

Perinatal Outreach Breastfeeding Newsletter

ISSUE 8

May 2020

COVID-19 & BF and General Breastfeeding Continuing Education Opportunities

By Kara Kaikini

First of all, Happy Nurses Week to our breastfeeding champion nurses. Thank you for the incredible work you do day in and day out, before, during and after pandemics! You are appreciated more than you know.



This special edition of our breastfeeding newsletter is focused on a variety of continuing education opportunities. These resources include:

- A presentation I recently put together about breastfeeding and COVID-19 for the NNEPQIN Project ECHO Series “Planning and Clinical Management of Perinatal COVID-19 cases”. Sharon Economides, Program Manager of MMC’s Lactation Consultation and Childbirth Education contributed the last slides about MMC’s lactation support during this time, too.
- A GOLD Learning webinar focused on COVID-19, Delivery and the Newborn on May 12th
- A Project ECHO series about Caring for the Mother/Baby Dyad During COVID-19.
- COVID-19 resources in other languages
- Other general continuing education opportunities related to breastfeeding.

This is an intense time for the families we work with, and also for us. Now is the time to be gentle with yourselves, too, give yourselves the breaks you deserve, time to connect with others and nature, and keep taking it one day at a time. We’ll get through this together.



Please contact me anytime with any questions,

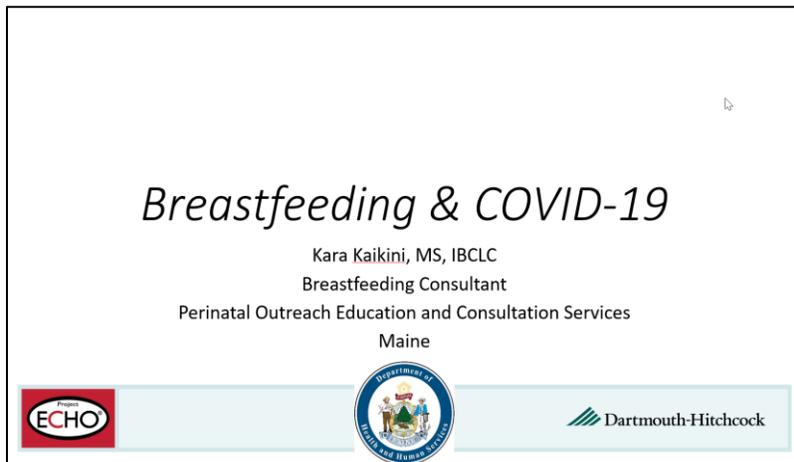
~Kara Kaikini, MS, IBCLC

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COVID-19 & BREASTFEEDING

As you know, the information and guidance around COVID-19 is changing on a regular basis. Below are resources that are up to date as of now. There are links listed in the other attached document of Resources that are staying updated on a regular basis. Do keep checking when looking for updated guidance.

Click [here](#) for the pdf of the NNEPQIN Project ECHO “Breastfeeding & COVID-19” presentation from April 30, 2020 (or see attachment in original email).



The Maine State Breastfeeding Coalition has COVID-19 resources on their website. Stay informed here: <http://www.mainebreastfeeds.org/covid19-and-breastfeeding>



COVID19, Delivery and the Newborn

by Michael Narvey, MD, FRCPC, FAAP

With the rapid pace of new research and changing recommendations, it can be hard for health care professionals to stay on top of current best practices when it comes to caring for newborns during the COVID-19 global pandemic.



Join us live on **May 12th** as Canadian neonatologist Dr. Michael Narvey does the work of sorting through the news reports, research and global clinical experience for you. Come away

with a clear picture of what is currently known about COVID-19 and it's impact on the newborn.

Learn more about the practical issues surrounding planning for the delivery of the newborn including what is known about vertical transmission, concerns with interruption of normal processes after birth such as kangaroo care, breastfeeding and visiting newborns.

This presentation is available for free and provides an opportunity for live Q&A with Dr. Narvey so don't miss out! Registration gives you access to the live event as well as to the recording. Invite your colleagues to access the latest information on the delivery of the newborn and the risks of vertical transmission with this informative presentation.

Register here: <https://www.goldlearning.com/lecture-library/covid19-delivery-and-the-newborn-detail>



Caring for the Mother/Baby Dyad during the COVID Era

Course Description

This course offers obstetric and pediatric providers, nurses, lactation consultants and other team members up-to-date information and support on the COVID-19 pandemic. A multidisciplinary panel of specialists will share latest developments and guidelines, discuss management of patient cases presented by participants and answer questions during the hour-long sessions. Developed in partnership with NNEPQIN.

Who Should Attend

Maine, Vermont & New Hampshire Perinatal Care Teams

Schedule

Sessions will be held every Thursday from 12:00-1:00pm starting May 7th through June 4th.

Submit your cases across the perinatal/neonatal continuum of care to help guide the discussion:
<https://redcap.hitchcock.org/redcap/surveys/?s=CJTRYC9Y4X>

Questions?

Email: ECHO@hitchcock.org
Website: <https://ao.d-h.org/project-echo>

Registration Information

To register, visit: <https://connect.echodartmouth-hitchcock.org/Series/Registration/273>
Please note: This course has limited enrollment. Registrations will be accepted on a first-come, first-served basis.

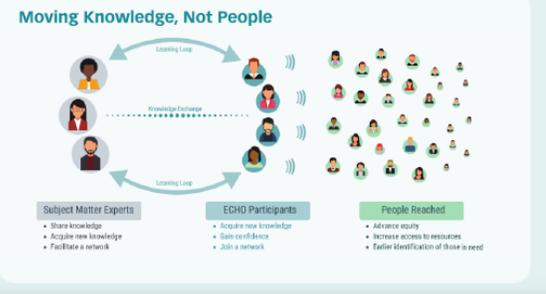
What is Project ECHO?

Project ECHO (Extension for Community Healthcare Outcomes) is a telementoring model. Virtual technology is used to support case-based learning and provide education. This will assist participants to care for more people, right where they live.

Benefits

- Participants learn from experts.
- Participants learn from each other.
- Experts learn from participants as best practices emerge.

Moving Knowledge, Not People



Subject Matter Experts

- Share knowledge
- Acquire new knowledge
- Facilitate a network

ECHO Participants

- Acquire new knowledge
- Gain confidence
- Join a network

People Reached

- Advance equity
- Increase access to resources
- Earlier identification of those in need

Click here to register: <https://connect.echodartmouth-hitchcock.org/Series/Registration/273>

Click here to submit a case for discussion: <https://redcap.hitchcock.org/redcap/surveys/?s=CJTRYC9Y4X>

COVID-19 Resources in Other Languages

Maine Access Immigrant Network (videos in other languages about Staying at Home)
<https://www.youtube.com/channel/UCYfVuMLfbACy6RGcra8qeNw/videos>

This incredible site out of Portland- many resources in many languages:
<https://www.portlandofopportunity.com/covid19>

The Maine CDC Novel Coronavirus 2019 page has a section to “Download Factsheets and Translated Materials”, many of which are from the US CDC, but there are additional resources also:
<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

Maine.gov also has a google translate option at the top right of the page with lots of language options:
<https://www.maine.gov/covid19/>

The federal CDC also has resources in multiple languages:
<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

CONTINUING EDUCATION

- [Gold Learning Online Continuing Education](#) 32+hrs of presentations that can be accessed 24/7 and can be viewed as many times as you like during the viewing period. Available March 30 -June 29th.
- [Center for Breastfeeding Certified Lactation Counselor \(CLC\) Trainings](#)
 - Online Courses available now: <https://centerforbreastfeeding.org/lactation-counselor-training-course-now-available-online/>
 - (The course scheduled for July in Augusta has been cancelled.)
 - Follow their COVID-19 updates here: <https://centerforbreastfeeding.org/covid-19-update/>
- [B.E.S.T. Connection Breastfeeding Conference](#), Sept 17-18, 2020, Seasons Event and Conference Center, Portland. Click [here](#) for online registration.
- **SAVE THE DATE:** Maine CDC Maternal Child Health Substance Exposed Infant Conference, September 29 & 30, 2020, Ramada Inn, Lewiston
- [Maine AAP Annual Conference](#): September 26 & 27, 2020
- [United States Lactation Consultant Association Recorded Webinars](#) (wide-range of excellent webinars; pricing available for members and non-members)
- [Lactation Education Resources](#): Lactation Management Training: From Novice to Expert
- [Health e-learning](#): The International Institute of Human Lactation Inc; CERPs, free lectures, etc.



IABLE

Institute for the Advancement
of Breastfeeding &
Lactation Education

The **Institute for the Advancement of Breastfeeding and Lactation Education** is offering an 8-hour training for physicians on breastfeeding medicine.

This is an excellent opportunity for medical students, residents and attending physicians and other providers to pursue further education in breastfeeding at a low cost.

Wednesdays May 20 and May 27, 2020
9am-1:00pm EDT each day

Cost: \$15.00

This course will be conducted via webinar.

Reserve Your Seat to Attend Live or Access the Recording. Recordings will be available for 4 months.

Registration: <https://lacted.org/shop/webinar202005>

Instructors:

Anne Eglash MD, IBCLC, FABM

Kristina Lehman MD, IBCLC, FABM

Karen Bodnar MD, IBCLC, FABM

Kathy Leeper MD, IBCLC, FABM

Participants Will Be Able to Meet the Following Objectives

1. Gain knowledge and skills to counsel mothers and families on benefits of breastfeeding and risks of artificial feeding.
2. Describe how to support and protect breastfeeding immediately postpartum.
3. Explain differential diagnoses and management strategies for the most common breastfeeding problems that arise during lactation.
4. Identify evidence-based resources for issues such as medications during lactation, patient education on breastfeeding, and problem-based breastfeeding support.

Accreditation

CME: CME credit through the American Academy of Family Physicians has been applied for

IBCLC: This course has been assigned 6.75 (L) Continuing Education Recognition Points (CERPs) by IBLCE. Long Term Provider #CLT117-04.

Cancellation Policy: Full refund up to 2 weeks before course. 50% refund for less than 2 weeks

Brochure: https://lacted.org/uploads_iable/flyers/IABLE_webinar_202005_Basic_Physician_brochure.pdf

FOR MORE INFORMATION

If you have any questions, requests for specific education, or something you'd like to include in a future newsletter, please contact us!

Also, if you received this email from a colleague and would like to be added to the distribution list, please contact Kara.

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