

Registration

Registration Fee; \$100
Students (full time) \$ 50
(must show proof of enrolment)

To register for the seminar, please complete and return the form below, along with your payment, to:
Christina Gray
School of Nursing and Midwifery
Murdoch University
POB 1937
Mandurah, 6210
E-mail address: C.Gray@murdoch.edu.au
By June 2nd, 2009.

Payment Method

- Visa Mastercard
 Other Cash Cheque
 Receipt required

Name on Credit Card _____

Credit Card # _____

Expiry date _____

Signature _____

NAME (preferred) _____

ADDRESS _____

Institution _____

Position _____

Phone _____ Mobile _____

E-mail address _____

Morning tea, afternoon tea and lunch provided
For special dietary requirements, contact Cathy
Fetherston on 9582 5516 or email on:

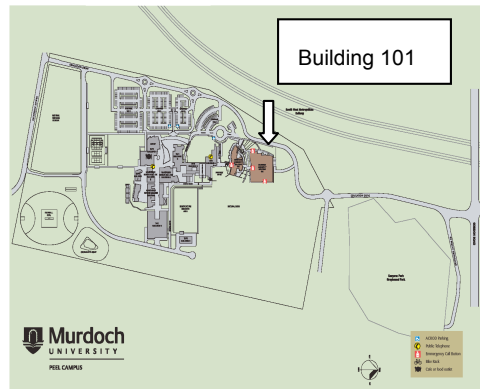
C.Fetherston@murdoch.edu.au

Venue

The Seminar will take place in
Room 1.060 – (off the clinical demo ward 1.053)
Building 101
School of Nursing and Midwifery
Murdoch University, Peel Campus
Education Drive, Mandurah, 6210

Telephone: (08) 9582 5523

Fax: (08) 9582 5515



Application for the allocation of
CERPs and MidPlus CPD points
in process



School of Nursing and Midwifery
Faculty of Health Sciences



School of Nursing and Midwifery
Peel Campus
Mandurah

Breastfeeding: Ancient Art, Modern Problems

with

Cathy Fetherston
RN RM PhD IBCLC

and

Shaughn Leach
RN RM DipT Post Grad Dip IBCLC

Friday
12th June 2009
0900 - 1700

Friday 12th June

Program

8.30 Registration and Coffee

8.50 Welcome

9.00 **Shaughn Leach**

Human Contact – a necessity or just an added extra?

Skin to skin contact immediately after birth has been demonstrated to assist the baby to adapt to extrauterine life. This presentation explores both the physical and psychological needs of human contact by the human baby e.g. increased sleep, decreased stress hormones, increased weight gain and PGLs.

Reviving the Cradle Hold

Learn positioning principles and how we can help build on information mothers already have from viewing magazines, art and other visual images. There will be a practical portion to this presentation **so don't forget those soft bodied dolls**

10.30 Morning Tea

11.00 **Dr Cathy Fetherston**

Birth Interventions and the Initiation of Breastfeeding

Midwives are finding increasing numbers of newborn babies who either won't attach or are disinterested in feeding. Cathy examines the impact, on breastfeeding, from birth interventions such as inductions, instrumental deliveries, caesarean sections and peri partum medications. Guidelines that can be used to assist these mothers and babies will be discussed.

1230 Lunch

13.15 **Shaughn Leach**

Hypoglycaemia and the Breastfed Baby

The risk of hypoglycaemia presents many difficulties for those assisting breastfeeding families. The plasma glucose level tells a story but does it give us the whole picture? This presentation will explore the human baby's ability to utilize substitute fuels and actions that may interfere with this process. Options for the breastfed baby will be discussed.

14.15 **Dr Cathy Fetherston**

Taking the "ouch" out of breastfeeding

Cathy will examine the physiology and pathology behind persistent cracked nipples, mastitis and breast pain (including thrush) and what we can do to prevent and treat these problems.

15.15 Afternoon Tea

15.45 **Dr Cathy Fetherston**

The Where, When and How of Lactation Aids – simple to complex

Lactation aids such as nipple shields, breast pumps, feeding methods and devices are often misused or under utilised. Cathy will discuss the where, when and how of shields, pumps, supply lines, syringes and finger feeding and Shaughn will finish the day with the simplest of lactation aids:

Babywearing

Prior to prams women wrapped their babies onto their bodies. Modern women are discovering the skill and benefits of carrying or wearing their baby. Learn an easy way to make a wrap and tie it – practical information you can share with families.

16.45 Evaluation & Education Points

17.00 Close

Please bring a soft bodied doll or teddy bear for the cradle hold and baby wearing sessions

Speakers

Cathy Fetherston RN RM PhD IBCLC

Cathy has been an IBCLC since 1992 and conducts an inpatient/outpatient lactation clinic in a private Perth community hospital once a week. She is also a senior lecturer at the School of Nursing and Midwifery at Murdoch University and has completed a Masters degree and a PhD researching the area of lactation mastitis. She has published numerous papers relating to her research and a book chapter on the immunological protection of the mammary gland. Cathy is also a member of the editorial review board for the national journal, Breastfeeding Review, and is a reviewer for several other international journals including Breastfeeding Medicine, Journal of Human Lactation, Clinical Endocrinology, the British Journal of Nutrition and the publisher Elsevier. She has also presented widely in Australia and internationally in the areas of physiology and pathophysiology of the lactating breast.

Shaughn Leach RN, RM, IBCLC, DipT

Shaughn, a midwife and teacher, helped to pioneer the role of the Lactation Consultant in Private Practice, with nearly 20 years experience in this area. A keen advocate and promoter of the IBCLC qualification, Shaughn has extensive experience in conducting exam preparation and other training workshops for health professionals where she speaks on a wide range of clinical and professional issues related to breastfeeding and human lactation. Additionally, twelve years as a breastfeeding counsellor with ABA has encouraged a special interest in gentle mothering techniques such as co-sleeping and babywearing.