

VOL. 2 | FALL 2017



**BREASTFEEDING:
A CONTINUING
EDUCATION
PROGRAM**

**WORLD
BREASTFEEDING
WEEK**

**OPIOID USE &
LACTATION**

Hello...



And Happy National Breastfeeding Month! We are so excited about all of the activities that have been happening around the state in regards to supporting breastfeeding in Oklahoma. Please look at some of our great pictures of these events on page 4 of this newsletter. We really have come a long way in supporting our mothers' with breastfeeding success.

Becky recently attended the annual USBC meeting in Washington, DC where she serves on the US Breastfeeding Committee as the representative for the International Board of Lactation Consultant Examiners (IBLCE). At the meeting, a continued priority has been to address disparities in breastfeeding rates nationwide. At this meeting, the group received intense, professional diversity training, which will go a long way to help OBRC and our breastfeeding disparities in our state. USBC has also continued to work closely with federal partners to clarify language in the Affordable Care Act covering breastfeeding care and to promote funding for research and program support to improve national breastfeeding outcomes.

Another update, the CDC's Maternity Practices in Infant Nutrition and Care (mPINC) is being revised to reflect current trends in maternity care practices. There will not be a 2017 survey. The new version will launch in 2018 and all data collection will be electronic. OBRC will keep you informed when mPINC 2018 launches!

Happy breastfeeding!
Becky Mannel & Petra Colindres

OBRC WELCOMES

Aimee Daniels

AS OBRC'S NEW SENIOR ADMINISTRATIVE ASSISTANT

The Oklahoma Breastfeeding Resource Center has a new face around here! We are proud to introduce our new Senior Administrative Assistant, Aimee Daniels.

Aimee studied Journalism at the University of Central Oklahoma and has a passion for the exchange of information and knowledge to improve the community around her. In her free time, Aimee likes to design interior spaces, nurture her native Oklahoma plant gardens, hike and spend time with her boyfriend and dogs. She is happy to be a part of such a dedicated team.

Aimee will be helping in dealing with our day to day matters and communication pieces among our programs to healthcare professionals and beyond. Please introduce yourself and say hi!



SPOTLIGHT

Breastfeeding: A Continuing Education Program (BCEP)

OBRC is proud to announce the recent acquisition of BCEP for healthcare professionals from Rising Star. This program will continue to flourish and flourish under OBRC's direction and leadership.

What is BCEP? BCEP is a comprehensive, self-paced program designed to teach health care providers consistent, accurate, and current breastfeeding information without leaving your home or workplace. This program is designed for use by those who care for mothers and their babies from conception through toddlerhood. This includes physicians, lactation consultants, hospital nurses, clinic nurses, public health nurses, WIC counselors and dietitians. The program is an effective option for staff education to address topics required to implement the Baby-Friendly Hospital Initiative, or to understand in greater detail how to sustain optimal breastfeeding.

The self study program is guided by trainers who have attended a BCEP seminar to provide them with the information and skills to facilitate learning at your work site. Each person taking the program has a program book. The trainer works with staff to set target dates for working through the material, schedule demonstrations on the skills in the program, and tracks progress of each participant through the program.

The Curriculum Offers:

- Evidence-based and best practice education
- A multidisciplinary and team-building approach
- National research award winner
- A train-the-trainer platform
- A self-guided study program that increases knowledge, attitude, and confidence in assisting the maternal-child dyad
- 22 contact hours of continuing education nursing credit

NOTE In addition to BCEP, OBRC has a 15 hr online modules which is **SEPARATE** from the BCEP program at this time. For more information, please feel free to contact obrc@ouhsc.edu.

Our Next Train- the Trainer Seminar will be held Oct 25, 2017 at the Samis Education Center.

Are you interested in becoming a trainer at your hospital or for your region? Then please attend our upcoming train-the-trainer seminar.

Please email obrc@ouhsc.edu with interest.

Cost is \$275 per person.

There is a limit of 20 attendees per seminar, so sign up TODAY to reserve your spot!

WORLD BREASTFEEDING WEEK IN OKLAHOMA 2017

Los Lazos de Lactancia



Chickasaw Nation Medical Center



OKC Latch On Event



Oklahoma State Department of Health



OKLCA Meet n' Greet n' Network



Babies Are Born to Breastfeed



UPCOMING EDUCATION



**SAVE THE DATE
FOR THE 6th
ANNUAL BECOMING
BABY FRIENDLY in
OKLAHOMA SUMMIT**

**Friday
March 2, 2018**

Featuring...



Sahira Long, MD, IBCLC
Pediatrician & Assistant
Professor of Pediatrics at
George Washington Univ.
A panelist for the US
Surgeon's General Call to
Action to Support
Breastfeeding.

**Christina Smillie, MD,
FAAP, IBCLC, FABM**
Pediatrician at Yale,
New Haven & Bridgeport
Hospitals who founded
the 1st practice in the
US specializing in
Breastfeeding Medicine.



Making Breastfeeding Easier

One-day (8a-4:30p) breastfeeding education class for healthcare providers that covers the basics of breastfeeding support. Provides 7.5 nursing contact hours.

Upcoming dates:

October 19, 2017- Samis Education Center, OKC, OK

If interested, please register here:

<http://www.ouhsc.edu/breastfeeding/Training/MakingBreastfeedingEasier.aspx>

NOTE- Hospitals can request this free training at their facility, please contact if interested
obrc@ouhsc.edu.

BBFOK Webinars

Webinars held monthly at 12pm second Wednesday of every month. Topics will vary- join in the fun (Check the OBRC website for previous webinar power points & resources.) Dates, times, and topics follow:

Upcoming dates:

- Sept 13, 2017- 12pm

Step 6 - Exclusive Breastfeeding and Maternal Substance Abuse (and an overview of the BCEP Program)

- Oct 11, 2017- 12pm

Baby-Friendly is a Quality of Care Initiative by the Office of Perinatal Quality Improvement

- Nov 8, 2017- 12pm

Steps 3 and 10 - How Social Workers Support Breastfeeding

- Dec 13, 2017- 12pm

Oklahoma's Baby-Friendly Hospitals Report In
Interested in more information?

Please email obrc@ouhsc.edu to enroll

BREASTFEEDING UPDATES

AWONN Practice Brief on Opioid Use & Lactation

Opioid use and addiction is an on-going epidemic in the United States. Between the years of 2000-2009, national rates of opioid use during pregnancy increased by nearly fivefold. Opioid use during pregnancy leads to adverse outcomes which can include premature birth, low birth weight, and neonatal abstinence syndrome (NAS).

Detoxification is recommended post-pregnancy, and can include a multidisciplinary approach which includes chemical dependency counseling, family therapy, and other services. The use of medication-assisted treatment (MAT) may be encouraged, typically opioids such as methadone or buprenorphine may be used.

The current breastfeeding recommendations for those mother on MAT is to **CONTINUE** breastfeeding as long as no other illicit substances are being used. There is a large body of evidence showing the safety of using methadone during breastfeeding. Buprenorphine has a low relative infant dose during breastfeeding (0.09-1.9%). Therefore, both medications are considered to be safe for use during breastfeeding.

For more information, please view the AWHONN Practice Brief **located here**.



Patients Denied Lactation Services?

USBC is collecting stories over patients' experiences with their health plan's breastfeeding coverage.

USBC needs stories about experiences with health plan implementation of breastfeeding coverage to put pressure on insurers and policymakers to maintain this provision and ensure that it is working well for our nation's moms and babies.

Submissions will become part of a bank of real-life stories documenting how the inclusion of breastfeeding support as a preventive service is helping more mothers reach their personal breastfeeding goals.

For more information and/or to submit, please visit the USBC site.

UPCOMING DATES

September

- **Sept 14, 8:30 - 10:30:** Preparing for a Lifetime (PFLT) Infant Mortality Reduction Initiative Partners Meeting
Okla. State Dept. of Health (OSDH) Rm 328
- **Sept 21, 10-11:30a:** PFLT Breastfeeding Work Group, OSDH Rm 915
Contact: nancyb@health.ok.gov
- **Sept 29, 9a-4p:** 4th Annual OK Perinatal Quality Improvement Collaborative (OPQIC) Summit, Moore Norman Technology Center, S. Penn Campus
Contact: Barbara-Obrien@ouhsc.edu

October

- **Oct 21, 12-2p:** COBA Quarterly Meeting
Stephenson Cancer Center, OUHSC, Rm 5058
Contact info@okbreastfeeding.org for call-in Information
Website: www.okbreastfeeding.org
- **Oct 21, 2-3:30p:** COBA/ PLFT Breastfeeding Friendly Worksite Workgroup Quarterly Meeting
Stephenson Cancer Center, OUHSC, Rm 5058
Contact info@okbreastfeeding.org or workgroup co-lead nancyb@health.ok.gov for call in information

November

- **Nov 9, 8:30 - 10:30a:** Preparing for a Lifetime (PFLT) Partners Meeting OSDH Rm 314
Contact: janettec@health.ok.gov
- **Nov 9, 10 - 11:30a:** PFLT Breastfeeding Work Group, OSDH Rm 915, Contact: nancyb@health.ok.gov
- **Nov 30 - Dec 2:** Passion for Birth Lamaze Workshop.
This is part of the requirements to become a Lamaze Certified Childbirth Educator. If interested, please [click here](#) for more info.

Do you have an upcoming event you would like us to share?

Please email us to include in our NEXT quarterly newsletter, will accept events from dates from Dec 2017 to Feb 2018.

Please email date, time, location, and contact info to obrc@ouhsc.edu.



KNOWLEDGE IS POWER

The American Academy of Pediatrics June webinar, entitled "Safe Sleep, Skin-to-Skin, and Breastfeeding AAP Clinical Report" is able to be viewed at any time for those that missed.

[Please see the recorded webinar here.](#)

The online journal of Pediatrics has published an article entitled, "[Best Fed Beginnings: A Nationwide Quality Improvement Initiative to Increase Breastfeeding.](#)" The article examines the success of the Best Fed Beginnings initiative, created in response to a low number of Baby-Friendly-designated hospitals in the US. The article concludes that this effort accomplished rapid transformative changes to achieve the Baby-Friendly designation, accompanied by a significant increase in exclusive breastfeeding.

Monetary Investment for Lactation Consultant Certification (MILCC), a non-profit organization that provides financial assistance to qualified candidates seeking International Board Certified Lactation Consultant® (IBCLC®) certification Announces the NEW Emerging Leaders in Lactation Scholarship for IBCLC Candidates!

DEADLINE SEPTEMBER 15.

For more information, [please visit here.](#)