

Lactation Education Resources



CERPs for Recertification

Ethics and L-CERPs

Plan ahead and get your CERPs for IBLCE recertification done! LER offers a 5 hour Ethics Course that meets the qualifications for the 5 E-CERPs needed for recertification as well as a variety of 2 credit L-CERPs. Certificate immediately available to print.

- E-CERPs Ethical Issues for Lactation Consultants
http://www.LERon-line.com/IBLCE_Ethics.html
5 E-CERPs and Nursing Contact Hours \$79
2 E-CERPs \$25

- On-line CERPs courses. Choose from over 30 courses each qualifying for 2 L-CERPs and Nursing Contact Hours. \$25 each
http://www.LERon-line.com/IBLCE_Recertify.htm

- Interviews with practicing Lactation Consultants in a variety of settings.

Hospital practice	Pediatric office practice
NICUs	Private lactation practice
Worksite	Outreach including WIC

7.5 L-CERPs and Nursing Contact Hours \$39

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Baby Friendly Hospital Initiative Training

Lactation Education Resources announces a new online training program for hospitals wishing to meet the BFHI requirement of 20 hours of staff training. Your training program can be customized to your setting with support statements from your hospital administrators.



Each lesson is recorded in webcast format so the learner sees the power point slides and hears the speaker's voice. Each lesson is 20-45 minutes in length so students can access the materials when they have a short window of time, or can do several lessons when they have a longer period of time to devote to it. Each webcast contains:

- *realistic hospital scenarios*
- *links out to relevant web pages*
- *quick quizzes*
- *fast facts*

The webinar format allows access to the training program 24/7/365. Special "Breastfeeding in Combat Boots" module included for military hospitals.

http://www.LERon-line.com/BFHI_Training.html

Contact Vergie Hughes, Program Director, for a personalized proposal including any applicable discounts. 703-868-1849 or vergieh@comcast.net

There's an app for that!

LactMed, the database of medication in breastmilk, announces that they have a free iphone/ipad Touch app to access their database.

<http://toxnet.nlm.nih.gov/help/lactmedapp.htm>

Hale Publishing offers a Palm Device for download of the 2008 version on Medications and Mothers' Milk. \$39.

<http://www.ibreastfeeding.com/catalog/Palm-Device/c9/index.html?osCsid=qftnvq0uvvcu54gef7p9m3btp7>

The Infant Risk Center offers an app for their data base on prescription and non-prescription medications, infant conditions, vitamins. \$29

<http://www.infantrisk.com/mobile>

Breastfeeding Promotion Act of 2011

The Breastfeeding Promotion Act of 2011 (HR 2758/S 1463) was introduced by Oregon Senator Jeff Merkley and New York Representative Carolyn Maloney and includes provisions to ensure that women cannot be fired or discriminated against in the workplace for expressing milk or breastfeeding during lunch or breaks.

For more information, go to Senator Merkley's Web site at <http://merkley.senate.gov/newsroom/press/release/?id=b6845e21-223a-460e-9f18-02bb8b32b383>. To review the text of the legislation, go to <http://thomas.loc.gov/cgi-bin/query/z?c112:H.R.2758>.

Support this legislation by sending a message to your representative. It's easy with this link! <http://capwiz.com/awhonn>

Are hospitals doing enough to support breastfeeding mothers?

A new report from the Centers for Disease Control and Prevention shows that although hospitals show mothers how to breastfeed, few have policies in place to limit the amount of formula supplementation.

The report concludes that “Most US hospitals have policies and practices that do not conform to international recommendations for best practices in maternity care and interfere with mothers’ abilities to breastfeed”

To read the report go to:

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6030a4.htm?s_cid=mm6030a4_w

View the television interview with Amy Turner from Bon Secours Hospital in Virginia.

<http://www.wtvr.com/news/wtvr-breastfeeding-at-hospitals-are-hospitals-doing-enough-to-encourage-new-moms-to-breastfeed-20110803,0,3086681.story>



Breastfeeding provides SIDS protection

Pediatrics. 2011 Jul;128(1):103-10.
Breastfeeding and reduced risk of sudden infant death syndrome: a meta-analysis.
Hauck FR, Thompson JM, Tanabe KO, Moon RY, Vennemann MM.

This meta-analysis of 18 studies on SIDS revealed that exclusive breastfeeding may reduce the incidence of Sudden Infant Death Syndrome by 73%.

Hand expression better than breast pumping in the first few post-partum days?

A study reported in the Archives of Diseases of Children, Fetal Neonatal Edition found that when term newborns were not feeding well, hand expression of breastmilk improved breastfeeding rates.

The authors conclusions: Hand expression in the early postpartum period appears to improve eventual breastfeeding rates at 2 months after birth compared with breast pumping, but further research is needed to confirm this.

However, in circumstances where either pumping or hand expression would be appropriate for healthy term infants 12–36 h old feeding poorly, providers should consider recommending hand expression.

<http://fn.bmj.com/content/early/2011/06/09/adc.2010.209213.abstract?sid=209d73fd-0908-476e-802d-db42495a1846>

Information for breastfeeding families

Waking a Sleepy Baby



Babies are often sleepy during the first week or so. They may not awaken often enough to feed: remember newborns need to eat 8-12 times per 24 hours. Or once the feeding has begun, they may fall asleep again. Here are a few suggestions for waking your baby. Some work better on certain babies than others. When one quits working, try another.

Stimulate all of your baby's senses

- Hold baby skin-to-skin for 15-30 minutes
- Undress the baby to his diaper to cool him off slightly
- Rub and massage the baby in various places
 - Top of the head
 - Bottom of the feet
 - Up and down the spine
 - Across the belly
 - Up and down the arm
 - The spot right above the belly button
- Change the position of the baby, from cradle hold to football hold and back again
- Do "baby sit-ups". Rock the baby from a sitting to lying position and back again. Rock gently back and forth until the baby's eyes open. *Do not* "jack-knife" the baby (force him forward)
- Talk to the baby. Babies respond to mom's voice
- Try adjusting room lights up for stimulation or down so the baby can comfortably open his eyes

- Start to pull the nipple from the baby's mouth (Make sure that this does not result in the baby sucking on just the tip of the nipple. If it does break the suction and re-attach the baby to the breast.)
- Change the baby's diaper
- Apply a cool washcloth to the baby's head, stomach or back. (Do not let the baby become chilled. Premature infants become chilled more easily than term infants.)
- Allow your baby to suck on your finger for a few minutes
- Express some breastmilk and place just under your baby's nose. Dribble milk over the nipple while latching-on

Signs of concern

If your baby is un-arousable after a reasonable amount of time and the use of several techniques, contact your physician

Feel free to duplicate Lactation Education Resources 2011.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.



Where will you find LER next?

In-patient Breastfeeding Specialist

Ft Smith, AR September 22 & 23

Maryland WIC Greenbelt MD

Sept 27, 2011

Breastfeeding the NICU Infant

Sept 28, 2011

Inova Hospital System, Fairfax, VA

Contact Marie Prokraka

Marie-Ellen.Pokraka@inova.org

Breastfeeding Conference

Greater Baltimore Medical Center

October 6, 2011 7 CEUs and CERPs

Contact Marla Newmark MNEWMARK@gbmc.org

The Clinical Skills Workshop

October 15 & 16, Reston Hospital Center, Reston VA

13 CERPs and Nursing Contact Hours

More details at http://www.LERonline.com/Workshop/skills_workshop.htm

Grand Rounds

Oct 27, 2011 Prince William Hospital, Manassas VA

DUCK Conference Macon, GA Nov 4, 2011

For details contact Sibley.Debbie@mccg.org

Lactation Education Resources

5614 Dover St
Churchton, MD 20733

Voice 703.868.1849
Fax 443.607.8898
Email LERonline@yahoo.com
Website
www.LERon-line.com

Blog – How to Become a Lactation Consultant <http://www.LERonline.com/blog1>

Overview of the IBLCE pathways

<http://www.youtube.com/watch?v=0GxUh0KDiU0>

Pathway 1

<http://www.youtube.com/watch?v=qN8cRpURZKo>

Pathway 3

<http://www.youtube.com/watch?v=6KYHil9ZTqc>

Clinical Internships

<http://www.youtube.com/watch?v=6KYHil9ZTqc>

Program Director
Vergie Hughes RN MS IBCLC FILCA



Specialists in online lactation support training

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