

Colorado Lactation Journal Club

Colorado Lactation Journal Club is a program of Mothers' Milk Bank,
moderated and facilitated by Lactation Journal Club Founder, Marianne Neifert, MD, MTS, FAAP,
and held at P/SL Medical Center.

Date: Wednesday, April 12, 2017

Time: 2:30 pm – 5:00 pm (please allow extra time for parking and signing in)

Cost: \$30 if you preregister online; \$35 at the door; \$40 via webinar.

Registration: Preregister online at <https://rmchildren.org/mothers-milk-bank/lactation-journal-club>. To ensure sufficient seating, please register online by Friday, April 7.

Group Registration: If you would like to preregister as a group, please have one person fill out the form online and submit payment for the whole group, or email journalclub@rmchildren.org and request an invoice for the group payment. The individual participants can fill out the registration form at Journal Club (please arrive early if you plan to do this), or they can email journalclub@rmchildren.org and request a registration form to be filled out and emailed back.

Refund Policy: Payment may be refunded if cancelled at least 24 hours before event.

Location: P/SL Medical Center | Colorado Room North | 1719 E. 19th Avenue, Denver, CO 80218

Parking Options: Free parking is available in the East and West Professional Plaza garages. There is also free valet parking. Nearby street parking is limited to two hours and is strictly enforced. Please allow extra time for parking.

CERPs/CEUs: Application will be made for Continuing Education Recognition Points (CERPs) and Contact Hours (CEUs).

Agenda —Wednesday, April 12, 2017

Timely Topic:

Healing Breastfeeding Grief: Helping Mothers Make Peace with the Loss of Their “Dreamed About” Breastfeeding Experience

Panel Presentation Featuring **Melissa Buchholz, PsyD**, Assistant Professor, Department of Psychiatry, University of Colorado Denver School of Medicine; **Lorry Watkins, RN, BSN, IBCLC**, Lactation Consultant, Children's Hospital Colorado; and **Neifert, MD, MTS, FAAP**, Founder and Facilitator, Colorado Lactation Journal Club

Publications:

Hilary Jacobson. **Healing Breastfeeding Grief**. Ashland, OR: Rosalind Press. 2016

Coates R, Ayers S, de Visser R. **Women's Experiences of Postnatal Distress: A Qualitative Study**. *BMC Pregnancy & Childbirth*. 2014; 14:359.

http://download.springer.com/static/pdf/788/art%253A10.1186%252F1471-2393-14-359.pdf?originUrl=http%3A%2F%2Fbmcpregnancychildbirth.biomedcentral.com%2Farticle%2F10.1186%2F1471-2393-14-359&token2=exp=1488828182~acl=%2Fstatic%2Fpdf%2F788%2Fart%25253A10.1186%25252F1471-2393-14-359.pdf*~hmac=57baf7e8ecb99c6d3cbc346651024223db4431768c0b80b4f325348414b3d4c3

Online Resources:

- Mothers Overcoming Breastfeeding Issues (MOBI)
<http://www.mobimotherhood.org/breastfeeding-grief.html>
- Not Everyone Can Breastfeed
<http://noteveryonecanbreastfeed.com/index.html>

60 mins.

Research Update:

Which Breast Pump for Which Mother: An Evidence-Based Approach to Individualizing Breast Pump Technology

presented by **Sue Petracek, BSEd, IBCLC**, President of Bosom Buddies

Journal article to be reviewed:

- Meier PP, Patel AL, Hoban R, Engstrom JL. **Which Breast Pump for Which Mother: An Evidence-Based Approach to Individualizing Breast Pump Technology**. *Journal of Perinatology*. 2016; 36:493-499.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4920726/pdf/nihms743721.pdf> (PDF of Full Text Article)

45 mins.

Breastfeeding Advocacy:

Breastfeeding Support and Education for Community Health Nurses in Trifinio, SW Guatemala

presented by **Maureen Lenssen, RN, MSN, CPNP, IBCLC**, Senior Instructor, University of Colorado School of Medicine, Department of General Pediatrics & the Center for Global Health, Child Health Clinic at Children's Hospital Colorado

- Related Article: Atyeo NN, et al. **Early Initiation of Breastfeeding Among Maya Mothers in the Western Highlands of Guatemala: Practices and Beliefs.** *Journal of Human Lactation*. Published Online January 20, 2017. <http://journals.sagepub.com/doi/pdf/10.1177/0890334416682729>

45 mins.

Learning Objectives:

At the end of the session, the learner will be able to:

1. Describe the potentially traumatizing impact of breastfeeding struggles and disappointments on new mothers.
2. Identify strategies to offer mental health support to mothers who are grieving their breastfeeding relationship and managing intense emotions.
3. Apply an evidence-based approach to individualize breast pump technology to a mother's specific needs and her human milk feeding goals.
4. Understand the barriers and their implications in breastfeeding education for Community Health Nurses in rural Guatemala.

Speaker Disclosures: Sue Petracek, BSEd, IBCLC, is the President of Bosom Buddies, a Colorado based business that provides breastfeeding education, lactation consultation, breast pumps and accessories, and breastfeeding supplies.

IBCLE Exam Blueprint Disciplines Covered in the Session:

- **G. Psychology, Sociology, and Anthropology:** "Healing Breastfeeding Grief: Helping Mothers Make Peace with the Loss of Their 'Dreamed About' Breastfeeding Experience"
- **K. Breastfeeding Equipment and Technology:** "Which Breast Pump for Which Mother: An Evidence-Based Approach to Individualizing Breast Pump Technology"
- **M. Public Health:** "Breastfeeding Support and Education for Community Health Nurses in Trifinio, SW Guatemala"