

# OLCA NEWS

Ohio Lactation Consultant Association



Visit our web site at [www.Ohio-OLCA.org](http://www.Ohio-OLCA.org)

## The President's Corner

February  
2007

Hello OLCA,

I hope your holidays were good, filled with family, friends and lots of goodies. I hope you bought someone an OLCA calendar as a gift. None of the committees have met since the November meeting due to the holidays and family commitments. As of the first of the year we really need to get focused on licensure issues, and the policy & procedure manual. One of the issues that occupied a great deal of time at the November Board meeting was the ethical use of pumps. The board feels very strongly that the correct pump for the right lactation task is being recommended by IBCLC's in Ohio. I have been approached for OLCA's support in offering a single user pump in place of a hospital grade pump in situations where retrieving the pump would be doubtful. I will remind all IBCLC's in Ohio, that Durable Medical Equipment (DME) companies retrieve hospital beds, commodes and aerosol machines everyday. These companies have insurance on their DME equipment. The major pump companies offer insurance on their pumps. When the IBCLC takes it upon herself to act as the retrieval agent you are doing the DME company's job. If you or your hospital or agency have contracted to track and retrieve the pumps, then you need to go get them. Many LC's have been driving to the last known address to retrieve pumps for over 20 years. This is not a new problem. However, letter writing to Medicaid to reimburse for an inferior pump to perform a job it was never designed to do is not the answer. Dear colleagues, you tread on ethical quicksand when you offer a pump to do a job it was not engineered to do! If hospital grade and single user pumps were equal and performed the same outcome why would a company make two pumps? Pump manufacturer's literature has identified the correct pump for the appropriate lactation task. The board also discussed the issue of deciding which client is at risk for not returning a pump. Low income women? Certain ethnic groups? Individuals in geographic locations? These demographic indicators may be considered "profiling or discrimination". Please take another look at your practices or policies or guidelines that will determine who gets the single user pump and who gets the hospital grade pump. Has your legal department or nurse practice committee passed on these policies or guidelines? Are they in writing? Are you professionally flying by the seat of your pants? Please revisit this dialogue in your agencies and institutions. Invite representatives from the ethics and legal departments as you review your current policy and plan for future policies and guidelines in this matter. I'm looking forward to continuing this dialogue at the February OLCA membership meeting in Columbus. I'm counting on you to be there to offer perspective to this most important issue to our profession and the breastfeeding dyads we serve.

Madonna

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# WHO's WHO IN OLCA

## OLCA Officers

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**North East:**

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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 policy of OLCA.

# Meeting Dates

## **Member and Educational Meetings**

**February 10th, 2007**

Mount Carmel Medical Center, Columbus  
*See Education section for more information*

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## **OLCA's Fourteenth Annual Breastfest**

**Thursday April 26th, 2007**

*Evening Keynote Address: 7-9PM*

**Friday April 27th, 2007**

*All day conference: 8-4:30PM*

## **GUEST SPEAKERS**

Brian Palmer, DDS

and

Liz Brooks, JD, IBCLC

## **Midwest Hotel & Conference Center**

4900 Sinclair Road  
Columbus, Ohio 43229  
614-854-6008

*Brochures will be mailed the end of February.*

**Mark your calendars now!!**

## Summary of November 11th, 2006 Member Meeting Minutes

Madonna called the meeting to order at 10:00 am. Minutes of the previous board meeting were reviewed and on motions by Tracy Waller and Nancy Howe were approved with correction. The correction was that the OLCA Board did not specify that Joy put our money in a year long CD but base the time on which offered the best deal/return for our money.

**Treasurer's Report:** Joy Kubit gave the Treasurer's report. Stated that our putting our money in a 7 month CD would have an interest rate of 5.14% at this time. Total Income for the period of September 1, 2006 to November 30<sup>th</sup>, 2006 was \$796.28. Total expenses were \$2,752.85 for the same period. Our current balance as of October 31<sup>st</sup>, 2006 is \$19,159.62. Treasurer's report accepted by members on motions by Judy McCurdy and Liz Maseth.

**Grants / Scholarships:** Tracy reminded members to submit applications for grants and scholarships. That will give her time to have the applications reviewed and decided upon before Breastfest. No Applications have been received as of this date.

**Membership:** Pat Bucknell reported that she has updated all the members' information. She also noted that working in contribute makes her job really easy. Reminded members that if they have a change in their information they need to let her know as soon as possible.

### Old Business:

**Licensure:** Nancy and Madonna reported. Nancy states that we need to define who we are as a group and how we are different along with having Standards of Practice. Other states are looking at Licensures, some are doing registration. Much discussion followed. It was noted by members that not all L.C.'s want to be licensed.

**Ohio Breastfeeds Committee:** Madonna updated members on this committee. Three area representatives have been selected. They need to bring more social organizations and people who are in key positions such as legislature and business. They are also in need of a grant writer. Madonna continues to keep in touch with Dee Keith for updates.

**Calendars:** Calendars have been printed and brought to the meeting. We printed 200 of them. Some have already been sold. We have an order from Cuyahoga Co. WIC. The cost to print was \$200. We will sell them for \$12 each. That price includes tax. OLCA's cost for the first batch printed was \$5.50 per calendar. Future orders should be less expensive.

**Practice Policy Manual:** Liz Maseth reported that this manual will take a lot of work. We want it to be the ideal model for lactation practices in various settings- private practice, hospital, etc. We are willing to look at others policies and procedures that are already written. If we can use them, credit would be given. Members were asked to contact Liz Maseth if they knew of any policies or procedures.

### New Business:

**Librarian:** Charlotte Kister is unable to continue as librarian. Madonna thanked her for her work on the library and announced that Linda Barrett will take over the job.

*(Continued on page 5)*

**Pump Issues and DME's:** Much discussion about the ethical use of pumps for the job that they were intended and the responsibility of the LC to their clients.

**IBLCE Scope of Practice:** Much discussion about the posted IBLCE Scope of Practice. It was noted that many are upset and disagree with the one that has been posted by IBLCE. Some have written letters asking for IBLCE to withdraw it. ILCA has also responded to it.

### **Area Representatives Report:**

**South East Region:** Diane Wiessinger spoke to a gathering of about 50 health care providers and breastfeeding support professionals at the Ohio Valley Breastfeeding Coalition's 8<sup>th</sup> annual fall conference on November 4, 2006. CEUs, LCERPs, CMEs, and CPEUs were offered for the presentation on "Changing Thoughts on Latch", Breastfeeding Lessons from Animal Behavior, and a review of several case studies. The activity was held at East Ohio Regional Hospital in Martins Ferry, Ohio, and all who were involved felt it was a successful conference.

Monroe County WIC reports that they have completed the project for which they were awarded an OLCA grant this year. They purchased 6 different breastfeeding videos which have been placed in their lending library for use by WIC participants and for use in their breastfeeding classes. "This project has strengthened support for the breastfeeding mother-baby by giving a visual picture of proper latch, discussing problems or questions which arise in the first week at home with baby, and by increasing mom's knowledge of breastfeeding to make her experience successful."

Belmont County WIC, in collaboration with the Ohio Valley Breastfeeding Coalition, continues preparation for the educational series to be presented to 14 or more physicians' offices in the area. With the proceeds of the OLCA grant, supplies have been purchased, educational material has been prepared, and letters will go out soon to introduce the doctors to the program. As replies are received from the physician offices, different Coalition members will make the educational presentations, presenting each office with a copy of Dr. Hale's Medications and Mothers Milk, 2006.

**South West Region:** Georgette Hall is in the process of writing a breastfeeding support piece in the policies for county employees. On October 5<sup>th</sup>, 2006 Jean Cotterman gave a presentation on "Reverse Pressure Technique". Twenty nine people attended. Tri State Conference with Dr. McKenna was very good. Southview Hospital is going Baby Friendly. They are expecting inspectors to visit in January. Green Memorial is also working towards Baby Friendly Certification.

**Northwest:** Perinatal Region III Breastfeeding Educators' and Lactation Consultants' Network met on September 12, 2006 at St. Lukes Hospital in Maumee, Ohio. Topic # 1: "The Toledo Human Milk Depot." Speaker: Ann Mercer RN, BSN, IBCLC. Topic #2: "Infant Feeding During Disasters." Speaker: Nancy Howe, MS, RD, LD, IBCLC, RLC.

Monroe Mercy Memorial Hospital hosted a breastfeeding conference on November 2, 2006 in Monroe, Michigan. Dr. Jack Newman spoke about issues with breastfeeding. The conference was well attended. Quite a few Northwest Ohio region members were in attendance at this conference due to the short distance from Northwest Ohio.

Region III Perinatal Education Consortium offered a breastfeeding conference on November 3, 2006 at Blanchard Valley Regional Health Center in Findlay, Ohio; Breastfeeding; Hospital Support After Delivery: Evidence Based Guidelines. Speakers for the conference include: OLCA Past President, Nancy Howe, and current Secretary, Judy McCurdy, RN, IBCLC... as well as Melinda Leuck, RN, BSN, IBCLC, LDDE, RLC.

Region III Perinatal Education Consortium offered a conference on November 6, 2006. "Clinical Excellence for Quality." Melinda Lueck, RN, spoke on "The Best Start: Strategies for Supporting Breastfeed-

ing from Birth to Hospital Discharge.”

Perinatal Region III Breastfeeding Educators' and Lactation Consultants' Network met on November 9, 2006 at Wood County Hospital in Bowling Green, Ohio. “Use of Herbal Medicines in Pregnancy, Birth, and Breastfeeding.” “Use of Essential Oils during Pregnancy, Birth, and Breastfeeding.” “Administration of Herbs and Essential Oils during Pregnancy, Birth, and Breastfeeding.” Speaker for the network meeting: OLCA's president-elect: Donna Walls, RN, BSN, IBCLC.

Michelle continues the process of working on invitation letters to join OLCA (or learn more about OLCA) to send out to area breastfeeding support groups, La Leche League groups, WIC offices, OB/Pediatric offices, and hospital breastfeeding educators, etc.

Michelle has also been contacting current Northwest region OLCA members via e-mail/phone/mail to send reports to keep the region informed of breastfeeding happenings, etc. Michelle has requested photos of breastfeeding educators working in their respective areas to be sent to her to use in updating the Northwest region OLCA display board. At this point she has not received any pictures... and would still appreciate them. Northwest Region members are asked to bring them to OLCA member meetings or mail them to Michelle to assist with making the display board a better representation of the Northwest Region!

Michelle has been receiving e-mails from other area members regarding breastfeeding CQI. If any members currently work with CQI please share examples to help others get CQI started at their places of employment. E-mail Michelle at michelleprice@chwchospital.com to provide further information. We all know our breastfeeding assistance and support makes a tremendous impact. Help us show other members how to document it!

Respectfully submitted,  
Michelle Price RD, LD, IBCLC, RLC  
OLCA North West Representative

## **Licensure Issues**

And, oh what issues there are! The exploratory meeting with the Board of Dietetics went well, but we have a lot of work to do. Before we can attempt to apply for licensure we need a clear definition of our scope of practice. It is also very important to define our relationship with other professions. The Massachusetts bill seems very well written. The latest news from Massachusetts indicated that their bill is out of committee.

We need to dialogue among ourselves. What will licensure mean for Lactation Consultants in Ohio? What will it mean for us as individuals? No one wants this to be just another professional fee. It is clear though, that third party reimbursement through Medicaid and private insurance will not happen without legislation, either licensure or recognition of the IBCLC credential. Which board will fit best with our group? The Board of Dietetics has expressed interest in working with us, but are there other boards that we could associate with? Please share your feelings with me and let me know if you can help with this project.

Nancy A. Howe  
Past OLCA President

**Saturday February 10, 2007**

**Karen Kerkhoff Gromada, MSN, RN, IBCLC**

Speaking on:

***“BREASTFEEDING MULTIPLES”***

**Location: Mount Carmel West, Columbus, Ohio**

**Objectives:**

1. Cite the literature associated with maternal decision-making to initiation and continue to breastfeed multiple-birth children.
2. Describe interventions for initiating breastfeeding with multiple-birth neonates.
3. Identify common breastfeeding issues unique to multiple-birth infants and develop realistic plans of care.

**Schedule:**

9:45 am Arrival Time  
10:00 am Business meeting  
12:00 pm Sign in for CE credit  
1:00 pm Program  
3:15 pm End

**Location:**

Mt. Carmel Medical Center  
Medical Staff Building  
Second Floor Meeting Room  
111 Davis Street  
Columbus, Ohio

**Audience:**

Lactation Consultants, MDs, RNs, LPNs, RDs, LL Leaders, and others who are helping mothers and infants achieve successful breastfeeding.

**Directions to Mount Carmel:**

Mount Carmel West—793 State St., Columbus Ohio 43222—Located west of downtown Columbus, just north of I-70 and west of SR315.

**From I-71 traveling south:**

Take I-71 to I-70 west  
Take Rich/Town St. exit 99C  
Turn left on Town St.  
Turn right on Green St.

**From I-71 traveling north or I-70 traveling west:**

Take Rich/Town St. exit 99C  
Turn left on Town St.  
Turn right on Green St.

**From I-70 traveling east:**

Take Broad St. exit 97 Turn left on Broad St., travel 1.5 miles then turn right on S. Davis

**Parking**

There is an available parking lot on Saturday that is east of the medical staff building on Green Street. (Davis Street is only a pathway between buildings in this area. The Medical Staff Building entrance is south of the emergency vehicle entrance and north of the nursing school area. It is southwest from the parking garage and west of the Green Street outdoor parking area)

## Grant and Scholarship Application

Good Day OLCA Members!

As your Vice President and therefore your Regional Grant Coordinator, I am reminding you that the deadline for submitting Grant and Scholarship applications is coming fast!! Please take a minute to consider submitting an application for a grant or scholarship.

**OLCA grants of \$400** each are available to OLCA members to promote breastfeeding in Ohio following the WHO Code. When applying, please be very specific and detailed as to your needs assessment and plans for the grant. Turn your excellent ideas into a proposal that includes appropriate supporting evidence. Incomplete submissions cannot be considered. **Please note:** OLCA grant money cannot be used to purchase OLCA fundraising items, such as OLCA pins, calendars, etc.

Six **OLCA Scholarships** up to **\$500** each are awarded annually to those wishing to further their education/skills in the area of lactation, including conference registration, professional development, exam preparation, and/or other related expenses. Applicants do not have to be OLCA members.

Please visit our website at [www.ohio-olca.org](http://www.ohio-olca.org) and click on "forms" for applications.

**The deadline for submission is March 1, 2007.**

The grants and scholarships will be awarded at BreastFest, planned for April 26-27, 2007.  
Please submit your application and proposal to me via US mail:

Tracey Waller, OLCA VP  
2105 S Linda Dr  
Bellbrook, OH 45305

If you have any questions, please email me at [grizwaller96@sbcglobal.net](mailto:grizwaller96@sbcglobal.net) or call me at (937) 225-5814 (w)

**Don't delay!**

**\*\* Reminder Notice \*\***

As of September 1st, 2005 OLCA will charge a \$25 per certificate fee to replace IBLCE certificates. Attendee must also have signed the sign-in sheet so the CERP Co-ordinator has proof of person's attendance at said event.



# Ohio Lactation Consultant Association

## Mission Statement

*To be the voice of Ohio lactation consultants in their efforts to transform society into a breastfeeding culture. To empower, support, and educate our membership enabling them to be articulate agents for change.*

## Award Nomination Form

Each year the Ohio Lactation Consultant Association presents awards to those individuals and institutions that have done an outstanding job promoting and supporting breastfeeding. Please complete this form, with typewritten answers to questions regarding nominees on a separate piece of paper. This form may be reproduced.

### Check the category for nomination:

- Outstanding OLCA Member for the Year
- Outstanding Breastfeeding Peer Helper (Counselor)
- Most Breastfeeding Supportive Hospital
- Most Breastfeeding Supportive WIC Project
- Most Breastfeeding Supportive Health Professional (Physician, nurse, therapist, etc)
- Most Breastfeeding Supportive Ohio Media Outlet (TV, radio, Newspaper, magazine)
- Most Breastfeeding Supportive Business
- Most Breastfeeding Supportive Ohio Legislator
- Most Breastfeeding Supportive Non-Governmental Institution
- Other Category \_\_\_\_\_

### Nominee Information

Name of Nominee \_\_\_\_\_  
 Address of Nominee: \_\_\_\_\_  
 Phone number where nominee can be reached : \_\_\_\_\_  
 Name of person submitting nomination: \_\_\_\_\_  
 Phone number of person submitting nomination: \_\_\_\_\_

### Questions Regarding Nominee

1. How has this individual or agency promoted and/or supported breastfeeding in their community?
2. What is it about this individual or agency's actions that deserves recognition?
3. What accomplishments has this individual or agency achieved that has furthered the goal of transforming our society into a breastfeeding culture?

Completed forms must be postmarked by March 1st annually. Mail to the current OLCA President. Information available on our website.

**www. OHIO-OLCA.com**

**2007**

**Election of OLCA Officers and Representatives**

**Secretary:**

\_\_\_\_\_ Judy McCurdy RN, IBCLC

\_\_\_\_\_ Write In \_\_\_\_\_

**Treasurer:**

\_\_\_\_\_ Joy Kubit RN, IBCLC

\_\_\_\_\_ Write In \_\_\_\_\_

**Northeast Representative:**

\_\_\_\_\_ Liz Maseth RN, BSN, IBCLC

\_\_\_\_\_ Write In \_\_\_\_\_

Please vote on the candidates of your choice or write the name of a person you would like to see in that position. If you are going to use the write in option you must ask the person first if they are willing to take the office and its responsibilities.

Mail your ballot to the OLCA secretary at the following address. Ballots need to be postmarked by March 1st, 2006.

**Judy McCurdy, OLCA Secretary  
7903 Frailey Road  
Vermilion, Ohio 44089**

**Ethical Design & Conduct of Lactation Research  
OLCA Educational Offering—November 11th, 2006**

**Katrina A. Bramstedt, PhD, FRSM**

**Assoc. Staff, CCF Bioethics  
Director, GCRC Research Subject  
Advocate Program,**

OLCA thanks Dr. Bramstedt for an enlightening presentation on a subject that is important to Breastfeeding Advocates. We all would like to see more studies that give us information that will help us serve breastfeeding mothers and babies. Dr. Bramstedt gave us insights into the field of research and some of the steps that are needed and some of the concerns that can come up. The following is a summary of her presentation.

Researchers must be careful when choosing new moms to participate in a study. These moms have been physically and mentally stressed by delivery and are tired and frustrated. They could be more susceptible to coercion to participate in research.

It is important to identify your research question. Be able to state what you seek to learn by doing the study and what hypotheses you have. You must be very clear about the research question and the research methods. The methods need to be able to give the data you need to answer the research question.

An Institutional Review Board is a panel of people who review research protocols for scientific integrity and research subject protections. Members are MD's, PhD, PharmD, JD, RN, LISW, Rev., community members. To work effectively with the IRB, submit a complete IRB application, do a thorough literature review, justify your sample size, research methods, and remuneration. Justify use of a placebo, write well, and reply to their queries using very specific language and details.

Do a very thorough literature search to see if studies have been done already. Network with experts. Make sure the questionnaires are Institutional Review Board approved. Some questions can cause stress or anxiety for research subjects. Note this in the RISKS section of the consent form.

Informed Consent is a process, not just a form. Elements of informed consent are information, comprehension, and voluntariness. You must have all 3. Dr. Bramstedt explained what needs to be included in these categories.

We were reminded that even low risk studies have the potential for adverse events. An IRB Adverse Effects form must be used to report events and then must be reported in a timely manner. Adverse events are undesirable, negative experience of the research subject. They can be very serious, such as life-threatening or requiring hospitalization. There should be defined limits in our protocol—conditions which would result in the subject being removed from the study.

Respectfully submitted  
Judy McCurdy  
OLCA Secretary

**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