



2017

North Carolina  
 Lactation Consultant  
Association

Breastfeeding Summit

Practice Pearls of Wisdom

May 22, 2017

Coastline Conference and Event Center  
501 Nutt Street, Wilmington, NC

CREDIT PROVIDED BY:



SEAHEC

Join Us for the  
**North Carolina Breastfeeding Coalition Meeting**  
to be held  
Sunday, May 21st - from 1:30-4:30pm.



## Dessert Reception

to be held  
May 21st from 6:30 - 7:00 p.m.

followed by a special guest speaker 7:00 - 9:00 p.m.

Lindsey Reeves, MS, RD, LDN, IBCLC, CD, speaking on:

**Food Sensitivities in the Breastfed Baby:  
Optimizing Infant Outcome through Maternal Diet**

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501 Nutt Street, Wilmington, NC



## Mission

### 3rd Annual North Carolina Lactation Consultant Summit

The mission of this summit is to support, connect, and grow the community of lactation professionals in NC. Each year the NCLCA Summit brings together lactation consultants from across the state as speakers and participants. Our goal is to provide an opportunity for NC lactation consultants to collaborate, share ideas, mentor each other, and become a cohesive community of health care providers and breastfeeding advocates.

This year, we will focus on creating conversations that further our skills, ethics and regional identity.

## Credit

6.25 CNE Hours; 6.25 Contact Hours  
8.25 CNE/Contact Hours if attending Sunday & Monday

Participants must attend the entire program to receive 8.25 credits. If only attending Monday session, participants will receive 6.25 credits. Application has been made for IBLCE CERPs recognition.

SEAHEC is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Scholarship

Scholarships are available to attend the Summit due to funds generously donated by Mr. and Mrs. Clifton Kenon Jr. Priority will be given to those working in rural areas of North Carolina and from underrepresented populations. To apply, please email your request to Norma Escobar at [nescobar@nhcgov.com](mailto:nescobar@nhcgov.com). The subject line should read, "Summit Scholarship Request"; please include a statement of need and how you plan to use the knowledge gained during this workshop to further breastfeeding support in your community. The deadline for scholarship requests is April 1, 2017. Award recipients will be notified by April 14, 2017.

## Target Audience

This program is intended for Lactation Professionals (IBCLC), Nurses, Breastfeeding Peer Counselors, Lay Breastfeeding Supporters, or anyone interested in lactation.

## Lactation Science Fair

We are accepting proposals for presentations until April 1st on a rolling basis. You will receive confirmation of your acceptance a week after your proposal is submitted. Please do not register until you have confirmation of your proposal status. If accepted, 50% will be taken off your registration. Contact Rebecca Costello with your proposals: [rcostello@gmail.com](mailto:rcostello@gmail.com)

## Objectives

At the conclusion of this summit, participants should be able to:

- Describe breastfeeding advocacy efforts in the state
- Define available resources for breastfeeding mothers in individual perinatal regions
- Discuss hot topics in clinical lactation practice
- Define the ethics of lactation support specifically as they apply to providing support online

## Planning Committee

Vicki J. Carlson R.N., LC, Parish Nurse  
Ellen Chetwynd, PhD, MPH, BSN, IBCLC  
Rebecca Costello, MPH, IBCLC, RLC  
Norma O Escobar, IBCLC, RLC  
Kirsten Frank RD, CSP, LDN, CNSC, IBCLC  
Saralyn Gillikin, DNP, MSN, RN-BC, NEA-C  
Audrey Hammonds, WIC Nutritionist  
Lindsey Reeves, MS, RD, LDN, IBCLC, CD (DONA)  
Gigi Lawless, BSN, RN, IBCLC  
Heather Renye, BSN, RN, IBCLC, RLC  
Kimberly Rush, BSN, RN, IBCLC, RLC  
Catherine Sullivan, MPH, RD, LDN, IBCLC, RLC  
Jess Zeffiro, LCCE, CLEC



8:00 - 8:30 Registration

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8:30 - 8:45 Welcome

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8:45 - 9:15 The State of the State: Progress and challenges in breastfeeding advocacy in North Carolina— Mary Anne Burghardt, MS, RD, LDN

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9:15 - 10:45 Perinatal Regional Workgroups :

- Catherine Sullivan, MPH, RD, LDN, IBCLC, RLC
  - Ellen Chetwynd, PhD, MPH, BSN, IBCLC
  - Grisel Rivera, MPH, RD, LDN, IBCLC
  - Lisa Baker, MS, RD, IBCLC
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10:45 - 11:00 Break

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11:00 - 12:00 Lactation Science Fair: Project Presentations

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12:00 - 1:00 Lunch

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1:00 - 2:45 Clinical Practice Pearls (8 topics)

Case Study-based guided discussions or demonstrations. Each conference attendee will have an opportunity to rotate to 4 different stations. You will choose the stations at registration Monday, May 22.

- Manual expression techniques, demonstration and practice - Kimberly Rush, BSN, RN, IBCLC, RLC
  - Establishing a breastfeeding friendly practice - stories from the field - Kelley V. Lawrence, MD, IBCLC, FAAFP
  - Do we "risk" it? Explaining risks of formula without turning people off - Gigi Lawless, BSN, RN, IBCLC
  - Aggressive non-nursers - what can the lactation consultant do? Ellen Chetwynd, PhD, MPH, BSN, IBCLC
  - Galactagogues - science or fiction? Victoria Sproat, IBCLC, RLC
  - Social media support~ the good, bad, and ugly. How to work with clients who have been 'self diagnosing' online - Lindsey Hurd Revees, RD, IBCLC, & Jess Zeffiro, LCCE, CLEC.
  - Neonatal abstinence syndrome - challenges and suggestions for providers. Julie Holcomb RN, MSN, IBCLC
  - TBD
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2:45 - 3:00 Break

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3:00 - 4:00 Practical Ethics in the Internet Age: How to engage with clients ethically through social media— Norma Escobar, IBCLC, RLC

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4:00 - 4:30 Wrap up and closing

# Conference Fees

(fees cover activities on both days)

Registration Fee: \$120 (By May 1)  
\$140 (After May 1)

NCLCA Member Fee: \$100 (By May 1)  
\$120 (After May 1)

Science Fair Participant Fee: \$60 (Must register by April 14)

or visit <https://www.seahec.net/continuing-education/calendar>

# Cancellation & Refunds

Notification must be received at least two business days prior to the start date, you may choose one of the following:

- Receive a refund, minus a 30% processing fee
- Provide us with the name of a substitute who will attend the program in your place

If notification is received less than 2 days prior to start date, SEAHEC is unable to process any refund option.

# Hotel Arrangements

A block of rooms are reserved at a rate of \$139/night excluding taxes at the Best Western Plus at Coastline Conference Center.

The conference rate reservation cut-off date is 4/21/17.  
Please call 1-800-617-7732 or 910-763-2800 to make a reservation

# Questions

Please contact Norma Escobar at 910-538-6455 or [nescobar@nhc.gov](mailto:nescobar@nhc.gov) or visit the NCLCA website: <http://ncbfc.org/nclca/>



# Location & Parking

Coastline Convention Center is located in historic downtown Wilmington on the banks of the Cape Fear River at 501 Nutt Street, Wilmington NC 28401

Limited free parking is available onsite or paid parking deck within walking distance.

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with Support from:

This program is financially supported by education funds to NC Perinatal Region V by NC Division of Public Health, Nutrition Services Branch.



# NCLCA 2017 SEAHEC REGISTRATION FORM

Course #: **N51411**

Registration Fees (include events on both days):

- \$120 (By May 1)       \$100 NCLCA Member (by May 1)       WIC region V BFPC/Manager  
 \$140 (After May 1)       \$120 NCLCA Member (After May 1)       \$60 Science Fair Presenter

Dessert Reception 5/21:     Attending dessert reception       NOT attending dessert reception

To register, please complete and FAX this form to 866-734-9343 or mail to **SEAHEC , Attn: Registration, 2511 Delaney Avenue, Wilmington, NC 28403**. Make checks payable to **SEAHEC**.

**You may also register on-line at [www.seahec.net](http://www.seahec.net). Payment by cash, check or money order must accompany the registration.** If you have not received your confirmation letter or e-mail within at least three (3) days prior to the program, please contact us at 910-667-9335 for confirmation.

Name: \_\_\_\_\_ SS# (Last 4 Digits) \_\_\_\_\_

Credentials: \_\_\_\_\_ Title/Occupation: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code \_\_\_\_\_

Workplace: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Ext: \_\_\_\_\_

Preferred E-mail Address: \_\_\_\_\_

**In order to receive all course notifications and materials, please provide a preferred email address. Thank you!**

**Dietary Restrictions** (we will work hard to accommodate as many special requests as possible, if not able to accommodate your needs, we will let you know so you can make alternate arrangements): \_\_\_\_\_

Infants in arms are welcome at this meeting. Please let us know if you will need accommodations to express milk: \_\_\_\_\_

Payment Method:      \_\_\_ Cash      \_\_\_ Check      \_\_\_ VISA      \_\_\_ MasterCard  
                                 \_\_\_ Corporate Credit card      \_\_\_ Personal Credit Card      \_\_\_ Region V Code: \_\_\_\_\_

Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Print Name as it Appears on Card \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_