

# The Use of Human Milk and Breastfeeding Education

**Roberts Center for  
Pediatric Research**

**Monday, March 13, 2023**

**Learn more: [chop.cloud-cme.com](https://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 Monday, March 13, 2023. The registration fee of \$50 includes 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 cultural 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

## NURSING CONTINUING PROFESSIONAL DEVELOPMENT

### APPROVED PROVIDER STATEMENT

Children's Hospital of Philadelphia is approved as a provider of nursing continuing professional development 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 \$15 service charge**. In order to process refunds for course withdrawals, cancellation must be received in writing by **Monday, February 27, 2023**. No refunds will be issued thereafter.

## HOTEL ACCOMMODATIONS

A block of rooms has been reserved at reduced rates at the Sheraton University City, located just a few blocks from Children's Hospital. The group overnight rate is \$169 single and double occupancy plus a 16.37 percent room tax. Participants are required to make their own hotel reservations by calling the Sheraton directly at 215-387-8700. Please mention the name of the conference when making your reservation. The special room rate will be available until Monday, Feb. 13, 2023. After that date, reservations will be accepted on a space and rate availability basis.



## PROGRAM — MONDAY, MARCH 13, 2023

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](https://chop.cloud-cme.com)

Unless otherwise noted, faculty is 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 Lynn Spatz, PhD, RN-BC, FAAN**  
Professor of Perinatal Nursing and the Helen M. Shearer Professor of Nutrition  
University of Pennsylvania School of Nursing  
Nurse Scientist-Lactation  
Center for Pediatric Nursing Research and Evidence Based Practice  
Children's Hospital of Philadelphia  
Faculty Advisor to Student Nurses at Penn (SNAP)  
Past-Chair American Academy of Nursing (AAN Expert Panel on Breastfeeding)  
AAN Representative to United States Breastfeeding Committee  
Treasurer-International Society for Research in Human Milk and Lactation  
Edge Runner of the AAN



**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 scientist in lactation at Children's Hospital of Philadelphia (CHOP) and Founder 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 over 50 research grants, including several from the NIH. She has authored or co-authored over 180 peer-reviewed publications and written numerous book chapters related to human milk and breastfeeding. Dr. Spatz has authored or co-authored position statements for the International Lactation Consultant Association, the Association of Women's Health, Obstetric & Neonatal Nurses (AWHONN), the Society of Pediatric Nurses (SPN) and the National Association of Neonatal Nurses. She has also written the clinical practice guidelines on human milk and breastfeeding for AWHONN and SPN as well as a technical brief for the USAID on human milk and breastfeeding in developing countries.

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). 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 the only PhD-prepared nurse appointed to the Congressional Task Force on Research Specific to Pregnant Women and Lactating Women. Dr. Spatz has also been appointed to a World Health Organization Task Force on human milk and milk banking globally. Dr. Spatz was elected to the Executive Committee of the International Society of Research in Human Milk and Lactation in April 2020.

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 2019, Dr. Spatz received AWHONN's Distinguished Researcher Award and has been named Nurse of the Year by the Philadelphia Inquirer.

In the university 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 Past Chair of the American Academy of Nursing's Expert Panel on Breastfeeding and their representative to the United States Breastfeeding Committee.

## CONTINUING NURSING EDUCATION NURSE PLANNER

**Sherry L. Monteleone, MSN, RN, IBCLC, NPD-BC**