League
of
Kansas
presents



BREASTFEEDING 2012:

Evidence Based Lactation Support

A Continuing Education Program for
Health Care Professionals

Friday, March 9, 2012

Wesley Medical Center
Cessna Conference Room
550 North Hillside, Wichita, Kansas

Register Early,
Space is Limited!



La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, and encouragement to women who want to breastfeed.

Register Online at: KansasLLL.org

This program is sponsored in part by:



Kansas Health Foundation



BREASTFEEDING 2012: Evidence Based Lactation Support Friday, March 9, 2012

FACULTY

Catherine Watson Genna, BS, IBCLC, RLC

Catherine Watson Genna has been an IBCLC in private practice in NYC since 1992. She has a special interest in the anatomical, genetic and neurological influences on infant sucking skills, and writes and speaks on these topics. She serves as associate editor of Clinical Lactation. Ms. Genna has performed research using ultrasound and cervical auscultation to study sucking and suck:swallow coordination in infants with ankyloglossia. Her clinical photographs have been published in both lay and scholarly venues. She is the author of *Supporting Sucking Skills in Breastfeeding Infants* (Jones and Bartlett Publishers, 2008) and *Selecting and Using Breastfeeding Tools* (Hale Publishing, 2009).

As a highly regarded conference speaker with a warm, personal style, Ms. Genna will present five of her most popular and thought-provoking sessions. Her dynamic presentation offers her audience the tools necessary to better support successful outcomes for breastfeeding mothers and babies.

LA LECHE LEAGUE OF KANSAS – CE PROGRAM PLANNING COMMITTEE:

Brenda Bandy, IBCLC, KS Professional Liaison, Leader
Jessica Finley, IBCLC, Leader
Barb Gabbert-Bacon, Leader
Lori Harlan, Leader
Becky Hugh, IBCLC, Leader

Grace MacMillan, Leader
Melissa Peat, Leader
Jane Tuttle, Ed.D., Leader
Theresa Weigel, IBCLC, Leader

PROGRAM LOCATION

WESLEY MEDICAL CENTER
CESSNA CONFERENCE CENTER
550 N HILLSIDE ST, WICHITA, KS 67214

Free parking is available in the Wesley garage at Hillside & Murdock;
Enter through main hospital entrance and follow signs to the Cessna Conference Center

Visit hotelinwichita.com for these hotel accommodations close to Wesley Medical Center:

Wesley Inn
3343 E Central
866-858-3343
316-858-3343

Wichita Inn-East
8200 E. Kellogg
888-685-8291
316-685-8291

Wichita Inn-North
3741 N. Rock Road
888-910-2022
316-636-2022

Northrock Suites
7856 E. 36th St. N.
800-881-0067
316-634-2303

Wichita Suites
5211 E. Kellogg
800-243-5953
316-685-2233

PROGRAM

7:30 Registration & Continental Breakfast

8:00 Welcome and Introductions

8:15 Anatomical Contributions to Infant Sucking Skills

Many infants who present to lactation consultants with feeding difficulties have anatomical variations of the oral cavity and airway. Issues such as micrognathia, ankyloglossia, macroglossia, laryngomalacia, and velopharyngeal insufficiency can lead to persistent feeding difficulties, and greatly increase the risk of early weaning and/or failure to thrive. Through the use of clinical photographs and videos, participants will gain an understanding of how these anatomical variations impact sucking and breastfeeding skills, and learn some initial measures to use to help mothers and infants compensate.

9:45 Break, Bookstore & Exhibits

10:00 How Milk is Made: Implications for LC Practice

The control of milk synthesis depends on a complex interaction of autocrine and endocrine factors. The contributions of these two systems are continually being clarified by research. This presentation explains the two systems, their interactions, and what this means for the advice we give to mothers. Should an engorged mother pump? How do we best help to increase milk supply? How do we control oversupply without increasing mastitis risk? The scientific background is clearly delineated in understandable language, and these quandaries discussed.

11:30 Luncheon (included in registration cost)

12:15 Evidence Based Lactation Support: Anatomy, Physiology and Function

Recent research has revolutionized our understanding of breast anatomy, the physiology of the control of milk synthesis, optimal positioning, and the infant's contribution to breastfeeding success. This presentation highlights new findings that affect how we support and assist mothers in learning to breastfeed their infants.

1:45 Break, Bookstore & Exhibits

2:10 The Non-Latching Infant: The First 48 Hours and Beyond

One of the biggest challenges of lactation consultant practice is the non-latching infant. Optimized for mixed groups of hospital and private practice lactation consultants and health care providers, this presentation provides equal emphasis on in-patient and out-patient issues for non-latching infants. Advanced strategies employed by IBCLCs to help infants who don't latch are covered in the final half of the presentation. This presentation is copiously illustrated with clinical photos and some video.

3:30 Facilitating Infant Competence: Hand Use During Latch

Most breastfeeding instruction includes strategies to prevent baby's hands from 'getting in the way' during positioning and latch. Careful observation reveals that infants use their hands in predictable ways that help them find, shape, and move the breast to assist attachment. This presentation focuses on these predictable behaviors and ways to work with them and when necessary modify them to assist breastfeeding dyads.

4:30 Closing, Evaluations and CE Credits

PURPOSE

This conference is designed to enable participants to learn about milk synthesis, milk supply, the baby's role in milk supply, how to assist with a non-latching baby, how an infant's hands naturally assist in breastfeeding, and how to utilize current research to develop strategies to assist mothers and support the breastfeeding relationship.

OBJECTIVES

- Explore infant feeding difficulties due to anatomical variations of the oral cavity/airway that greatly increase the risk of early weaning and/or failure to thrive, and learn how to help the mother and baby compensate.
- Identify how milk synthesis depends on a complex interaction of autocrine and endocrine factors, their interactions, and learn how to apply the current scientific research to help mothers with supply concerns.
- Evaluate how recent research has revolutionized our understanding of breastfeeding and how research affects how lactation helpers support the mother-baby dyad.
- Learn advanced strategies designed to address the issues of the non-latching infant in the hospital or out-patient setting.
- Identify the predictable ways an infant's hands naturally assist during positioning and latch, and learn when a behavior may be modified to improve the baby's ability to latch.

CONTINUING EDUCATION CREDITS

La Leche League of Kansas is an approved provider of continuing nursing education by the Kansas State Board of Nursing. This program has applied for 8.4 contact hours applicable for RN, LPN, or LMHT relicensure from the Kansas State Board of Nursing. This program has applied for 7 CE hours from the Kansas Department of Health and Environment. This program has applied for 7L CERPS from the IBLCE. Participants will receive a certificate for credits earned.

IMPORTANT NOTE

While La Leche League welcomes little ones to our conferences, due to the technical nature of continuing education sessions we require that attendance by children be limited to quiet infants-in-arms. Space will be available at the back of the room for mothers with babies. We ask that mothers be aware of any situation, including happy baby noises that may break the concentration of those attending the session to acquire CE credits. Monitors will closely evaluate the noise level during the program and have been instructed to courteously assist attendees who must leave the room to meet their child's needs. Your consideration of other attendees is truly appreciated.

REFRESHMENTS

A continental breakfast, lunch and refreshments are included in the registration cost.

ABOUT LA LECHE LEAGUE

La Leche League is an international non-profit volunteer organization dedicated to promoting and supporting breastfeeding. La Leche League International has over 50 years of experience helping mothers breastfeed their babies. LLLI publishes numerous materials on breastfeeding and parenting for use by mothers and health care professionals. The Professional Liaison Department (PLD) is the educational arm of LLLI and provides the professional community with current breastfeeding information through continuing education programs and publications.

La Leche League Leaders are accredited volunteers who are experienced breastfeeding mothers knowledgeable in areas of current breastfeeding research and effective problem solving techniques. A truly international organization, there are over 7,000 accredited LLL Leaders working in over 70 countries around the world.

La Leche League of Kansas supports 54 Leaders and 18 area Groups. LLL Leaders hold monthly informational meetings and provide extensive online and telephone support. Visit lli.org and kansaslli.org for breastfeeding information and to find a Leader near you.

LLL OF KANSAS MEMBERSHIP

Help support mothers and babies through La Leche League! Purchase an annual LLL of Kansas membership for \$40. You will receive LLL USA's e-publication NEW BEGINNINGS and discounts on programs provided by LLL of Kansas. Your supporting membership ensures breastfeeding support is provided for Kansas families for years to come.

CONFERENCE BOOKSTORE

A selection of publications will be available covering pertinent topics in breastfeeding management and medications and mothers' milk. Methods of payment include cash, check, Visa or MasterCard.

REFUND POLICY

Registration fee will be refunded for cancellations received on or before 3/2/12, less a \$25 administrative fee. No refunds will be given after 3/2/12. A fee of \$30 will be charged for returned checks.

FOR MORE INFORMATION about La Leche League of KS, email: kslalecheleague@gmail.com
For info regarding this CE program, please call Brenda at 785-539-3993 or email: bandy@kansas.net



**REGISTER ONLINE at: KANSASLLL.ORG
or MAIL-IN REGISTRATION FORM - please print clearly**

Name: _____ License No: _____
(as listed on your license) (mandatory to receive certificate)

Home address: _____ City/State/Zip: _____

Day Telephone No: _____ Email: _____
(your email address is required)

IBCLC No: _____ IBCLC Certification Date: _____
(mandatory to receive IBCLC certificate) (mandatory to receive IBCLC certificate)

Employer / Organization: _____

Classification (mark all that apply): RN LPN MD RD CCE IBCLC LLL Other _____

\$89 - Register to receive Continuing Education Credits (see brochure for credit applications)

\$69 - Register to receive a Program Attendance Certificate (without Continuing Education Credits)

Add \$40 - *New Beginnings* e-subscription (LLL USA's breastfeeding e-publication) and LLLI Membership

Add \$10 - Late Fee if postmarked after February 23, 2012 (\$25 walk-in registration fee on program day)

Check here if you have a disability and may require accommodation to fully participate. Please indicate: _____

I have included payment by check in the amount of \$ _____ (please make check payable to: LLL of Kansas)

Charge my Visa or MasterCard in the amount of \$ _____ Card Number: _____

Name on Card: _____ Signature: _____ Expiration Date: _____

Federal Tax ID
#36-3001474



MAIL TO: Kansas LLL, Lori Harlan, 2109 Anderson Avenue, Manhattan, KS 66502