

# 11<sup>th</sup> Annual Breastfeeding Forum

May 3, 2023 \ 10 am–3:15 pm

**In-person!**

**Mission Health  
A/B Tech Conference Room  
16 Fernhurst Drive  
Asheville, NC**

## Program Overview

This one-day conference will focus on techniques to assist women with breastfeeding, and update care providers on breastfeeding techniques and tips to ensure a successful breastfeeding experience.

## Who Should Participate

This program targets lactation consultants, WIC staff members, registered dietitians, health educators, peer counselors, nurses, social workers, childbirth educators and others who assist women with breastfeeding.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

## Objectives

**Upon completion of this program, participants will be able to:**

- Identify strategies to establish and maintain milk supply when feeding a preterm newborn.
- List common differences between late preterm and full term infants.
- Describe ways to support breastfeeding when an infant is born between 35 – 37 weeks gestation.
- Discuss strategies for progressing to exclusive breastfeeding when early supplementation is medically necessary.
- Discuss with a patient what constitutes a healthy diet during lactation.
- Explain the impact of galactagogues on milk production.
- Explain how to educate and support a patient with antenatal milk expression.
- Identify how to support a patient who may be involved in high risk activities.



Register online at [northwestahec.org](http://northwestahec.org)

## Faculty

**Shelia Britt-Smith, MEd, RD, IBCLC**  
Assistant WIC Director/Breastfeeding Coordinator  
Forsyth County Public Health Department

**Georganna Cogburn, MS, RD, LDN, IBCLC**  
Regional Lactation Trainer  
MAHEC Regional Services

**Julie Cunningham, MPH, RDN, LDN, CDCES, IBCLC**  
Registered Dietitian  
Julie Cunningham Nutrition, LLC

**Hannah Edens MPH, RD, LDN, IBCLC, RLC**  
Director NC WIC LATCH program  
Region 2 Lactation Trainer

**Rathika Nimalendran, MD**  
Family Medicine Faculty, Special Projects  
Mountain Area Health Education Center

*Jointly Provided by:*

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System and Mountain Area Health Education Center and Region 1 WIC LATCH (Lactation Area Training Center for Health).

This program is financially supported by education funds to NC WIC Perinatal Region 1 WIC LATCH (Lactation Area Training Center for Health) by NC Department of Health and Human Services Community Nutrition Services Section



**Wake Forest University  
School of Medicine**

**NORTHWEST AHEC**

PART OF NC AHEC

## Cost and Registration

\$85—Registration fee

\$75—Group of three or more, registering together

**Registration fee** includes instructional and administrative costs, certificate of completion, program materials and lunch.

**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 (email)**. 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 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.

## Credit

3.75 Contact Hours from Northwest AHEC

3.75 Nursing Contact Hours

Northwest Area Health Education Center (NWAHEC) 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.

Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation .

Application has been submitted to the Commission on Dietetic Registration for 3.5 CPEUs.

2.75 IBLCE L CERPs. Long-term provider number assigned to Northwest Area Health Education Center: COT121-01

1.0 IBLCE R CERPs. Long-term provider number assigned to Northwest Area Health Education Center: COT121-01

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

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

## Agenda

**Wed, May 03, 2023**

**9:30 am** Check In

**10 am** Breastfeeding Support for the Late Preterm Infant

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

**11:15 am** Stretch Break

**11:30 am** Pumps, Pumps, Pumps: Solutions for Situations

Shelia Britt-Smith, MEd, RD, IBCLC

**Noon** Lunch/Stretch Break

**1 pm** How Does What I Eat Effect my Baby Who is Nursing?

Julie Cunningham

**2 pm** Stretch Break & Door Prizes

**2:15 pm** Supporting a Lactating Parent with High Risk Concerns

Rathika Nimalendran, MD

**3:15 pm** Wrap Up

## Hotel Information

A room block has been reserved at the Hampton Inn & Suites, Asheville Biltmore Village. Please click on the link below to go to the attendee website and book your room at the discounted rate.

[View lodging website](#)

## For More Information and Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Michelle Adams at least five working days prior to the activity by calling 336-713-7726 or emailing [micadams@wakehealth.edu](mailto:micadams@wakehealth.edu).

**Note** – If you have not received confirmation of your registration 24 hours before the program date, please call Michelle Adams at 336-713-7726 or email [micadams@wakehealth.edu](mailto:micadams@wakehealth.edu) to verify the status of your registration.

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## Registration Fee

Register online at [northwestahec.org](http://northwestahec.org)

- \$85 — Registration fee
- \$75 — Group of three or more, registering together

## Registration Form

Last four of your preferred phone number:

\* required

First Name MI Last Degrees (e.g., MD)

Profession Job Title

Home Address City State Zip County

Home Phone Cell Phone

Employer

Employer Address City State Zip County

Employer Phone Employer Fax

Email Required \_\_\_\_\_

- Preferred Email
- Home Email
- Work Email

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

### Ways to Register:

- Register online** by clicking the following link: [www.nwahec.org/69149](http://www.nwahec.org/69149) (recommended)

Visa, MasterCard, and American Express accepted online only.

Payment by check option also available.

- Make check payable** to Wake Forest University Health Sciences and mail, with registration form, to:

Wake Forest University School of Medicine / NW AHEC

Medical Center Boulevard, Winston-Salem, NC 27157-3311

Attention: Michelle Adams

- Atrium Health Internal Transfer:** \_\_\_\_\_ **Project** \_\_\_\_\_

Comp Op Unit Cost Ctr Nat Acct Program Fund

- Employer will make payment.** Supervisor completes below and emails to [micadams@wakehealth.edu](mailto:micadams@wakehealth.edu)

Supervisor's Name (Printed)

Signature

Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.