

# 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, Kristina Lehman MD, IBCLC,  
and Rebecca Rudesill MD, IBCLC**

**Wednesdays, August 5, 12, 19 & 26, 2020  
Noon to 4 pm EST Each Day**

**This Training will be Conducted Online**

Participants will be given a password to login.

Register at <https://lacted.org/shop/ohio202008>

## **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 Noon to 4 pm on Wednesdays, August 5, 12, 19, & 26, 2020. You will be able to log into the webinar beginning at 11:50 am. We plan to start promptly at Noon.

## 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  
Kristina Lehman MD, IBCLC  
Rebecca Rudesill MD, IBCLC

## Lecture Notes and Curriculum Booklet

Prior to the start of the course, the event Host will distribute the agenda, lecture notes containing pictures of all of the slides in the PowerPoints, and 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.

## Evaluation and Completion Certificate

You will receive a link to an online evaluation survey from IABLE within 24 hours of completion of the course. Your certificate of completion will be available to download at the end of the evaluation survey. You will have two weeks after the course to complete the evaluation and access your certificate.

***This is the ONLY way to obtain a certificate of completion.***

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

Wednesdays, August 5, 12, 19, 26, 2020

### August 5th

- Noon-12:15 - Introductions
- 12:15-1:45 - Session 1 – Components of Breastmilk, Risks of not Breastfeeding, Contra-indications, Prenatal Counseling, Counseling the Mother
- 1:45-2:00 - Break
- 2:00-3:30 - Session 2 – Anatomy of Lactating Breast, Physiology of Milk Production, Positioning and Defining a Feeding
- 3:30-3:50 - Session 3 – Getting Off to a Great Start, Support the First Week
- 3:50-4:00 - Questions

### August 12th

- Noon-1:10 - Session 3 – Getting off to a Great Start, Support the First Week
- 1:10-1:45 - Session 4 – Sore Nipples and Breasts in the Lactating Woman
- 1:45-2:00 - Break
- 2:00-3:10 - Session 4 – Sore Nipples and Breasts in the Lactating Woman
- 3:10-3:50 - Session 5 – Slow Weight Gain, Low Milk Supply
- 3:50-4:00 - Questions

### August 19th

- Noon-1:30 - Session 5 – Slow Weight Gain, Low Milk Supply
- 1:30-1:45 - Break
- 1:45-2:05 - Session 5 – Slow Weight Gain, Low Milk Supply
- 2:05-3:20 - Session 6 – Non-latching Baby, Baby who is Fussy at breast, Complimentary Feeding, Weaning
- 3:20-3:25 - Questions

### August 26th

- Noon-1:30 - Session 7 – Manual Breast Expression, Breast Pumps, Milk Storage, Return to Work
- 1:30-1:45 - Break
- 1:45-3:00 - Session 8 - Maternal Medications and Breastfeeding, Cases in Counseling Breastfeeding Mothers
- 3:00-3:05 - Questions

