The 26th Annual Iowa Breastfeeding Conference

May 20-21, 2015

Kathleen Kendall-Tackett Ph.D., IBCLC
Catherine Watson Genna BS, IBCLC

NEW LOCATION
Airport Holiday Inn Convention Center

6111 Fleur Drive, Des Moines, IA 50321
Program Purpose and Intended Audience

To enable the learner to provide evidence based care, education, and support to the breastfeeding mother and her family.

May 21st Objectives

1. Discuss newborn breastfeeding behaviors and competencies and the importance of immediate skin to skin contact in facilitating breastfeeding.
2. List three conditions that may compromise breastfeeding.
3. Describe the six factors related to weight gain and how they are related to differences by ethnic group and social economic status.
4. Describe the role of insulin and safety mechanisms in weight gain, and how breastfeeding addresses both of these.
5. List three myths about tongue-tie that reduce access to frenotomy.
6. Detail four strategies to help tongue-tied infants to breastfeed more effectively.
7. Describe the three components of the stress response and the impact of the immune system on mother’s mental health.
8. Describe the role of breastfeeding and standard treatments for depression in lowering inflammation and down regulating the stress response.

Continuing Education Credits

- May 20th 1:00 pm & 3:30 pm Sessions will be approved for .2 CEUs per session by Iowa Board of Nursing Provider #31, UnityPoint Health-Des Moines.
- May 20th 1:00 pm & 3:30 pm Sessions will be approved for 2 CEUs per session for registered and licensed dietitians.
- May 21st will be approved for .6 CEUs by Iowa Board of Nursing Provider #31, UnityPoint Health-Des Moines.
- May 21st will be approved for 5 CEUs for registered and licensed dietitians.
- CERPs for May 20th and 21st for certified lactation consultants have been applied for.

Location/Accommodations

A block of rooms has been reserved at the Airport Holiday Inn in Des Moines, Iowa under the code BRE. The rate for a room with a king or 2 queen beds is $98 plus tax. You will need to call (515) 287-2400 by April 28, 2015 for the conference rate. The hotel is conveniently located on the south side of Des Moines, directly across from the Des Moines International Airport.

Infants Attending Conference

Mothers may bring quiet babies less than six months of age into the sessions. Due to the professional nature of this conference, most mothers find it easiest to bring a support person along to provide baby care outside the meeting room. Please respect the learning needs of other participants and care for your baby outside the meeting room if needed.

Lactation Room

If you are in need of a lactation room for pumping, please email Dina Wendelin by May 13th at Dina.Wendelin@unitypoint.org. The day of the conference, please check at the conference registration desk for a lactation room key.

Refunds

A processing fee of $25 will be retained for all cancellations. There will be no refunds after May 13th. Refunds will be processed after the program.

No conference funding is accepted from the makers of breast milk substitutes.
Early Afternoon Session

12:00 pm  Registration
1:00 pm  Evidence Based Lactation Support: Anatomy, Physiology and Function
         Catherine Watson Genna
3:00 pm  Evaluation/Adjourn

Recent research has revolutionized our understanding of breast anatomy, the physiology of the control of milk synthesis, optimal positioning, and the infant’s contribution to breastfeeding success. This presentation highlights new findings that affect how we support and assist mothers in learning to breastfeed their infants.

Objectives:
After completion, the participant should be able to:
1. Detail three processes that control speed and volume of milk secretion in the human breast.
2. Identify the primary tongue movements identified in recent ultrasound studies that are responsible for milk transfer from the breast.
3. Identify four important aspects of breastfeeding management that impact milk production and infant intake.

Late Afternoon Session

3:00 pm  Registration
3:30 pm  Mother-Infant Sleep Location and Nighttime Feeding Behaviors
         Kathleen Kendall-Tackett
5:30 pm  Evaluation/Adjourn

The controversy around mother-infant bedsharing continues to grow, and mothers are told to never bedshare. Is this approach effective in keeping infants safe? This presentation reviews data from recent studies on sleep location and SIDS, and also review data from the recent Survey of Mother’s Sleep and Fatigue. Recommendations for promoting safe infant sleep will be shared.

Objectives:
After completion, the participant should be able to:
1. Describe the controversy of bedsharing.
2. Describe incidence of bedsharing in previous studies and the results from the Survey of Mother’s Sleep and Fatigue.
3. Identify factors that influence bedsharing.
Registration Form

Name ___________________________ License Number ________________

Title ___________________________ Home Address ____________________________

City, State, Zip ____________________________

Employing Agency ____________________________

Employing Agency Address ____________________________

Email Address ___________________________ Phone __________________________

☐ I want to attend all 4 events ($185)
☐ I want to attend only May 20th morning session, Iowa Breastfeeding Coalition Meeting ($20)
☐ I want to attend only May 20th early afternoon (1:00 pm) CEU session ($25)
☐ I want to attend only May 20th late afternoon (3:30 pm) CEU session ($25)
☐ I want to attend only May 21st day long session ($115)

☐ I want to pay by Check

Please make check payable to: UnityPoint Health Des Moines

☐ I want to pay by Credit Card

Name on Card ____________________________

☐ Mastercard ☐ Visa Card ☐ Discover Card

Card Number ____________________________

Expiration Date ________________ CW2 Code (3 digit) __________

Signature ____________________________

☐ Total amount enclosed and/or applied to credit card $______________

Meal Preference

☐ I would like a vegetarian meal for May 21, 2015.
☐ I would like a gluten-free meal for May 21, 2015.

For questions please contact Dina Wendelin at (515) 241-5771 or Dina.Wendelin@unitypoint.org