

Breastfeeding Education Update

Feature Speakers

Dr. James McKenna
Safe Infant Sleep

Dr. Lisa Graves
**Substance use in
pregnancy and while
breastfeeding**



Date: May 13, 2011

Time: 8:30 am - 4:00 pm

Nipissing University

100 College Drive

North Bay, ON

Cost: \$100.00

Schedule

8:00 - 8:30 am	Registration (Refreshments Available)
8:30 – 8:45 am	Welcome and Opening Remarks
8:45 – 10:15 am	Pathophysiology of addictions and components of a woman-centered model of care – Dr. Lisa Graves
10:15 – 10:30 am	Break
10:30 – 12 noon	Historical, cross-cultural and biological review of Infant Sleep – Dr. James McKenna
1:00 – 2:30 pm	Rethinking Healthy Infant Sleep with Special Attention to controversies related to Promoting Breastfeeding and forms of Safe Cosleeping while Reducing SIDS/SUDI – Dr. James McKenna
2:30 – 2:45 pm	Break
2:45 – 3:30 pm	Clinical Management of Breastfeeding Women using a variety of Substances – Dr. Lisa Graves
3:30 – 4:00 pm	Questions / Evaluations



Dr. James McKenna

James J. McKenna, PhD, is a professor of anthropology, department chairman, and director of the Mother-Baby Behavioral Sleep Laboratory at the University of Notre Dame. He pioneered the first physiological studies of mothers and infants sleeping both together and apart at the UC-Irvine School of Medicine. Recognized as the world's leading scientist on infant-parent cosleeping and bedsharing, he has

published over 120 scientific articles on the subject. Currently he is involved in a national multi-site study of First Time Parenting Amongst High Risk Teen Moms and continues to study the diversity of ways mothers and infants interact during the night.

Historical, cross-cultural and biological review of Infant Sleep

Participants will:

1. Learn what constitutes healthy infant sleep from a historical, evolutionary and cross-cultural perspective.
2. Learn about laboratory and developmental studies of how children sleep when sleeping with their parents.

Rethinking Healthy Infant Sleep with Special Attention to controversies Related to Promoting Breastfeeding and forms of Safe Cosleeping while Reducing SIDS/SUDI: Toward Reconciling Positions

Participants will:

1. Learn about the relationship between Sudden Infant Death Syndrome (SIDS), Sudden Unexpected Deaths among infants (SUDI), breastfeeding and bedsharing, and "Other Infant Deaths" (OID) currently being highlighted by the Consumer Product Safety Commission and other medical research groups.
2. Learn about the relationship of culture to the history of SIDS research and the genesis of high SIDS rates in western culture.

Dr. Lisa Graves

Dr. Lisa Graves graduated from the medical program at the University of Ottawa. She completed her residency in family medicine and post residency fellowship in maternal and child health at McGill. Dr. Graves has maintained an active practice with special interests in maternity care and individuals with problematic substance use. She has been involved in undergraduate and postgraduate education at McGill both in the Faculty of Medicine as well as within the Department of Family Medicine. Dr. Graves remains actively involved in national committees related to maternity care, education and substance use. Her current research interests include maternity care, women's health, vulnerable and substance using populations and medical education. She is currently an Associate Professor at the Northern Ontario School of Medicine and the Associate Dean of Undergraduate Medical Education. She has been a member of Pregnancy Related Issues in the Management of Addictions (PRIMA) since its inception.

PRIMA project is designed to assist Canadian health professionals providing prenatal and intrapartum care for women with problematic substance use in pregnancy (PSUP) as well as neonatal and pediatric care for children who were substance-exposed in utero. The PRIMA project team is committed to improving the care of Canadian women and children affected by substances through information that is scientifically sound and unbiased.

Pathophysiology of addictions and components of a woman-centered model of care

Following this session each participant will be able to:

- 1-Describe an approach to care in pregnant substance using women including promotion of breastfeeding.
- 2-Describe barriers to breastfeeding in women with problematic substance use.
- 3-Discuss specific substances and the impact of each on breastfeeding and the newborn.
- 4-Discuss strategies to support infant feeding choices for women with problematic substance use.

Clinical Management of Women using a variety of Substances

Following the session each participant will be able to:

1. Discuss four models of care around problematic substance use in pregnancy (PSUP).
2. Describe difficulties in determining the extent of PSUP and the interplay of dependence, withdrawal and tolerance.
3. State six ways psychosocial factors can influence the development of PSUP.
4. Identify four components of a woman-centered approach to managing PSUP.

This workshop for hospital and community health professionals explores evidence-based best practice that protects, promotes and supports breastfeeding.

It is an opportunity to come together as a community in order to provide consistent information and seamless support to breastfeeding families.

A certificate of attendance is awarded upon completion of this course. Criteria for successful completion include attendance at the entire course and completion of evaluation forms.

We acknowledge and respect the need for mothers and babies to be together. Quiet babies in arms are welcome. We ask that those with babies sit near an exit door and take the baby out at the first sign of distraction.

CERPS application submitted.

To register:

Please contact Amélie at amelie.casonato@nbdhu.on.ca or complete the attached registration form.

Residence Accommodations: A block of rooms have been reserved on behalf of the North Bay Parry Sound District Health Unit.

Rate: \$40.50 per person per night (including HST)

For additional information or to make a reservation, please call the Conference Office at Nipissing University at 705-474-3450 ext 4245 or email stay@nipissingu.ca .



**NORTH BAY
GENERAL HOSPITAL**



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