

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

*presented by*



**IABLE**

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

*with instructors*

**Anne Eglash MD, IBCLC, FABM,  
Sarah Wall RN, and Lindsay Moore-Ostby MD**

**Tuesdays, Oct 27, Nov 3, 10, & Thursday, Nov 19, 2020  
9am to 1pm EST Each Day**

**This Training will be Conducted Online**

Participants will be given a password to login.

Register at <https://lacted.org/shop/indiana202010>

## **Participants Will Be Able to Meet the Following Learning Outcome:**

Attendees will gain knowledge and confidence in evidence-based care for common breastfeeding questions and concerns.

## **Continuing Education Credits**

**RN:** This continuing nursing education activity was approved by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 13.25 nursing credits are awarded to Registered Nurses.

**IBCLC:** This course has been allocated 13.75 (L) Continuing Education Recognition Points (CERPs) by IBLCE. CERPs approval #CLT117-04.

**RD:** Maintain a copy of the agenda and certificate of attendance for CPEs for your Professional Development Portfolio.

\* 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 training will be held from 9am to 1pm on Tuesdays, Oct 27, Nov 3, 10, & Thursday, Nov 19, 2020. You will be able to log into the webinar beginning at 8:50 am. We plan to start promptly at 9am.

## Webinar

The training will be conducted online. You will receive an invitation with a link and instructions about a week before the course.

## 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.

## Instructors

Anne Eglash MD, IBCLC, FABM, Sarah Wall RN, and Lindsay Moore-Ostby MD

## Lecture Notes

The screenshot shows the IABLE website's Members Dashboard. At the top left is the IABLE logo (Institute for the Advancement of Breastfeeding & Lactation Education) and a navigation menu with links for HOME, TEACH, EVENTS, IMPACT, JOIN, and MEMBERS DASHBOARD. Below the navigation is a 'Members Dashboard' header with a welcome message: 'Welcome to IABLE Resources library!'. On the left side, there is a 'Dashboard' sidebar with a 'My Account' link circled in red. Below 'My Account' are links for 'Edit Your Profile' and 'Other Memberships'. In the main content area, there is an 'Account Dashboard' sidebar with a 'Downloads' link circled in red. To the right of the sidebar is a table with columns: Product, Downloads remaining, Expires, and Download. The table contains one row: 'One Day Primary Care Provider Breastfeeding Training - Las Cruces, NM'. The 'Expires' column for this row shows 'September 4, 2020'. A red arrow points from the 'Downloads' link in the sidebar to the 'Download' column of the table, which contains a purple button labeled 'LECTURE NOTES'.

The host asks that each attendee print the lecture notes in their clinic. If attendees are unable to print in their clinics related to the pandemic response, the lecture notes will be provided for them. The OBC course consists of 8 lectures. A PDF document containing pictures of all of the slides in the 8 PowerPoints is available – it is about 80 pages. This document can be downloaded from your dashboard when you login at the IABLE website: <https://lacted.org/my-account>. We recommend that you use the printed lectures for taking notes during the course. You can [login to your dashboard](#) using the email or username and password that you used when you registered for the course. An email with login instructions was sent upon registration. After logging in, your lecture notes can be downloaded by clicking "My Account" and then "Downloads."

## Curriculum Booklet

Prior to the start of the course, the event Host will distribute a full color curriculum book to each attendee. 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. A small section of the curriculum book contains activities for the OBC course, so please have the curriculum book available during the entire course.

**IABLE Membership**

The Institute for the Advancement of Breastfeeding and Lactation Education is a non-profit membership organization dedicated to building and supporting Breastfeeding-Knowledgeable Medical Systems and Communities. We provide a number of resources to our members. These include our Triage Tools, Breastfeeding Education Handouts, Video Library and email-based Discussion Group. Upon completion of your course you will receive a 3-year membership to IABLE. Your certificate will be available after you complete an online evaluation after the course.

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

**The Agenda for this event is on the next page.**

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

## Live Online – Agenda

Tuesdays, Oct. 27, Nov. 3, 10, 17, 2020. 9am to 1pm ET

### Oct. 27th

- 9:00-9:15 - Introductions
- 9:15-10:45 - Session 1 – Components of Breastmilk, Risks of not Breastfeeding, Contraindications, Prenatal Counseling, Counseling the Mother
- 10:45-11:00 - Break
- 11:00-12:45 - Session 2 – Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
- 12:45-1:00 - Questions

### Nov. 3rd

- 9:00-10:45 - Session 3 – Getting off to a Great Start, Support the First Week
- 10:45-11:00 - Break
- 11:00-12:45 - Session 4 – Sore Nipples and Breasts in the Lactating Woman
- 12:45-1:00 - Questions

### Nov. 10th

- 9:00-10:45 - Session 5 – Slow Weight Gain, Low Milk Supply
- 10:45-11:00 - Break
- 11:00-12:00 - Session 5 – Slow Weight Gain, Low Milk Supply
- 12:00-12:45 - Session 6 – Non-latching Baby, Baby who is Fussy at breast, Complimentary Feeding, Weaning
- 12:45-1:00 - Questions

### Nov. 17th

- 9:00-10:00 - Session 6 – Non-latching Baby, Baby who is Fussy at breast, Complimentary Feeding, Weaning
- 10:00-11:00 - Session 7 – Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
- 11:00-11:15 - Break
- 11:15-12:45 - Session 8 - Maternal Medications and Breastfeeding, Cases in Counseling Breastfeeding Mothers
- 12:45-1:00 - Questions

