

Minnesota Breastfeeding Coalition Pre-Conference Workshop 2014 Agenda

MotherBaby 10: Implementing the Ten Steps to Successful Breastfeeding

September 29, 2014

Total Contact Hours: 4.8

12:15 - 12:25 p.m. Introductions and Overview of Baby-Friendly Hospital Initiative: .10 CEUs

Speaker: Pamela Heggie, MD, IBCLC - University of Minnesota Children's Hospital

Objectives:

- Learn about the Baby-Friendly Hospital Initiative
- Understand how to get started with the Baby-Friendly Hospital Initiative and the 4-D Pathway

12:25 - 12:50 p.m. Overcoming Resistance: Tips for Getting Maternity Staff on Board: .20 CEUs

Speakers: Anna Mueller, RN, IBCLC & Dana Barr, MD, IBCLC - Hennepin County Medical Center

Objectives:

- Describe how to address resistance about the Baby-Friendly Hospital Initiative
- Name three strategies to help staff understand and accept the changes associated with the Baby-Friendly Hospital Initiative

12:50 - 2:20 p.m. Ten Step Panel Presentation and Discussion - Hospitals throughout Minnesota will present successes and challenges for each step: 1.70 CEUs

1. Hennepin County Medical Center, Minneapolis - Dana Barr, MD, IBCLC & Anna Mueller, RN, IBCLC
2. Health East System, Twin Cities - Jeanette Schwartz, RNC, MA, Carol Busman, MS, RN, IBCLC & Linda Johnson, RN, CLC
3. Essentia Health - St. Mary's Medical Center, Duluth - Kim Pearson, RN-CNML & Jane Johnson, RN, IBCLC
4. Fairview Range Medical Center, Hibbing - Susan Oberhelman, RN, PCF & Riana Damjanovich, RN, BAN, IBCLC, RLC
5. University of Minnesota Children's Hospital / Fairview, Minneapolis - Nichole Sandberg, RNC, IBCLC
6. University of Minnesota Children's Hospital / Fairview, Minneapolis - Pamela Heggie, MD, IBCLC
7. St. Luke's Hospital, Duluth - Lori Swanson, RN & Stephanie Forslund, RN
8. Mercy Hospital, Moose Lake - Rhonda Skelton, RN
9. University of Minnesota Children's Hospital / Fairview, Minneapolis - Beth Cronk, RNC, IBCLC
10. Minnesota Breastfeeding Coalition / USBC Grant Program - Anne Lippin, MD, CLE

Objectives:

- Learn how hospitals have implemented the Ten Steps to Successful Breastfeeding
- Describe challenges hospitals have faced and ways to address these issues

2:30 - 3:30 p.m. "Train the Trainer" Skills Stations: 1.1 CEUs

Speakers: **Hand Expression:** Anna Mueller, RN, IBCLC - Hennepin County Medical Center; **Position and Latch:** Sheila Humphrey, RN, IBCLC - Hennepin County Medical Center; **Alternative Feeding Methods:** Jane Helgesen, RN, IBCLC - Fairview Ridges Hospital

Objectives:

- Describe how to teach hand expression to staff and patients
- Understand how to teach mothers and staff about breastfeeding positioning and latch and describe four positions
- Describe three alternative feeding methods

3:30 - 4:15 p.m. Improving Breastfeeding Support in Health Systems: .90 CEUs

Speakers: Allina Health System, Twin Cities - Jesse Hennem, MD, & Kris Scott, RNC, IBCLC; Health East Health System, Twin Cities - Jeanette Schwartz, RNC, MA; Carol Busman, MS, RN, IBCLC & Linda Johnson, RN, CLC

Objectives:

- Describe how changing hospital policies as a health system can improve Joint Commission exclusive breastfeeding rates
- Name two challenges and opportunities that arise when implementing policies to improve breastfeeding support in a Health System
- Describe strategies to achieve Baby-Friendly Hospital Initiative designation as a Health System

4:15 - 4:55 p.m. Donor Milk Beyond the NICU: Practical tips for the postpartum unit: .90 CEUs

Speakers: North Memorial, Minneapolis - Evelyn Lindholm, RNC, IBCLC
Hennepin County Medical Center, Minneapolis - Sara Wendt, RN, BSN

Objectives:

- Understand how to implement a donor milk program in the postpartum unit
- Describe why donor milk helps to increase exclusive breastfeeding rates in hospitals
- Describe three items that are part of a donor milk protocol on the postpartum unit

Contact hours calculated to meet the MN Board of Nursing Continuing Education Requirements. The nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.