

Best Start Resource Centre Northern Conference

Breastfeeding Update & Baby Friendly Initiative (BFI) - New Indicators

Description

This session will explore the latest evidence and practice around breast milk production, latching, hand expression, breastfeeding gadgets, supplementary and complementary feeding. How language and marketing strategies can impact breastfeeding will also be discussed. Also, what is new with the Baby Friendly Initiative (BFI) as it relates to provincial, national and northern perspectives will be covered.

Expected Learning Outcomes

1. Increased knowledge of breast milk production, latching and hand expression
2. Increased knowledge of how language and marketing strategies can impact breastfeeding
3. Increased knowledge of what is new with the Baby Friendly Initiative (BFI)
4. Increased knowledge of the application of the Baby Friendly Initiative to Northern communities

Speaker Biographies:

Hiltrud Dawson, RN, BTech (neonatal nursing), IBCLC

Hiltrud has over 25 years of experience in the maternal newborn field as a nurse, midwife as well as Lactation Consultant. She currently works as a health promotion consultant for Best Start, Ontario's Maternal, Newborn and Early Child Development Resource Centre and part-time as a Lactation Consultant at Joseph Brant Memorial Hospital, Burlington. While she worked as coordinator of the Breastfeeding and Newborn Assessment clinic at St Joseph's Healthcare, Hamilton, Hiltrud pulled together a multidisciplinary team that implemented the Baby-Friendly Initiative. St Joseph's Healthcare became Ontario's first Baby-Friendly Hospital in March 2003. Hiltrud has extensive experience teaching breastfeeding topics to audiences from various health and social service disciplines including physicians and medical students. Her passions include breastfeeding, BFI implementation and the adjustment of mothers and families after the birth of their baby and the impact of mother's physical, social and mental issues on infants. Hiltrud is the mother of 3 (breastfed) children and 3 (breastfed) grandchildren.

Hannele Dionisi, RN, BScN, Public Health Nurse

Hannele Dionisi has worked in public health for 20 years. For the past nine years, her area of focus has been reproductive health and breastfeeding promotion. She played a key role in the development of the Ontario BFI in the Community Health Services Committee and was its chairperson for four years. Hannele was the BFI program lead as Algoma Public Health worked toward receiving BFI designation in January 2010. She has assisted in the development of a Breastfeeding Surveillance System for the agency and is currently working on implementing a breastfeeding peer support program for Algoma.

Improving Breastfeeding Outcomes Among Aboriginal Women: A Study in Progress

Description

The presentation will primarily give an overview of the research study being conducted by a group of researchers and practitioners from Lakehead University. This will include background information regarding the problems with low breastfeeding and lack of information about Aboriginal women's goals and intentions concerning breastfeeding. The presentation will also discuss the methodology of the study and the potential practice implications.

Expected Learning Outcomes

1. Learn more about the research process
2. Learn more about issues regarding breastfeeding and Aboriginal women

Speaker Biographies:

Karen McQueen, RN, PhD

Karen is an Assistant Professor at Lakehead University's School of Nursing. She has an extensive background in perinatal nursing including practitioner, educator and researcher. Her research interests include breastfeeding promotion and the early identification and treatment of women with postpartum depression.

Eija Leinonen, RN, BScN, IBCLC

Eija is a Public Health Nurse who has worked in maternal child health for over 25 years, including 20 years as an International Board Certified Lactation Consultant. She is currently working at the Thunder Bay District Health Unit in the Healthy Babies Healthy Children Program and Breastfeeding Clinic with a focus on supporting families and community programs in the areas of breastfeeding and early child development.

Agenda

Time	Topics
9:00am - 10:00am	- Introductions - Latest evidence and practice around breastmilk production, latching and hand expression
10:00am - 10:30am	- Refreshment Break
10:30am - 12:00pm	- Breastfeeding gadgets, supplementary and complementary feeding - What's new nationally (the indicator documents and the joining of the 10 steps and 7 points) - What's new in Ontario (new accreditations, the results from the OBC survey, the supports and resources we have)
12:00pm - 1:00pm	- Lunch

1:00pm – 2:00pm	<ul style="list-style-type: none"> - What's new in BFI in Ontario (continued) - What's new in Northern communities (challenges in Algoma, data collection system, and other strategies that helped the health unit, working with community agencies and hospitals, resources and mentors, information and stories from their own journey)
2:00pm – 2:30pm	- Refreshment Break
2:30pm – 4:00pm	<ul style="list-style-type: none"> -Improving Breastfeeding Outcomes Among Aboriginal Women: A Study in Progress -Questions and Answers
4:00pm	- Adjournment