

Outpatient Breastfeeding ChampionSM Course

presented by



IABLE

Institute for the Advancement
of Breastfeeding &
Lactation Education

with instructors

**Jessican Najarian-Bell MD, IBCLC,
Chris Clark IBCLC, RT, and Nan Schweitz RN, IBCLC**

**Saturday, October 16th &
Tuesday, October 19th, 2021
8:30 am – 5:00 pm CST Each Day**

Location:

Stillwater Medical Group Clinic
1500 Curve Crest Blvd
Stillwater, MN 55082

Register at <https://lacted.org/shop/obc202110>

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.

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

*This course is beneficial for RNs, APNs, dietitians, physicians, physician assistants, nurse practitioners, speech therapists, occupational therapists, physical therapists, health professional students and others who provide clinical lactation support.

Event Details

Schedule

The training will be held from 8:30am – 5:00pm CST on Saturday, October 16 & Tuesday, October 19, 2021. Please arrive at 8:00am to get ready for the day. We plan to start promptly at 8:30am.

Location

Stillwater Medical Group Clinic
Boom Site Conference Room
1500 Curve Crest Blvd
Stillwater, MN 55082

Please park in the back of the clinic in the employee parking lot.

Misc

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

Lunch will be provided – details will be available closer to the start of the course. Please bring a water bottle.

A place to pump will be available for nursing mothers.

Instructors

Jessican Najarian-Bell MD, IBCLC
Chris Clark IBCLC, RT
Nan Schweitz RN, IBCLC

Lecture Notes and Course 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.

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 ChampionSM Course Agenda

Saturday, October 16th and Tuesday, October 19th, 2021. 8:30am-5:00pm CST

Oct. 16

8:30-10:00	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Mother
10:00-10:15	Break	
10:15-12:15	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, Support the First Week
3:00-3:15	Break	
3:15-5:00	Session 4	Sore Nipples and Breasts in the Lactating Woman

Oct. 19

8:30-10:15	Session 5	Slow Weight Gain, Low Milk Supply
10:15-10:30	Break	
10:30-11:30	Session 5	Slow Weight Gain, Low Milk Supply
11:30-12:15	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	Manual Breast Expression, 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	Maternal Medications and Breastfeeding, Cases in Counseling Breastfeeding Mothers

