

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

*presented by*



**IABLE**

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

*with instructors*

**Samantha Metko IBCLC, RD,  
and Anne Eglash MD, IBCLC, FABM**

**Wednesdays, July 8 and 15, 2020  
8:30am to 5:00pm CST Each Day**

**This Training will be Conducted Online**

Participants will be given a password to login.

Register at <https://lacted.org/shop/wisc202007>

## **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 8:30am to 5:00pm on Wednesdays, July 8 and 15, 2020. You will be able to log into the webinar beginning at 8:20am. We plan to start promptly at 8:30am.

## Webinar

The conference 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

Samantha Metko IBCLC, RD  
Anne Eglash MD, IBCLC, FABM

## Lecture Notes

A PDF document containing pictures of all of the slides in the PowerPoints is available. It is approximately 70 pages. A link to this document is included in the confirmation email you received when you registered for the course.

After you register this document is also available when you [login at the IABLE website: https://lacted.org/my-account](https://lacted.org/my-account). We recommend that you print the lecture notes 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."

The screenshot shows the IABLE website's Members Dashboard. The IABLE logo is at the top left, with the text "Institute for the Advancement of Breastfeeding & Lactation Education". A navigation bar includes links for HOME, TEACH, EVENTS, IMPACT, JOIN, and MEMBERS DASHBOARD. The main heading is "Members Dashboard" with a sub-heading "Welcome to IABLE Resources library!". On the left, a "Dashboard" sidebar contains "My Account" (highlighted with a red box), "Edit Your Profile", and "Other Memberships". A red arrow points from "My Account" to the "Downloads" link in the "Account Dashboard" section. The "Downloads" section is also highlighted with a red box. A table lists available downloads:

Product	Downloads remaining	Expires	Download
One Day Primary Care Provider Breastfeeding Training - Las Cruces, NM		September 4, 2020	LECTURE NOTES

A red arrow points from the "Downloads" link to the "LECTURE NOTES" button in the table.

### **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.

### **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 Course

## Wisconsin WIC - Agenda

### Day 1- Wednesday, July 8<sup>th</sup>

#### Morning Session

- 8:30-8:45 - Introductions
- 8:45-10:15 - Session 1 - Components of Breastmilk, Risks of not Breastfeeding, Contraindications, Prenatal counseling, Counseling the Breastfeeding Mother
- 10:15-10:30 - Break
- 10:30-12:15 - Session 2 – Anatomy of the Lactating Breast, Physiology of Milk Production, Positioning, Defining a feeding
- 12:15-1:15 - Lunch

#### Afternoon Session

- 1:15-3:00 - Session 3 – Getting Off to a Great Start Right after Birth, Support the First Week
  - 3:00-3:15 - Break
  - 3:15-4:45 - Session 4 – Sore Nipples and Breasts in the Lactating Woman
  - 4:45-5:00 - Questions
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### Day 2- Wednesday, July 15<sup>th</sup>

#### Morning Session

- 8:30-10:15 - Session 5 – Slow Weight Gain, Low milk supply
- 10:15-10:30 - Break
- 10:30-11:30 - Continuation of Session 5 – Slow Weight Gain, Low milk supply
- 11:30-12:15 - Session 6 – Non-latching Baby, Baby Who is Fussy at Breast, Infant Weaning
- 12:15-1:15 - Lunch

#### Afternoon Session

- 1:15-2:00 - Session 6 – Non-latching Baby, Baby Who is Fussy at Breast, Infant Weaning
- 2:00-3:00 - Session 7 – Manual Expression, Breast Pumps, Human Milk Storage, Return to Work
- 3:00-3:15 - Break
- 3:15-4:45 - Session 8 - Maternal Medications, Role-playing Counseling Skills
- 4:45-5:00 - Questions

