

# 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, APRN, FNPC, IBCLC**

**Thursday Dec. 8<sup>th</sup> & Friday December 9<sup>th</sup>, 2022  
8:30 am - 5:00 pm EST Each Day**

**Location:**

**ProMedica Bay Park Hospital  
Erie/Huron Conference Room  
2801 Bay Park Drive  
Oregon, OH 43616**

Register at <https://lacted.org/promedica202212>

**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 14.5 CPEUs for Activity No. 172718 Suggested Performance Indicator(s) 4.1.2; 8.2.1; and 9.3.3.

**Cancellation Policy: Full refund minus a \$35 fee up to 2 weeks before course.  
50% refund for less than 2 weeks before course.**

\* 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 8:30am – 5:00pm EST on Thursday & Friday, December 8 & 9, 2022. Please arrive at 8:15am to sign in and get comfortable for the day's activities. We plan to start promptly at 8:30am.

## Location

ProMedica Bay Park Hospital  
Erie/Huron Conference Room  
2801 Bay Park Drive  
Oregon, OH, 43616

## 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 (coffee/tea & snacks) will be provided. Lunch is on your own. There is a water fountain and cafeteria nearby.

## Instructors

Megan Whitacre MSN, RN, IBCLC  
Megan Schlachter MSN, APRN, FNPC, 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. Your event host will print copies of the lecture notes for you.

## 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

Thursday Dec 8<sup>th</sup> and Friday Dec 9<sup>th</sup>, 2022, 8:30am-5:00pm EST

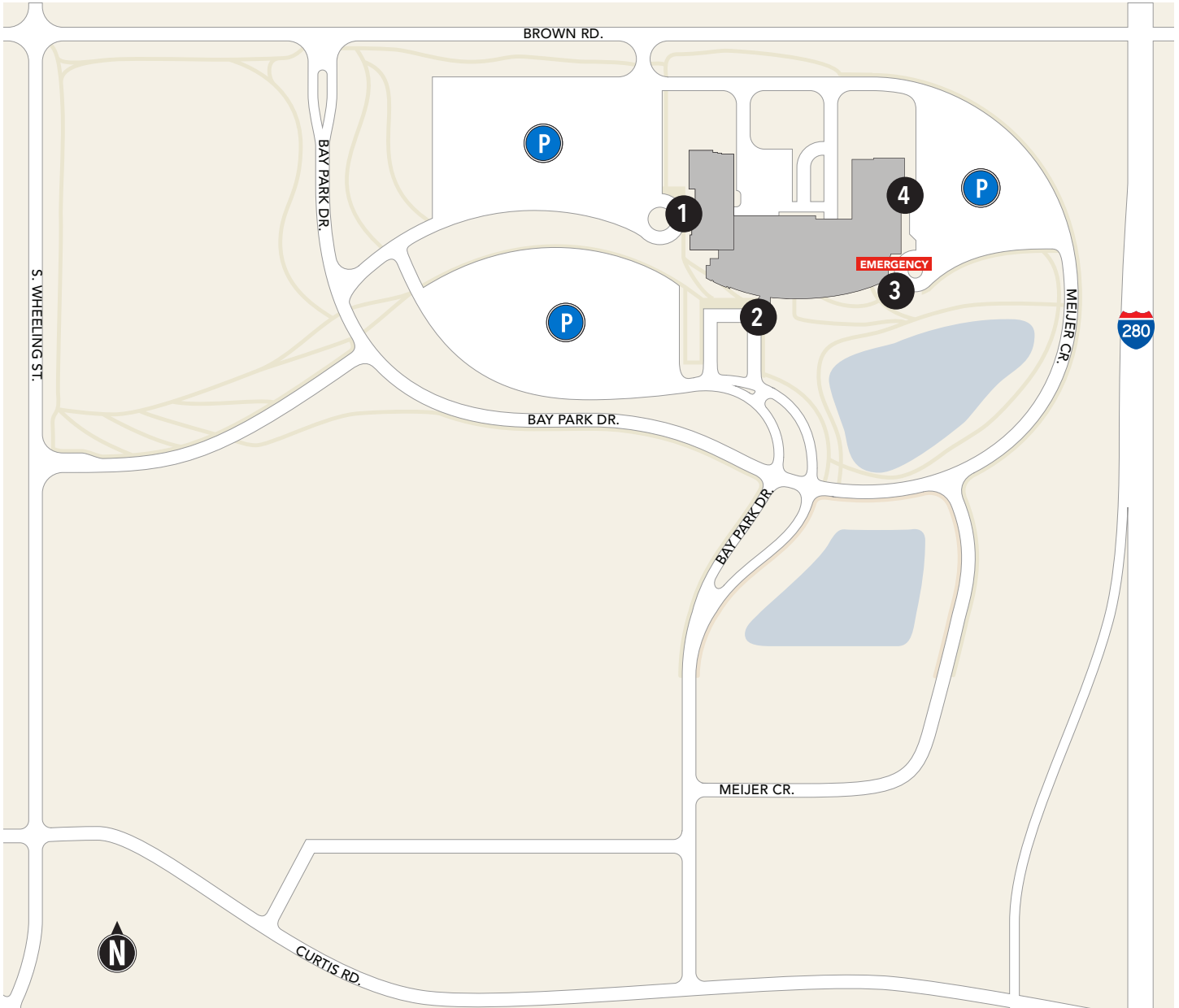
### December 8th

8:30-10:00am	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Lactating Parent
10:00-10:15	Break	
10:15-12:15pm	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
12:15-1:00	Break	
1:00-3:00	Session 3	Getting off to a Great Start in the Hospital, Support in the First Week
3:00-3:15	Break	
3:15-5:00	Session 4	Sore Nipples and Breasts in the Lactating Parent

### December 9th

8:30-10:15am	Session 5	Slow Weight Gain, Low Milk Production
10:15-10:30	Break	
10:30-11:30	Session 5	Slow Weight Gain, Low Milk Production
11:30-12:15pm	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning
12:15-1:00	Break	
1:00-1:45	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complimentary Feeding, Weaning
1:45-3:00	Session 7	Breast Pumps, Milk Storage, Return to Work
3:00-3:15	Break	
3:15-3:45	Demo	Pump Demonstration
3:45-5:00	Session 8	Medications during Lactation, Discussion of Breastfeeding Cases





Parking



Professional Office Building Entrance



Main Entrance



Labor and Delivery Entrance



Surgery Entrance