Colorado Lactation Journal Club
Colorado Lactation Journal Club is a program of Mothers’ Milk Bank, moderated and facilitated by Kelly McMullen, MD, CLC, Associate Director of Maternity Care Fellowship, Clinical Faculty Family Medicine Residency at Saint Joseph Hospital and held at Saint Joseph Hospital Russell Pavilion.

Date: June 12, 2019
Time: 2:30 pm – 5:00 pm (please allow extra time for parking and signing in)
Cost: $30 if you preregister online or attend via webinar; $35 at the door
Registration: Preregister online at https://rmchildren.org/mothers-milk-bank/lactation-journal-club. To ensure printed session materials are available for you, please register online by Thursday, June 6, 2019.
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: Saint Joseph Hospital | Russell Pavilion, 2nd Floor, Sterne Elder Room | 1375 E. 19th Avenue, Denver, CO 80218
Parking Options: Free parking is available in the Russell Garage (Lot B). There is also free valet parking at the front of the hospital. 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). Provider approved by the California Board of Registered Nursing, Provider Number CEP 14822, for 2.5 contact hours. No additional fees charged, refunds not applicable.

Agenda —Wednesday, June 12, 2019

Literature Review:
How does NICU admission for late preterm infants affect breastfeeding?
presented by coauthor Kathleen Hannan, MD, Neonatology Fellow, Children’s Hospital Colorado

Related publication:

60 mins.

Literature Review:
How does giving a little formula before lactogenesis 2 affect breastfeeding and the infant microbiome?

Presenter: Laura Strickland, MD, CLC, Clinical Faculty Saint Anthony Family Medicine Residency
Related Publication:

45 minutes

Lactation Best Practices
Can fenugreek, turmeric and ginger increase milk supply?

presented by Kelly McMullen, MD, CLC, Associate Director of Maternity Care Fellowship, Clinical Faculty Family Medicine Residency at Saint Joseph Hospital

Related publications:
• The Safety of Mother's Milk® Tea: Results of a Randomized Double-Blind, Controlled Study in Fully Breastfeeding Mothers and Their Infants. Journal of Human Lactation, July 2018. Carol L. Wagner, MD et al. https://doi.org/10.1177/0890334418787474

45 mins.

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

1. Compare breastfeeding initiation and continuation rates, and in-hospital breastfeeding practices, of late preterm infants (LPIs) cared for in a NICU versus those cared for exclusively in the nursery (non-NICU) in Colorado.
2. Become familiar with the latest research on formula supplementation in the early neonatal period and its impact on breastfeeding duration, exclusivity, and the microbiome.
3. Review two recent articles on safety and efficacy of fenugreek to increase breastmilk production.

Speaker Disclosures: Dr. Kelly McMullen has disclosed that she is an employee of Saint Joseph Hospital/SCL Health, and a member of Mothers' Milk Bank Advisory Board.