

## 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, November 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, November 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, November 8, 2017

### Human Milk Research Update:

**Maternal Health, Mother's Milk, and Microbiome** presented by **Tiffany Weir, PhD, Colorado State University**, Department of Food Science and Human Nutrition, Graduate Program in Cell and Molecular Biology

Related Publications:

- O'Sullivan A, Farver M, and Smilowitz JT. **The Influence of Early Infant-Feeding Practices on the Intestinal Microbiome and Body Composition in Infants.** *Supplementary Issue: Parental Nutritional Metabolism and Health and Disease of Offspring. Nutrition and Metabolic Insights.* 2015;8(S1).  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4686345/> (Full text article)
- Cacho N and Neu J. **Manipulation of the Intestinal Microbiome in Newborn Infants.** *American Society for Nutrition. Adv. Nutr.* 5; 2014:114-118.  
<http://advances.nutrition.org/content/5/1/114.full> (Full text PDF of article)
- Yang I, Corwin EJ, Brennan PA, et al. **The Infant Microbiome: Implications for Infant Health and Neurocognitive Development.** *Nurs Res.* 2016; 65(1):76-88.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4681407/> (Full text PDF of article)

60 minutes

### Best Practices:

**Supporting Late-Preterm Infants Transitioning Home from the NICU – Looking at Best Practices** presented by **Barbara J. Deloian, PhD, RN, CPNP, IBCLC, FAANP**, President/CEO, Special Kids, Special Care Inc.; Center for Parent CARE LLC; Pediatric Nurse Practitioner/Lactation Consultant; and **Paulina Erices, BS, IBCLC, RLC**, Maternal Child Health Specialist, Jefferson County Public Health; Intern and Independent Consultant, Special Kids, Special Care, Inc.; Owner, Denver Lactation, LLC

Related Publications:

- Kair, L.R., Flaherman, V.J., Kathryn A. Newby, K.A., and Colaizy, T.T. **The Experience of Breastfeeding the Late Preterm Infant: A Qualitative Study.** *Breastfeeding Medicine.* 2015;10(2):102-106.  
<https://www.ncbi.nlm.nih.gov/pubmed/25647732> (Article abstract; Full text article requires a subscription.)

- Dosani, A., Hemraj, J., Premji, S.S., et al. **Breastfeeding the Late Preterm Infant: Experiences of Mothers and Perceptions of Public Health Nurses.** *International Breastfeeding Journal*. 2017;12, 23. <https://internationalbreastfeedingjournal.biomedcentral.com/articles/10.1186/s13006-017-0114-0> (Full text PDF)
- Bennett, C. F. & Grassley, J. S. **A Community Partnership to Support Breastfeeding Mothers of Late Preterm Infants.** *Nursing for Women's Health*. Aug-Sept 2017; 21(4): 274-282. [http://nwhjournal.org/article/S1751-4851\(17\)30161-7/pdf](http://nwhjournal.org/article/S1751-4851(17)30161-7/pdf) (Full text PDF of article)
- Bennett CF, Galloway C, Grassley JS. **Education for WIC Peer Counselors About Breastfeeding the Late Preterm Infant.** *J Nutr Educ Behav*. 2017; Published Online August 14. [http://www.jneb.org/article/S1499-4046\(17\)30724-8/pdf](http://www.jneb.org/article/S1499-4046(17)30724-8/pdf) (Full text PDF of article)

60 minutes

### Timely Topic

**Evidence that Baby-Friendly Hospital Practices Increase Exclusive Breastfeeding at 1 and 3 Months Among Infants Enrolled in Los Angeles County WIC** presented by **Marianne Neifert, MD, MTS, FAA**, Founder and Facilitator, Colorado Lactation Journal Club

Journal Article:

- Nobari TZ, Jiang L, Wang MC and Whaley SE. **Baby-Friendly Hospital Initiative and Breastfeeding Among WIC-Participating Infants in Los Angeles County.** *Journal of Human Lactation*. First Published Online, August 9, 2017. <http://journals.sagepub.com/doi/pdf/10.1177/0890334417716118> (Article abstract; Full text article requires a subscription)

30 mins.

### Learning Objectives:

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

1. Understand the roles of the gut microbiota in infancy and early childhood.
2. Examine the effects of maternal weight, prenatal nutrition, birth mode, and early feeding patterns on infant microbiota colonization
3. Explore evidence-based methods of optimizing microbiota colonization in infants.
4. Describe parent's perceptions of transitioning home from the NICU.
5. Compare approaches described in the literature and in practice that have been identified to support continuation of breastfeeding for late premature infants after discharge from the NICU.
6. Discuss recent research evidence that the BFHI can be an effective strategy to promote exclusive breastfeeding among low-income populations.

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

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

- **C. Maternal and Infant Nutrition and Biochemistry:** "Maternal Health, Mother's Milk, and Microbiome"
- **D. Maternal and Infant Immunology and Infectious Disease:** "Maternal Health, Mother's Milk, and Microbiome"
- **E. Maternal and Infant Pathology:** "Supporting Late-Preterm Infants Transitioning Home from the NICU – Looking at Best Practices;"
- **M. Public Health:** "Supporting Late-Preterm Infants Transitioning Home from the NICU – Looking at Best Practices;" "Evidence that Baby-Friendly Hospital Practices Increase Exclusive Breastfeeding at 1 and 3 Months Among Infants Enrolled in Los Angeles County WIC"