

*31st Annual Conference on
Breastfeeding
Promoting and Protecting Babies' Health*

March 8 – 9, 2021

{Virtual}

Zoom details will be provided after registration

Links to recorded talks will be provided to those that cannot join live

Presented by

Division of Neonatal-Perinatal Medicine

Emory University School of Medicine

&

Children's Healthcare of Atlanta



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Healthcare of Atlanta

Agenda

Monday, March 8th

- 12:25-12:30 p.m. **Welcome:** Heidi E. Karpen, MD
- 12:30-1:30 p.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.
- 1:30-2:30 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.
- 2:30-3:00 p.m. **Break**
- 3:00-4:30 p.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.

3.5Hrs CEU

4:30-5:30 p.m.

Moderated Topic Discussion Sessions

Session

COVID-19 and its Effects on Breastfeeding

Physicians Role in Optimizing Clinical Breastfeeding Support

Adoption of Universal Skin-To-Skin Policies

Georgia Perinatal Quality Collaborative (GaPQC) Breastfeeding Initiative

The Use of Donor Human Milk in Term/Near Term Infants as a Bridge to Breastfeeding

Tuesday, March 9th

12:25-12:30 p.m.

Welcome: Heidi E. Karpen, MD

12:30-2:00 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.

2:00-2:30 p.m.

Break

2:30-3:30 p.m.

Perinatal Mood & Anxiety Disorders: More than Just Depression

Melissa Keane, MD

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.

3:30-4:30 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.

4:30 p.m.

Adjourn

3.5Hrs CEU

Speakers



Josef Neu, MD
Professor of Pediatrics
University of Florida



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



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)

Planning Committee

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

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

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

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

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

Jacqueline Jackson, RN, MSN
Unit Director, Special Care Nursery (NICU)
Grady Health System

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

Nancy Wagner, RNC-NIC, IBCLC, RLC
Staff Nurse 4, Children's Healthcare of Atlanta at Egleston
Emory University

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. Although the main conference will be held as a Webinar this year due to COVID restrictions, the moderated topic discussion sessions will provide a format for healthcare providers, lactation specialists, clinical experts, and researchers to interact with one another making it a brisk, lively forum for learning and sharing.

Can't join us live? Recorded talks will be accessible to registered participants for 2 weeks following the conference.

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 virtual, online lecture format with question and answer periods at the end of each session.

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 has been submitted to Children's Healthcare of Atlanta to provide contact hours.** (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 7.0 contact hours. Nurses licensed in other states are advised to check with that state regarding reciprocity.

Dietitians: Application was submitted to the Commission on Dietetic Registration (CDR) and approved (CPE Prior Approval Activity 153523). The credentialing agency for the Academy of Nutrition and Dietetic, for 7.0 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, have their attendance at the sessions verified electronically, and complete an evaluation form. *A link to the form and will be emailed to you for you to claim credit. All attendees must log into the Video Conference via the Zoom link which will be sent out prior to the conference. If you are viewing the online videos after the conference, you will need to log in so that your credentials can be verified for CME purposes.*

General Information:

Video-Conference: The 31st Annual Conference on Breastfeeding is scheduled on Monday, March 8 and Tuesday, March 9, 2021. The conference will be held virtually as an interactive webinar along with moderated topic discussion sessions after the conclusion of the conference session on Monday.

All attendees must log into the Video Conference via the Zoom link which will be sent out prior to the conference.

Helpful Tips: Please login a few minutes early to start promptly. Questions will be handled through the Q&A function and fielded to the speakers by the moderators of each session. Moderated topic discussion sessions will have limited enrollment to allow for all to engage in the discussion.

Online Access to Videos

Recorded videos for online viewing will be made available after the conference and posted for 2 weeks for registered attendees. The login instructions for accessing the recordings will be sent to you at the conclusion of the conference. You must log in with the credentials you provided at registration in order to claim CME.

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, you will receive a confirmation email with log-in instructions to the main conference and the moderated discussion session you have chosen. If you have questions regarding your registration, please call 404-727-1212 or email montego.brooks@emory.edu.

Cancellations & Substitutions

Cancellation requests received by March 4, 2021 will receive a full refund less the processing fee. No refund will be given for cancellations received after this date. However, you may transfer your registration to a colleague by calling 404-727-1212 or email montego.brooks@emory.edu.

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

Register Online

Registration Fee: \$50/day

Eventbrite: <https://breastfeedingconference21.eventbrite.com> or scan QR code



All Major Credit Cards are accepted. Administrative fee of 6% plus \$1.59 per ticket issued will be charged.

Trainees (Medical Students, Residents, Fellows, Nursing and NP Students, Lactation Students): Please complete this [application](#) for complimentary registration

One registration per person. Please include all of your details in the registration so we can confirm your attendance.

Questions?

Visit our website: www.pediatrics.emory.edu/BFConf2021

Contact Monica Partlow by phone 404-712-6613 or monica.partlow@emory.edu or Montego Brooks at montego.brooks@emory.edu.