

# 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,  
Kimberly Schimmel RN, IBCLC, and Megan Whitacre MSN, RN, IBCLC**

**Tuesdays, March 21<sup>st</sup> and 28<sup>th</sup>, 2023  
8:15 am - 5:00 pm EST Each Day**

**Location:**

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

Register at <https://lacted.org/promedica202303>

## **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 up to 14.50 Live AAFP Prescribed credits. Term of Approval is from 02/14/2023 to 02/13/2024. 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.

**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.

**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™ 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 8:15am – 5:00pm EST on Tuesdays, March 21 & 28, 2023. Please arrive at 7:45am to sign in and get comfortable for the day's activities. We plan to start promptly at 8:15am.

## Location

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

## 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 nearby and you can utilize the cafeteria, bring a lunch (no refrigerator access), or visit one of the restaurants nearby the hospital.

## Instructors

Melinda Olmstead BSN, RN, IBCLC, LCCE,  
Kimberly Schimmel RN, IBCLC,  
and Megan Whitacre 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. 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**

Tuesday, March 21<sup>st</sup> and 28<sup>th</sup>, 2023. 8:15am-5:00pm EST.

### **March 21**

8:00-8:15am		Arrival, Introductions
8:15-9:45am	Session 1	Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Lactating Parent
9:45-10:00am	Break	
10:00am-12:15pm	Session 2	Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
12:15-1:00pm	Lunch	
1:00-2:45pm	Session 3	Getting off to a Great Start, Support the First Week
2:45-3:00pm	Break	
3:00-5:00pm	Session 4	Sore Nipples and Breasts in the Lactating Parent

### **March 28**

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

