

The Central Jersey Family  
Health Consortium

Presents

# ***Breastfeeding Support The Nurse's Role***



**March 7 & 8, 2012  
April 17 & 18, 2012  
May 15 & 16, 2012**

**7:20 A.M. - 4:30 P.M.**



2 King Arthur Court, Suite B  
North Brunswick, New Jersey 08902  
[www.cjfhc.org](http://www.cjfhc.org)

## **Purpose**

The purpose of this two day program is to provide evidence based breastfeeding education to nurses working in hospitals and their affiliated clinics so they can better support the mother-infant dyad.

## **Objectives**

By the end of this program participants will be able to:

- Identify hospital practices, public health policies, cultural beliefs and support systems that promote breastfeeding.
- Discuss the benefits of exclusive breastfeeding supported by research.
- Relate the production of breast milk to maternal hormones and newborn suckling.
- Explain how skin to skin facilitates latch and breastfeeding.
- Identify appropriate positioning of mother and baby for a successful latch.
- Relate the newborn's states of alertness, neuromuscular development, and orientation to the ability to latch and suckle.
- Identify the signs of sufficient milk supply.
- Identify the proper equipment and hands on skills needed for instructing the mother on manual expression and pumping.
- Describe the breastfeeding challenges faced by the mother and her preterm and/or near preterm infant.
- Identify the assessments and interventions for newborns with cleft lip and palate, jaundice, hypoglycemia and nipple aversion.
- Select interventions for the mother experiencing: nipple soreness, cracked and bleeding nipples, engorgement, and mastitis.

## **Continuing Education**

This program has been awarded 8.0 nursing contact hours for each day.

The Central Jersey Family Health Consortium is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Provider number P92-2/11-14. Provider approval is valid through February 28, 2014.

Accreditation refers to recognition of continuing education activities only and does not imply approval or endorsement of any commercial product.

## **Disclosures**

There is no commercial or non-commercial support for this continuing nursing education activity.

Planners and speakers do not have any financial disclosures to make.

The non-FDA approved use of metoclopramide to increase milk production will be discussed.

## **Questions**

Fran Lo Raso  
732-937-5437 or [floraso@cjfhc.org](mailto:floraso@cjfhc.org)

**Registration Form**  
***Breastfeeding Support***  
***The Nurse's Role***

**Registration Deadline: 10 days before course.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Affiliation: \_\_\_\_\_

**Textbook is required. (See Prerequisite)\*\*  
Fee for Consortium Members\***

A loaner textbook is available at your institution.

**Fee for non-Consortium participants  
includes the textbook.**

**Please select a choice in Section A and B**

**A. Month Attending Course:**

\_\_\_\_ March 7 & 8    \_\_\_\_ April 17 & 18

\_\_\_\_ May 15 & 16

**B. Number of Days Attending and Fee  
Consortium Members \***

\_\_\_\_ Both Days — \$50.00

\_\_\_\_ Day 1 only — \$35.00

\_\_\_\_ Day 2 only — \$35.00

**Non-Consortium Participants**

\_\_\_\_ Both Days — \$130.00

\_\_\_\_ Day 1 only — \$100.00

\_\_\_\_ Day 2 only — \$100.00

**Payment Options:**

- Online registration via PayPal, go to [www.cjfhc.org](http://www.cjfhc.org) — look under "Upcoming Events" or
- Make check payable to CJFHC and mail with registration form to:

**Central Jersey Family Health Consortium**

2 King Arthur Court, Suite B  
North Brunswick, NJ 08902  
732-937-5437

**Day 1**

**7:20 Registration, Continental Breakfast**

**7:40 Teaching and Communicating with  
New Parents of Diverse Cultures**

**8:05 Determinants of Breastfeeding:  
The Impact of Values, Beliefs,  
Culture, Health Care Practices  
Public Policies**

**8:50 Human Milk Supply: Anatomy and  
Physiology, and Breast Assessment**

**10:05 BREAK**

**10:15 Positioning and Latch: Assisting  
and Assessing the Dance of  
Breastfeeding**

**11:30 LUNCH**

**12:00 Assessment of the Newborn's  
Abilities and Role During Skin to  
Skin and Breastfeeding**

**1:15 Breastfeeding Considerations for  
The Late Preterm Infant**

**2:00 BREAK**

**2:10 Alternative Feeding Methods**

**3:05 Skill Stations**

**3:50 Written Test**

**4:20 Evaluation**

**4:30 Adjournment**

**Additional 2012 Course Dates**

June 5 & 6

September 27 & 28

Location to be determined

**Day 2**

**7:20 Registration, Continental Breakfast**

**7:40 A Framework for Assessing the  
Breastfeeding Dyad**

**8:05 Newborn Issues: Breastfeeding the  
Newborn with Jaundice,  
Hypoglycemia, and Sucking  
Dysfunction**

**9:05 Newborn Issues: Breastfeeding the  
Newborn With Cleft Lip and Palate**

**9:35 BREAK**

**9:45 Best Practices for the Breastfeed  
Baby in the NICU**

**11:15 Maternal Breastfeeding Problems:  
Early and Late Postpartum**

**12:45 LUNCH**

**1:15 Maternal Medications and Potential  
Affect on the Baby**

**2:15 Human Milk Banking**

**2:45 BREAK**

**2:55 Hospital Practices and Continuing  
Family Support, the Working  
Mother**

**3:25 Skill Stations**

**3:50 Written Test**

**4:20 Evaluation**

**4:30 Adjournment**

**\*CJFHC Member Hospitals: Capital Health System,  
CentraState Medical Center, Community Medical  
Center, Hunterdon Medical Center, Jersey Shore  
University Medical Center, Kimball Medical Center,  
Monmouth Medical Center, Ocean Medical Center,  
Raritan Bay Medical Center, Riverview Medical  
Center, Robert Wood Johnson University Hospital,  
RWJ Hospital at Hamilton, Saint Peter's University  
Medical Center, Somerset Medical Center, Southern  
Ocean Medical Center and University Medical Center**

**Target Audience**

Attendees will include nurses who work in maternal and child health, in acute care and outpatient settings of member hospitals of the Central Jersey Family Health Consortium.\*

**\*\*Prerequisite**

Assigned Reading

*"Maternal and Infant Assessment for Breastfeeding and Human Lactation: A Guide for the Practitioner," 2nd Edition by K. Cadwell, C. Turner-Maffej, et al., 2006, Jones and Bartlett Publishers. ISBN 13: 978076335777*

**Faculty**

**Ann Beattie, BS, RN, IBCLC, LCCE,  
FACCE, CIMI**

Saint Peters University Hospital

**Rachel Cruz, RN, IBCLC**

Robert Wood Johnson University Hospital

**Olga Emerson, MS, RNC, IBCLC**

Robert Wood Johnson University Hospital

**Norma Ross, RN, IBCLC**

Saint Peters University Hospital

**Jo Ann Peck, RN, IBCLC**

Robert Wood Johnson University Hospital

**Elizabeth Piano, MA, RNC, IBCLC,  
LCCE**

Somerset Medical Center

University Medical Center of Princeton

**Diane Procaccini, MSN, RN, IBCLC**

Capital Health

**Ellen Shuzman, PhD, RN, C, APN, CLC**

Central Jersey Family Health Consortium

**Ellen Strong, MPH, RN**

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