

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

*presented by*



**IABLE**

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

*with instructors*

**Melinda Olmstead BSN, RN, IBCLC, LCCE,  
and Kimberly Schimmel RN, IBCLC**

**Tuesday-Wednesday, May 6-7<sup>th</sup>, 2025**

**8:00 am - 5:00 pm EST Each Day**

**Location:**

**Promedica Learning & Education Building/PLEB  
1724 Indian Wood Circle, Rm 114  
Maumee, Ohio 43537**

Register at <https://lacted.org/shop/promedica202505>

## **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**

**CMEs:** The AAFP has reviewed The Outpatient Breastfeeding Champion Course, and deemed it acceptable for 14.5 Live AAFP Prescribed credits. Term of approval is from 01/13/2025 to 01/12/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

**RNs:** All state boards for nursing licensure approve of educational offerings that are approved by the American Nursing Credentialing Center (ANCC). According to ANCC Certification, the continuing education hours approved by the AAFP and AMA PRA Category 1 Credits<sup>TM</sup> meet the requirement of formally approved continuing education hours and may be used as such for ANCC Certification renewal.  
<https://www.nursingworld.org/certification/faqs/>

**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 8:00am – 5:00pm EST on Tuesday-Wednesday, May 6 & 7, 2025. Please arrive at 8:00am EST to sign in and get comfortable for the day's activities. We plan to start promptly.

## **Location**

Promedica Learning & Education Building/PLEB  
1724 Indian Wood Circle, Rm 114  
Maumee, Ohio 43537

## **Misc**

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

Feel free to bring your own lunch. There are also options near the training center if you wish to leave during your lunch break.

## **Instructors**

Melinda Olmstead BSN, RN, IBCLC, LCCE  
Kimberly Schimmel RN, IBCLC

## **Event Resources**

We have setup a web page to provide downloadable lecture notes, worksheets, an agenda, and other details about the event. You will see a link to this page in the “My Education Center” page of your IABLE account. 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 on the next page.

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



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

Tuesday-Wednesday, May 6-7<sup>th</sup>, 2025

### **May 6<sup>th</sup>, 2025**

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

### **May 7<sup>th</sup>, 2025**

8:00-8:15am	Arrive	Registration and Introductions
8:15-10:15am	Session 5	Slow Weight Gain, Low Milk Production
10:15-10:30am	Break	
10:30-11:00am	Session 5	Slow Weight Gain, Low Milk Production
11:00am-12:30pm	Session 6	Non-latching Baby, Baby who is Fussy at breast, Complementary Feeding, Weaning
12:30-1:15pm	Lunch	
1:15-2:30pm	Session 7	Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
2:30-3:00pm	Session 7	Pump Demonstration
3:00-3:15pm	Break	
3:15-4:45pm	Session 8	Medications During Lactation, Cases in Counseling Lactating Parents

