

The 20-Hour Interdisciplinary Breastfeeding Management Course for the US 2021 Schedule

REGISTRATION LINK: <https://redcap.phila.gov/surveys/?s=RLYYARH8HH>

FORMAT: 12 two-hour Zoom Sessions = FULL course. (3 months to complete.)

2 days each month: 9-11 am EST and 1-3 pm EST

CLASS 1 (parts A & B)	CLASS 2 (parts A & B)	CLASS 3 (parts A & B)
January 5 & 12	February 9 & 16	March 9 & 16
April 7 & 14	May 5 & 12	June 9 & 16
July 8 & 15	August 5 & 12	September 9 & 16
October 6 & 13	November 10 & 17	December 8 & 15

REQUIREMENTS: Sign chat box each session. Complete PRE-test. Complete POST-test within 24 hours after finishing sessions. (Tests take 3 minutes on-line.)

No post-test completed = NO certificate of completion.

The Pennsylvania State Nurses Association has approved this activity for **20.25 nursing contact hours**. (6.75 hours/day) PSNA is an accredited approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation.

NASW-PA Chapter is a co-sponsor of this workshop. **6.75 class CEs** will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors."

Teacher: Nikki Lee RN, BSN, MS, ANLC, IBCLC, CCE, CIMI, CKC, RYT
Nikki has worked for the Health Department since 2006, teaching anybody anywhere about breastfeeding, and serving on the Philadelphia Baby-Friendly Multi-Hospital Breastfeeding Promotion Taskforce.

Cost: \$30/Class. Full course \$ 75. Make check payable to **City of Philadelphia**.
Mail to Nikki Lee, Philadelphia Department of Public Health, 9th floor
1101 Market Street, Philadelphia, PA 19107

- **Program Description:** This three-class course is partial fulfillment of Step 2 of the 10 Steps to Successful Breastfeeding. The course is built on the Baby-FriendlyUSA outline and is updated monthly.
- **Class Outline:**
 - **Class 1 . Zoom sessions 1-4:** Guidelines and resources from international, national, and local organizations. Conversations and words that work. Teaching pregnant people. Anatomy and physiology of milk making. The value of skin-to-skin care. Hospital Policies and Practices that support exclusive breastfeeding.
 - **Class 2. Zoom sessions 5- 8:** Contraindications to breastfeeding. Assisting mothers of term infants. Identifying hallmarks of effective breastfeeding. Supporting breastfeeding and human milk feeding in the NICU. Teaching bottle-feeding so that baby can regulate its intake. Hypoglycemia and jaundice. Counseling the mother who is using infant formula. Breastfeeding the baby with special health care needs.
 - **Class 3. Zoom sessions 9- 12:** Management techniques for common breastfeeding problems in the first weeks .Supplementation of the breastfed baby. Using pumps, aides and devices. Breastfeeding as a public health strategy, including social determinants of health. The Baby Friendly™ Hospital Initiative. Celebrating your strengths.

Disclaimer: Neither Nikki Lee nor the Philadelphia Department of Public Health have any influencing financial relationships nor any commercial support for this course.

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