



Professional Education Program

The Breastfeeding Coalition of Palm Beach County has developed a unique educational program designed for health care professionals and staff in private medical offices and hospitals...Physicians, Nurses, Midwives, Nurse Practitioners, Medical Assistants, Nutritionists, Dieticians, or any other staff member who is interested in helping new mothers successfully initiate breastfeeding and provide ongoing support. **IBCLC instructors will come to your office to deliver breastfeeding training** using *The Curriculum in Support of the Ten Steps to Successful Breastfeeding: An 18 Hour Interdisciplinary Breastfeeding Management Course for the US*

The following topics are available and can be scheduled individually, or combined for longer sessions. Topics can be selected as needed, and do not have to be scheduled in any particular order. Fees are based on number of participants and number of sessions.

Contact Karen Antonucci, Professional Education Coordinator 561.655.6953 info@pbcbreastfeeding.org

Series I	The Framework	(Chapters 1-4)	5 hours
90 min	<i>Health Priorities & 10 Steps to Success</i>	Breastfeeding as a Public Health Priority, The Role of Baby-Friendly Hospital Initiative in Breastfeeding Promotion; The Use of Evidence-Based Clinical Practice to Develop Evidence-Based Hospital Policies that Support Breastfeeding Practices.	
60	<i>Benefits of Breastfeeding</i>	Advantages of breastfeeding and the disadvantages of formula feeding for the baby, Possible health advantages of breastfeeding for the mother	
90	<i>Counseling Perspectives</i>	Patient communication and counseling skills	
60	<i>Providing Ongoing Support</i>	Providing ongoing support for breastfeeding mothers, indicators of lactation amenorrhea	
Series II	Lactation Management	(Chapters 5-9)	5.5 hours
60	<i>How The Breast Works</i>	Anatomy and Physiology of lactation	
60	<i>Supply & Demand</i>	Signs of adequate milk supply, perceived "insufficient milk syndrome"	
90	<i>Assessing Attachment</i>	Correct "latch-on", infant feeding cues, potential problems related to incorrect "latch-on"	
60	<i>Expressing & Feeding</i>	How to establish and maintain a milk supply when mother cannot feed infant at the breast	
60	<i>Immediate Postpartum</i>	The importance of hospital practices on breastfeeding success: the first hour postpartum, skin-to-skin contact, etc.	

Series III	Special Circumstances	(Chapters 10-15)	6 hours
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- 60 *Engorgement & Sore Nipples*
Causes, prevention, and management of engorgement
- 60 *Babies Who Refuse the Breast*
Reasons why an infant may refuse the breast
- 60 *Other Breast Problems*
Other breast problems including plugged ducts, mastitis, abscess and infection of the breast
- 60 *Infants At Risk*
Preterm infants and special situations
- 60 *Maternal Medications*
Contraindications to breastfeeding and issues relating to maternal medications
- 60 *Working & Nursing*
Sustaining breastfeeding while employed outside the home;

Series IV	Perinatal Issues	(Chapters 16,10,12,14,15)	5.5 hours
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- 90 *The Prenatal Period*
Breastfeeding and the Pregnant Woman: the OB Unit, Approaches to breastfeeding promotion
- 60 *Engorgement & Sore Nipples*
- 60 *Other Breast Problems*
- 60 *Maternal Medications*
- 60 *Working & Nursing*

Here's what participants say about the course:

- "... I learned things in classes that I did not think I needed prior to taking this class!"
- "This class was useful and brought 20 years of OB nursing & nursing all together & updated! Thank you!"
- "... Thank you for bringing this to us – I learned so much!"
- "Very informative & useful. Went home excited about what I had learned!"
- "These classes should be mandatory for all health care professionals on any OB unit!"
- "Please come back soon!"
- "Instructor very knowledgeable and made class fun."
- "I wish I knew all this 30 years ago"

Results from course evaluations average **4.9** on a **5.0 scale** for an **EXCELLENT** rating!