

# 2024 North Carolina Lactation Educator Training Program - Fall

## Online Self-Paced Learning

Aug. 5, 2024 – Oct. 7, 2024

Last day to register Sept. 23, 2024

All modules must be completed by Oct. 7, 2024

## In-Person Skills Day

Oct. 22, 2024, 1 PM – 5 PM **OR** Oct. 23, 2024, 8 AM – 12 PM

Holiday Inn Express  
110 Miller Street  
Winston Salem, NC

There is limited seating for the skills days. Only participants who have registered for and completed the online self-paced learning may register for skills days.



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

## Program Overview

This course focuses on skills needed for providing basic breastfeeding management and support - including prenatal and postpartum counseling and management of common concerns and clinical problems.

The 2024 North Carolina Lactation Educator Training Program consists of online self-paced training modules and a separate in-person skills day. All modules should be completed by Oct 7<sup>th</sup>. You will need to register separately for the in-person skills day.

Following the completion of the online self-paced modules, the participant should register for the in-person skills day.

## Who Should Participate

Healthcare professionals (including those that provide care to lactating/breastfeeding parents or infants). Physician Assistants, Midwives, Nurse Practitioners/Nurses, Nutritionists Health Educators

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.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.

## Registration Fee

\$400— Registration fee for online modules

\$100— Registration fee for required in-person skills day

**Register and pay online** at [nwahec.org](http://nwahec.org) or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, Discover and American Express) or Atrium Health Wake Forest Baptist internal transfer accepted online. Personal check, corporate check are 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 the corporate payment has not been received two weeks post activity, your personal credit card or check will be charged or cashed. 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 five 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 five days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.



**Wake Forest University**  
**School of Medicine**

**NORTHWEST AHEC**  
PART OF NC AHEC

# 2024 North Carolina Lactation Educator Training Program - Fall

## Online Self- Paced Modules

Aug. 5, 2024 – Oct. 7, 2024

Last day to register is Sept. 23, 2024

All modules must be completed by Oct. 7, 2024.

### Objectives

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

- Identify the most common barriers to breastfeeding.
- Identify the most common reasons parents choose to breastfeed.
- Recognize quality resources for evidence-based breastfeeding practice(s).
- Describe the physiological process of milk production.
- Assess the adequacy of infant intake.
- Describe infant behaviors and cues related to feeding.
- Apply counseling techniques using open-ended questions, probing questions and validating the responses before providing education.
- Explain the importance of optimal positioning and latch-on.
- Identify common considerations and causes of issues with milk supply.
- Describe signs, symptoms and strategies for supporting parents experiencing common breastfeeding concerns.
- Become familiar with breast pumps that patients use.
- Explore resources for breastfeeding women returning to work.
- Explain strategies for helping at risk breastfeeding mothers.
- Describe the special needs of late preterm infants.
- Explain the impact of cultural traditions and beliefs on the breastfeeding family.

### Credits

- 20 Contact Hours from Northwest AHEC
- 13.0 IBLCE L CERPs

Long-term provider number assigned to Northwest Area Health Education Center: COT121-01

- 7.0 IBLCE R CERPs

Long-term provider number assigned to Northwest Area Health Education Center: COT121-01

- 20 Nursing Contact Hours

Northwest Area Health Education Center (Northwest AHEC) 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.

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.

**Registration fee – \$400**

**[Register for the online modules at www.nwahec.org/73981](http://www.nwahec.org/73981)**

## Required In-Person Skills Day

Oct. 22, 2024, 1 PM – 5 PM **OR** Oct. 23, 2024, 8 AM –12 PM

Holiday Inn Express  
110 Miller Street  
Winston Salem, NC

### Objective:

- Apply skills related to position and latch-on, common concerns, and counseling skills related to breastfeeding.

### Credit:

- 4.0 Contact Hours from Northwest AHEC
- 4.0 Nursing Contact Hours

Northwest Area Health Education Center (Northwest AHEC) 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.

- 4.0 IBLCE L CERPs

Long-term provider number assigned to Northwest Area Health Education Center: COT121-01

**Registration fee – \$100**

**Participants MUST register for ONE of the below skill days:**

Oct. 22, 2024, 1PM – 5 PM

**[Register online at nwahec.org/73982](http://www.nwahec.org/73982)**

OR

Oct. 23, 2024, 8 AM-12 PM

**[Register online at nwahec.org/73983](http://www.nwahec.org/73983)**

**Please note participants must register for the skills day separately from the online self-paced modules. Participants must have completed the online self-paced modules prior to attending the skills day. Participants may not register only for the skills day.**

## For More Information and Assistance

If you have questions about registering or need auxiliary aids or special services to attend this program, please contact Michelle Adams by calling 336-713-7726 or emailing [micadams@wakehealth.edu](mailto:micadams@wakehealth.edu)

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.

# 2024 North Carolina Lactation Educator Training Program - Fall

Online self-paced learning available from Aug. 5, 2024 - Oct. 7, 2024 (Last date to register is Sept. 23, 2024)

Required in-person skills day Oct. 22, 2024 (1 PM - 5 PM) **OR** Oct. 23, 2024 (8 AM - 12 PM)

[Register online or use the form below](#)

## Registration Form

\$400—Registration fee for online modules

\$100—Registration fee for required in-person skills day

Oct. 22, 2024 / 1 PM - 5 PM

Oct. 23, 2024 / 8 AM - 12 PM

\* Participants MUST register for both the modules and in-person skills day.

Last 4 digits of Primary 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 for the online modules at www.nwahec.org/73981](http://www.nwahec.org/73981)

[Register for the Oct. 22, 2024 skills day at www.nwahec.org/73982](http://www.nwahec.org/73982)

[Register for the Oct. 23, 2024 skills day at www.nwahec.org/73983](http://www.nwahec.org/73983)

Make check payable to Wake Forest University Health Sciences and mail registration form and payment to:

Wake Forest University School of Medicine / NW AHEC

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

Attention: Michelle Adams

Atrium Health Wake Forest Baptist Internal Transfer:

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Comp Op Unit Cost Ctr NatAcct Program Fund

Employer will make payment. Supervisor completes below and faxes registration to 336-713-7701.

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.