

## 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, February 8, 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, February 3.

**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](mailto: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](mailto: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 South | 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, February 8, 2017

### Timely Topic/Practice Parameter:

#### **2016 Updated AAP Safe Sleep Recommendations: Finding Partnership Between Promoting Safe Sleep and Supporting Breastfeeding**

presented by **Marianne Neifert, MD, MTS, FAAP**, Founder and Facilitator, Colorado Lactation Journal Club

Journal articles to be reviewed:

- AAP Task Force on Sudden Infant Death Syndrome. **(Policy Statement) SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment.** *Pediatrics*. 2016; 138(5): e20162938.  
<http://pediatrics.aappublications.org/content/pediatrics/early/2016/10/20/peds.2016-2938.full.pdf>
- Moon RY and AAP Task Force on Sudden Infant Death Syndrome. **(Technical Report) SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment.** *Pediatrics*. 2016; 138(5): e20162940.  
<http://pediatrics.aappublications.org/content/pediatrics/early/2016/10/20/peds.2016-2940.full.pdf>

Related links:

- <http://www.usbreastfeeding.org/p/bl/et/blogaid=334>
- <https://gumc.georgetown.edu/news/statement-the-national-action-partnership-to-promote-safe-sleep-on-revised-aap-safe-sleeping-recommendations>

60 mins.

### Research Update:

#### **Infant Weight Change in the First Month After Birth Among Well Newborns**

presented by **Kelly McMullen, MD, Faculty Family Medicine Attending Physician, Exempla Saint Joseph Hospital**

Journal article to be reviewed:

- Paul IM, Schaefer EW, Miller JR, et al. **Weight Change Nomograms for the First Month After Birth.** *Pediatrics*. 2016; 138(6): e20162625.  
<http://pediatrics.aappublications.org/content/early/2016/11/07/peds.2016-2625> (article abstract only; full text PDF of the article requires a subscription)

45 mins.

## Breastfeeding Advocacy

### The State of Breastfeeding in Colorado

presented by **Stacy Miller, PhD, RD**, Breastfeeding Specialist, Prevention Services Division, Colorado Department of Public Health and Environment

Related links:

<https://www.cdc.gov/breastfeeding/data/breastfeeding-report-card-2016.html>

<https://www.colorado.gov/pacific/cdphe/colorado-baby-friendly-hospital-collaborative>

<https://www.colorado.gov/pacific/cdphe/breastfeeding>

45 mins.

### Learning Objectives:

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

1. Summarize the 2016 updated, evidence-based, AAP recommendations for a safe infant sleeping environment.
2. Conduct open, non-judgmental conversations with parents about the vital importance of safe sleep practices and breastfeeding, in order to support families to make informed decisions about their caregiving.
3. Review the methods, results, and clinical implications of a recent large study of infant weight change in the first month after birth among well newborns.
4. Discuss national and Colorado breastfeeding rates and key Colorado breastfeeding initiatives, including the Colorado Baby-Friendly Hospital Collaborative, Workplace Lactation Accommodation work group and the new *Breastfeeding in Child Care Toolkit*.

**Speaker Disclosures:** None of the presenters has any relevant commercial relationships to disclose.

### IBCLE Exam Blueprint Disciplines Covered in the Session:

- **G. Psychology, Sociology, and Anthropology:** 2016 Updated AAP Safe Sleep Recommendations: Finding Partnership Between Promoting Safe Sleep and Supporting Breastfeeding
- **H. Growth Parameters and Developmental Milestones:** Infant Weight Change in the First Month After Birth Among Well Newborns
- **M. Public Health:** 2016 Updated AAP Safe Sleep Recommendations: Finding Partnership Between Promoting Safe Sleep and Supporting Breastfeeding, The State of Breastfeeding in Colorado