

OLCA NEWS

Ohio Lactation Consultant Association



Visit our web site at www.Ohio-OLCA.org for updates, directions, member list, new and old newsletters and more!

The President's Corner

Hello OLCA

I'm outlining issues and progress that your board has made over the last few months. The Board met on September 8, 2006. Joy gave us a preliminary review of the 2006 Breastfest. We will be getting a final report at the November meeting.

Members were asked to self assign to one of four working breakout groups:

- Licensure
- Proposed WIC Food Package
- OLCA Calendar
- Policy and Procedure Manual.

The licensure group heard feedback from the committee's research. The Medical Board is not interested in working with us. The Nursing Board was not approached because your board strongly opposes linking IBCLC with any hint of requirement to being a nurse. The Dietetic Board is interested in dialoguing with us for potentially being our licensing board. The breakout group recommended to continue seeding a board to license IBCLC's in Ohio. To that end, Nancy Howe and I met on October 13, 2006 with the Dietetic Board in Columbus. The summary of that meeting will be presented at the November membership meeting in Cleveland (Independence). Contact Nancy Howe to participate.

The OLCA calendar breakout group reviewed sample pictures that have been taken. Yes! Pictures of babies at breast! The group recommended a range for pricing, format suggestions and number to be printed. All of these details are dependent upon printer pricing. Several bids will be reviewed before a final printer is selected. The calendars will be available at the November membership meeting. Contact Joy Kubit to participate.

Proposed WIC food package changes that impact breastfeeding WIC participants. The group made suggestions for a response to the Department of Agriculture. A letter with those recommendations and comments will go out from the president before November 1st.

The newly formed Policy and Procedure group met to review existing resources and suggest additional resources for developing Breastfeeding Policies and Procedures for lactation support and services in Ohio. This manual will include sections for all practice settings; hospital, outpatient, private practice and public health settings. This project will take several years to complete. The committee needs input from IBCLC's practicing in each of these settings. Contact Madonna to participate.

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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

OLCA Member Meeting—November 11th, 2006 at

Cleveland clinic Independence Family Health Center.
5001 Rockside Road
Independence, Ohio

OLCA Board Meeting— November 10th, 2006—Madonna to notify of time and place.

NEW!! OLCA 2007 Calendar



Our calendar with beautiful black and white photos by Cleveland Metro's Dr. Leroy Dierker will be available at the November meeting! Each month's photo is a mom and baby breastfeeding. Don't miss out on having one for your workplace. **Price \$12 including tax.**

Membership News

The website listing of LC's has been updated. For the ease of finding an LC in a specific community, the listing is by county of employment.

PLEASE check to see if your information is correct. If there are any corrections, notify Pat Bucknell (pabucknell@juno.com).

IF you are a **newly certified LC**, also please let Pat Bucknell know so she can update the database.

Thanks, Pat

**** Notice ****

After 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 Coordinator has proof of person's attendance at said event.

(Continued from page 1)

You can see your Board has been very busy with issues and projects that will make your job easier, more professional and bring us closer to accomplishing our mission. I'm going to take this opportunity to request your presence at the OLCA Business portion of membership meetings. I've been a volunteer long enough to know what the 80/20% rule looks like. (80% of the work is done by 20% of the membership). OLCA is you! OLCA needs you! In this article I've outlined activities the Board has identified, from requests and feedback from members, that impact your providing lactation care and services for families in Ohio—in all care settings. It's time to stop thinking about IBCLC initials as just “another certification or job security or the ability to work day shift” and get to the OLCA work portion of the meetings!!! The current issues and projects have been identified to: promote the IBCLC credential here in Ohio; make lactation care and services a revenue producing service; and elevate what you do to a recognized profession! All this work is for YOU and the breastfeeding dyads we serve. Please join a small core of your colleagues who are, YES! Giving up one Saturday 4 or 5 times a year to make a difference for the voice of professional lactation consultants in Ohio.

SEE YOU IN CLEVELAND November 11, 2006.

Madonna Fasimpaur

Call for Nominations

The Nomination Committee is getting ready to prepare the ballot to go out in the next newsletter. I am asking all OLCA members to consider volunteering to serve OLCA. You can make a difference! The following offices are up for election:

1. Secretary,
2. Treasurer,
3. Northeast Representative,
4. Northwest Representative and
5. Central Representative

Feel free to contact a current or former board member to find out about these positions.

Isn't it time to become more involved in OLCA? Make new friends! Make a difference! Contact Donna Walls to volunteer or nominate someone @ 937-434-4650 or daswalls@aol.com. If you nominate another person please be sure and ask them if it is ok to do so.

Thanks
Donna Walls
President Elect

FYI

A source for Domperidone is www.globaldrug.tv. No prescription is required. The company is located in a small Pacific Island nation. Nancy Howe states that her daughter purchases Domperidone for gastroparesis through this company with her doctors guidance. She belongs to an online support group with many members who have had good experience in dealing with this company. Neither Nancy or OLCA endorse this company, but thought members would find this interesting.

Members wanted to know Senator Clancy's email address. It is sd08@mailr.sen.state.oh.us

Professional Boards and Licensing Information

Thanks to Nancy Howe for obtaining the following Information that was shared with members at the September meeting. I contacted Kay Mavko, MS, RD, LD to get information about forming professional boards. She is the Executive Secretary of the Board of Dietetics which is one of the more recently formed boards. Here is what she shared with me:

Forming an independent board will be both difficult and costly.

The current legislature is not “friendly” to professional boards. There have been several attempts to weaken the Board of Dietetics. The Ohio Department of Health recently attempted to form one umbrella board to collect fees and there was concern about the ability of smaller boards to function within this structure.

The size of our group would require individual annual fees of around \$400 (per person) to maintain our own board. This is based on the size and experience of the Board of Orthotics and Prothesetics.

It will be easier and less costly to join an already existing board, for example, massage therapists are licensed by the state medical board. The medical board is probably not interested in adding another profession at this time. The nursing board is a very large organization and we would probably be lost in the midst of other nurse specialists and it may be harder or impossible for non-RN’s to get licensed. The board of dietetics may actually be interested in working with us.

Consider who our opposition will be and be prepared to meet them with specific talking points. Possible opposition: Nurse mid-wives, alternative and complimentary medical practices, nurses, hospital associations, etc. Be prepared for this opposition. Outline the difference between our practice and theirs and define scope of practice. Also, consider who will be our proponents and seek them out and encourage them to lobby on our behalf.

When it comes time for testimony and hearings, explain how poor practices by other professionals and non-professionals has harmed the public. Have mothers testify about their experience and how they and/or their infants have been harmed by unqualified professionals or non-professionals.

There may also be a concern about more government regulation of licensure. Do more fees translate into more funded positions for LC’s? If fees for LC’s go up significantly, the number of LC’s is likely to level or go down. LC’s will still be “expendable” in terms of patient care when budgets are tight—licensure does NOT ensure “requirement” for hospitals, agencies, etc. to employ as mandated LC to patient/couplet ratios are highly unlikely. We need to be aware of all the consequences when there may be significant drawbacks.

Tri County Breastfeeding Coalition World Breastfeeding Week Events

(Do to space limitations we were unable to put this in the last news letter. — Judy McCurdy)

Dear Judy,

I wanted to update you on what the Tri County (Mahoning, Trumbull and Columbian) Breastfeeding Connections did for WBW this year. This year we coordinated efforts with our local Junior Woman’s League to have a backpack giveaway for 100 moms in our area who had babies during WBW and were breastfeeding. The packs had breastfeeding friendly information, diapers, a book for the mom to read to her baby and a new outfit for the baby. The bags were labeled with Tricounty Breastfeeding Connections and Junior Women’s League and World Breastfeeding Week. They were divided among the hospitals our organization serve and the LC’s in the hospital handed them out through out WBW. The project was funded through a fund raiser (Spa night) given by the Jr. Women’s League and the Tri County Breastfeeding Connections. We started planning in early May, 2006. We advertised on the local TV spot and in the local community newspaper. The hospital (St. Elizabeth’s in Youngstown) also published a piece on breastfeeding and its importance during WBW, on its front page. Involving the community in efforts to promote breastfeeding are great. We had a lot of fun with the project and the moms loved the bags. We started the project with a letter to the Junior Women’s Leagues in the area to ask if they would be interested in this project.

We thought this might be a model others may want to use next year.

Thanks

Noreen Edwards, BSN, RNC, RLC, EBCLE, CCE.

Minutes from Members' Meeting

September 9th, 2006

Madam President Madonna Fasimpaur called the meeting to order at 10:00 am. She opened the meeting with a thank you to Mt. Carmel for allowing us to use their facilities.

Minutes of the previous meeting were reviewed. On motions by Nancy Howe and Michele Price the minutes were approved as is by the membership.

Treasurer Report: Joy Kubit gave the treasurer's report which included a report for the end of the fiscal year which was May 31st. and for the first quarter in this fiscal year which was June 1 thru August 31st. The current balance is \$20,202.95.

Regional Representatives reports: *See Page # 8*

Breastfest Report. Report delayed as Betsy was absent. We will wait to hear the final report from her. Nancy stated that the only concern she heard was the long lines for lunch and that took too long. Other than that there were many positive comments.

Membership: Pat stated that she updated the members list prior to Breastfest. The list has been changed so that LCs are listed by the county they work in. She encouraged all members to check and see if their information is correct and current. Some of the members stated that they would like to see an alphabetized list so that you could look up an LC by name if you wanted. Pat states she will talk with Denny Smith to see how we can have two listings one by county and one alphabetized. Pat states she will add the name of new members as she gets them. Members discussed the fact that we still need to encourage the new IBCLC's to join OLCA. On a motion by Georgia Morrow and Lynne Castele members voted to give one year free membership to new LCs.

Librarian: Charlotte states that we have new DVD's this year. Noted that many people do not have a VHS player anymore. May have to purchase individual sleeves for them to protect them and also to make it easier for people to send them back to her. She noted that we still have not made any decision on which materials to keep and which ones to throw out.

New Business:

2007 Calendar: Joy Kubit reported that the calendars will be ready by the November meeting. The pictures that will be used were shown to the members. Members were informed that the board voted to give Dr. Dierker a gift certificate for the Dodd Camera Store in the amount of \$200. This was as a thank you for the work he put into getting us the photographs. Joy noted that the OLCA logo and short phrases will be added to the calendar. Cost for the calendars if we order 200 will be approximately \$5.75 depending on which printer is chosen. She recommended and the members agreed that we should order 200 of them. Cost to purchase them should be \$10-12. OLCA members were very pleased with the pictures and thanked Joy for all her work to make this a reality. Some discussion took place as to how often we want to make up and sell calendars. No definite consensus was made except it was generally agreed that it was an awful lot of work to try and do every year.

Licensure: *See page #5 for report from Nancy Howe.*

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Ohio Breastfeeds Coalition: Georgia Morrow reported- Bi monthly phone conferences are being set up by Elizabeth Conrey who is representing the CDC. There is still a need for leaders in each region of Ohio who can help develop a focus for the group.

New Business:

Lactation Consultant Policy and Procedure Manual: This was one of the four break out sessions at the board meeting. Madonna states she has received phone calls asking her if OLCA has any standards of practice and P and P. These people wanted something that would help them prepare for a JACHO visit at their hospitals. Plans are to develop P and P's that can be used in multi settings such as hospitals, private practice, WIC. They would be tools to help the L.C. membership in all settings. Members are needed to help with this project.

New WIC Food Package Proposal Response: Ann Twiggs passed out information about the proposed food packages. The concern is that for the first month after birth there are only two options offered. Either exclusive breastfeeding or exclusive formula feeding. Most LC's who work with the WIC population feel that if most of the moms have to make a choice they will choose the formula and then not even try to breastfeed. It was felt that for it to work health professionals would have to under go training and have the right tools to do this. All the members felt that this was not a good option for WIC moms.

Disaster Planning: Georgette Hall told members about her signing up with the MRC (Medial Reserve Core) in her county. She is listed under counselor as there is no category for lactation. She encouraged everyone to find out about the MRC in their county. The CDC site has information about them also.

Madonna discussed with members her wish to have clinical practices sessions the night before the main Breastfest. She states that she thinks in the future LC's will be required to have clinical internships in place of precepting or shadowing.

Good News: OLCA was had a spot in the ILCA globe in August 2006. It was noted that ILCA's affiliate in Ohio, USA was responsible for Jean Whittaker (the only IBCLC- and ILCa member- in Malawi maintain her membership to ILCA by "sistering" Jean. Jean works as a missionary and director of nursing with mothers and babies in local villages, in one of the hardest hit AIDS areas. She receives no salary.

12:10 pm meeting was adjourned.

Respectfully submitted

Judy McCurdy, OLCA Secretary

OLCA Regional Representative Reports From September 9th, 2006

Northwest Region– Michelle Price RD,LD,IBCLC,RLC

Perinatal Region III Breastfeeding Educators' and Lactation Consultants' Network met on May 16, 2006 at Bellevue Hospital in Bellevue, Ohio. Topic: "Critical Thinking Skills for Clinical Lactation Practice." OLCA President, Madonna Fasimpaur, LPN, IBCLC was the speaker.

Perinatal Region III Breastfeeding Educators' and Lactation Consultants' Network will meet 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.

Region III Perinatal Education Consortium will offer 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, MS,RD,LD,IBCLC,RLC and Current Secretary, Judy McCurdy, RN, IBCLC, RLC... as well as Melinda Leuck, RN,BSN,IBCLC,RLC. The conference will start at 8 a.m. and adjourn at 4:15 p.m. Region III counties will receive brochures in the mail. Anyone else interested in attending or receiving information may contact Kim Rosin at (419) 291-4645.

Michelle is continuing 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. OLCA members in Northwest Ohio region have received requests from Michelle asking for them to provide addresses of these above groups/offices,etc. Michelle has received several replies and is now working on an address list to make up mailing labels for Thank you to members of the Northwest Region... your assistance has been greatly appreciated.

Michelle has also been contacting current Northwest region OLCA members via email/phone/mail to send reports to keep region informed on 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 these. 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 also gave a list of conferences that were coming to her region in September and October. On a personal note: Michelle shared "Ode to OB Nurse" poem developed as a thank-you to her OB co-workers for World Breastfeeding Week. Michelle also shared articles and pictures published in local newspaper in honor of World Breastfeeding Week...and photos of library display.

Judy McCurdy added that in Erie County one of the Peers had a baby and wanted to come back to work 2 weeks postpartum. Judy stated that the WIC Director and the Health Department Director/ Health Commissioner did not want her to bring the baby to the health department, but they allowed

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her to go and work at the outlying WIC clinic and take her little one with her. The WIC employees and the clients enjoyed having them there.

SW Area Report, September 2006- Lynne Schwaberow RN, BSN, IBCLC

We have two groups working to inspire breastfeeding and support the LC's in the area.

Tri-State Breastfeeding Advocates presented a program with James McKenna PhD, Barbara Warner, MD, FAAP, Karen Kerkoff Gromada, MSN, RN, IBCLC, and Lisa Sandora, MA, CCSLP, IBCLC on Friday, August 25th at Kings Island Resort and Conference Center, Cincinnati, Oh. Topics included: Resolving Infants Sleep Controversies Safely, Current Research in Human Donor Milk, and Reinforcing Breastfeeding Oral Behaviors when the Breastfed Baby Receives a Bottle.

Miami Valley Breastfeeding Coalition is meeting monthly at the Drew Health Center. World Breastfeeding Week info., posters, and pens were given out. Children's Hospital announced it was setting up a Milk Bank Depot and they have made a new area Breastfeeding Services Directory for everyone. There are two new sources for breast pumps in the northern areas. Drew Health Center had a World Breastfeeding Week celebration and open house where participants did a scrapbook page to take home.

Chris Arestides discussed and gave a copy of her research paper on "Breastfeeding and Low Income Women: A Logic Map and Discussion of Antecedents. The group recommended she send it to be published. Southview Hospital has applied for Baby Friendly Initiative status. We are hoping for inspection later this year. For WBW, we had a contest with the staff to find anything we do or display that is not Baby Friendly. We gave physicians certificates of appreciation for their breastfeeding support and also gave the pediatricians the new growth charts.

Green Memorial is also trying for Baby Friendly Initiative status and we have heard rumors that Miami Valley Hospital, Dayton's largest hospital and Level III maternity center is considering it.

Montgomery WIC made a "License to Breastfeed" card for moms to carry with them to give to anyone who questions their right to breastfeed in any public location.

North East Liz, Maseth, RN, BSN, IBCLC

Nola still meeting regularly. States Hillcrest is having a conference on November 3rd on "Current Issues in Lactation" There will be a physician dinner the night before.

Metro—is one of five hospitals in the country that is having a pilot program for Residents. They will be teaching basic information about lactation. Dr. Jane Morten will help kick this program off to a good start.

Central, Deb Zwolinski, RN, IBCLC

Franklin County WIC— brought samples of place cards for table tents that they made for Breastfeeding Awareness month. Everyone present was impressed and wanted to obtain copies.

Summary of Educational Offering

September 9th, 2006

OLCA would like to thank Amy Spangler for a very informative talk on “Mastering the Art of Teaching Without Preaching.”

The first thing that we learned was that of all the babies born in the United States in a year, nationally 53% of them are on WIC. In some states the percentage is as high as 70%. Sure puts a lot of pressure on WIC to “get it right”.

Amy stated that adults seek education to cope with life’s changing events. The role of the Educator is to determine objectives vs. needs and then focus on the mom’s objective. Some times moms are there because they are required to be to full fill obligations for WIC or family services.

We should conduct an assessment of the clients learning needs, their readiness to learn and their learning style. What are the various types of learners?

Some learn by hearing,
some need to see things on a chart or demonstrated to them,
others need to be able to practice. The best teaching methods incorporate all three..

Types of learning are

cognitive: Learning occurs when participants have the opportunity to solve problems and participate in the learning process.

behavioral: Learn by doing and observing others, with practice, recall and repetition, rewards increase learning

humanistic Approach: Sharing of personal experience, Learning is based on shared experiences, interactions are warm and democratic, learners are viewed as individuals.

Teach to all the senses, Ears– humorous anecdotes, personal experiences,
Eyes– slides, films, overhead transparencies, hands– baby, breast, gadgets, mouth– cookies,
Nose– stool, breastmilk.

It is important to remember that in communication your words are only 7% of the equation. Your Tone of voice is second most important factor and your body language is very important and makes up 55% of communication.

Factors that Influence Learning are:

Time of day and week

Environment—lighting, parking, food/drink

Participant characteristics: their age, education level, gender, size of the class

Teacher characteristics: Education/ experience, appearance, attitude

Amy reminded us to keep the following in mind: People learn and retain information based on -

Lecture = 7%

Discussion = 50%

Reading = 10%

Demonstrating and return demonstration 90%

Demonstrations = 30%

Saturday November 11th, 2006

Ethical Design and Conduct of Lactation Research Studies

Speaker: Katrina A. Bramstedt, PhD, FRSM

**Location: Cleveland Clinic Independence Family Health Center
5001 Rockside Road Independence, OH**

Objectives

- 1) Learn steps in identifying a research question, literature review, networking with experts, study design, informed consent, adverse event reporting, and becoming friends with the IRB (Institutional Review Board)

*IBLCE CERPs: No charge to OLCA members
\$10.00 charge to non-members*

Schedule:

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

Audience:

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

Parking

There is a parking deck and it is free.

There is no food on premises but there are places to eat close by.

Directions

From the South– take 71 North to 271. Then 77 North. Take Rockside Road exit. Turn left onto Rockside Road. Look for big building “Crown center” Cleveland Clinic is next to it.

From the East— take 480 East to 77 North/77 south exit 20AB-toward Cleveland/Akron. Then take the I-77 South exit-20B-toward Akron. Take the Rockside Rd exit toward Independence/ seven hills. Turn Right onto Rockside Rd.

For the Morning session look for signs by the elevators. The afternoon session will be in Rooms A & B in the lower level.

**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