

# 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**

**Tuesdays, September 19<sup>th</sup> & 26<sup>th</sup>, 2023  
8:15 am - 5:00 pm EST Each Day**

**Location:**

**Toledo Hospital - Croxton Auditorium  
2142 N Cove Blvd  
Toledo, OH 43606**

Register at <https://lacted.org/promedica202309>

## **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 IBCLCE. 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<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 8:15am – 5:00pm EST on Tuesdays, September 19 & 26, 2023. Please arrive at 7:45am EST to sign in and get comfortable for the day's activities. We plan to start promptly.

## Location

Toledo Hospital - Croxton Auditorium  
2142 N Cove Blvd  
Toledo, OH 43606

Park in P5 and go through the entrance from the parking garage (near entrance F). See the map below. There will be a Toledo Hospital staff member there to greet participants.

## 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,  
and Kimberly Schimmel RN, IBCLC

## Lecture Notes and Resources

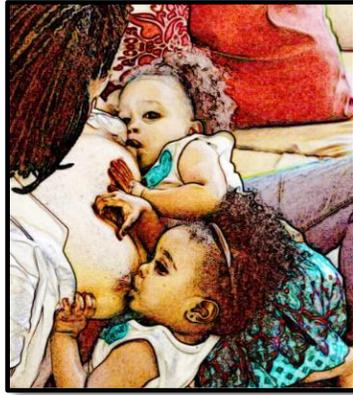
We have setup a web page to provide downloadable lecture notes, worksheets, an agenda, and other details about the event. You will receive a link to this page in your email upon registration. It will also be linked from your IABLE Account Orders page. Your event host will print copies of the lecture 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**

Tuesdays, September 19<sup>th</sup> and 26<sup>th</sup>, 2023. 8:15am-5:00pm EST.

### **September 19**

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

### **September 26**

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

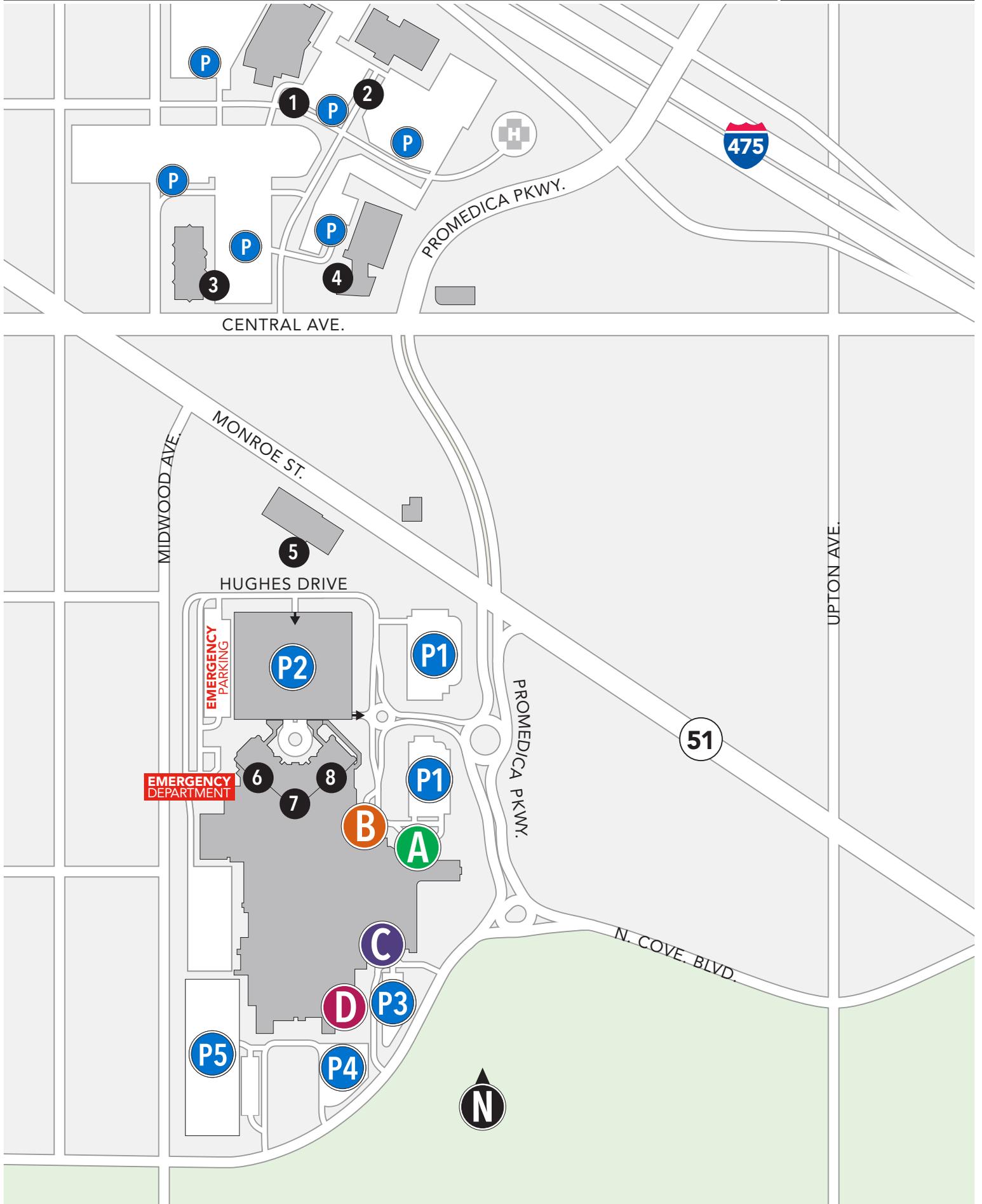




TOLEDO HOSPITAL | RUSSELL J. EBEID CHILDREN'S HOSPITAL

1 ProMedica Parkway  
Toledo, Ohio 43606  
**419-291-4000**  
866-865-4677  
promedica.org

### CAMPUS MAP



- |                                     |                                |                  |
|-------------------------------------|--------------------------------|------------------|
| <b>1</b> Neurosciences Center       | <b>5</b> Ronald McDonald House | <b>P</b> Parking |
| <b>2</b> Parkway Surgery Center     | <b>6</b> McIntosh Tower        |                  |
| <b>3</b> Center for Health Services | <b>7</b> Education Center      |                  |
| <b>4</b> Diabetes Center            | <b>8</b> Jobst Tower           |                  |

See next page for destination guide.

# DESTINATION GUIDE

Destination	Parking	Entrance	Elevator	Floor
Audiology	P3	<b>C</b>	ADA Elevator near C Elevator	B
Breast Care Center	P2	McIntosh		1
Cafeteria	P1	<b>A</b>		1
Chapel	P1	<b>A</b>		1
Child Life Center	P1	<b>B</b>	B	4
Emergency Department	Emergency	Emergency		1
Endoscopy	P1	<b>B</b>	B	2
Gift Shop	P1	<b>A</b>		1
Heart and Vascular Services	P3	<b>C</b>	D	2
Heart Failure and Structural Heart Clinics	P2	Jobst		1
Hemodialysis	P1	<b>B</b>	B	2
Hyperbaric Medicine	P4	<b>C</b>		1
Imaging Services	P1	<b>B</b>		1
Information A	P1	<b>A</b>		1
Information B	P1	<b>B</b>		1
Information C	P3	<b>C</b>		1
Interventional Radiology	P1	<b>B</b>		1
Jobst Vascular Institute	P2	Jobst	Jobst	4
Lab	P2	Jobst		1
Labor and Delivery	P3	<b>C</b>	D	3
Maternal-Fetal Medicine	P4	<b>C</b>		1
My Baby & Me Boutique	P3	<b>C</b>		1
Neurophysiology	P3	<b>C</b>	ADA Elevator near C Elevator	B
Observation Unit	P1	<b>A</b>		1

Destination	Parking	Entrance	Elevator	Floor
Oncology and Infusion Center	P1	<b>B</b>		1
Outpatient Registration	P3	<b>C</b>		1
Patient Rooms A201 - A240	P1	<b>A</b>	A	2
Patient Rooms A301 - A340	P1	<b>A</b>	A	3
Patient Rooms A401 - A440	P1	<b>A</b>	A	4
Patient Rooms A501 - A540	P1	<b>A</b>	A	5
Patient Rooms A601 - A640	P1	<b>A</b>	A	6
Patient Rooms A701 - A740	P1	<b>A</b>	A	7
Patient Rooms A801 - A840	P1	<b>A</b>	A	8
Patient Rooms A901 - A940	P1	<b>A</b>	A	9
Patient Rooms B241 - B252	P1	<b>B</b>	B	2
Patient Rooms B341 - B384	P1	<b>B</b>	B	3
Patient Rooms B441 - B464	P1	<b>B</b>	B	4
Patient Rooms B541 - B580	P1	<b>B</b>	B	5
Patient Rooms B641 - B680	P1	<b>B</b>	B	6
Patient Rooms B741 - B780	P1	<b>B</b>	B	7
Patient Rooms B841 - B875	P1	<b>B</b>	B	8
Pediatric Hematology/Oncology	P1	<b>B</b>	B	4
Pediatric Psychiatry Unit	P2	McIntosh	McIntosh	5
Pediatric Sedation, Infusion and Vascular Research	P1	<b>B</b>	B	4
Pharmacy	P1	<b>B</b>	B	1
ProMedica Credit Union	P2	Jobst		1
Surgery	P1	<b>B</b>	B	2
Wound Care	P4	<b>D</b>		1

# DRIVING DIRECTIONS

**TO** ProMedica Toledo Hospital and Russell J. Ebeid Children's Hospital from Area Expressways.

## Traveling south on Interstate 75 (I-75)

Take I-75 south to Interstate 475 west. Take I-475 west to Exit 19, ProMedica Parkway. Turn left onto ProMedica Parkway. Cross Central Ave. and follow signs to your desired campus destination.

## Traveling north on Interstate 75 (I-75)

Take I-75 north to Interstate 475 west. Take I-475 west to Exit 19, ProMedica Parkway. Turn left onto ProMedica Parkway. Cross Central Ave. and follow signs to your desired campus destination.

## Traveling from U.S. 23

Take U.S. 23 to Interstate 475 east. Take I-475 east to Exit 19, ProMedica Parkway. Cross Central Ave. and follow signs to your desired campus destination.

## Traveling from the Ohio Turnpike

Take the Ohio Turnpike to Exit 64 (Perrysburg-Toledo/ Interstate 75). Enter I-75 north and continue following directions for traveling north on I-75.

## Traveling from Interstate 280 (I-280)

Take I-280 north to Interstate 75 south. Continue following directions for traveling south on I-75.