

The Central Jersey Family  
Health Consortium

Presents

## ***Breastfeeding Support The Nurse's Role***



**February 23 & 24, 2016**

**7:15 A.M. - 4:30 P.M.**



2 King Arthur Court, Suite B  
North Brunswick, New Jersey 08902  
[www.cjfhc.org](http://www.cjfhc.org)

### **Objectives**

By the end of this program participants will be able to:

- Identify hospital practices, public health policies, cultural beliefs and support systems that promote breastfeeding.
- Discuss the benefits of exclusive breastfeeding supported by research.
- Relate the production of breast milk to maternal hormones and newborn suckling.
- Explain how skin to skin facilitates latch and breastfeeding.
- Identify appropriate positioning of mother and baby for a successful latch.
- Relate the newborn's states of alertness, neuromuscular development, and orientation to the ability to latch and suckle.
- Identify the signs of sufficient milk supply.
- Identify the proper equipment and hands on skills needed for instructing the mother on manual expression and pumping.
- Describe the breastfeeding challenges faced by the mother and her preterm and/or near preterm infant.
- Identify the assessments and interventions for newborns with cleft lip and palate, jaundice, hypoglycemia and nipple aversion.
- Select interventions for the mother experiencing: nipple soreness, cracked and bleeding nipples, engorgement, and mastitis.
- Summarize factors which must be considered in individual situations associated with drugs and breastfeeding.
- Discuss the use of pasteurized human donor milk.
- Demonstrate at least 2 skills: breast, latch, and infant state assessment/ interventions; positioning, communication, pumping, manual expression, use of alternative feeding methods, formula preparation, and suck training.

### **Purpose**

The purpose of this two day program is to provide evidence-based breastfeeding education to nurses working in hospitals and their affiliated clinics so they can better support the mother-infant dyad.

### **Continuing Education**

This program has been awarded 8.0 nursing contact hours for each day.

The Central Jersey Family Health Consortium is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Provider number P92-3/14-17.

Provider approval is valid through March 31, 2017.

To receive a contact hour certificate for each day, participants must sign-in, take all tests, complete skill stations for day, and complete an evaluation.

### **Disclosures**

There is no commercial or non-commercial support for this continuing nursing education activity. Planners and speakers do not have any financial disclosures to make.

### **Questions**

Fran Lo Raso  
732-937-5437, ext 110  
or [floraso@cjfhc.org](mailto:floraso@cjfhc.org)

**Course size limited, register early!**

**Please dress in layers as there may be temperature fluctuations in the room.**

Registration Form

Breastfeeding Support The Nurse’s Role  
February 23 & 24, 2016

Registration Deadline: February 17, 2016

Name:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_

Phone:\_\_\_\_\_

E-mail:\_\_\_\_\_

Affiliation:\_\_\_\_\_

Textbook is required. (See Prerequisite)

If you are employed at a CJFHC member hospital, a  
loaner textbook is available at your institution.  
Please ask your OB manager, educator or lactation  
consultant about the textbook.

For all other participants the fee includes the  
textbook.

Please select a choice

Number of Days Attending and Fee

Consortium  
Member Hospitals\*

All Other  
Participants

Both Days

Day 1 only

Day 2 only

\_\_\_\_\$50.00

\_\_\_\_\$35.00

\_\_\_\_\$35.00

\_\_\_\_\$130

\_\_\_\_\$100

\_\_\_\_\$100

Payment Options:

• Online registration via PayPal, go to [www.cjfhc.org](http://www.cjfhc.org) —  
look under “Upcoming Events”  
or

• Make check payable to CJFHC and mail with  
registration form to:

Central Jersey Family Health Consortium

2 King Arthur Court, Suite B

North Brunswick, NJ 08902

Attn: Fran LoRaso

| Day 1 |                                                                                                                                                               |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:15  | Registration, Continental Breakfast                                                                                                                           |
| 7:30  | Welcome and Announcements                                                                                                                                     |
| 7:35  | Pretest                                                                                                                                                       |
| 7:45  | Determinants of Breastfeeding:<br>The Impact of Values, Beliefs,<br>Culture, Communication with New<br>Parents, Health Care Practices, and<br>Public Policies |
| 8:30  | Human Milk Supply: Anatomy and<br>Physiology, and Breast Assessment                                                                                           |
| 9:45  | BREAK                                                                                                                                                         |
| 9:55  | Assessment of the Newborn’s<br>Abilities and Role During Skin to<br>Skin and Breastfeeding                                                                    |
| 11:05 | Skills Stations                                                                                                                                               |
| 11:40 | LUNCH                                                                                                                                                         |
| 12:15 | Positioning and Latch: Assisting<br>and Assessing the Dance of<br>Breastfeeding                                                                               |
| 1:20  | Breastfeeding Considerations for<br>The Late Preterm Infant                                                                                                   |
| 2:20  | BREAK                                                                                                                                                         |
| 2:30  | Skills Stations                                                                                                                                               |
| 3:05  | Alternative Feeding Methods                                                                                                                                   |
| 4:10  | Written Test                                                                                                                                                  |
| 4:25  | Evaluation                                                                                                                                                    |
| 4:30  | Adjournment                                                                                                                                                   |

| Day 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 7:15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Registration, Continental Breakfast                                                                     |
| 7:30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Welcome and Announcements                                                                               |
| 7:35                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Pretest                                                                                                 |
| 7:45                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Newborn Issues: Breastfeeding the<br>Newborn with Jaundice,<br>Hypoglycemia, and Sucking<br>Dysfunction |
| 9:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Skill Stations                                                                                          |
| 9:30                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | BREAK                                                                                                   |
| 9:40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Best Practices for the Breastfed<br>Baby in the NICU                                                    |
| 11: 40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | LUNCH                                                                                                   |
| 12:10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Maternal Breastfeeding Problems:<br>Early and Late Postpartum                                           |
| 1:25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Maternal Medications and Potential<br>Affect on the Baby                                                |
| 2:25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Human Milk Banking                                                                                      |
| 2:55                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | BREAK                                                                                                   |
| 3:05                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Hospital Practices and Continuing<br>Family Support, the Working Mother                                 |
| 3:35                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Skill Stations                                                                                          |
| 4:05                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Written Test                                                                                            |
| 4:20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Evaluation                                                                                              |
| 4:25                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Adjournment                                                                                             |
| *CJFHC Member Hospitals: Capital Health, CentraState Medical<br>Center, Community Medical Center, Hunterdon Medical Center,<br>Jersey Shore University Medical Center, Monmouth Medical<br>Center, Ocean Medical Center, Raritan Bay Medical Center,<br>Riverview Medical Center, Robert Wood Johnson University<br>Hospital, RWJ Hospital at Somerset, Saint Peter’s University<br>Hospital, Southern Ocean Medical Center and University Medical<br>Center of Princeton at Plainsboro. |                                                                                                         |
| In case of inclement weather call 732-937-5437<br>after 6AM in the morning.                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                         |

Target Audience

Attendees will include nurses who work in  
maternal and child health, in acute care and  
outpatient settings.\* The course supports  
the BabyFriendly curriculum requirement  
for hospital staff education.

Prerequisite

Assigned Reading

“Maternal and Infant Assessment for  
Breastfeeding and Human Lactation: A  
Guide for the Practitioner,” 2nd Edition by K.  
Cadwell, C. Turner-Maffeï, et al., 2006, Jones  
and Bartlett Publishers.  
ISBN 13: 978-0-7637-3577-7

Faculty

Anne E. Beattie, BS, RN, IBCLC, LCCE, FACCE,  
CIMIC Community Lactation Support

Rachel Cruz, RN, IBCLC  
Robert Wood Johnson University Hospital

Olga Emerson, MS, RNC, IBCLC  
Robert Wood Johnson University Hospital

Elizabeth Piano, MA, RNC, IBCLC, LCCE  
Nurse Educator

Diane Procaccini, MSN, RN, IBCLC  
Capital Health

Ellen Shuzman, PhD, RNC-OB, APN, NEA-BC, CLC  
Central Jersey Family Health Consortium

Ellen Strong, MPH, RN  
Central Jersey Family Health Consortium

Driving Directions

Please do not use GPS, Google or Mapquest as they  
bring you to a locked entrance. You can **only enter  
the complex from Route 1. For directions go to:  
www.cjfhc.org.**  
When you arrive at 2 King Arthur Court, please do  
not park in reserved spots or in non-parking areas;  
cars will be towed.