

# 2020 North Carolina Lactation Educator Program (Fall)

*(Webinar Only)*

Three Webinars: One and One half days each

Aug. 24– 25, Oct. 19 – 20, Dec. 2 – 3

**Plus two clinical days to be scheduled**



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### Target Audience

Health care professionals including lactation consultants, physicians, midwives, health educators, nurses, nutritionists, social workers, and others who provide care to mothers and infants in any health care setting are encouraged to participate.

As part of its commitment to diversity and inclusion, the Northwest AHEC and Wake Forest Baptist Health provides compassionate education and respectful care for all, regardless of sexual orientation, gender identity or expression.

### Overview

This seven-day course targets health care professionals who work with breastfeeding mothers, and offers necessary knowledge and skills for providing basic breastfeeding management and support. These skills focus on basic prenatal and postpartum counseling, and the management of common concerns and clinical problems.

The interactive training involves five days of didactic sessions, two days of clinical rotations and an independent study assignment. The clinical days will be scheduled to occur between the first two days and last 2 days of the program.

**Upon completion of this knowledge program, participants should be better able to:**

- Discuss factors that contribute to the breastfeeding decision.
- Explain the importance of optimal positioning and latch-on.
- Identify common considerations and causes of issues with milk supply.
- Describe hospital policies that contribute to successful breastfeeding.

## Credit

- 70.480 Contact Hours from Northwest AHEC
- 7.048 CEUs from Wake Forest School of Medicine
- 68.480 L CERPs allocated by IBLCE #C2002069
- 2.0 E CERPs allocated by IBLCE #C2002069

## Cost and Registration

Registration Fee – \$450  
\$400 Health Department Discount Rate

Space is limited and preregistration is required! Tuition includes both didactic and clinical training, resource manual and teaching materials and credits for five didactic days. A minimum of 10 participants is required with a limit of 50!

**Register and pay online** at [www.northwestahec.org](http://www.northwestahec.org) or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, and American Express) accepted online. Personal check, corporate check, money order, or WFBMC internal transfer accepted by mail.

**Payment Policy**—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

**Refund Policy**—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. **Cancellations must be in writing (fax, email or mail).** You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

For questions and special needs: We want to assure that all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please call Michelle Adams at least five working days prior to the program at 336-713-7726.

**Note**—Registering for and attending this program authorizes Northwest AHEC/Wake Forest School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations.

## General Information

Limited enrollment: 50 registrants maximum! (fall class) Before submitting your registration, please call Michelle Adams at 336-713-7726 or email micadams@wakehealth.edu to determine availability.

Please note: you must attend 90 percent of the day (seven hours of an eight-hour day) in order to receive credit and not be required to repeat the day.

A minimum number of 10 participants is required in order for the course to be held during the fall and a maximum of 50.

In the event of a national catastrophe or the minimum number of 10 registrants is not met, the program may be cancelled. Should this occur, all registrants would be notified via email at least two weeks before the program is scheduled to begin or as soon as possible.

## Faculty

### **Janice Andrews, MSN, RN, CTN**

Private Consultant  
JAMARDA Resources

### **Sheila Britt-Smith, MEd, RD, IBCLC**

Breastfeeding Coordinator/WIC Program  
Forsyth County Department of Public Health

### **Georganna Cogburn, MS, RD, LDN, IBCLC**

Regional Lactation Trainer  
MAHEC Regional Services

### **Lauri Cox, RN, MSN, FNP-C, IBCLC**

Lyndhurst Ob/Gyn Associates

### **Lucy Downey, MD, IBCLC, FAAP**

Pediatrician  
Pioneer Pediatric Clinic of Danbury

### **Montana Wagner-Gillespie, MS, IBCLC**

Manager, WakeMed Mothers' Milk Bank  
WakeMed Health & Hospitals  
Raleigh, NC

### **Jennifer L. Holman, MD**

Assistant Professor  
Department of Pediatrics  
Wake Forest Baptist Health

### **Karen Horner, BSN, IBCLC**

Lactation Consultant  
Novant Health Forsyth Medical Center

### **Shelley Kreiter, MD**

Westgate Pediatrics  
Wake Forest Community Physicians

### **Chiara Phillips, MS, RD, LDN, IBCLC**

State Breastfeeding Coordinator  
Nutrition Services Branch-Division  
of Public Health  
N.C. Department of Health and Human  
Services

### **Maryanne Tigchelaar Perrin, PhD, MBA, RD**

Assistant Professor of Nutrition  
University of North Carolina at Greensboro

### **Mary Showalter, IBCLC**

Lactation Consultant  
Novant Health Forsyth Medical Center

### **Polly Sisk, PhD, RD, IBCLC**

Department of Neonatology  
Novant Health Forsyth Medical Center

### **Jimmy Stimpson, BA, IBCLC**

Lactation Consultant  
Novant Health Forsyth Medical Center

### **Catherine Sullivan, MPH, RD, LDN, IBCLC**

Clinical Instructor and Director of Training  
Carolina Global Breastfeeding Institute  
Department of Maternal and Child Health  
Gillings School of Global Public Health  
University of North Carolina at Chapel Hill

# Topics

Anatomy and physiology

Attitudes and cultural beliefs

Benefits and contraindications

Breast assessment

Coalition building

Maternal and infant nutrition

Nipple confusion/preference

Positioning and latch-on

Fussy baby

Hypoglycemia

Ineffective sucking

Insufficient milk supply

Jaundice

Mastitis

Slow weight gain

Thrush

Prematurity

Sleepy baby counseling techniques

Postpartum care

Prenatal issues

Psychosocial issue

Pumps and other equipment

Working and breastfeeding

Engorgement

Facilitating lactation

Current data

Jointly provided by:



# Registration Form

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Name \_\_\_\_\_

Profession \_\_\_\_\_ Degree \_\_\_\_\_

Job Title \_\_\_\_\_

Last Four Digits of Primary Phone # (required) \_\_\_\_ \_\_\_\_ \_\_\_\_ \_\_\_\_

Employer Name \_\_\_\_\_

**Contact Method:**  Mail Only  Email Only  Both

**Mailing Address:**  Home  Work

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

**Email Addresses:**

Work \_\_\_\_\_ Home \_\_\_\_\_

**Payment Method:**

Ways to Register:

- ▶ **Register online** by clicking the following link: [www.nwahec.org](http://www.nwahec.org) Visa, MasterCard, and American Express accepted online only. Payment by check option available for this activities.
- Make check payable** to Wake Forest University Health Sciences and mail, with registration form, to:  
Wake Forest School of Medicine / NW AHEC  
Medical Center Boulevard, Winston-Salem, NC 27157-1060  
Attention: Michelle Adams
- WFBMC Internal Transfer:** 25-digit chartfield #  
\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_
- Employer will make payment.** Supervisor completes below and faxes registration to 336-713-7701.

Supervisor's Name (Printed)

Signature

Phone

Please share this information with a colleague