



IABLE
 Institute for the Advancement
 of Breastfeeding &
 Lactation Education
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Core Content of Breastfeeding and Lactation Medicine

January 21-25th, 2025

Webinar, Central Standard Time

Day 1 - January 21st, 2025

9:15-9:45am	Welcome and Introductions	
9:45-10:30am	Breast Anatomy	<ol style="list-style-type: none"> 1. Identify anatomic changes associated with breast tissue differentiation during pregnancy 2. Describe congenital variations of breast development
10:30-11:15am	Lactational Physiology	<ol style="list-style-type: none"> 1. Describe the hormonal control of lactation 2. Explain the impact of lactation on maternal physiology and bone density
11:15-11:30am	Break	
11:30am-12:30pm	Components of breastmilk, risks of not breastfeeding	<ol style="list-style-type: none"> 1. Describe at least 3 components of breastmilk that provide immunologic protection from illness 2. Describe modes of immunologic protection afforded by breastmilk
12:30-1:30pm	Lunch	
1:30-2:45pm	Latch, positioning, and exam of dyad	<ol style="list-style-type: none"> 1. Describe the infant exam pertaining to breastfeeding 2. Describe how to do a breast exam 3. Instruct on proper latch and positioning 4. Identify nutritive vs nonnutritive sucking 5. Explain how to collect a breastmilk culture
2:45-3:00pm	Break	
3:00-4:15pm	The Immediate Postpartum Period	<ol style="list-style-type: none"> 1. Identify key practices that facilitate breastfeeding within the first hour after birth 2. Describe the physiologic triggers that lead to secretory activation 3. Explain how rooming in supports exclusive breastfeeding 4. Identify how common newborn conditions can impact breastfeeding initiation

4:15-4:45pm	Breastfeeding Policies	<ol style="list-style-type: none"> 1. Recite at least 5 of the 10 Baby Friendly Hospital Initiative steps 2. Describe characteristics associated with increased likelihood of breastfeeding and decreased likelihood of breastfeeding 3. Explain relative contraindications to breastfeeding for the infant and the lactating parent 4. Describe the purpose and importance of The International Code of Marketing of Breastmilk Substitutes
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Day 2 - January 22nd, 2025

9:15-9:45am	Coffee Chat Discussion on starting a breastfeeding medicine practice	1. Identify ways to incorporate breastfeeding medicine visits into a primary care or specialty medicine practice
9:45-10:45am	Cases for managing immediate postpartum problems	<ol style="list-style-type: none"> 1. Describe the management of an infant who stops nursing early postpartum 2. Explain optimal breastfeeding management of a late preterm infant early postpartum. 3. Outline a feeding plan for a parent with a history of breast reduction
10:45-11:00am	Break	
11:00am-12:00pm	Pump technology, devices, and milk storage	<ol style="list-style-type: none"> 1. Describe physiologic differences between hand expression and pump expression 2. Explain basic principles of operating breast pumps 3. Identify differences between pumps 4. Counsel parents on proper breast shield size 5. Explain key techniques of breastmilk expression and milk storage
12:00-12:30pm	Overproduction of milk	<ol style="list-style-type: none"> 1. Describe infant symptoms and maternal symptoms of hyperlactation 2. Describe behavioral management strategies that can be employed to decrease the milk production 3. Describe substances that can decrease milk production
12:30-1:30pm	Lunch	
1:30-2:30pm	Low Milk Production	<ol style="list-style-type: none"> 1. Recite reasons for low milk production that are associated with prenatal breast development, intrapartum events and postpartum factors 2. Identify behavioral means of increasing milk production 3. Describe indications for using herbs or prescription medications to increase milk production
2:30-3:00pm	Supplementation Methods	1. Describe pros and cons of 4 devices used for supplemental feeding

		<ol style="list-style-type: none"> 2. Describe how timing of supplemental feeding can impact infant breastfeeding behavior over time 3. Describe 2 strategies to decrease excess supplementation
3:00-3:15pm	Break	
3:15-4:15pm	Cases in Low Milk Production	<ol style="list-style-type: none"> 1. Identify signs and symptoms of low glandular tissue 2. Describe the evaluation for a lactating individual who did not experience secretory activation
4:15pm-5:00pm	Breastfeeding Management in the First Week Postpartum	<ol style="list-style-type: none"> 1. Describe signs of adequate milk intake in the first 3 days postpartum 2. Identify interventions that support the lactating dyad when there is a delay in lactation in the first week postpartum

Day 3 - January 23rd, 2025

9:00-9:30am	Coffee Chat Discussion on Breastfeeding Medicine Practice- templates and tools	<ol style="list-style-type: none"> 1. Discuss ways to design office templates for lactation visits 2. Outline typical tools and devices needed for a breastfeeding and lactation medicine practice
9:30-10:30am	Challenging cases during the first week postpartum	<ol style="list-style-type: none"> 1. Describe evaluation and management of nipple sores in the first week postpartum 2. Describe reasons why a term infant does not transfer milk sufficiently postpartum 3. Outline early postpartum management of overproduction
10:30-10:45am	Break	
10:45-11:45am	Differential diagnosis of sore nipples/breasts	<ol style="list-style-type: none"> 1. Explain how early postpartum engorgement can set off early breast pain 2. Outline appropriate treatment for nipple trauma 3. Describe the presentation and management of nipple vasospasm 4. Explain underlying causes and presentation of nipple/areolar dermatitis during lactation
11:45am - 12:45pm	Case discussion of sore nipples/breasts	<ol style="list-style-type: none"> 1. Identify the role of hyperlactation in chronic breast pain 2. Explain the management of nipple dermatitis 3. Describe management of recurrent mastitis
12:45-1:45pm	Lunch	
1:45-3:15pm	Breast masses, Imaging, Abscess Management	<ol style="list-style-type: none"> 1. Describe management of benign breast lesions during lactation 2. Identify common nipple masses/lesions that can occur during lactation 3. Describe recommendations for imaging a breast mass during lactation

3:15-3:30pm	Break	
3:30-4:45pm	Postpartum Mental Health	<ol style="list-style-type: none"> 1. Describe strategies for screening for peripartum mood and anxiety disorders 2. Describe how peripartum mood and anxiety disorders impact breastfeeding and lactation behaviors 3. Explain non pharmacologic and pharmacologic management strategies for peripartum mood and anxiety disorders

Day 4 - January 24th, 2025

9:00-9:30am	Coffee Chat Discussion on Establishing Breastfeeding and Lactation Support in Health Systems	<ol style="list-style-type: none"> 1. Describe opportunities and challenges in supporting lactating dyads in health systems
9:30-11:00am	Breastfeeding the infant with health problems	<ol style="list-style-type: none"> 1. Explain the pros and cons of breastfeeding a child in some respiratory distress 2. Identify 3 challenges the breastfeeding dyad faces when a child has significant health problems 3. Describe management of breastfeeding for infants with chylothorax
11:00-11:15am	Break	
11:15am-12:15pm	Medications	<ol style="list-style-type: none"> 1. Describe 2 basic principles of how medications enter human milk 2. Recite 2 reliable sources of information for medication use while breastfeeding 3. List 3 substances that are contraindicated while breastfeeding
12:15-1:00pm	Pump Demos	<ol style="list-style-type: none"> 1. Explain the basic features of nearly all breast pumps 2. Identify optimal pump vacuum pressures
1:00-2:00pm	Lunch	
2:00-3:00pm	Prenatal Counseling	<ol style="list-style-type: none"> 1. Identify 2 sources of supporting evidence for prenatal counseling for breast/chest feeding support 2. List 3 ways to incorporate support into clinical practice for pregnant patients and patients of childbearing potential 3. Identify a risk factor warranting early intervention for lactation support
3:00-3:15pm	Break	
3:15-4:15pm	Back to Work/School	<ol style="list-style-type: none"> 1. Identify 3 common challenges in maintaining lactation when back to work 2. Understand principles of longitudinal milk production when separated from infant 3. Explain how creating and using a large freezer stash can undermine feeding goals

4:15-5:00pm	Infant Musculoskeletal Issues that Affect Breastfeeding	1. Explain infant exam symptoms and signs that may indicate musculoskeletal problems affecting feeding
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Day 5 - January 25th, 2025

9:00-9:30am	Coffee Chat Discussion on Teaching breastfeeding and lactation medicine to health professional students	1. Identify resources that can be used to teach breastfeeding and lactation medicine to health professional students
9:30-10:45am	Breastfeeding Management of the NICU infant	1. Explain how human milk feeding in the NICU reduces the risk of short-and long-term morbidities in premature infants 2. Describe 3 ways to help a NICU parent protect their milk production
10:45-11:00am	Break	
11:00-11:45am	Fortification of Human Milk	1. Describe indications to fortify human milk for NICU patients 2. Explain indications for fortification of human milk at the time of NICU discharge 3. Outline a strategy to wean from human milk fortification in the outpatient setting
11:45am-1:00pm	Ankyloglossia	1. Describe the normal function of the tongue during breastfeeding 2. Describe 4 symptoms of tongue tie for mother/infant dyad 3. Identify anatomy of the lingual frenulum 4. Recognize limitations in knowledge 5. Discuss current controversies
1:00-2:00pm	Lunch	
2:00-2:30pm	Infant Feeding Problems	1. Identify 3 infant anatomic or functional issues, other than tongue tie, that can cause difficulty with breastfeeding 2. Discuss strategies to help infants with anatomic issues to succeed at breastfeeding 3. State current knowledge of lip tie and how it affects breastfeeding 4. Identify 3 suggestions for dealing with breast or bottle refusal
2:30-3:30pm	Induction of Lactation	1. List major topics to discuss when counseling an individual who desires induced lactation 2. Describe typical protocols for breast development 3. Explain how to counsel on establishing milk production after breast preparation

		4. Identify key aspects of dyad support after the infant is born
3:30-3:45pm	Break	
3:45-4:45pm	Tandem Nursing and Weaning	<ol style="list-style-type: none">1. Describe common reasons for premature weaning2. Describe ways of decreasing the frequency of pumping or nursing during weaning3. Describe strategies to help an older child wean4. Identify health issues to address with an individual who is pregnant and lactating5. Explain strategies for tandem nursing