



Sharing the Science of Human Milk and Lactation

Tuesday, November 18, 2025

Roberts Center for Pediatric Research

Learn more: chop.cloud-cme.com

Course Overview

This one-day course will provide neonatal healthcare providers with evidence-based knowledge and application skills regarding research on human milk and breastfeeding for vulnerable infants.

Course Objectives

- Identify the current recommendations on breastfeeding and international and national initiatives
- Describe the concept of informed decision-making and sharing the science of human milk with families
- Identify cultural and family influence on breastfeeding
- Identify the anatomy and physiology of lactation to ensure initiation and maintenance of milk supply
- Articulate principles of human milk management and implementation of a Human Milk Management Center to optimize human milk feedings
- Describe the process of transition from tube feeding of human milk to at-breast feeding

General Information

The conference will be held on Tuesday, November 18, 2025. The registration fee of \$100 includes syllabus material.

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Children's Hospital of Phila. Children's Hospital of Philadelphia is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation of Credit

Physicians: Children's Hospital of Philadelphia designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This program provides 6.5 ANCC contact hours.

Cancellation and Refund Policy

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a \$15 service charge. In order to process refunds for course withdrawals, cancellation must be received in writing by Monday, November 3, 2025. No refunds will be issued thereafter.

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PROGRAM

Tuesday, November 18, 2025

8:00 a.m.	Welcome and Introduction Current Recommendations on Breastfeeding
8:45 a.m.	Informed Decision-Making and Sharing the Science of Human Milk
10:15 a.m.	Break
10:30 a.m.	Why Don't Women Breastfeed? Support and Cultural Issues
11:00 a.m.	Anatomy and Physiology of Milk Production and Ensuring Initiation and Maintenance of Milk Supply
12:00 p.m.	Lunch
1:00 p.m.	Oral Care and Optimization of Human Milk
2:45 p.m.	Break
3:00 p.m.	Transition to Breast and Technology to Support Breastfeeding Measuring Milk Transfer The Process of Transition from Tube Feeding to Direct Breastfeeding
4:00 p.m.	Program Evaluation and Adjournment

Unless otherwise noted, faculty is from the Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

Course Directors

Purvi Kapadia-Jethva, MD

Associate Director, Newborn Care Network

Patricia O'Connor, RN, BSN, MS

Nurse Coordinator

Neonatal Outreach Program

Course Faculty



Diane L. Spatz, PhD, RN-BC, FAAN, FAWHONN is a Professor of Perinatal Nursing and the Helen M. Shearer Professor of Nutrition at the University of Pennsylvania School of Nursing with joint appointment as a nurse scientist—lactation at Children's Hospital of Philadelphia (CHOP) in the Center for Pediatric Nursing Research and Evidence Based Practice. Dr. Spatz is the Founder of the CHOP Mothers' Milk Bank.

Dr. Spatz is an active researcher, clinician and educator who is internationally recognized for her work in human lactation. Dr. Spatz has been PI or co-investigator on over 50 research grants, including several from the NIH. She has authored and co-authored over 250 peer-reviewed publications and written numerous book chapters related to human milk and breastfeeding.

In 2004, Dr. Spatz developed her 10-step model for human milk and breastfeeding in vulnerable infants. This model has been implemented in NICUs throughout the United States and other countries worldwide (Thailand, India, China, Mexico, Japan, Chile). Dr. Spatz has been named a prestigious "Edge Runner" for the American Academy of Nursing. Her nurse-driven models of care are critical in improving human milk and breastfeeding outcomes and thus the health of women and children globally.

Dr. Spatz was the only PhD nurse appointed to the Congressional Task Force on Research Specific to Pregnant Women and Lactating Women. She also served for the World Health Organization Task Force on donor milk and milk banking globally. Dr. Spatz was inducted as an inaugural Fellow of AWHONN in June 2023. Dr. Spatz is the current treasurer for the International Society for Research in Human Milk and Breastfeeding. In 2024, she was appointed to the National Academies of Science Engineering and Medicine Breastfeeding Analysis Study.



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