

# Outpatient Breastfeeding Champion<sup>SM</sup> Course

*presented by*



**IABLE**

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

*with instructors*

**Megan Whitacre MSN, RN, IBCLC and Megan Schlachter MSN, RN, IBCLC**

**Wednesdays, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>, 2022**  
**5:00 pm - 9:00 pm EST Each Day**

**Location:**

**ProMedica Flower Hospital**  
**Conference Room E**  
**5100 Harroun Road**  
**Sylvania, OH 43560**

Register at <https://lacted.org/promedica202205>

**Participants Will Be Able to Meet the Following Learning Outcome:**

Attendees will gain knowledge and confidence in evidence-based care for common lactation questions and concerns.

**Continuing Education Credits**

**RN:** This nursing continuing professional development education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. A maximum of 14.5 contact hours are awarded to Registered Nurses for successful completion.

**IBCLC:** This course has been allocated a maximum of 14.5 (L) Continuing Education Recognition Points (CERPs) by IBLCE. CERPs approval #CLT117-04.

**RD:** The Commission on Dietetic Registration has awarded Prior Approval of a maximum of 14.5 CPEUs for Activity No. 159678. Suggested Performance Indicator 9.4.2 Selects and uses appropriate content and teaching methods to meet individual needs.

\* This training program is beneficial for RNs, medical office staff, physicians and other providers, pharmacists, public health nurses, doulas, midwives, home visitors, WIC peer counselors, nutritionists, LLL Leaders, health professional students and others who help mothers breastfeed.

# Event Details

## Schedule

The course will be held from 5:00pm – 9:00pm EST on Wednesdays, May 4, 11, 18, & 25, 2022. Please arrive at 4:45pm to sign in and get comfortable for the day's activities. We plan to start promptly at 5:00pm.

## Location

ProMedica Flower Hospital  
Conference Room E  
5100 Harroun Road  
Sylvania, OH 43560

## Parking

Use the Lake Park Entrance, the conference rooms are in the rehabilitation center. Please see the map below on page 4.

## Misc

Please bring a doll or a stuffed animal to practice latch and positioning on the first day of the Outpatient Breastfeeding Champion Course.

A lactation room will be available.

Light refreshments will be provided.

## Instructors

Megan Whitacre MSN, RN, IBCLC and Megan Schlachter MSN, RN, IBCLC

## Lecture Notes and Resources

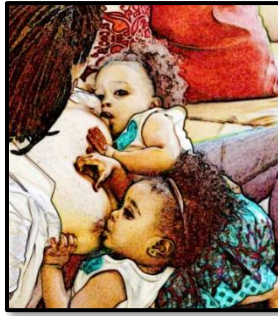
We have setup a web page to provide downloadable lecture notes, worksheets, an agenda, and other details about the event. You will receive a link to this page in your email upon registration. It will also be linked from your IABLE Account orders page. We recommend printing the lecture notes to use during the event. You will also need the Worksheets.

## Curriculum Booklet

A full color curriculum booklet will be provided for the course and mailed to the address provided during registration. This booklet does not substitute for the PowerPoint lecture notes. It is designed to be used as a desk reference, for individuals who are providing telephone support, or for those who provide home visitation.

Please see the agenda and map on the next pages.

If you have any questions, please [contact us via our website](#).



## **Outpatient Breastfeeding Champion<sup>SM</sup> Course Agenda**

Wednesdays on May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>, 2022

5:00pm-9:00pm EST Each Day

### **Wednesday, May 4<sup>th</sup>**

5:00-7:00	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Mother
7:00-7:15	Break	
7:15-9:00	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding

### **Wednesday, May 11<sup>th</sup>**

5:00-7:00	Session 3	Getting off to a Great Start, Support the First Week
7:00-7:15	Break	
7:15-9:00	Session 4	Sore Nipples and Breasts in the Lactating Woman

### **Wednesday, May 18<sup>th</sup>**

5:00-7:15	Session 5	Slow Weight Gain, Low Milk Supply
7:15-7:30	Break	
7:30-8:30	Session 5	Slow Weight Gain, Low Milk Supply
8:30-9:00	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning

### **Wednesday, May 25<sup>th</sup>**

5:00-6:00	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complimentary Feeding, Weaning
6:00-7:15	Session 7	Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
7:15-7:30	Break	
7:30-7:50	Demo	Pump Demonstration
7:50-9:00	Session 8	Maternal Medications and Breastfeeding, Cases in Counseling Breastfeeding Mothers



