

# The Use of Human Milk and Breastfeeding Education for the NICU Nurse

Tuesday, May 14, 2019

Roberts Center for Pediatric Research  
2716 South St. • Philadelphia, PA 19146

Learn more: [chop.cloud-cme.com](http://chop.cloud-cme.com)



*Deborah Acerno (with husband Tom), who pumped her milk for daughter Adeline, was the first donor to the CHOP Mothers' Milk Bank.*



## OVERVIEW

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

## GENERAL INFORMATION

The conference will be held on Tuesday, May 14, 2019, in the Roberts Center for Pediatric Research. The registration fee of \$75 includes continental breakfast, breaks, lunch, parking and syllabus material.

## COURSE OBJECTIVES

Upon completion of this course, participants should be able to:

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

## CONTINUING NURSING EDUCATION APPROVED PROVIDER STATEMENT

Children's Hospital of Philadelphia is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This nursing activity has been approved for 7.0 credit hours for the full-day program.

## 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 \$20 service charge**, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by **Tuesday, May 7, 2019**. No refunds will be issued thereafter.

## SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please call the Continuing Medical Education Department at 215-590-5263.

## PROGRAM — TUESDAY, MAY 14, 2019

7:30 a.m.	Registration and Continental Breakfast
8 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 a.m.	Anatomy and Physiology of Milk Production and Ensuring Initiation and Maintenance of Milk Supply
Noon	Lunch
1 p.m.	Oral Care and Optimization of Human Milk
2:45 p.m.	Break
3 p.m.	Transition to Breast and Technology to Support Breastfeeding
	Measuring Milk Transfer
	The Process of Transition from Tube Feeding to Direct Breastfeeding
4 p.m.	Program Evaluation and Adjournment

**REGISTER ONLINE:**  
**[CHOP.CLOUD-CME.COM](http://CHOP.CLOUD-CME.COM)**

*Unless otherwise noted, faculty are from Children's Hospital of Philadelphia and/or the University of Pennsylvania School of Nursing.*

## FACULTY

**Patricia O'Connor, RN, MS**

*Nurse Coordinator  
Neonatal Outreach Program*

**Diane L. Spatz, PhD, RN-BC, FAAN**

*Nurse Researcher and Director, Lactation Program  
Clinical Coordinator, CHOP Mothers' Milk Bank  
Professor of Perinatal Nursing  
Helen M. Shearer Professor of Nutrition*



**Diane L. Spatz, PhD, RN-BC, FAAN**, is a professor of Perinatal Nursing and the Helen M. Shearer Professor of Nutrition at the University of Pennsylvania School of Nursing, sharing a joint appointment as a nurse researcher and Director of the lactation program at Children's Hospital of Philadelphia (CHOP) and the Clinical Coordinator of the CHOP Mothers' Milk Bank.

Dr. Spatz is an active researcher, clinician and educator who is internationally recognized for her work surrounding the use of human milk and breastfeeding, particularly in vulnerable populations. Dr. Spatz has been PI or co-investigator on more than 30 research grants, including several from the National Institutes of Health. She has authored and co-authored over 95 peer-reviewed publications. Dr. Spatz has authored or co-authored position statements for the International Lactation Consultant Association, the Association of Women's Health Obstetric & Neonatal Nursing, the Society of Pediatric Nurses, and the National Association of Neonatal Nurses.

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. Dr. Spatz has been named a prestigious "Edge Runner" for the American Academy of Nursing related to the development and outcomes of her model. 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 is also the recipient of numerous awards, including the 2016 Lifetime Achievement Award from the National Association of Neonatal Nurses, the Research Utilization Award from Sigma Theta Tau International, and from the University of Pennsylvania: the Dean's Award for Exemplary Professional Practice, the Expert Alumni Award, and the Family and Community Department's Academic Practice Award. She is also the recipient of the Lindback Award for Distinguished Teaching. Dr. Spatz received the Distinguished Lang Award for her impact on scholarship, policy and practice.

In the School of Nursing portion of her job, she teaches an entire semester course on breastfeeding and human lactation to undergraduate nursing students, and in the hospital portion of her job, she developed the Breastfeeding Resource Nurse Program. Dr. Spatz is Immediate Past Chair of the American Academy of Nursing's Expert Panel on Breastfeeding and its representative to the United States Breastfeeding Committee. She is also a member of the International Society for Researchers in Human Milk and Lactation.

## CONTINUING NURSING EDUCATION NURSE PLANNER

**Regina Flynn-Roth**