

BREASTFEEDING SOLUTIONS:

Finding our way



NZ LACTATION CONSULTANTS CONFERENCE 2019

22nd and 23rd February, Holiday Inn, Auckland

Speakers will help navigate today's difficult breastfeeding & lactation challenges

Marijuana • Methamphetamine • Medications • Marketing of Substitutes • Zika, Lyme & CMV
Maternal Mental Health & NICU • Suck/Swallow Disorders • Epigenetics • and more



DR TOM HALE (USA): International author of *Medications and Mothers Milk*

LAUREL WILSON (USA): Educator, author and international presenter on lactation hot topics



DR NINA BERRY (Sydney): Advertising and infant feeding; guilt, risk and communication

For details go to www.nzlca.org.nz or email megan@allsortedlifestyle.co.nz

Earlybird registration fee available until 31 December 2018

About the Conference

CONFERENCE AIM

The aim of this event is to focus on the hard questions – those we may not know so much about; those we don't always have the answers for; those for which there might not currently be answers.

CONFERENCE OBJECTIVES

- To provide opportunities for participants to consider concerns that are “beyond the basics”.
- To focus on complex breastfeeding issues beyond the normal term newborn period.
- To facilitate clinical strategies when working in collaboration with other health professionals.
- To network with other breastfeeding supporters to share ideas and developments.

Introduction

On behalf of the Board of the NZ Lactation Consultants Association, I have great pleasure in inviting you to attend this 2019 event - *Breastfeeding Solutions: Finding our way*.

Lactation Consultants often get asked difficult questions, frequently at 4pm on a Friday when it feels like there is no-one else around to ask. Fortunately, better on-line access to medication databases, journals and meta-analyses means that we can find some answers – but what about the questions where we simply don't know enough? Or what if we don't have the personal confidence to discuss or debate controversial and/or ethical issues?

One of the greatest advantages of attending NZLCA education events is gathering with other breastfeeding supporters to share ideas and developments. This is a unique opportunity to hear about new initiatives, projects in progress, current research findings and more. Nothing beats face-to-face networking. Book soon to be assured of earlybird discount and hotel availability.

In addition, we also invite you to attend our AGM at 5.00 pm on Friday, 22 February.

Join me in Auckland as leaders and change-makers help us to work towards our national goal: “To advance the IBCLC profession in Aotearoa/ New Zealand through leadership, advocacy, professional development and research”.

Bev Pownall

2019 Conference Convenor

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DAY 1: FRIDAY, 22ND FEBRUARY 2019

TIME	TOPIC
7.30am	Registrations – tea and coffee
8.00am	Welcome
8.10am	Teresa Gontigo de Castro Breastfeeding indicators and associations with maternal sociodemographic characteristics: Results from <i>Growing Up in New Zealand</i> cohort study.
8.55am	Christine McIntosh The safe sleep calculator: Time to be objective and targeted to reduce sudden unexpected death in infancy.
9.25am	Tom Hale Using medication in breastfeeding mothers.
10.10am	Morning tea
10.40am	Tom Hale Using medication in breastfeeding mothers (cont.) Includes Q&A.
11.10am	Stretch break
11.15am	Tom Hale The control and production of human milk.
12.00pm	Lunch
12.45pm	Trecia Wouldes Maternal use of methamphetamine: Consequences for the mother and her child.
1.30pm	Peter Thorburn Understanding the impacts of methamphetamine in Aotearoa.
2.15pm	Afternoon tea
2.35pm	Tom Hale Marijuana kinetics and its transfer into human milk.
3.20pm	Laurel Wilson Up in smoke: The implications of marijuana use on babies during pregnancy and breastfeeding.
4.20pm	Closing remarks
4.30pm	Finish
5.00pm	NZLCA AGM

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DAY 2: SATURDAY, 23RD FEBRUARY 2019

TIME	TOPIC
7.15am	Registrations - tea and coffee
8.00am	Nikki Mills The biomechanics of sucking and swallowing in the breastfeeding infant.
9.00am	Laurel Wilson The long-term legacy: Breastmilk, the epigenome, and microbiome.
9.45am	Morning tea
10.10am	Laurel Wilson The long-term legacy: Breastmilk, the epigenome, and microbiome (cont.).
10.55am	Hazel McGregor Breastfeeding, mental health and the NICU journey.
11.40am	Nina Berry Gold, platinum, or diamond? Unravelling the relationship between advertising and infant feeding.
12.10pm	Lunch
12.40pm	Nina Berry Infant feeding, guilt, risk, and communication.
1.10pm	Laurel Wilson Can a baby be allergic to breastmilk?: Lactose intolerance, sensitivities, allergies, and galactocaemia.
2.10pm	Afternoon tea
2.30pm	Tracey Keane CMV and breastmilk: Ethical dilemmas associated with milk sharing in term infants.
3.00pm	Laurel Wilson Going viral (and bacterial): the implications of Zika and Lyme during pregnancy and breastfeeding.
4.00pm	Closing remarks.
4.15pm	Finish

ACCREDITATION

IBLCE Approved CERPS Allocated

DAY 1 - 3.75 L & 2.75 R Total 6.5 CERPS DAY 2 - 5.75 L & 1 E Total 6.75 CERPS

This event has been approved by the NZ Midwifery Council

DAY 1 - 6.5 Education Hours DAY 2 - 6.75 Education Hours

ABOUT NZLCA

The New Zealand Lactation Consultants Association (NZLCA) is the professional association of the International Board Certified Lactation Consultant (IBCLC) in New Zealand.

NZLCA members have all passed a fully accredited examination set by the International Board of Lactation Consultants Examiners (IBLCE).

Opportunities for education provided by NZLCA for members and interested health professionals include workshops, and conferences which cover many aspects of lactation, often provided by international presenters.

For further information and to join NZLCA or renew your membership please go to: www.nzlca.org.nz

SPONSORSHIP OR EXHIBITING

NZLCA welcomes sponsorship from WHO Code (and subsequent, relevant WHA Resolutions) compliant companies. For further information please contact megan@allsortedlifestyle.co.nz

CANCELLATION & REFUND POLICY

NZLCA will refund conference fees if one full week's notice of cancellation is given, provided that you notify NZLCA by email: megan@allsortedlifestyle.co.nz No refund will be provided to those who do not attend and fail to notify NZLCA in advance.

NZLCA reserves the right to amend or cancel this conference in the event of unforeseen circumstances. In such circumstances, every effort will be made to contact participants by email and/or phone in good time, and a full refund of registration fees will be offered but NZLCA will accept no further liability. No refunds will be made for travel expenses incurred in the event that the conference is cancelled.

CONFERENCE DISCLAIMER

Statements of fact or opinion expressed by speakers are solely the responsibility of those speakers. NZLCA does not assume responsibility for the accuracy of the material and such material does not represent the official policy, opinion, recommendation, or endorsement of NZLCA. The appearance and content of advertisements contained in the final programme or registration inserts do not constitute a guarantee or an endorsement of the quality or value of the advertised products or services or of the claims made for them by their advertisers.

SPEAKER DISCLOSURES

No speaker has indicated actual or potential competing interests or affiliations in relation to any presentations in the programme.

CONFERENCE SPEAKERS



Dr Tom Hale is Professor of Paediatrics and Associate Dean of Research at Texas Tech University and School of Medicine; He lectures in Pharmacology and is the author of five books including *Medications and Mothers' Milk*.



Laurel Wilson is an IBCLC, educator and author. She owns MotherJourney which focuses on training perinatal professionals on integrative and holistic information regarding pregnancy, childbirth, and breastfeeding - including the latest evidence-based information and hot topics in lactation.



Dr Nina Berry is an interdisciplinary child health social scientist, focused on prevention of infectious disease and malnutrition. She has provided technical advice to WHO and IBLCE. She worked as an Infant and Young Child Feeding Consultant to Save the Children in Myanmar.



Dr Nikki Mills (BHB, MBChB, FRACS, Dip Paeds, IBCLC) is a Paediatric ENT Surgeon at Starship Children's Hospital with an interest in paediatric airway and swallowing disorders. She is an IBCLC and has spent the last 3 years working on a PhD "*The functional anatomy of sucking and swallowing in breastfeeding infants*".



Dr Theresa Gontigo de Castro (PhD) is a dietitian who was an Adjunct Professor for Federal University of Rio Grande do Sul and Federal University of Minas Gerais in Brazil. She is currently a researcher at the University of Auckland contributing to the *Growing up in New Zealand* cohort study.



Dr Christine McIntosh is a Fellow of the Royal NZ College of GPs. She is the GP Liaison in Child Health at Counties Manukau Health, a Clinical Editor for Auckland Regional Health Pathways and a Senior Lecturer at the University of Auckland working on research to prevent sudden unexpected death in infancy (SUDI).



Dr Trecia Wouldes is a developmental psychologist and Associate Professor in the Department of Psychological Medicine at The University of Auckland. She is the Director of the NZ site of the IDEAL study, the largest multi-site international longitudinal study investigating the developmental outcomes of children born to mothers who used methamphetamine (street name 'P') during their pregnancy.



Peter Thorburn spent 23 years addicted to AOD - 8 of these years, methamphetamine dependant. In 2005 after getting out of jail for drug related charges, he got clean, went to university, qualified as a general counsellor, specialised in addictions and then completed further post graduate qualifications.



Hazel McGregor (RN, RM, IBCLC, PGCertHealSc). is employed at Christchurch Women' Hospital as a Clinical Nurse Specialist (Neonatal Infant Feeding). She has worked in Lactation Consultant roles in both hospital and community settings. Working with vulnerable families in the neonatal unit has led her into further studies.



Tracey Keane (RN, IBCLC) is a registered nurse and an IBCLC who works at Counties Manukau Health. She provides specialist breastfeeding support for the transitioning preterm neonate and mother and helps to manage the many complex feeding issues on a busy neonatal unit.

Conference Details

DATES: Friday 22nd and Saturday 23rd February 2019
VENUE: Holiday Inn, Auckland Airport
ADDRESS: 2 Ascot Rd, Mangere, Auckland 2022
PHONE: 09 275 1059
WEBSITE: www.aucklandairport.holidayinn.com

If staying at the venue, book your room by contacting the hotel directly and quoting group booking code:
NZ LACTATION.

Registration Fees

Register before 31 December 2018 to receive earlybird booking discount.
Fees are in NZ dollars and include GST.

MEMBERS

BOTH DAYS - 22 & 23 FEB 2019
 Earlybird \$480.00
 Full Fee \$550.00

ONE DAY ONLY

Earlybird \$275.00
 Full Fee \$300.00

NON-MEMBERS

BOTH DAYS - 22 & 23 FEB 2019
 Earlybird \$550.00
 Full Fee \$625.00

ONE DAY ONLY

Earlybird \$300.00
 Full Fee \$350.00

To reserve your place email megan@allsortedlifestyle.co.nz