

Outpatient Breastfeeding ChampionSM 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**

**Wednesdays, April 3rd & 10th, 2024
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/promedica202404>

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 01/11/2024 to 01/10/2025. 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™ 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 Wednesdays, April 3 & 10, 2024. Please arrive at 8:00am 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 the P5 parking garage. Upon entering the hospital, Croxton Auditorium is just past the front security desk.

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 breakfast upon arrival will be provided. Feel free to bring your own lunch or enjoy lunch within the hospital (cafeteria, Panera, or Barry's Bagel). There are a few options near the hospital if you'd like to leave hospital grounds.

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 on the next page.

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



Outpatient Breastfeeding ChampionSM Course Agenda

Wednesdays, April 3rd and 10th, 2024. 8:15am-5:00pm EST.

April 3

| | | |
|-----------------|-----------|--|
| 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 |

April 10

| | | |
|-----------------|-----------|--|
| 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 |

