

OLCA NEWS

Ohio Lactation Consultant Association



Visit our web site at www.Ohio-OLCA.org

The President's Corner

February 2009



Hope everyone is having a good year!.

Looking back on 2008 should give us all a good feeling about all the progress we have made in supporting Ohio Breastfeeding families. The momentum is on our side, so keep up the good work!

OLCA has renewed our partnership with Jean Whitaker in Malawi, Africa. She is a midwife and Lactation Consultant and we are grateful to be able to continue supporting her ILCA membership.

It's that time again- applications are open for OLCA grants and scholarships. These are great opportunities to help support programs and individuals in promoting, protecting and supporting breastfeeding. Applications and information are available on the web site, www.Ohio-OLCA.org.

We are now voting for OLCA board positions: Representatives are still needed for Central representative and Treasurer at the time of this printing. This is your chance to help guide the future of your organization! Much thanks to our outgoing board members for their dedication and hard work!

Judy McCurdy- secretary
Laura Atkinson-treasurer
Michelle Price- northwest rep
Liz Maseth- northeast rep
Deb Zwolinski- Central

Mark your calendars for the 2009 Breastfest, our annual conference. It looks like it's shaping up to be another great conference with featured speaker, Susan Luddington Hoe. More information will be coming soon!

Have a great year!
Donna Walls, RN, IBCLC

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WHO'S WHO IN OLCA

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OLCA NEWS is the newsletter of the Ohio Lactation Consultant Association. Opinions expressed by the authors of articles summarized, quoted, or printed in full in the OLCA NEWS represents the opinions of those authors, and do not necessarily reflect the official

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Come and Join Us***

**What? The Ohio Lactation Consultant Association Annual Conference
AKA “Breastfest 2009”**

When: Evening of March 20th through March 21st, 2009

**Where: The Columbus Marriott Northwest
5605 Blazer Pkwy
Dublin, Ohio 43017**

Come and join us for an informative conference and a chance to meet old friends and make new ones. Registration is at 5:30 pm on March 20th. We will be presenting OLCA awards. At 8:15 pm a talk by Dr. Susan Ludington Hoe on the “Foundations of Kangaroo Care.” Dr. Ludington is a midwife, author, researcher, nurse and Professor of Pediatric Nursing at Case Western Reserve University Francis Paine Bolton School of Nursing. She is author of multiple studies on Kangaroo Care and related topics.

Do you need new reference books or just want to update your library? Come and visit our bookstore between sessions on both days.

On March 21st the day starts with 7-8 am registration, continental Breakfast, Exhibits to see. At 8:15 a.m. Dr. Susan Ludington will be our first speaker with “Kangaroo Care for Late Preterm and Near Term Infants,” followed by “Neurosensory Components of KC for Promotion of Breastfeeding.”

The afternoon sessions will be “Initiating Breastfeeding With the Late Preterm Newborn” and “Transition to Exclusive Breastfeeding in the Late Preterm Newborn”. Speakers will be Karen Gromada and Doctor Christine Valentine. Karen Gromada is currently employed as a LD by TriHealth Hospitals in Cincinnati, OH. She worked as a private practice LC for a decade. She has been a LLL leader since 1975. She is a well known author, has written numerous breastfeeding-related articles and chapters for professional and lay publications. In 2008 she was among the first group to be designated Fellow of the International Lactation Consultant Association. Karen serves on the leadership committee of the Ohio Breastfeeding Alliance.

Dr. Christina Valentine is Medical Director of the Neonatal Nutrition Team and the Lactation Program for Nationwide Children’s Hospital in Columbus, Oh., Neonatal Services. She assists with the development of policies, procedures and protocols for parenteral and enteral nutrition support, and coordinates quality assurance and cost-containment initiatives. As Clinical Assistant Professor in Pediatrics for the Ohio State University, Department of Pediatrics, Section of Neonatology and for Nationwide Children’s Hospital, she teaches high risk neonate and infant nutrition related topics to OSU students, medical students, residents, nurses, and faculty. Dr. Valentine also serves as Medical Advisor to the Mother’s Milk Bank of Ohio, and has published and presented extensively on the topic of human milk feeding the feeding of high risk neonates.

OLCA Member Meeting

Summary of Minutes from

November 8th 2008

Meeting held at Mt. Carmel Medical Building in Columbus. Meeting started at 10:15 am. Minutes of the previous meeting were approved as is on motions by Liz Maseth and Nancy Howe. We currently have a balance in the checking is \$11,180.78. Treasurer stated that we are staying on budget and the board cutting back on its expenses will help. Our annual financial review has been done and we got a good report.

Membership chairman Pat Bucknell stated we have 282 individual members. Starting in January 2009 OLCA dues will increase by \$10 making them \$35. Pat reminded everyone that new Lactation Consultants get one year free membership. She asked that if anyone knows of new L.C. to pass on the information to her.

Breastfest: Discussion by members on what people would like to see presented at the conference took place. All agreed that the one thing that has been missing lately is practical information and teaching of skills that are used in an L.. Practice. Things like hand expression, latch on positions and counseling, cultural competencies are things that many beginning L.C.'s can use. Members thought that having those things would make the conference more interesting and attractive to the newer L.C.s. Breastfest will be on Friday March 20 and Saturday March 21, 2009. It will be held at the Dublin Marriott Hotel. Tracy Waller, Linda Smith, Terry Hager, Lisa Eagle and Esther Gillett volunteered to help Dee with Breastfest.

Library—Linda Barrett reports that we now have “Continuity of Care” by Karin Cadwell and the 2008 ILCA conference CDs.

Regional Reports were given by OLCA's four representatives. Each region has been very active. The following are a sampling of what is happening across Ohio.

- **Southeast**– Area rep. Jean Cooper. Had a conference with Linda Smith as speaker. They were able to offer CME's for doctors to attend. Linda spoke about labor interventions, bed sharing and ethics.
- **Central**– Deb Zwolowski area rep.. LLL had a conference in October that was a success. Central Ohio Breastfeeding Coalition meeting was held at the Mother's Milk Bank in Columbus on October 21, 2008. Deb states she was able to attend the Academy of Breastfeeding Medicine's annual meeting in Dearborn, MI in October. “Breastfeeding: The Road to Health” included a Health Care Team meeting with speakers including Dr. Laurence Grummer-Strawn of the CDC. He reported that the benchmark reports on the State of Maternity Practices in the U.S. Hospitals have been mailed individually to people at each respondent hospital. He recommended we ask our administrators and/or directors of the Maternity Services if they participated, and if they have received the report.
- **Southwest**– Susan Bash area rep.. Susan announced that she passed the Exam. She heard that Joanna Taylor and Michelle Knor from Miami Valley Hospital took the exam and passed. Lynn Schwaberow took the exam again and passed! Barb Wegford of Southview Hospital was an OLCA scholarship recipient also took and passed the exam along with Carol Sexton. Susan attended the PLICA Conference in October. New trend in the discussions was offering to the mothers option of providing their milk through donation to a Human Milk Bank as a legacy from the deceased infant. Ideas about how to present this during such a sensitive time were discussed/explored. Miami Valley Breastfeeding Coalition meets monthly to share community activities.
- **Northeast**– Liz Maseth reporting. Dr. Hale was doing a study on frozen breastmilk looking to see if there was any yeast in the milk of those moms who have had a yeast infection. He did not find any yeast. He feels that the all purpose nipple cream should treat the yeast. Cleveland Clinic System is all going Baby Friendly. Some of the hospitals have their letter of intent already and some are in the process of applying. Fairview and Lakewood have gotten their packets. It will be the first health system

to all go Baby Friendly.

Old Business: By-law Revisions– Madam President formed a committee with Karen Gromada, Liz Maseth, Judy McCurdy, and Nancy Howe. They will start by reviewing the by-laws and communicating via email. ILCA Cerp Provider Status-IBLCE is the long term provider. Lynne successfully got all the paper work done and submitted. The \$800 fee for application is based on the number of programs we offer in a year.

New Business: Elections: Treasurer, Secretary, Northwest, Northeast and Central representatives terms are up. Liz Maseth and Donna are looking for replacements. OLCA received an email from Jennifer Geyer stating that she donated money to OLCA through a United Way Campaign at her work place. OLCA thanks her for her gift.

OLCA Grants and Scholarships. Forms on OLCA web site. All filled out forms must be sent to Tracy Waller postmarked not later than mid night February 28. Grants are for OLCA members only. Scholarships are for members and non-members. We are extending a one year OLCA membership to Scholarship receivers. Applicants are asked that if you do not hear from Tracy within 2-3 days after submitting she did not get it to call her. If she received it she will confirm with applicant that she has it. The grants and scholarships will be given out at breastfest.

Judy McCurdy RN
OLCA Secretary

OLCA Member Meeting Summary of Unofficial Minutes from February 8, 2009

Members met at Mt. Carmel Medical Building. Meeting started at 10:15 am with Madam President Donna Walls call to order. Minutes were reviewed and accepted with corrections on motions by Susan Bash and Deb Zwolinski. Treasurer reported a current checking account balance of \$9,454.95. Laura reminded members that any bills from the OLCA conference in March need to get to her as quickly as possible and definitely by 30 days after the event. Members reviewed who gets free registration for the OLCA conference as President, Treasurer, Conference Coordinator, Registrar and committee chairpersons. The other board members and representatives receive a 50% discount. Reports of Committees was as follows:

Membership– Pat Bucknell reported membership around 280. States that most people renew at breastfest. She sent the names of those who will get the newsletter off the web site versus a small number who what it by land. Lynn Castile noted that is important that the newsletter goes out to notify people of the education session. So she can get the cerps to give out for the session. To reduce costs Pat will look into getting one person who can get the newsletter by email and then share it with their taskforce or coalition members.

- Concern about people being able to open the newsletter as it will be a PDF file, but it was noted that Adobe is free. Pat will talk with Denney to see if a link on our web site can be used to allow anyone who needs Adobe can down load it.

Breastfest— A brochure was passed around for members to look at. Donna states the brochure are on the web site and will be in the mail by Monday. Some members stated that it would have been nice to see the brochure before it went out as there was some questions. Changes for next year suggested.

Library— We have a new librarian. OLCA members welcomed Mandy Jones. We thank her for taking on the Library responsibilities.

Nominations of officers: Ballot will go out with newsletter. It is noted that we do not have a Treasurer or a central representative nomination. It was decided that the ballet will go out and on the ballot we will ask for anyone interested in either of those jobs to contact Donna Walls, President.

Area Representative Reports:

Central: Deb Zwolonski Central Ohio coalition is looking into registering as a 501c3. Nation Wide hospital has a position available for an lactation Consultant.

North East: East Liverpool Hospital has formed a “breastfeeding committee” to coordinate support efforts in their offices. The WIC clinic of Columbiana County received the WABA World Breastfeeding Week Marathon Award for 2008. The Tri County Breastfeeding Connections is beginning to work on their 2009 conference to be held on October 9, 2009 in Youngstown, with speaker Catherine Watson Genna. Trumbull County has weekly breastfeeding Support groups at Trumbull Memorial Hospital and St. Joes continues to have Mom and Me teas, once a month. LLL of Ohio is scouting locations in Northeast Ohio for the spring 2010 Healthcare Provider Seminar and Breastfeeding and Parenting Conference. The Healthcare Provider Seminar is an intensive continuing education program for health professionals and counselors who work with the breastfeeding couple. Noreen Edwards also reported that Maya Bowman was interviewed on January 19th by the Cleveland Jewish News on Breastfeeding. If anyone would like business cards with the North East Ohio LLL warm line number to hand out to mothers or include in discharge packs, please email LLL Ohio Area Public Relations and Fundraising Coordinator Halle Barnett at LaLecheohioPR@aol.com.

South East: Jean Cooper reported– All grant recipients have turned their final 2008 reports, though some projects are ongoing. Sally Gartner of Coshocton Co. Memorial Hospital reports they continue to make breast feeding friendly diaper bags to replace the formula marketing bags. This is the second year for this project and she keeps finding more grant sources and funding assistance to make attractive and educational bags. Sally has also applied for a grant for ten nurses to take the independent study for Certified Breastfeeding Counselor. She has partnered with Ellen Morin at Genesis Hospital in Zanesville by advertising her “going back-to-work” class on the discharge bag. The Ohio Valley Breastfeeding Coalition has set a 2009 goal to expand their sphere of influence to include more hospitals in the outlying (and underserved) areas that have very little breastfeeding support or information. They also plan to expand the annual Employer Award to include breastfeeding supportive: caregivers, day care centers, physicians, and hospitals.

Meeting was adjourned at 12:30 pm
Judy McCurdy RN,IBCLC
OLCA Secretary

“Implementing Evidence-based Lactation Services in the High Risk Outpatient Practice”



February OLCA Educational Session was presented by Liz Maseth RN, IBCLC. Liz works on the Outpatient Lactation Services, Maternal Fetal Medicine department at Akron Children’s Hospital. Liz shared with us the purpose of her job which is to provide lactation management and support for the high risk antepartum and postpartum mothers and babies. This support assists to facilitate positive breastfeeding outcomes. She discussed the Hierarchy of Research Design and various levels of evidence and how to differentiate them. The lowest level the evidence obtained from at least one properly randomized controlled trial verses the highest level which include the opinions of respected authorities, based on clinical experience, descriptive studies and case reports, or reports of expert committees. She noted that the Journal of Human Lactation is not a highly regarded source by physicians. A discussion of how Lactation Consultants can improve communication with the Health Care Providers and use the evidence from professional journals. Writing of referrals and conversing with them by phone or in person. Members found her recommendations very interesting and practical.

OLCA 2009 Nominations of Officers

Below are the nominations for the following offices: Secretary, Treasurer, North East Representative, North West Representative, Central Representative. Please place and **X** next to the name if you approve the selection. Send in your ballot to the OLCA Secretary. Ballots must be postmarked no later than March 15th, 2009 to be counted.

Judy McCurdy RN, IBCLC
OLCA Secretary
7903 Frailey Road
Vermilion, Ohio 44089

OLCA Officer Ballot for 2009

Secretary:

Terri Hazen _____

Write In _____

North West Region Representative:

Mary Sauder _____

Write In _____

North East Region Representative:

Noreen Edwards _____

Write In _____

OLCA is still in need of a Treasurer and Central Area Representatives. If you would like to serve your Organization please call or email Donna Walls .

To Apply for a Grant or Scholarship

Go to www.Ohio-OLCA.org. Follow the links to the forms section and download the appropriate form. All that are returned must be postmarked no later than February 28th, 2009. If you are unable to access the OLCA web site and need an application please call Vice President Tracy Waller. 937-225-5814 or twaller@phdmc.org

Nominate that special Person/ Business for an OLCA Award

You can get the form at the OLCA web site— http://ohio-OLCA.org/contrib/forms/olca_award_nomination_form.htm — or just email Donna Walls at daswalls@aol.com, your nomination information with the person/business name/address/contact, phone number and your reasons for the nomination. Please send your nominations in **by MARCH 1st, 2009.**

The Awards that are being offered are as follows:

1. Outstanding OLCA member
2. Outstanding peer helper
3. Most baby friendly hospital
4. Most breastfeeding supportive WIC project
5. Most breastfeeding supportive health professional
6. Most breastfeeding supportive media outlet
7. Most breastfeeding supportive business
8. Most breastfeeding supportive Ohio legislator
9. Most breastfeeding supportive non-governmental institution

**Pat Bucknell, IBCLC
OLCA Membership Chair
204 James Circle
Avon Lake, OH 44012**

OLCA NEWS

Time to renew if box is marked



Ohio Lactation Consultant Association Membership Form (use for ADDRESS CHANGES too)

Name: _____ Title (e.g. IBCLC, RD/LD, RN, LLLL) _____

Place of Employment: _____

Preferred Mailing Address: _____

City: _____ County: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Fax Phone: _____ E-mail Address: _____

_____ Enclosed is my \$25.00 check to O.L.C.A. for membership* _____ Address change only

_____ Do not include my name on mailing lists provided to external organizations.

**Mail to: Pat Bucknell, IBCLC
OLCA Membership Chair
204 James Circle
Avon Lake, OH 44012**

*OLCA is a 501C(6) Corporation and membership may be deductible. Check with your tax advisor