

# Lactation Education Resources



Lactation Support Training from Novice to Expert!

## Clinical Skills Workshops

### November 6 & 7 Reston Hospital Center, Reston, VA

This workshop is designed to be an interactive, hands-on session with videos, demonstrations and case studies. These small group sessions will provide lots of interaction with the instructor and other students.

Skills stations include:

Test Weights	Supplementing at the breast
Breast Exam	Paced Bottle Feeding
Shells & Shields	Suck Assessment
Breast Pumps	Hand expression
Cup feeding	Finger feeding

Essential for those preparing for the IBLCE certification exam, useful for hospital nurses as well as experienced Lactation Consultants! Are you a current student in our Lactation Consultant Training Program? Contact us!

For more details and to register, go to  
[http://www.LERon-line.com/Workshop/skills\\_workshop.htm](http://www.LERon-line.com/Workshop/skills_workshop.htm)

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## New CDC Data

### Breastfeeding Report Card

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The new data from the Centers for Disease Control and Prevention shows that the United States has reached the Healthy People 2010 goals for breastfeeding of 75% of mothers breastfeeding at hospital discharge!

How did we do on the other goals? Although we fell short on the other indicators, we are making progress!

Percentage of babies being BF	Goal	Actual
Exclusive BF at 3 months	40	33
BF at 6 months	50	43
Exclusive BF at 6 months	17	13.3
BF at 12 months	25	22.4

<http://www.cdc.gov/breastfeeding/data/reportcard.htm>

The CDC also monitors process indicators such as

- % of babies born in Baby Friendly (BFHI) hospitals
- % of babies receiving formula before 2 days of age
- Number of IBCLC's per 1000 live births
- State legislation protecting breastfeeding
- State health department employees dedicated to breastfeeding activities
- States with Breastfeeding Coalitions

<http://www.cdc.gov/breastfeeding/data/reportcard3.htm>

### mPINC Scores

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The CDC sent out questionnaires to every hospital in the US to survey maternity practices related to breastfeeding. The results of those surveys can be found at

<http://www.cdc.gov/breastfeeding/data/mpinc/index.htm>. You can obtain data for your hospital as well as benchmark reports to determine how your hospital compared to others in your state from the CDC.

## Grand Rounds University of Albany

The Breastfeeding Grand Rounds that was conducted August 5 is now available online. <http://www.albany.edu/sph/coned/bfgr/bfgr10.htm>

This discussion on *Promoting Breastfeeding-friendly Hospital Practices* features speakers:

#### **Ruth Lawrence, MD**

Professor of Pediatrics and Obstetrics & Gynecology, University of Rochester School of Medicine & Dentistry, and author of "Breastfeeding: A Guide for the Medical Profession"

#### **Trish MacEnroe, Executive Director**

Baby Friendly USA



## United States Lactation Consultant Association

### ***Issues recommended staffing patterns for hospital lactation consultants***

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To provide adequate breastfeeding support services in the in-patient hospital setting the following is recommended.

- Level III hospitals  
1.9 FTE (full time equivalents) per 1000 births in hospitals with neonatal intensive care units.
- Level II hospitals  
1.6 FTE (full time equivalents) per 1000 births in hospitals with newborn special care units
- Level I hospitals
- 1.3 FTE (full time equivalents) per 1000 births in hospitals with standard maternity units (FTE is Full Time Equivalents or a 40 hour per week employee)

[http://uslca.org/documents/Staffing%20Statement/IBCLC\\_Staffing\\_Recommendations\\_July\\_2010.pdf](http://uslca.org/documents/Staffing%20Statement/IBCLC_Staffing_Recommendations_July_2010.pdf)

Reference:

Mannel R, Mannel R. Staffing for hospital lactation programs: recommendations from a tertiary care teaching hospital. J Hum Lact. 2006;22:409-417.

### ***Five Steps to Improving Job Security for the Hospital-Based IBCLC***

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As the health care system attempts to cope with limited financial resources, lactation services are increasingly at risk for cut-backs or even elimination. This new document from the USLCA outlines ethical, medical and financial reasons that lactation consultants are a valued part of the health care team.

[http://www.uslca.org/documents/Job%20Security/5STEP\\_HANDOUT3.pdf](http://www.uslca.org/documents/Job%20Security/5STEP_HANDOUT3.pdf)

## World Health Organization Growth Chart

The CDC, the National Institutes of Health and the American Academy of Pediatrics have issued a statement supporting the use of the WHO Growth Charts for US babies from 0-59 months.

Typical growth charts commonly used throughout the US were based on a cohort of primarily formula fed infants. Therefore the growth curves were higher than is normal for exclusively breastfed infants. It may appear that the fully breastfed infant is faltering in his growth. The new charts have a slightly increased growth rate for the first 3 months and slower rates during the 4-6 month period. So again, we need to be vigilant that infants are not unnecessarily given supplements.

<http://www.cdc.gov/growthcharts/>

### ***Containing Health Care Costs Help in Plain Sight***

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This document from the USLCA highlights the importance of the role of lactation consultants to reduce health care costs. Health insurance companies, hospital and clinic administrators will find the concepts enlightening.

*“Reimbursement of the IBCLC yields a significant return on investment. Why pay more for disease when prevention costs less?”*

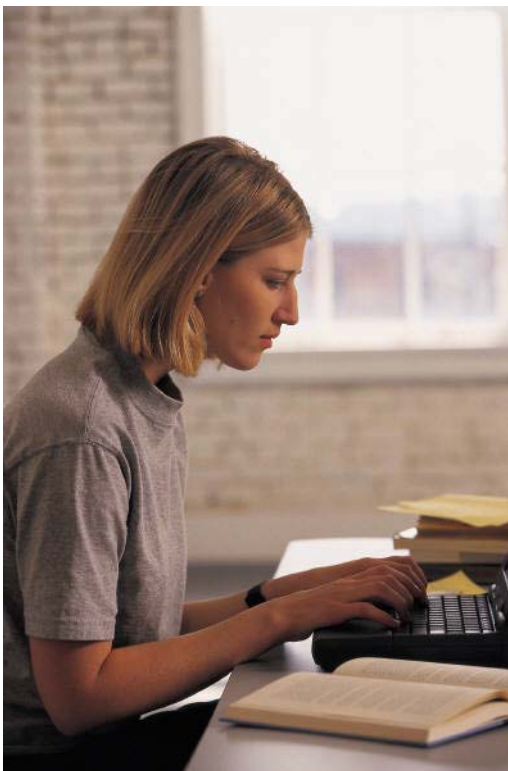
[http://www.uslca.org/documents/White%20Paper/Reimbursement\\_White\\_Paper.pdf](http://www.uslca.org/documents/White%20Paper/Reimbursement_White_Paper.pdf)

### *Drawing for free course*

Everyone on the LER e-newsletter mailing list is eligible to win a complimentary course. One is given away each month. Sign up today!

<http://www.admail.net/manage/memberprefs.php?accountid=4728&group=2>. The October winner is **Daria Akers**. Congratulations, Daria!

### CERPs for Re-certification



*Recertifying by CERPs?  
Need Ethics E-CERPs and more....*

View the list of courses available for 2 L-CERPs  
<http://www.LERon-line.com/ContinuingEducationCourses.htm>

View the Ethics course available for 5 E-CERPs.  
[http://www.LERon-line.com/IBLCE\\_Ethics.html](http://www.LERon-line.com/IBLCE_Ethics.html)

### **IBLCE Pathway 3 Deadline Extended!**

*The IBLCE has extended the deadline for Pathway 3 mentored clinical internships for those taking the 2011 and 2012 IBCLE exam until November 15, 2010 .*

Go to <http://americas.iblce.org/>, scroll to the bottom of the page to download the application. Students in this pathway may apply for the certification exam in 2011 or 2012. Certain applicants may qualify to be “grandfathered” in with 2011 exam requirements. Increased requirements for Pathway 3 in 2012 will include taking college level courses in:

- Biology
- Human Anatomy
- Human Physiology
- Infant and Child Growth and Development
- Nutrition
- Psychology or Counseling or Communication Skills
- Introduction to Research
- Sociology or Cultural Sensitivity or Cultural Anthropology

Additional courses that will be required will be:

- Basic life support (e.g. CPR)
- Medical documentation
- Medical terminology
- Occupational safety, including security, for health professionals
- Professional ethics for health professionals (e.g. Code of Ethics)
- Universal safety precautions

Students taking the 2012 certification exam will be required to take a 90 hour comprehensive lactation consultant training course. Lactation Education Resources has that course available now. [http://www.LERon-line.com/LC\\_Training\\_online/Lactation\\_Consultant\\_Training\\_online.htm](http://www.LERon-line.com/LC_Training_online/Lactation_Consultant_Training_online.htm)



## Where will you find LER next?

### ***Breastfeeding Resource Nurse Training***

October 26 & 27, 2010 (closed attendance)

### ***In-patient Breastfeeding Specialist*** Fairfax, VA

October 21 & 22, 2010, Contact Marie Pokraka 703-776-4579

Speaker Vergie Hughes

### ***Clinical Skills Workshop***

November 6 & 7, 2010 Reston Hospital Center, Reston VA

More details at [http://www.LERonline.com/Workshop/skills\\_workshop.htm](http://www.LERonline.com/Workshop/skills_workshop.htm)

### ***Breastfeeding the NICU Infant*** Fairfax, VA

November 10, 2010 Contact Marie Pokraka 703-776-4579

Speaker Vergie Hughes

### ***LLL Regional Conference*** Chevy Chase, MD

November 12 & 13, 2010 Contact [mswills2@comcast.net](mailto:mswills2@comcast.net)

New Approaches to Positioning and Latch, Implementing Breastfeeding in the first 48 Hours. Speaker Vergie Hughes

### ***NAPNAP National Conference*** Baltimore, MD

March 22, 2011

<http://www.napnap.org/Events/AnnualConference.aspx>  
Got Mama's Milk? The Pediatric Nurse Practitioner's Role in Successful Breastfeeding. Speaker Vergie Hughes

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## Specialists in online lactation support training

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