

31st Annual Conference
Breastfeeding
Promoting and Protecting Babies' Health

March 17 – 18, 2020

Emory Conference Center
1615 Clifton Road, Atlanta, GA

Presented by

Division of Neonatal-Perinatal Medicine

Emory University School of Medicine

&

Children's Healthcare of Atlanta



EMORY
UNIVERSITY



Children'sSM
Healthcare of Atlanta

Agenda

Tuesday, March 17th

7:00-7:45 a.m.

Registration & Continental Breakfast

7:45-8:00 a.m.

Welcome

8:00-9:30 a.m.

Improving outcomes of VLBW infants by Optimizing the Use of Human Milk

Amy Hair, MD

Objective: Describe the benefits of the use of human milk for very low birth weight infants.

Abstract: Human milk feeding has health and developmental benefits for premature infants.

It is recommended that all premature infant receive human milk; mother's milk first, then supplemented with pasteurized donor human milk. Infants born < 1500 grams birth weight require extra nutrients and therefore need fortification of their feeds. An exclusive human milk-based diet (mother's milk/donor milk fortified with donor milk-derived fortifier) has been shown in randomized studies to reduce the incidence of necrotizing enterocolitis, decrease parenteral nutrition days, and decrease retinopathy of prematurity, sepsis and death when compared to a bovine-based diet (bovine fortifier or formula) in extremely premature infants. Mother's milk and strategies to promote breastfeeding should be emphasized to help improve outcomes in premature infants.

9:30-10:00 a.m.

Break

10:00-11:30 a.m.

Is it her hormones? Hormonal Imbalances and Insufficient Milk Supply

Lisa Marasco, MA, IBCLC, FILCA

Objective: Describe the impact of prolactin problems, thyroid dysfunction, insulin resistance and hypertension on lactation and formulate treatment strategies.

Abstract: Hormonal imbalances can have substantial effects on breastfeeding and milk supply. This presentation will describe the impact that prolactin, thyroid dysfunction, insulin resistance and hypertension have in breastfeeding mothers, including diagnostic and management strategies.

11:30-12:30 p.m.

Buffet Lunch (included)

12:30-1:30 p.m.

Improving long-term outcomes of term and preterm infants with human milk

Amy Hair, MD

Objective: Describe the benefits of human milk and how it improves long-term outcomes, especially neurodevelopment

Abstract: Human milk feeding has health and developmental benefits for both term and premature infants, including intestinal health. Data on long-term outcomes for the use of donor human milk and an exclusive human milk diet is limited. Recent data, however, suggest long-term benefits of human milk diets and breastfeeding including neurodevelopment and body composition.

1:30-2:30 p.m.

Perinatal Mood & Anxiety Disorders: More than Just Depression

Melissa Keane, LAPC, PMH-C

Objective: Identify and describe the different types of perinatal mood and anxiety disorders (PMADs) that can occur during pregnancy or postpartum.

Abstract: Depression is a common mood disorder affecting pregnant and postpartum women, but many other mood and anxiety disorders can also complicate this period. This presentation will review the spectrum of Perinatal Mood & Anxiety Disorders (PMADs) that occur in pregnancy and postpartum period, present statistics on prevalence of PMADs, and differentiate types of PMADs. It will also explore the public health impact of untreated PMADs on pregnancy, birth outcomes, maternal behavior and infant development.

2:30-3:00 p.m.

Break

3:00-4:00 p.m.

Perinatal Mental Wellness: Best Practices for Screening & Referring Pregnant & Postpartum Women

Melissa Keane, LAPC, PMH-C

Objective: Describe recommended protocol for screening women for perinatal mood and anxiety disorders, and identify at least 2 places to refer them to for support

Abstract: Perinatal mood and anxiety disorders (PMADs) complicate pregnancy and the postpartum period for many women.

4:00-5:00 p.m.

Recognizing when Things are Heading South: Investigating for Low Milk Production

Lisa Marasco, MA, IBCLC, FILCA

Objective: Differentiate and assess for the three main categories of true milk production problems

Abstract: Low milk supply is a common cause for breastfeeding failure and requires a methodical approach to uncovering the issues before corrective measures can be employed. This presentation will provide a framework for a detailed process of investigation in both the mother and infant to elucidate these issues and provide guidance on management.

5:00 p.m.

Recess

Wednesday March 18th

- 7:00-7:45 a.m. **Registration & Continental Breakfast**
- 7:45-8:00 a.m. **Welcome**
- 8:00-9:10 a.m. **Human Milk Components: Interaction with the Host**
Josef Neu, MD
Objective: List various bioactive components found in human milk that interact with the host
Abstract: Human milk is more than great nutrition! It's a living fluid filled with various bioactive components including cells, micro RNAs, microbes, metabolites, enzymes, immunoglobulins and more! The elements comprising human milk will be discussed in terms of their perceived function on the developing neonate.
- 9:10-9:30a.m. **Break**
- 9:30-10:30 a.m. **What does the Evidence Say? A Cochrane Review of Oral Galactogogues**
Lisa Marasco, MA, IBCLC, FILCA
Objective: Describe the current state of evidence for oral galactogogues and list at least five covered in the review.
Abstract: What is a galactogogue? What is safe? What truly works? This presentation will review the current literature on placebo-controlled trials of galactogogues, as well as comparisons between galactogogues. These reviews will cover both pharmaceuticals as well as botanicals and will address the quality and limitations of current data.
- 10:30-11:30 a.m. **Dynamic Strategies for Breastfeeding Education and Support**
Jan Tedder, BSN, FNP, IBCLC
Objective: Describe the HUG Strategy: "Start Here, not There". "See, then Share" and "Gaze, then Engage".
Abstract: Lactation specialists know that what is taught is not always what is learned! This presentation reviews characteristics of today's parents and offers three innovative teaching strategies that enhance lactation education, promote the parent-child relationship and boosts the confidence of today's parents.
- 11:30-12:30 p.m. **Buffet Lunch (included)**
- 12:30-1:40 p.m. **Donor Milk, Not a Panacea**
Josef Neu, MD
Objective: Review the pros and cons of donor milk use for preterm infants
Abstract: Donor milk is as good as Mother's Own Milk, or is it?? This presentation will review the literature related to donor milk use and how it compares to formula and baby's mother's own milk. After this presentation, conference participants will develop a more critical viewpoint of routine donor milk use, the benefits and limitations.

1:40-2:00 p.m.

Break

2:00-3:00 p.m.

Breastfeeding and the Physician: It's Complicated

Jennifer Nelson, MD, MPH, FAAP

Objective: Describe current efforts to improve breastfeeding-related physician education and training in the US.

Abstract: This session will explore breastfeeding-related education and training of physicians in the US. We will review evidence about physicians' perceptions of their breastfeeding training and the impact of physicians' personal breastfeeding experiences on their care of the breastfeeding dyad as well as describe current efforts to improve breastfeeding-related physician education and training in the US.

3:00-4:00 p.m.

Roadmap to Breastfeeding Success: Developmental Surges Impact Breastfeeding

Jan Tedder, BSN, FNP, IBCLC

Objective: Describe three developmental events (from birth to one year) that can be misunderstood by mother as a breastfeeding problem

Abstract: Through breastfeeding initiation is on the rise, mothers still struggle to meet their breastfeeding goals and international recommendations. Misunderstanding a baby's normal behavior is an often-overlooked reason mothers add formula, begin solids prematurely or abandon breastfeeding. This presentation reviews changes in development from birth to one year that can be misunderstood as a breastfeeding problem and offers resources to prepare families for these developmental events.

4:00 p.m.

Adjourn

Conference Description

The 31st Annual Conference was specifically designed to broaden perspectives and increase competence of those working in the area of breastfeeding and human lactation. Opportunities abound for caregivers, clinical experts, and researchers to interact with one another making it a brisk, lively forum for learning and sharing. Purpose: To protect, promote, and support breastfeeding by providing up-to-date information and evidence-based strategies for those working with breastfeeding families.

Objectives: At the conclusion of this conference, participants should be able to achieve the objectives listed under each topic. The conference will be presented in lecture format and question and answer sessions. Who Should Attend? This interdisciplinary meeting is for anyone involved in the care of the breastfeeding family including Lactation Consultants, Physicians, Nurses, Nurse Practitioners, Midwives, Dietitians, and others involved in perinatal care.

Continuing Education

Lactation Consultants: Application for CERPS will be submitted to the International Board of Lactation Consultant Examiners (IBLCE).

Medicine: This activity is approved for *AMA PRA Category 1 Credits™* through Children's Healthcare of Atlanta, which is accredited by the Medical Association of Georgia to provide continuing medical education for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: **This activity has been submitted to Children's Healthcare of Atlanta to provide contact hours.** Children's Healthcare of Atlanta is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has a pending application for maximum of 13.25 contact hours. Nurses licensed in other states are advised to check with that state regarding reciprocity.

Dietitians: Application will be submitted to the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetic, for 13.25 Continuing Professional Education Hours (CPEUs). Learning Codes: 4130 Pregnancy; 4140 Lactation; 5060 Neonates; 6000 Education, Training & Counseling. CPE Level: 2

Successful Completion: To obtain credit, participants must be registered for the conference, verify the sessions attended, and complete an evaluation form. A signed Attendance Verification Form **MUST** be turned in at the close of the conference. A QR code will be available at the conference or emailed to you for you to get credit.

Planning Committee

Heidi E. Karpen, MD, FAAP
Associate Professor of Pediatrics
Emory University/Children's Health of Atlanta

Tiffany Avera, MS, RD, LD/N
NICU Clinical Nutritionist
Children's Healthcare of Atlanta at Egleston

Ranita Hare, RN, MSN, IBCLC, RLC
Lactation Consultant
Emory University Hospital Midtown

Katie Smillie, CNM, IBCLC
Lactation Consultant
Emory Decatur Hospital

Elizabeth Collins, MD, MPH
Assistant Professor
Department of Gynecology & Obstetrics
Emory University

Beth Allen, BSN, IBCLC, RLC
Manager
Lactation Center, Northside Hospital Women's Center

Claire Eden, BA, IBCLC, Licensed Lactation Consultant
Director, EPIC Breastfeeding Education Program
American Academy of Pediatrics, Georgia Chapter

Jacqueline Jackson, RN, BSN, IBCLC, RLC
Unit Director, Special Care Nursery (NICU)
Grady Health System

Nancy Wagner, RNC-NIC, IBCLC, RLC
Clinical Nurse 5
Children's Healthcare of Atlanta at Egleston

Speakers



Amy Hair, MD
Assistant Professor
Program Director of Neonatal Nutrition
Program Director of NICU Intestinal Rehabilitation Team
Medical Director of Texas Children's Hospital Milk Banks
Section of Neonatology, Department of Pediatrics,
Baylor College of Medicine, Texas Children's Hospital



Lisa Marasco, MA, IBCLC, FILCA
Lactation Consultant
Santa Barbara County Public Health
Department
Nutrition Services/WIC



Melissa J. Keane, LAPC, PMH-C
Perinatal Mental Health Counselor
Postpartum Support International GA Chapter (PSIGA)



Josef Neu, MD
Professor of Pediatrics
University of Florida



Jennifer M. Nelson, MD, MPH, FAAP
LCDR United States Public Health Service
Medical Epidemiologist
Center for Disease Control & Prevention



Jan Tedder, BSN, FNP, IBCLC
President/CEO
Hug Your Baby

General Information:

Meeting Space:

The Pre-Conference Course on Monday, March 16, 2020 will be held in the Oak Amphitheatre located on the Garden Level of the Emory Conference Center Hotel.

The 31st Annual Conference on Breastfeeding on Tuesday, March 17 and Wednesday, March 18, 2020 will be held in the Lullwater Ballroom on the Garden Level of the Emory Conference Center Hotel.

Attire: Attire is business casual. Temperatures in the hotel can fluctuate so please dress accordingly. A jacket or sweater is recommended.

Buffet Lunch: Only paid registrants displaying an official course or conference name badge will be allowed free entrance to the dining room for the complimentary daily luncheon.

Little Participants: Quiet infants-in-arms are welcome but we regret that we cannot allow babies older than 6 months or any strollers in the conference room. As a courtesy to other participants, we ask moms to sit near an exit and attend immediately to any situation that may distract others including happy noises. If attempts to quiet your baby are unsuccessful, please leave the session and return when the infant is settled. In order to fully participate in the educational sessions, some mothers find it easier to bring a support person along to provide care for their children outside the meeting room.

Lactation Lounge: A room with comfortable seating will provide privacy to express milk (bring your own pump). Stop by the conference registration desk for location information.

Special Needs: Attendees who have dietary restrictions or anticipate physical barriers based on disability or pregnancy should call the meeting registrar at 404-727-3375 or attach a note to your registration.

Electronic Syllabus

For sustainability purposes, a printed syllabus will not be provided. The syllabus will be available for download beginning one week prior to the conference for registered attendees. The login instructions for accessing the handouts will be included in your confirmation e-mail.

Disclosures

The Continuing Education Committee and staff at Children's Healthcare of Atlanta are committed to planning and delivering education that is free from the influence and control of commercial entities including pharmaceutical and device manufactures. All speakers, planners and others in a position of control content agree:

- To disclose any financial relationships to the learners

- To present a balance view of therapeutic options and cite evidence-based studies whenever possible.
- To support clinical recommendations with the best available evidence from the medical literature.
- Not to accept direct payments from an ACCME-defined commercial interest.

Commercial Support: No funding, donations, nor support of any kind will be accepted from sources that do not comply with the International Code of Marketing of Breastmilk Substitutes.

Confirmation

Once registration has been processed, a confirmation letter will be emailed. If you have questions regarding your registration, please call 404-727-3375 or email tricia.williams@emory.edu.

Please present the confirmation letter when checking in at the meeting registration desk.

Hotel and Travel

Emory Conference Center Hotel
1615 Clifton Road, Atlanta, GA 30329
Tel: 404-712-6565; 1-800-933-6679
www.emoryconferencecenter.com

Registration: Special group rates start at \$169.00 single or double plus 16.9% tax. A limited number of guest rooms have been reserved and are being offered on a first come, first serve basis. The room block will be held until March 2, 2020, however the room block may be filled prior to this date. In such a case, neither the group rate nor guest room availability can be guaranteed. Therefore, we recommend you make your reservations as soon as possible. Reservations can be made by calling the hotel directly and identifying yourself as being a participant in this meeting or online at: -

<https://www.reseze.net/servlet/SendPage?hotelid=1519&skipfirstpage=true&page=157352>

Directions: Please refer to the Emory Conference Center website listed above.

Parking: Self-parking is complimentary.

Airport Shuttle: Transportation from Hartsfield-Jackson International Airport is available through Atlanta Superior Shuttle which is located at ground transportation center-green 5 & 6 (across from taxi stand). Advance registrations are requested. Phone: 770-457-4794.

Cancellations & Substitutions

Cancellation requests received by March 6, 2020 will receive a full refund less a \$50 processing fee. No refund will be given for cancellations received after this date. However, you may transfer your registration to a colleague by calling 404-727-3375 or email tricia.williams@emory.edu.

If this meeting is canceled for any reason, including labor strikes or acts of God, liability is limited to a full refund of registration fees.

Registration Methods

- Print and mail registration form (last page) with check made out to Emory University:
Attention: Tricia Williams, Division of Neonatology, 2015 Uppergate Drive, Atlanta, GA 30322
- Online: Visit <https://med.emory.edu/departments/pediatrics/divisions/neonatology/upcoming-events.html>
Brown Paper Ticket: <https://www.brownpapertickets.com/profile/941885>
All Major Credit Cards are accepted. Administrative fee of \$0.99 plus 5% of the ticket price will be charged.

Questions?

Contact Tricia Williams by phone 404-727-3375 or tricia.williams@emory.edu

31st Annual Conference on Breastfeeding
March 17-18, 2020
Emory Conference Center, Atlanta, GA

By registering for this conference, you acknowledge and agree to the cancellation policy stated in this brochure.

PLEASE PRINT CLEARLY

Name: _____

Home Address: _____

City/State/Zip: _____

Email: _____

Confirmation will be sent via email only

BADGE INFORMATION: Please enter your information as you would like it printed on your badge.

First Name: _____

Last Name: _____

Degree/Credentials (Please limit to 7 characters): _____

City & State: _____

PAYMENT MUST ACCOMPANY THE REGISTRATION FOR IT TO BE PROCESSED

REGISTRATION FEES

Registrations may not be shared.

	Early Bird Fees Received on or by March 1, 2020	Regular Fees Received on or by March 6, 2020	On-site Fees*
Pre-Conference Course (limited registration) (Monday Mar 16)	N/A	<input type="checkbox"/> \$150 General <input type="checkbox"/> \$100 Medical Students, Residents, Fellow, NNP students	N/A
Both Days (Mar 17-18)	<input type="checkbox"/> \$345	<input type="checkbox"/> \$395	<input type="checkbox"/> \$445
Tuesday Only (Mar 17)	<input type="checkbox"/> \$245	<input type="checkbox"/> \$270	<input type="checkbox"/> \$295
Wednesday Only (Mar 18)	<input type="checkbox"/> \$245	<input type="checkbox"/> \$270	<input type="checkbox"/> \$295

- No pre-registration will be accepted after March 13, 2020. After this date, please contact the registrar to see if space is available.