

International Lactation Consultant Association®
2014 Annual Conference & Meeting

REAL WORLD



ILCA 2014

Breastfeeding in the Real World:
Meeting the Challenges

July 23-26, 2014
JW Marriott Desert Ridge Resort & Spa | Phoenix, Arizona, USA

Preliminary Program & Registration

Racial/Ethnic Equity in Lactation

This year's ILCA conference addresses important issues of racial and cultural equity in breastfeeding through several presentations and a special interest group. As part of this continuing conversation, ILCA joins with the Lactation Education Accreditation and Approval Review Committee (LEAARC) and the International Board of Lactation Consultant Examiners (IBLCE) to host a special **2014 Lactation Summit on Sunday, July 27** following the conclusion of the ILCA Conference. This important summit, **Addressing Inequities within the Lactation Consultant Profession**, will bring together diverse voices representing racial, geographic, and educational perspectives. Delegates will identify and address structural and institutional barriers within the profession that prevent equitable access worldwide. Educational and clinical instruction needs of aspiring lactation consultants in remote areas of the world will be explored. Delegates will also examine strategies to improve access to the profession by individuals from (or serving) ethnically diverse, low-opportunity, or geographically remote population groups. Conference delegates will receive an email with further information about the Summit. Watch for more news on this exciting meeting!

2014 Clinical Skills Rotation – NEW Format!

Clinical skills are scheduled in one 2-hour block for primary skills and one 2-hour block for advanced skills. The advanced skills are intended for seasoned lactation consultants who need these skills in their clinical practice. Delegates are asked to register for **only one block of skills** to allow sufficient room for others to participate. Conference delegates will spend 25 minutes in each skill room and will rotate among four skills. Time spent with facilitators will be in demonstration and hands-on practice of skills. Any background theory or other information the facilitator wishes to share about the topic will be sent to registered delegates to review prior to the Conference. This allows time in sessions to be spent in practical application of each skill. This is a popular feature of the ILCA conference so register early if you wish to participate in the Clinical Skills Rotation!



Important Dates to Remember

May 15

Early Bird registration deadline

June 1

Deadline to cancel Conference registration for a full refund less US\$80 processing fee

Deadline to cancel tour(s) for full refund

June 15

Standard registration deadline

June 17

Hotel reservation deadline

June 20

Registrations received after this date processed onsite

July 1

Deadline to cancel Conference registration for 50% refund

July 20-22

ILCA Board of Directors meeting

July 23-26

Breastfeeding in the Real World: Meeting the Challenges

July 27

2014 Lactation Summit: Addressing Inequities within the Lactation Consultant Profession

Exhibit Hall Hours and Events

(subject to change)

Wednesday, July 237:00pm-9:00pm
President's Social and Opening Reception
Silent Auction opens

Thursday, July 249:30am-5:30pm
AM/PM refreshment breaks
Lunch
Late afternoon networking function

Friday, July 258:30am-1:30pm; 3:00pm-4:30pm
AM/PM refreshment breaks
Lunch
Closing Reception/Vendor Thank You
Silent Auction closes

Preliminary Program

Tuesday, July 22

- 5:00pm-6:00pm Volunteer orientation
6:00pm-8:00pm Registration desk open

Wednesday, July 23

(5 CERPs/5 contact hours)

- 7:30am-8:30am Continental breakfast
7:30am-4:00pm Registration desk open
8:30am-9:30am Plenary: Reinterpreting Baby Behavior for the Lactating Mother. *Jane Heinig, PhD, IBCLC*
9:30am-10:00am Parade of flags and presidential welcome
10:00am-10:30am Morning break
10:30am-12:30pm Morning workshop sessions
12:30pm-1:30pm Lunch
1:30pm-3:30pm Afternoon workshop sessions
4:00pm-5:00pm Volunteer orientation
6:30pm-9:00pm President's Social and exhibit opening

Wednesday Workshops Selections

Workshop A:

Select one morning workshop

Workshop 1A: Multi-modal Management of the Infant with a Tongue-tie: Tools and techniques in the evaluation process. *Alison K. Hazelbaker, PhD, IBCLC, FILCA; James G. Murphy, MD, FAAP, FABM, IBCLC II*

Workshop 2A: Research to Practice: Finding and using research and other evidence with breastfeeding families. *Jane Grassley, PhD, RN, IBCLC; Sara L. Gill, PhD, RN, IBCLC II R-CERP*

Workshop 3A: Racial/Ethnic Disparities: Removing structural obstacles so mothers can succeed. *Ursuline Singleton, MPH, RD I-II*

Workshop 4A: The Affordable Health Care Act: What's new with breastfeeding support? *Beverly Ann Curtis, MSN, PNP-BC, IBCLC; Susanne Madden, MBA I-II*

Workshop 5A: Spanish Presentations

Paso 10: La historia de una comunidad. *Norma Escobar, IBCLC I-II*

Primera hora: mas alla de nacer! *Lizabeth Gonzalez, MD, IBCLC, PhD I-II*

Workshop 6A: Primary Clinical Skills Rotation I-II

Rotate through four 25-minute sessions (Limited to first 120 registrants)

1. Powers of Deduction: A common problem with a twist! *Gini Baker, RN, MPH, IBCLC*
 2. Lactation Rounds: Managing low acuity. *Rebecca Mannel, BS, IBCLC, FILCA*
- (continued on next page)

Contact Hours

Total 20.5 CERPs and 20.5 Contact Hours

CERPs are L category unless stated otherwise. Levels are indicated to assist with the selection of workshops and concurrent sessions.

I = Beginner, II = Intermediate, III = Advanced

Featured Speakers

Helen Ball, PhD, MA, BSc

Director, Durham University Parent-Infant Sleep Lab
Durham, England

David L. Clark

Nutrition Specialist (Legal), UNICEF Nutrition Section
New York, USA

Pascal Gagneux, PhD

Associate Professor, Cellular and Molecular Medicine,
UC San Diego
California, USA

Jane Heinig, PhD, IBCLC

Executive Director, UC Davis Human Lactation Center
California, USA

Miriam Labbok, MD, MPH, IBCLC

Professor and Director, Carolina Global
Breastfeeding Institute
North Carolina, USA

Ursuline Singleton, MPH, RD

Public Health Advisor, HHS Office on Women's Health
Washington, DC

Christina Smillie, MD, IBCLC

Medical Director, Breastfeeding Resources
Connecticut, USA

Alison Stuebe, MD, MSc, FACOG

Medical Director, UNC HealthCare Lactation Services
North Carolina, USA

Robin P. Glass, MS, OTR, IBCLC

Occupational Therapist, Seattle Children's Hospital
Washington, USA

Lynn S. Wolf, MOT, OR, IBCLC

Occupational Therapist, Seattle Children's Hospital
Washington, USA



- Breast Massage and Hand Expression: Russian technique. *Maya Bolman, BA, BSN, IBCLC*
- Talking It Out: Real-world breastfeeding scenarios. *Cathy Carothers, BLCA, IBCLC, FILCA*

Workshop B:

Select one afternoon workshop

Workshop 1B: Multi-modal Management of the Infant with a Tongue-tie: Pitfalls, complexities and controversies in management. *Alison K. Hazelbaker, PhD, IBCLC, FILCA; James G. Murphy, MD, FAAP, FABM, IBCLC III*

Workshop 2B: Research to Practice: Planning, implementing, and evaluating clinical practice projects. *Jane Grassley, PhD, RN, IBCLC; Sara L. Gill, PhD, RN, IBCLC III R-CERP*

Workshop 3B: Racial/Ethnic Disparities: Removing structural obstacles so mothers can succeed. *Ursuline Singleton, MPH, RD (Repeated) I-II*

Workshop 4B: The Baby-friendly Hospital Initiative: Tackling the challenges of implementation in the US. *Trish MacEnroe, BS, CDN, CLC I-II*

Workshop 5B: Spanish Presentations

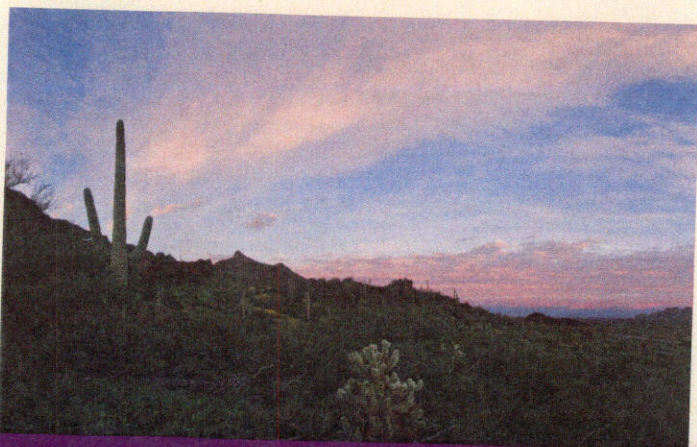
Llegó a La Casa. ¿Y Ahora Que? La transición de un bebé prematuro al pecho después de su hospitalización. *Regina Roig-Romero, MPH, IBCLC II-III*

La Lactancia Materna en América Latina: Una revisión de las tasas y las prácticas de suplementación. *Mireya Roman, MS, IBCLC I-II*

Workshop 6B: Advanced Clinical Skills Rotation III

Rotate through four 25-minute sessions (Limited to first 120 registrants)

- Powers of Deduction: Solving a challenging breastfeeding problem. *Marsha Walker, RN, IBCLC*
- Lactation Rounds: Managing high acuity. *Rebecca Mannel, BS, IBCLC, FILCA*
- Experiential Sucking: The role of stability and support. *Catherine Watson Genna BS, IBCLC*
- Complex Nipple Pain Cases: Advanced problem solving. *Nancy Mohrbacher, IBCLC, FILCA*



Thursday, July 24

(5 CERPs/5 contact hours)

- 6:00am-7:00am** Walkers and joggers meet
- 7:00am-8:00am** Continental breakfast
- 7:00am-5:00pm** Registration desk open
- 8:00am-9:00am** Plenary: Breastfeeding: What do hands have to do with it? *Christina Smillie, MD, IBCLC*
- 9:00am-10:00am** Plenary: Human Milk: Just another primate milk? *Pascal Gagneux, PhD*
- 10:00am-10:30am** Morning break
- 10:30am-11:30am** USLCA Annual General Meeting
- 10:30am-11:30am** International Meeting
- 10:30am-11:30am** CLCA/ACCL Meeting
- 11:30am-11:45am** Break
- 11:45am-12:45pm** Concurrent Sessions A (select one)
- A1:** The Newborn and the Microbiome: Establishment of a healthy ecosystem. *Pascal Gagneux, PhD II-III*
- A2:** Experiences of the 2013 WABA Fellow: New friends, new ideas, new norms. *Eileen Shea, BSc, IBCLC I-II*
- Experiences of the 2014 WABA Fellow: New friends, new ideas, new norms. *Geraldine Cahill, IBCLC, BA I-II*
- A3:** Fostering a Breastfeeding Culture among Teen Parents. *Krista Olson, IBCLC, MCH; Judi Personius, IBCLC, CD, CBE I*
- A4:** The Affordable Care Act: Are we moving toward real workplace breastfeeding support? *Maeve Howett, PhD, CNP-Peds, IBCLC I-II*
- A5:** Research: Everything you want to know but are afraid to ask. *Anne Merewood, PhD, MPH, IBCLC I-II R-CERP*
- A6:** Racial/Ethnic Disparities: Infant mortality, breastfeeding, and sleep practices. *Kathleen Kendall-Tackett, PhD, IBCLC, FAPA I-II*
- A7:** Got Milk? Identifying and treating delayed Lactogenesis II caused by theca lutein cyst. *Page Peters, RN, BSN, IBCLC; Alyson Welker, MA II-III*
- A8:** Cesarean Birth: Implementing skin-to-skin contact in the operating room. *Jane Grassley, PhD, RN, IBCLC I-II*
- A9:** Infant Vitamin D Deficiency: A global pandemic. *Ellen Lechtenberg, IBCLC, RD, CSP I-II*
- A10:** Mothers Speak Out: Top five traits of a great lactation consultant. *Diana West, BA, IBCLC; Lisa Marasco, MA, IBCLC, FILCA I*
- 12:45pm-2:45pm** Boxed lunch
- Special interest groups
- Committee meetings

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2:45pm-4:45pm Concurrent Sessions B (select one)

B1: Oral Research Presentations: II-III

Analysis of Historical and Social Influences Contributing to Low Breastfeeding Rates among African American Women. *Angela Campbell, RNC, BSN, IBCLC*

Private Arrangement Milk Sharing Practices in the United States. *Angela Bond, MS*

Are All Term Infants the Same? Breastfeeding the early term infant. *Anita Noble, DNSc, CNM, IBCLC*

Outcomes of a 45-hour Breastfeeding Education Course for Healthcare Professionals and Paraprofessionals. *Amanda Watkins, MS, RD, IBCLC*

The Impact of NICU Admission on Breastfeeding in the First Hour of Life. *Lawrence Noble, MD, IBCLC, FABM*

Relationship of Food Items and Breastfeeding with Acculturation and Weight. *Elizabeth Reifsnider, PhD, RN, WHNP-BC, PHCN-BC, FAAN*

Helping Mothers Defend Their Decision to Breastfeed: An intervention study. *Kandis Natoli, MSN, RNC, IBCLC; Annette Leary, BSN, RN, IBCLC*

The Influence of Quiet Time on Exclusive Breastfeeding Rates at Discharge. *Karen Phillips, RN, EdD, IBCLC, ICCE*

B2: Lactation Support for the Next Generation: Communicating effectively with millennial moms, co-workers and interns. *Jane Heinig, PhD, IBCLC I-II R-CERP*

B3: Breastfeeding Equity in the Urban Core: Mentorship pathways for candidates of color. *Sherry Payne, MSN, RN, CNE, IBCLC I-II*

B4: Clinical Photography: Case studies and techniques for private practice. *Desiree Allison, BA, IBCLC, LLLL II-III R-CERP*

B5: The LATCH Pilot: Impact of a text message intervention by WIC breastfeeding peer counselors. *Nurit Harari, MD, MHS; Lori Goeschel, MS, RD, IBCLC; Michele Griswold, MPH, RN, IBCLC; Valerie Bozzi, BS, IBCLC I-II*

B6: Donor Milk in the NICU: Challenges and opportunities. *Nancy Wight, MD, IBCLC, FABM, FAAP II-III*

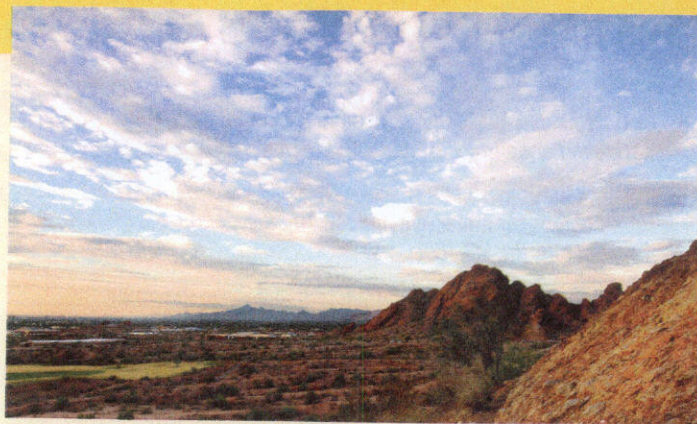
Extremely Low Birthweight (ELBW) Infants: Enhancing early administration of colostrum. *Luisa King, RN, IBCLC; Beth Nolson, RN, IBCLC II-III*

B7: Collective Impact of Tele-health: Providing the link between the hospital and medical home. *Tina Babbitt, RN, MSN, IBCLC I-II*

Clinical Practice: Conducting effective in-patient consultations in 15-30 minutes. *Genae Strong, PhD, CNM, RNC-OB, IBCLC, RLC, CNE; Joni Rose, MS, RD, LDN, IBCLC, RLC I-II*

B8: Lactation Insufficiency among Obese Women: Myths, reality, and underlying factors. *Laurie Nommsen-Rivers, PhD, RD, IBCLC I-II*

Maternal Obesity and Breastfeeding: REAL clinical strategies for practice. *Kim Dart, RN, BScN, MSN, IBCLC, PNC(c); Leigh Baetz-Craft, RN, BScN, MN, IBCLC, PNC(c) I-II*



B9: When Is Enough Enough? Understanding neonatal nutritional needs. *Jimi Francis, PhD, IBCLC, CCRP I-II*

What Should Mom Eat? A primer in maternal nutrition for the practicing lactation professional. *Jimi Francis, PhD, IBCLC, CCRP I-II*

B10: Making It Work: Innovative new resources for supporting nursing moms at work. *Cathy Carothers, BLA, IBCLC, FILCA I-II*

Campus Support for Breastfeeding Mothers: A university response to the Affordable Care Act. *Shera Jackson, PhD, IBCLC, CPST I-II*

4:45pm-5:45pm Networking and refreshments in Exhibit Hall

7:00pm-9:00pm Special interest groups

Committee meetings

Friday, July 25

(5 CERPs/5 contact hours)

6:00am-7:00am Walkers and joggers meet

7:00am-8:00am Continental breakfast

Networking tables

Committee meetings

7:00am-4:00pm Registration desk open

8:00am-9:00am Plenary: Creating a Culture of Breastfeeding To Reduce Disparities. *Ursuline Singleton, MPH, RD*

9:00am-9:30am ILCA Fellow inductions; IBLCE presentations

9:30am-10:30am ILCA Annual General Meeting

10:30am-11:00am Morning break

11:00am-12:00pm Concurrent Sessions A (select one)

A1: Why Does It Hurt? A differential diagnosis for breastfeeding-associated pain. *Alison Stuebe, MD, MSc, FACOG I-II*

A2: Clinical and Non-clinical Breastfeeding Interventions: What we do and do not know. *Miriam Labbok, MD, MPH, IBCLC I-II*

A3: Sustaining Breastfeeding in Incarcerated Women: A case study. *Tina Lavy, IBCLC I-II*

A4: Unplugged: Therapeutic breast massage and hand expression for engagement and plugged ducts. *Maya Bolman, BA, BSN, IBCLC I-II*

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A5: Birth Trauma: Causes and consequences of birth-related PTSD. *Kathleen Kendall-Tackett, PhD, IBCLC, FAPA II-III*

A6: Community Breastfeeding Support: Engaging community relationships for collective impact. *Tina Cardarelli, BS, IBCLC; Tina Babbitt, RN, MS, IBCLC I-II*

A7: Nutritional Intelligence: Its impact on maternal and infant health. *Robin Frees, BA, CHt, IBCLC I-II R-CERP*

A8: Practice Ethics: Can we have a conversation about milk sharing? *Barbara Wilson-Clay, BSEd, IBCLC, FILCA I-II E-CERP*

A9: The Future Is Here: Epigenetics, stem cells and breastfeeding. *Lawrence Noble, MD, IBCLC, FABM II-III*

A10: Adoption, Surrogacy, and Foster Care: Breastfeeding without birthing. *Alyssa Schnell, MS, IBCLC I-II*

12:00pm-1:30pm Lunch

Networking tables

Research poster presentations (1 L-CERP)

1:30pm-3:30pm Concurrent Sessions B (select one)

B1: Into the Mouths of Babes: An exploration of infant oral skills. *Robin P. Glass, MS, OTR, IBCLC; Lynn S. Wolf, MOT, OR, IBCLC II-III*

B2: Understanding Code Compliance: How it applies to the IBCLC. *David L. Clark, Nutrition Specialist (Legal) I-II E-CERP*

B3: Posterior Tongue Tie: Confusion, confounders, concerns and controversy – HELP! *Christina Smillie, MD, IBCLC; Catherine Watson Genna, BS, IBCLC III*

B4: Gender Guidelines: What does breastfeeding support have to do with gender? *Johanna Bergerman, BSHEc, BA (Hons), IBCLC I-II R-CERP*

B5: Media Moxie: Skills for print, panels and film. *Jan Ellen Brown, BS, IBCLC I-III R-CERP*

B6: Breastfeeding Duration and Maternal Sleep Expectations: Comparison of full and partial rooming in. *Elissa Sherby, RN, MSN, IBCLC; Orit Vinograd, RN, MPH, CNM I-II*

Perceived Milk Insufficiency: A systematic review and synthesis of the literature. *Regina Roig-Romero, MPH, IBCLC I-II*

B7: Talking to Mothers about Alternative Therapies: Learning real practices of mothers. *Lisa Marasco, MA, IBCLC, FILCA I-II*

Herbal Galactagogues: A review of the evidence. *Zoe Gardner, PhD(c) I-II*

B8: Supporting Parents in Understanding Normal Infant Sleep. *Helen Ball, PhD, MA, BSc I-II*

Educational Interventions in Safe Infant Sleep. *Helen Ball, PhD, MA, BSc I-II*

B9: Prenatal Breastfeeding Education: Stepping up to Step 3. *Kathy Parry, MPH, IBCLC, LMBT I-II*

Knowledge and Attitudes in Pediatric Interns: Improvements through a breastfeeding curriculum. *Shirley Hamill, MSN, IBCLC, LCCE I-II*

B10: Improving Breastfeeding Rates of African American Women: Engaging the faith community. *Monique Sims-Harper, DrPH, RD, IBCLC I-II*

African American Women's Perceptions: Breastfeeding over years. *Natasha Sriraman, MD, MPH, FAAP, IBCLC I-II*

3:30pm-4:30pm Closing Reception/Vendor Thank You

Saturday, July 26

(5.5 CERPs/5.5 contact hours)

6:00am-7:00am Walkers and joggers meet

7:00am-8:00am Continental breakfast

Networking tables

Committee meetings

7:00am-4:00pm Registration desk open

8:00am-9:00am Plenary: **SIDS, Breastfeeding and Bed Sharing: What do we know and not know?** *Helen Ball, MA, BSc*

9:00am-9:30am President's address. *Alisa Sanders, RN, IBCLC, RLC, CCE*

9:30am-10:00am Morning break

10:00am-11:15am Plenary: **What Matters Most? Prioritizing lactation interventions to optimize outcomes.** *Robin P. Glass, MS, OTR, IBCLC; Lynn S. Wolf, MOT, OR, IBCLC*

11:15am-12:30pm Plenary: **Obesity, Maternal Metabolic Disease and Early Weaning: Which came first and what can we do about it?** *Alison Stuebe, MD, MSc, FAC*

12:30pm-1:45pm Luncheon

1:45pm-2:45pm Plenary: **The Global Strategy on Infant and Young Child Feeding.** *David L. Clark, Nutrition Specialist (Legal)*

2:45pm-3:45pm Plenary: **Constraints and Realities in Breastfeeding Protection, Promotion and Support: Beyond health and free choice.** *Miriam Labbok, MD, MPH, IBCLC*

