



2023 Annual Conference Hot Topics in Lactation

October 12, 2023

7:30am	Registration Opens & Silent Auction Opens	
8:15am	Welcome & MBC Updates	Windfeldt
8:45-10:00am	Approaching Care When You're Barely There: Reimagining Empathy for the Helper (1.25L) <i>Nekisha Killings, MPH, IBCLC</i>	Windfeldt

Healthcare professionals, particularly those in the maternal-child field, are known for providing care that is emotionally, physically, and mentally taxing. Providing care as lactation professionals during a pandemic has driven many to experience compassion fatigue. This phenomenon impacts one's personal health in a myriad of ways and also has a significant impact on how one provides empathetic care to families. The current communication model for providing empathetic care is steeped in the patriarchal model, which actually suppresses empathy. This presentation will help healthcare providers identify signs of compassion fatigue and provide tools for self-assessment. Additionally, attendees will learn how to apply a natural empathetic model to their practice to protect their personal health and promote a more supportive way to engage with their families.

Objectives:

- Identify signs of compassion fatigue in healthcare professionals
- Describe the limitations of a patriarchal model in empathic lactation care
- Apply empathy in practice in an exhausted psychosocial state

10:10-11:00am	Creating a Diverse Next Gen in Lactation (0.75 L) <i>Barb King, IBCLC</i>	Windfeldt
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Hennepin County Public Health WIC was one of seven programs nationwide to receive a \$55,000 AHEAD grant in 2021. The pilot project provided educational and career advancement to a diverse cohort of seven breastfeeding peer counselors. During this session we explore barriers for those not from the dominant culture to advance in the field of lactation, lessons learned from the pilot, and how the Minnesota Breastfeeding Coalition's Next Gen Lactation program is working to advance a diverse lactation workforce in Minnesota.

Objectives:

- Identify the three pathways to becoming an International Board Certified Lactation Consultant
- List 3 barriers for peer counselors to advance in the field of lactation
- Name 3 community partners that can assist peer counselors in advancing in the lactation field

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10:10-11:00am Lactation Community Support Groups (0.75 L) Hughes
*Kim Welvaert, BSN, RN, RNC-NIC, CCRN, RNC-MNN,
CLC, IBCLC, RLC*

Are you interested in starting a lactation support group? This is the presentation for you. Come learn about how having this resource will positively impact the lactating families in your community.

Objectives:

- Describe the ways a support group can increase length of lactation.
- Identify the different types of lactation support groups available.
- List at least 3 ways a lactation support group can be funded.
- Explain how a community can be built at a lactation support group.
- List 3 ways using social media can increase attendance at your lactation support group.

11:10-12:00pm Cultural Doula Support Families to Reduce Risks (0.75 L) Windfeldt
& Health Disparities
Valentina Zaragoza, Ninde Doula, Indigenous Lactation Counselor.

12:00-12:30pm

Boxed Lunches Served

12:30-1:30pm The Mastitis Spectrum Disorder (1 L) Windfeldt
Anne Eglash, MD, IBCLC, FABM (Virtual Presentation)

Mastitis is a spectrum of breast pathology that is essentially characterized by inflammation. Mastitis is related to several other breast conditions that occur during lactation. During this hour we will review how mastitis is related to clogged milk ducts, abscesses, blebs, over production, and phlegmon.

Objectives:

- *Explain the various definitions of mastitis.*
- *Identify risk factors for mastitis.*
- *Explain the relationship between overproduction or milk stasis and lymphatic edema.*
- *Describe differences between infectious and noninfectious mastitis.*
- *Explain why a plugged duct is not likely caused by milk plugged in 1 duct.*
- *Outline a plan of moist wound treatment for sore cracked nipples.*
- *Describe the physiology of engorgement and evidence-based management*
- *Outline the role of hyperlactation in the spectrum of disorders related to mastitis*
- *Identify the role that contaminated pump parts can play in the development of mastitis*
- *Explain the concept of 'plugged ducts'*
- *Define phlegmon, galactoceles, abscesses, and describe relationship between these entities*
- *Outline practices that may prevent recurrent mastitis and its complications*

1:30-1:50pm

2023 MBC Awards Presentation

October 12, 2023

2:00-3:00pm

Antenatal Hand Expression of Colostrum (1L)

Windfeldt

Jeanne Friebe, BSN, RNC-LRN, IBCLC and Dr. Chip Martin, MD

Jeanne Friebe and Chip Martin-Chaffee will give a presentation introducing and detailing the process of Antenatal Milk Expression (AME), its' risks and benefits, and explain their design of a study they will begin soon to examine outcomes of Moms (and babies) who participate in an AME program. Chip will discuss how a late career Neonatologist and Pediatric Cardiologist finally learned about and now is obsessed with breastfeeding.

Objectives

- To discuss, the value, contraindications of Antenatal Milk Expression to patients, providers
- To gain knowledge how to teach and perform Antenatal Milk Expression
- To cull support and energize providers, nursing staff and organizational leaders to support Antenatal Milk Expression

2:00-3:00pm

Milk Macronutrients and HMOs: Taking a Closer Look (1L)

Hughes

Ellen Demerath, PhD

Human milk is complex and contains thousands of different components, the vast majority of which we do not yet understand very well in terms of their role in infant health and development, or why they vary among individual breastfeeding people. The most comprehensive information we have is in regard to milk macronutrient composition (fat, protein, sugar, and calories). HMOs are milk sugars that are non-nutritive for the baby but rather play important roles in infant gut health and make up a substantial portion of human milk. There is much less comprehensive information on HMOs and their role in infant health, but they are a hot topic in human milk research.

Objectives:

- Know the national average values for milk macronutrients at different stages of lactation
- Know the gaps in knowledge regarding milk macronutrient content
- Name the factors that may play a role in shaping milk macronutrient content
- Understand the general roles and diversity of HMOs and what is known so far in terms of their relationship to infant health

3:10pm

Silent Auction Closes

3:10-4:10pm

What's new with Minnesota pasteurized donor milk?

Windfeldt

Macronutrient content, access, and more. (1 L)

Linda Dech, MA, IBCLC

This session addresses updates in how pasteurized donor human milk (PDHM) is processed at the Minnesota Milk Bank for Babies. The addition of a nutrition analyzer allows for macronutrient analysis of our donor's milk by batch. Information for those interested in offering PDHM, having a depot (milk collection site), and a distribution site will be provided as well as an update on our pending move in 2024. Increasing access to PDHM through food pantries and other public health programs for those experiencing financial need and food insecurity will also be shared.

Objectives:

- Describe Minnesota Milk Bank for Babies pasteurized donor human milk product types and their use in hospitals and distribution sites.
- Describe macronutrient content, analysis, and target pooling of milk bank donor milk
- Provide information about how to start a depot and distribution site, and the process for donating extra milk to the milk bank
- Describe Bridge Bag pilot programs to increase access to pasteurized donor human milk for those experiencing food insecurity and financial need.

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4:15pm Wrap Up and Pick up Silent Auction Items.

MBC LACTATION TRIVIA NIGHT

BOOBY PRIZES FOR TOP 3 TEAMS

TEAMS OF 1-4

EMCEE GARY BECHTOLD
FORMER JEOPARDY CHAMPION

SWEEDIES FOOD TRUCK

SNACKS & BEVS FOR PURCHASE

OCT 12
6:30-8:30PM

ARE YOU READY?

BACK SHED BREWING

WAITE PARK, MN | REGISTER ON-SITE

The poster features a dark blue background with white and light blue text. It includes several circular icons: a question mark, a lightbulb, and a hand holding a pencil. The text is arranged in a central, overlapping layout.

October 13, 2023

7:30am **Registration Opens. *All Friday sessions are held in the Windfeldt Rm.***

8:00-8:45am **Why Breastfeeding Friendly Matters (.75L)**
Carol Busman, MSN, RN and Carrie Klun, RN, PHN, IBCLC

Session will discuss why a Breastfeeding Friendly approach to caring for families improves breastfeeding outcomes.

Objectives:

- Discuss relationship between WHO 10 Steps to Successful Breastfeeding, BFUSA and MDH BFFBC recognition program.
- Recognize the importance of evidence-based infant feeding practices on short- and long-term health outcomes for parents and infants.
- Describe strategies for incorporating breastfeeding friendly practices in your facility.

8:45-10:15am **What You Don't Know CAN hurt You and Your Patients:
The Role of Implicit Bias in Birth and Breastfeeding Support (1.25 L)**
Nekisha Killings, MPH, IBCLC

Every day, every interaction we have is colored by the inherent and implicit biases that we each carry. We see the world through lenses that are tinted by our own lived experiences, the experiences of those who are dear to us, information we have been exposed to, and systems that we live within. No one is immune. Learn how you can both identify and dismantle your subconscious impressions and beliefs about your patient base to better provide empathic and impactful care.

Objectives:

- Identify concrete ways to respect birthing parents' wishes and needs in the clinical setting and beyond
Describe ways to dismantle implicit bias in the healthcare setting
- Support marginalized communities in navigating the birth system
List 5 ways to provide evidence-based and culturally humble lactation support

10:25-11:55am **Can I Take This? Medication Use, Substance Use and Human Milk Feeding (1.5L)**
Dr. Jenny Thomas, MD, MPH, IBCLC, FAPP, FABM

One of the top reasons mothers stop breastfeeding is because of concerns about a medication they need to take while breastfeeding and the lack of good information available to her to help make an informed decision about that medication. We are also facing increasing numbers of babies exposed to opioids and marijuana during breastfeeding. In this session, learn how medication gets into breast milk and resources for good information about medication and breastfeeding. We will also look at what we know about and how to counsel mothers on drugs like methadone and marijuana.

Objectives:

- Understand the hormones involved in milk production
- Describe the ways medication is transferred into breast milk
- Explain medication transfer in clinical therapy
- Discuss issues related to drug dependency and illicit drug use with respect to breastfeeding

October 13, 2023

12:00-12:30pm

Boxed Lunches Served

12:30-1:30pm

Why Not Just One Bottle? The Science Behind Exclusive Breastfeeding (1L)

Dr. Jenny Thomas, MD, MPH, IBCLC, FAPP, FABM

Exclusive breastfeeding is a priority for many organizations, yet nearly 25% of infants are supplemented in the first days of life. This session will discuss the role of breastmilk in the development of the neonatal immune system and why exclusive breastfeeding is critical to that process.

Objectives:

- Understand the development of the mammary gland as a immune system organ
- Describe the importance of commensal bacteria
- Discuss the development of B-cells and T-cells
- Describe the mechanisms by which the infant immune system avoids inflammation
- Describe epigenetics and the role of human milk

1:30pm

Closing - Door Prizes Awarded

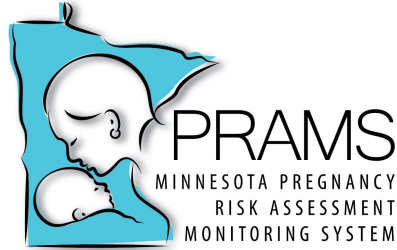


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