

# Evidence-Based Breastfeeding Class

This class is designed for any health care providers who work in maternal/child health, including nurses, physicians, dietitians, lactation consultants, public health professionals and others. Topics covered include:

- Health impact of breastfeeding
- Contraindications
- Prenatal myths
- Anatomy and physiology of lactation
- Establishing exclusive breastfeeding
- Medication use during lactation
- Milk expression
- Use of breast pumps
- Medical indications for and techniques for supplementation
- Breastfeeding and kangaroo care for preterm infants

**January 23, 2008**

**February 20, 2008**

**March 26, 2008**

**April 23, 2008**

**August 27, 2008**

**October 15, 2008**

## **Class hours are from 8 a.m. to 5 p.m.**

Teaching materials include a resource book for each participant, pre/post test, small group discussions, case scenarios, videos and powerpoint slides. Class participants are encouraged to ask questions and share situations they have encountered to help provide a fun, interactive learning environment. Come learn how to provide the best care for your breastfeeding families.

Class is approved for contact hours for RNs and CERPs for IBCLCs.

Cost: \$100 (Class fee is waived for OUMC and OUHSC staff/physicians/students)

For more information call 271-4350.

## **Instructor:**

Becky Mannel has been working with breastfeeding mothers and babies since 1992. She is an International Board Certified Lactation Consultant and is Coordinator of the Lactation Program at OU MEDICAL CENTER in Oklahoma City, OK. As a clinical instructor for the OB/Gyn and Pediatrics Departments at the OU Health Sciences Center, Becky provides regular lectures for faculty, residents and medical students. Through the Coalition of Oklahoma Breastfeeding Advocates, she has helped to pass all of Oklahoma's breastfeeding legislation. Becky is currently serving as President of the International Lactation Consultant Association and is an inaugural inductee into the Lactation Consultant Hall of Fame sponsored by Medela.

