



2024 BREASTFEEDING SYMPOSIUM

AUGUST 13, 2024

The Education Center at Eastern AHEC
2600 West Arlington Blvd.
Greenville, NC

Jointly provided by: Eastern AHEC Department of Nursing and Allied Health Education; Division of Child and Family Well-Being, Community Nutrition Services Section NC Department of Health and Human Services; and The Center for Learning & Performance at ECU Health Medical Center

Description

Exclusive pumping is breastfeeding. This under-recognized type of breastfeeding requires additional support to be successful. The 2024 Breastfeeding Symposium will provide current information and evidence-based practice recommendations to support mothers in meeting their pumping goals. Presenters will focus on best practice and current research. Faculty will provide hands on experience with various equipment and products to facilitate a discussion about options available to mothers who choose to exclusively pump.

Who Should Attend

This program is intended for Lactation Professionals, Breastfeeding Peer Counselors, Managers and invited guests, Registered Nurses, Nurse Practitioners, Certified Nurse Midwives, Dietitians, Public Health Staff, Childbirth Educators, Doulas, and healthcare professionals interested in successful lactation.

Program Objectives

Breast Health:

- Describe the benefits of breast massage in improving milk production and managing pain from engorgement
- Discuss innovative techniques that improve breastfeeding and milk production
- Discuss where traditional training and new techniques both connect and diverge

State of the State: NC Breastfeeding Update:

- Share the latest data and trends on breastfeeding initiation, duration, and exclusivity throughout North Carolina
- Discuss ongoing and upcoming strategies to enhance breastfeeding support statewide in North Carolina
- Highlight the resources available to foster breastfeeding support across the state

Pumps Scientific Fair:

- Discuss the selection of the appropriate breast-feeding pump that best fits with the client's goals and needs
- Describe how to educate families on the use of breast pumps, including cleaning and maintenance

Exclusive Pumping:

- Discuss the reasons, benefits, and challenges of exclusively pumping
- List strategies to maintain and increase milk supply while exclusively pumping

Faculty

Bonnie Garner MS, CPN, CIMT, RN

Nurse Consultant for Early Head Start
Hendersonville NC

Jessica Luginbuhl, MPH, IBCLC

Lactation Consultant
Teaching Babies to Nurse

Chiara Phillips MS, RDN, LDN, IBCLC

State Breastfeeding Coordinator
Division of Child and Family Well-Being
Community Nutrition Services Section
NC Department of Health and Human Services

Amy Losew, RN, IBCLC

Postpartum Nurse - WakeMed Raleigh
Lactation Consultant - UNC Rex.

LaiSha Buck, MPH

Breastfeeding Coordinator
Pitt County Health Department

Donna Brooks, IBCLC

Lactation Assistant
Women's Health Program
ECU Health Medical Center

Wendy Wright, RN

Northeastern North Carolina Nurse-Family
Partnership
Halifax Community College

Blair Creekmore, MSN, RN, IBCLC

Supervisor, Northeastern North Carolina
Nurse-Family Partnership
Halifax Community College

Hannah Edens, MPH, RD, LDN, IBCLC, RLC

NC WIC LATCH Director
Lead Regional Lactation Trainer, Region 2
Eastern Area Health Education Center

Amber McCann, BSN, RN, IBCLC

Lactation Specialist
ECU Health Medical Center

Jackie Davis, RDN, LDN, IBCLC

Rockingham County, NC DHHS

Cecilia Funakoshi, BS, NDTR, IBCLC

Johnston County WIC

Cierra Rowe, NP

Planning Committee

Alisha Bailey, BS, IBCLC

WIC & Breastfeeding Programs Manager
Piedmont Health Services, Inc.

Blair Creekmore, MSN, RN, IBCLC

Supervisor, Northeastern North Carolina
Nurse-Family Partnership
Halifax Community College

Rachel M. Dean, MPH, RDN, LDN, IBCLC, RLC

Regional Lactation Trainer, Region 3
NC WIC Latch
Eastern Area Health Education Center

Hannah Edens, MPH, RD, LDN, IBCLC, RLC

NC WIC LATCH Director
Region 2 Lactation Trainer
Eastern Area Health Education Center

Amber McCann, BSN, RN, IBCLC

Lactation Specialist
ECU Health Medical Center

Donna Moses, MSN, RN

Director, Nursing & Allied Health Education
Eastern Area Health Education Center

Melinda Walker, MSN, RN, CHSE, CHSOS

Assistant Director, Nursing & Allie Health
Education
Eastern Area Health Education Center

Agenda

8:00 a.m.	Registration/Breakfast/Networking
8:30	Welcome and Program Overview
8:45	Enhancing Family Engagement with Infant Massage <i>Bonnie Garner MS, CPN, CIMT, RN</i>
9:45	Breast Health <i>Jessica Luginbuhl, MPH, IBCLC</i>
10:45	Break
11:00	State of the State: NC Breastfeeding Update <i>Chiara Phillips MS, RDN, LDN, IBCLC</i>
11:30	Lunch
12:30 p.m.	Pumps Scientific Fair <ul style="list-style-type: none">• Conference Room D<ul style="list-style-type: none">Station 1: Spectra - Amy Losew, RN, IBCLCStation 2: Ameda - Jackie Davis, RDN, LDN, IBCLCStation 3: Ameda - Cecilia Funakoshi, BS, NDTR, IBCLCStation 4: Medela - LaiSha Buck, MPHStation 5: Medela - Donna Brooks, IBCLC• Meeting Room 2<ul style="list-style-type: none">Station 6: Hands Free Equipment - Wendy WrightStation 7: Spectra - Blair Creekmore, MSN, RN, IBCLC• Hallway<ul style="list-style-type: none">Station 8: Accessory Station - Off Brand Flange, Hakaa. Hand pumps - Hannah Edens, MPH, RD, LDN, IBCLC, RLCStation 9: Other Pump Types: Lansinou, Baby Budda, Mom Cozy - Amber McCann, BSN, RN, IBCLC
2:45	Break
3:00	Take Aways from Hands on Activities Summation of Learning <i>Hannah Edens, MPH, RD, LDN, IBCLC, RLC</i>
3:15	Exclusive Breast Pumping <i>Amber McCann, BSN, RN, IBCLC</i> <i>Cierra Rowe, NP</i>
3:45	Adjourn

Credit

Nursing Credit: 5.5 Nursing Contact Hours

Eastern AHEC Department of Nursing and Allied Health Education is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

CERPS:

Application for Continuing Education Recognition Points has been submitted to the International Board of Lactation Consultant Examiner.

Dietitians/Nutritionists:

This live educational activity is considered a CPEU Eligible Activity. It is the responsibility of practitioners to ensure that a CPEU Eligible Activity meets an activity type definition and adheres to Content Criteria prior to recording the activity in their CDR Activity Log. See <https://www.cdrnet.org/UniversalPDPGuide>. Choose Eastern AHEC contact hours.

Other Professionals:

5.5 Eastern AHEC Contact hours

Participants must attend 90% of the program to earn contact hour credit. Participation is verified by check in at the start of each program and initial out at the end of each program.

Registration Information

Registration is available online only at www.easternahec.net and requires a current MyAHEC account. Registration will close at the start of the program.

Registration Fee - \$105

Note: Region II Breastfeeding Peer Counselors and their managers will receive a registration voucher code via email.

NC AHEC Photo Policy

Attendance at this activity grants permission for Eastern AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

All Rights Reserved Statement

You may not record, reproduce, publish, distribute, modify, create derivative works, or transmit any program content and/or material presented during continuing professional development (CPD) activities. Continuing professional credit will not be given for unauthorized copied and transmitted recordings of any CPD programs and other activities. Prior registration and attendance are required to receive continuing professional credit.

Eastern AHEC Cancellation Policy

- Cancellations must be in writing (easternahec@ecu.edu)
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

Handouts and Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive an event reminder email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Americans with Disabilities Act

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / ada-coordinator@ecu.edu.

If you would like more information on the program, please call the Department of Nursing and Allied Health Education at 252-744-3088.