

# Breastfeeding Management and Counseling for the Health Care Team: A Deep Dive



**Thursday, May 25, 2017**  
**Holiday Inn, Duluth**  
200 West First Street

**Breastfeeding Management in Primary Care – for physicians**

7:00 a.m. – 8:30 a.m.

\$25/person (a breakfast CME workshop)

**Breastfeeding Management and Counseling for the Health Care Team: A Deep Dive**

9:00 a.m. – 4:30 p.m.

\$80/person (\$15 late fee after May 1)

This continuing education summit provides lactation training for health care providers to address breastfeeding management needs in hospitals, clinics, community and tribal settings.

Rooms blocked at the Holiday Inn, Duluth at <http://hiduluth.com>. \$114/night plus tax (use group code CCL) or call 218-722-1202 and mention Minnesota Breastfeeding Coalition. Block expires April 24.

\$75 Exhibit Table space is available. CEUs available; CERPs & RD credit applications pending, CMEs available for physician workshop. For more information on the summit email [mnbfcevents@gmail.com](mailto:mnbfcevents@gmail.com).

**REGISTER ONLINE BY MAY 12:**

**<https://mbcduluthbfdg.eventbrite.com>**

# Breastfeeding Management and Counseling for the Health Care Team: A Deep Dive

## Agenda

8:30 a.m. – 9:00 a.m.	Registration
9:00 a.m. – 10:30 a.m.	<b>Prenatal Breastfeeding Education</b> <i>Sheila Humphrey, RN, IBCLC - Hennepin County Medical Center, Minneapolis</i> <i>Amanda Reed, RN, CLC - Essentia Health, Grand Rapids/Deer River/ Remer Clinics</i> <i>Elizabeth Short, BSN, PHN, CLS - Aitkin County Public Health/WIC</i>
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 12:00 p.m.	<b>Baby-Friendly Hospital Initiative Panel - Successes, Challenges and Sustainability</b> <i>Essentia Health East St. Mary's Medical Center, Duluth - Jane Johnson, RN, IBCLC, ANLC</i> <i>and Kim Pearson, RN-CNML</i> <i>Fairview Range Medical Center, Hibbing - Riana Damjanovich, RN, BAN, IBCLC, RLC</i> <i>and Kim Forsline, RN, IBCLC, RLC</i> <i>Mercy Hospital, Moose Lake - Allison Horton, RN, BAN, PHN, CLC and Katie Olson, RN</i> <i>St. Luke's Hospital, Duluth - Lori Swanson, RN, PHN and Stephanie Forslund, RNC</i>
12:00 p.m. – 12:45 p.m.	Lunch provided
12:45 p.m. – 1:00 p.m.	Awards and Announcements
1:00 p.m. – 2:15 p.m.	<b>Collaborative Breastfeeding Care - Sore Nipples, Breast Pain and Tongue Tie</b> <i>Pamela Heggie, MD, IBCLC - Central Pediatrics, St. Paul</i> <i>Jane Johnson, RN, IBCLC, ANLC - Essentia Health East St. Mary's Medical Center, Duluth</i> <i>Addie Licari, MD - St. Luke's Mount Royal Medical Clinic, Duluth</i> <i>Heather Winesett, MD - St. Luke's Pediatric Associates, Duluth</i>
2:15 p.m. – 2:30 p.m.	Break
2:30 p.m. – 3:15 p.m.	<b>Breastfeeding Telephone Care</b> <i>Pamela Heggie, MD, IBCLC - Central Pediatrics, St. Paul</i> <i>Sheila Humphrey, RN, IBCLC - Hennepin County Medical Center, Minneapolis</i> <i>Karin Kishel, RN, CLE - Fairview-University Children's Clinic, Minneapolis</i>
3:15 p.m. – 4:15 p.m.	<b>Baby Weight Checks and Beyond</b> <i>Pamela Heggie, MD, IBCLC - Central Pediatrics, St. Paul</i> <i>Sheila Humphrey, RN, IBCLC - Hennepin County Medical Center, Minneapolis</i> <i>Karin Kishel, RN, CLE - Fairview-University Children's Clinic, Minneapolis</i>
4:15 p.m. – 4:30 p.m.	Evaluations and Closing

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## Objectives and Speaker Information

### Prenatal Breastfeeding Education

*Sheila Humphrey, RN, IBCLC - Hennepin County Medical Center, Minneapolis*

*Amanda Reed, RN, CLC - Nursing Supervisor, Essentia Health - Grand Rapids/Deer River/Remer Clinics*

*Elizabeth Short, BSN, PHN, CLS - Aitkin County Public Health/WIC*

#### Objectives:

1. Describe key breastfeeding messages for families to hear during prenatal care counseling
  2. Explain how to implement teaching resources in the prenatal clinic setting, including the Minnesota Breastfeeding Coalition Prenatal Toolkit
  3. Outline content that is important to review during prenatal education about breastfeeding and discuss clinic work flow
  4. Discuss multicultural approaches to prenatal breastfeeding education in a diverse community
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### Baby-Friendly Hospital Initiative Panel - Successes, Challenges and Sustainability

*Essentia Health East St. Mary's Medical Center, Duluth - Jane Johnson RN, IBCLC, ANLC,*

*Kim Pearson RN-CNML, Director of Nursing, St. Mary's Hospital Superior*

*Fairview Range Medical Center, Hibbing - Riana Damjanovich, RN, BAN, IBCLC, RLC, Nurse Manager,*

*Kim Forsline, RN, IBCLC, RLC*

*Mercy Hospital, Moose Lake - Allison Horton, RN, BAN, PHN, CLC, Katie Olson, RN*

*St. Luke's Hospital, Duluth - Lori Swanson, RN, PHN, Maternal Child Health Nurse Manager,*

*Stephanie Forslund, RNC, Maternal Child Health Clinical Supervisor*

#### Objectives:

1. Outline successes and challenges that have been part of the Baby-Friendly journey
  2. Discuss ways that hospitals achieve sustainability after change has occurred
  3. Describe lessons learned about change management and quality improvement
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### Collaborative Breastfeeding Care - Sore Nipples, Breast Pain and Tongue-Tie

*Pamela Heggie, MD, IBCLC, FAAP, FABM - Pediatrician and Breastfeeding Medicine Specialist, Central Pediatrics, St. Paul*

*Jane Johnson RN, IBCLC, ANLC - Lactation Consultant, Essentia Health East St. Mary's Medical Center, Duluth*

*Addie Licari, MD, FAAFP, Family Medicine, Nutritionist - St. Luke's Mount Royal Medical Clinic, Duluth*

*Heather Winesett, MD, FAAP, ABIHM - Pediatrician, St. Luke's Pediatric Associates, Duluth*

#### Objectives:

1. Discuss the collaborative evaluation and management of sore nipples and breast pain
  2. Provide an overview of tongue-tie and tight frenulums in babies and review indications for frenotomy
  3. Discuss breastfeeding cases-including assessment, management and how a team approach can help
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### Breastfeeding Telephone Care

*Pamela Heggie, MD, IBCLC, FAAP, FABM - Central Pediatrics, St. Paul*

*Sheila Humphrey, RN, IBCLC - Hennepin County Medical Center, Minneapolis*

*Karin Kishel, RN, CLE - Fairview-University Children's Clinic, Minneapolis*

#### Objectives:

1. Outline general principles of breastfeeding telephone care
2. Identify references and resources available for primary care clinics to use for telephone triage and advice
3. Discuss breastfeeding telephone care case examples

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## Objectives and Speaker Information

### Baby Weight Checks and Beyond

*Pamela Heggie, MD, IBCLC, FAAP, FABM, Central Pediatrics, St. Paul, MN*

*Sheila Humphrey, RN, IBCLC, Hennepin County Medical Center, Minneapolis*

*Karin Kishel, RN, CLE, Fairview-University Children's Clinic, Minneapolis*

#### Objectives:

1. Discuss the approach to a breastfeeding baby with slow weight gain or weight loss
2. Define ways to increase milk supply in breastfeeding women
3. Review ways to counsel and empower mothers and families of all backgrounds to reach their infant feeding goals

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## Breastfeeding Management in Primary Care - a workshop for physicians

This continuing education opportunity for physicians will include a case-based presentation and physician panel discussion about breastfeeding management in the primary care setting.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Minnesota Medical Association (MMA) through the joint providership of St. Luke's and Healthy Northland/Minnesota Breastfeeding Coalition. St. Luke's is accredited by MMA to provide continuing medical education for physicians.

St. Luke's designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

6:45 a.m. – 7:00 a.m. Registration, breakfast provided

7:00a.m. – 8:30 a.m. Breastfeeding Management in Primary Care - a workshop for physicians  
*Pamela Heggie, MD, IBCLC, FAAP, FABM - Pediatrician and Breastfeeding Medicine Specialist, Central Pediatrics, St. Paul, MN*  
*Addie Licari, MD, FAAFP, Family Medicine - St. Luke's Mount Royal Medical Clinic, Duluth*  
*Lorraine Turner, MD, ABIHM, Family Medicine - Center for American Indian Resources, Fond du Lac Human Services Division, Duluth*

## Objectives and Speaker Information

### Breastfeeding Management in Primary Care - a workshop for physicians

*Pamela Heggie, MD, IBCLC, FAAP, FABM-Pediatrician and Breastfeeding Medicine Specialist, Central Pediatrics, St. Paul, MN*

*Addie Licari, MD, FAAFP, Family Medicine - St. Luke's Mount Royal Medical Clinic, Duluth*

*Lorraine Turner, MD, ABIHM, Family Medicine - Center for American Indian Resources, Fond du Lac Human Services Division, Duluth*

#### Objectives:

1. Discuss the assessment and management of sore nipples and breast pain
2. Outline the approach to a breastfeeding baby with slow weight gain or weight loss
3. Define ways to increase milk supply in breastfeeding women
4. Discuss infant ankyloglossia and indications for frenotomy
5. Describe how to determine the safety of maternal medications during breastfeeding