

# Lactation Education - Support - Networking



## CLCWA 2019 Education Program

**Venue:** Ngala, 8 George St, Kensington

**Date:** 3<sup>rd</sup> Monday of the month

**Time:** 7pm start, education session 7.30pm – 8.30pm

**Cost:** FREE for members, \$15 for non members

| Date    | Session Title  | Speaker                                  | CERPS |
|---------|--|--|-------|
| 18 Feb  | Supplemental Nursing System workshop                   | Cathy Garbin RN RM IBCLC                 | 1 L   |
| 18 Mar  | Impact of maternal diet on human milk fat composition  | Alex George BSc (Hons) PhD candidate UWA | 1 L   |
| 15 Apr  | Insufficient milk supply                               | Dr Jackie Kent PhD                       | 1 L   |
| 20 May  | Case report  | Shaughn Leach RN RM IBCLC                | 1 L   |
| 17 June | The journey to BFHI                                    | Louisa Connolly IBCLC                    | 1 L   |
| 15 July | Healing breastfeeding grief                            | Dr Marnie Rowan IBCLC                    | 1 L   |
| 19 Aug  | Intrinsic and extrinsic causes of low milk supply      | Dr Sharon Perrella IBCLC                 | 1 L   |
| 16 Sept | Transitioning the preterm infant to full breastfeeding | Sandy Andersen IBCLC                     | 1 L   |
| 21 Oct  | Ethics in Lactation Practice                           | TBA                                      | 1 E   |
| 18 Nov  | Biannual conference – details to follow                |  |       |

Attendance certificates for CERPS will be issued at each meeting  
In unforeseen circumstances the program may change without notice

For information about College Membership or other education programs  
Visit our website [www.lactationwest.org.au](http://www.lactationwest.org.au) or email [info@lactationwest.org.au](mailto:info@lactationwest.org.au)  
Mobile 0419 939 553

# **Lactation Education - Support - Networking**

**19 Feb (confirmed)**

**Supplemental nursing system workshop**

**Cathy Garbin RN RM IBCLC**

Cathy Garbin will present on the use of supplemental nursing systems, providing an overview of the indications for use, timing of introduction, and practical aspects. This is a hands-on workshop that will enable participants to observe and practice the setting up, placement and management of the nursing system.

**19 March (confirmed)**

**Impact of maternal diet on human milk fat composition**

**Alex George BSc (Hons) PhD candidate, UWA**

Alex will discuss the published literature with regard to maternal diet and the fat composition of human milk, described challenges in assessing maternal diet and measuring milk fat. Alex will also update us on her current longitudinal research project that examines maternal diet and milk composition of exclusively breastfeeding mothers across the first 6 months and beyond.

**15 April (confirmed)**

**Insufficient milk supply**

**Dr Jackie Kent PhD**

Jackie will provide an overview of measurement techniques, the reference range of milk production volumes over the first month and 1 – 6 months, and assessment of low milk intake. Guidelines on the timing of assessment and intervention will be discussed.

**20 May**

**Case report**

**Shaughn Leach RN RM IBCLC**

Case details to be confirmed

**17 June**

**The Journey to BFHI**

**Speaker TBC, Armadale-Kelmscott Hospital**

The speaker will provide an overview of their experience of preparing their facility for BFHI accreditation and report on the challenges and rewards experienced along the way as well as the impact of BFHI accreditation on clinical practice and breastfeeding outcomes.

**15 July**

**Healing breastfeeding grief**

**Dr Marnie Rowan MBBS BPharm(Hons) IBCLC**

Marnie will present on the impact on mothers when breastfeeding expectations don't meet reality. Using her wealth of knowledge in perinatal mental health Marnie will provide practical strategies for counseling and supporting mothers through difficult breastfeeding experiences.

**19 Aug**

**Intrinsic and extrinsic causes of low milk supply**

**Dr Sharon Perrella IBCLC**

# **Lactation Education - Support - Networking**

Global rates of metabolic disease and obesity are rising and are likely to impact on the reproductive and lactation health of women. Sharon will present on the intrinsic and extrinsic causes of low milk production, the role of antenatal screening, and future directions in the early detection of low milk supply.

**16 September**

**Transitioning the preterm infant to full breastfeeding**

**Sandy Andersen IBCLC**

Drawing on her extensive experience as a IBCLC in the special care nurseries, Sandy will outline the challenges faced by preterm breastfeeding dyads in initiating and establishing breastfeeding. Strategies to support the preterm breastfeeding dyad during and after discharge will be discussed.

**21 October**

**Ethics in Lactation Practice**

Speaker TBC