

OLCA NEWS

OLCA's Permanent Address : 6077 Far Hills Ave ., PMP#288 , Centerville, Ohio 45459-1923



Ohio Lactation Consultant Organization

WWW.OHIO-OLCA.ORG

A letter from the President

Noreen Edwards RNC-OB, IBCLC, CCE

Welcome to our Fall 2010 issue of the OLCA newsletter. We are pleased to send this edition to you. We are excited to show you several new areas of the newsletter, along with links to valuable addresses that will provide you with support for your Lactation Specialty practice. We are excited about our 5 area representatives and the local connections in our state. We hope this will bring the state of Ohio a little closer. Please find a local coalition you can be involved in. This will give you more voice and participation at the local level. There are many great coalitions and La Leche League meetings in Ohio. I was blessed to find the mothers of La Leche League when I was a new mother. They gave me ideas and encouragement to make me successful in breastfeeding.

As Certified Lactation Consultants, we need a professional group to guide us, and also help us find those necessary CERPs to continue our certification. OLCA is here for you. We hope if you do not belong to our group you will consider becoming a member. The upcoming Breastfest in March will be enlightening. The committee responsible for the Breastfest is working hard to ensure this conference will leave you with the desire to grow in your support for breastfeeding in your hospitals, WIC clinics, La Leche League meetings and other community agencies supporting moms. We hope to involve the outreach group for employers who have questions about why lactation rooms are important to newborns, who have mothers that work for them.

Let me also take a minute to thank the Newsletter staff and all the contributors for their dedication to our profession. I am well aware of the time they have taken to make this newsletter and the Ohio Lactation Consultants Association a success.

In closing, I pray for wonderful holidays for all of you who are reading this newsletter. I thank all who have worked on this publication and brought us to the "green" age. And I ask you all to consider joining OLCA and attending our "Breastfest"2011.

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THANK YOU LIZ MASETH

When in the course of human events, logical decisions to change purpose and direction in our professional and personal lives will be made. OLCA has recently experienced such moments with the recent resignation of our friend, colleague and mentor– Liz Maseth.

Liz has been a true leader in our profession both regionally and for Ohio. She has advocated for babies, mothers and families through her political activism balanced with quiet, thoughtful reasoning and a positive “can do” approach.

She has a presence that commands that we do the right thing and we have followed her lead. We (OLCA) express our gratitude for her many moments of brilliance and clarity that have led us forward. She has inspired us all to a higher level. The Ohio Lactation Consultant Association has grown, prospered and has a deeper commitment to our mission because of Liz Maseth.

We have been blessed to have worked side by side with Liz and look forward to the moment of her active return in the future.

Thanks from all of us, dear Liz.

OLCA Board & Member Meetings 2010-2011

- **Membership Meeting: February 5, 2011 .**
 - **OLCA Breastfest: March 18-19th, 2011**
 - **Board Meeting: May 20, 2011**
 - **Membership meeting: May 21, 2011**
 - **Membership meeting September 10,2011 .**
 - **OLCA Board meeting November 4, 2011**
 - **Membership meeting November 5, 2011**
- All meetings are subject to change. Please confirm near the date on the OLCA website.**
- In case of snow please check the website. Announcement will be made by the listserve, Facebook, and Noreen Edwards will contact the Area Reps also by 7 AM the morning of the meeting.**

All member meetings are on a Saturday starting at 10am. Educational session starts at 1pm. All meetings are scheduled for Mount Carmel-West.

OLCA Membership Meeting Highlights

November 6, 2010

1. Operational Announcements:

- Results of Elections: Noreen Edwards, President-Elect; Jen Foster, VP; Deb Zwolinski, Treasurer; Jenny Philabaum, SE Rep; Susan Bash, SW Rep.
- Liz Maseth has resigned as President, due to personal issues. Susan Bash wrote a note of appreciation for the newsletter. Noreen Edwards, our President Elect, will assume the responsibility of the President. Cathy Dickinson will assume the responsibilities of NE Ohio representative and be on the ballot for the 2011 elections.
- Noreen Edwards appointed Lynne Schwaberow to Chair the Nominating Committee and asked that she enlist the Regional Reps find candidates for the offices to be filled: Secretary, NE rep. NW rep, Central rep. It will be announced in the November newsletter that the Survey Monkey for 2011 elections will be on the website immediately after the February Membership Meeting.

2. Membership-Pat Bucknell:

- We have approximately 265 members. Please advise anyone who has passed their IBCLC exam to contact Pat Bucknell at pabucknell@juno.com in order to provide them with a one year membership to OLCA at no charge:

3. Treasurer-Deb Zwolinski:

- Reported the balance is \$17,433.03.
- Laura Atkinson will continue to assist our new Treasurer.
- Our audit was completed by CPA firm Raese Strickland, Berry Grub and Nuske, with Melanie Grubb as auditoris complete. Cost was \$325.00. The "Requisition for Reimbursement" for OLCA expenses will be put on the OLCA Website.

4. Area Reps: NE-Noreen Edwards:

- The Lorain County BF Coalition had people nominate employers for a BF Friendly Workplace. Ten employers were nominated and in the interest of getting the coalition's name out and PR for breastfeeding, the coalition decided to award a certificate to all who were nominated. An award certificate was printed up with the coalition logo and framed, then personally presented to each employer.
- Northern Ohio Lactation Associates had another successful "Zoo Day" during World Breastfeeding Week. This event has been annually cosponsored with Cuyahoga County WIC and staffed by LC's clearly identifiable as people available to provide consultation to nursing families. We also have some wonderful volunteers to thank for this! This year NOLA has twice shown recorded webinars during meetings, on topics of members' choosing, from the USLCA, to offer e-cerps. These have been well received. We have also launched journal article discussions at each meeting to increase our evidence-based knowledge base.

Cuyahoga County WIC distributed bags and blankets with the logo, "Follow Your Heart, Breastfeed" to hospitals for moms who choose to breastfeed. These were very much appreciated by staff and Parents.

- Cleveland Clinic continues to work on BFHI. Hillcrest hospital is opening their new Level 3 NICU this month which features a private room for each mother baby dyad. Maya Bolman returned from her second trip to Russia. Both of the LC's she mentored passed the IBCLC exam this year. There may be 30 more sitting for the exam next year from Russia. All of the Cleveland Clinic Hospitals are applying for the IBCLE/ILCA Lactation Care Award.
- University Hospitals Geauga Medical Center has applied for the Lactation Care Award from IBCLE

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and ILCA. We have three IBCLC's on staff—Barb Berges, Joy Olpp and Sue Laidman. Sue Laidman just took and passed the IBCLC exam for the first time this year. Barb Burgess passed it for the third time! Geauga Hospital has undertaken a quality improvement project in the OB department that promotes and encourages skin-to-skin contact between mom and baby in the moments after birth. Their initial goals are: to Make this a Standard of Care for all newborns, breastfed and formula fed.

- * 50% of newborns placed skin-to-skin with mom.
- * 10% decrease in rate of supplementation with formula for breastfed newborns.
- * Shorter time interval to first breastfeeding.
- * Increased number of breastfeeding in the first 24 hours.

- Tri County Breastfeeding Association had about 100 people at their conference featuring Marsha Walker. Next year Kathy Kendall Tackett will speak. Mahoning Valley plans to start the BFHI process by Banning the Bags. They plan to underwrite a dinner to help get health care workers on board.
- Priti Rane of Ashtabula County WIC passed her IBCLC exam as did June Myers of Erie-Huron County WIC.

5. Area Rep: NW-Mary Sauder

- Nancy Howe is setting up peer counselor training. Some WIC counselors are being asked to see patients in hospitals.

6. Area Rep: Central-Cindy Deering:

- The Central Ohio Breastfeeding Coalition (COBC) used their \$400 OLCA grant in conjunction with donations to hold a Breastfeeding Event at Goodale Park on Saturday August 7th. Major sponsors for the event included Nationwide Children's Hospital, Hygeia, Mam's Arms Lactation Services LLC, and Ohio Health. The weather was perfect for the event which attracted about 95 people. Ohio Department of Health Director, Dr. Alvin Jackson, was the key speaker. Dr. Jackson vowed his support for breastfeeding and making central Ohio hospitals baby friendly. His speech was followed by children's activities that included balloon making, face painting, henna painting, caricatures, and physical activities along with a make a "spider" snack for the kids conducted by staff from the Columbus Public Health Obesity Initiative Program. Displays included La Leche League along with a bake sale of muffins, EFNEP Healthy Pregnancy Program, Mama's Arms Lactation Services LLC, and the Obesity Initiative Program with healthy eating for kids. Fresh fruits and water were available for refreshments. Visit COBC on Facebook for pictures. COBC plans to use remaining funds to have a logo made to use in making "Breastfeeding Welcome Here" stickers for businesses with the COBC name and logo.

7. Area Rep: SE-Jenny Philabaum

- Coshocton County: Coshocton's Breastfeeding Coalition wrote letters to the Coshocton Tribune for every week of Breastfeeding Awareness Month. These letters were published in the paper for patrons to read. Coshocton Hospital provided 2 double electric breast pumps to two lucky moms. They also gave away sample bags and reusable breast pads that were donated. Coshocton County WIC had a community baby shower where they gave away door prizes and had games to play as well as speakers. At the baby shower, Sally Gartner, IBCLC presented for the hospital, came and spoke on the topic "Breastfeeding Benefits" and the hospital also set up a display table. Sally also Displayed a poster and literature at the hospital for patients to enjoy.
- Muskingum County:
 - * The lactation consultants at Genesis Hospital made up a teaching board covering a topic about breastfeeding. Each IBCLC made up their own board and put them on display

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- for the nursing staff to read and educate themselves. Staff who visited the display boards were provided snacks and breastfeeding mothers were given educational handouts. Monroe County, Harrison County & Jefferson County:
 - * The Ohio Valley Breastfeeding Coalition had their annual walk at the mall for World Breastfeeding Week. This walk was a big success and had a large participation. This walk was given in conjunction with WIC and was held on the 1st Saturday of August. At least 100 people were in attendance for this event. This was a fun event that gave out door prizes and awards. The awards given included "Most Supportive Award" which is given to lactation consultants and peer counselors.
- Tuscarawas County:
 - * The Coalition along with the WIC department in Tuscarawas County gave gift bags to moms who delivered at the hospital during BAM. This bag contained a book, a blanket, a DVD showing latching-on, an 8 oz. sports water bottle, diapers, a diaper diary, magnets and pencils for the mom to use. One hundred bags were made for August. This is an annual event for WIC and Union Hospital; they have done this for the last 7-8 years now.

8. Area Rep: SW-Susan Bash:

- Montgomery County WIC peer breastfeeding counselors were very busy for the World Breastfeeding Week. They put together some very informative poster displays in community libraries and hospitals as well as at some local gatherings. They received some eco-friendly bags, note pads, magnets and pro-breastfeeding books and other handouts. Everything went like hotcakes! It was very impressive.
- Georgette Hall is on the road to recovery after a long battle. Cards can be addressed to Tracy Waller and she will get them to her.
- Montgomery County Food Security Summit is being held November 5, 2010 at Sinclair College with guest speaker Ambassador Tony Hall. Linda Smith is planning to attend (and wonders if breastfeeding will be mentioned as an important Food Security issue?) Tune in for her report!
- Bright Future Lactation Resource Center's Fall 2010 Toledo Exam Prep Course has changed its dates: the first on-site session is November 20. Registrations are still being accepted. Email lindaj@bflrc.com or call Linda Smith at 937.438.9459 for details. BFLRC's Dayton Exam Prep Course, March 21-26, 2011 is also open for registration.
- Southview Hospital reports that Frankie Campell has successfully recertified through exam, and Pam Stout and Katy Boyd are new IBCLC's. Miami Valley Hospital announces that Linda Hargrove has successfully recertified through exam and that Helena Horowitz is now a brand new IBCLC! We are so proud of all of you.
- Southview Hospital in Dayton has opened their Outpatient Lactation Center, but are not in their permanent offices yet. Lynne Schwaberow, Lynne.Schwaberow@khnetwork.org is open to any suggestions of what has been successful at other outpatient centers.
- TriHealth Breastfeeding Support Services (Cincinnati) presents on November 12, 2010: Breastfeeding & Lactation: Yesterday, Today and What's Next featuring Jacqueline H. Wolf and Alison K. Hazelbaker.
- Robin Hirth reports that Catholic Health Partners has chosen exclusive breastfeeding as a Joint Commission parameter.

9. Library- Mandy Jones:

- Suzanne Colson's Biological Nurturing DVD is now available. Mandy is culling the Library.

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Archives Will not travel but will be available by contacting Mandy. Linda Smith is donating two copies of a DVD by Kathy Kendall Tackett.

10. **Legislative-** Noreen Edwards and Ann Twiggs will write a letter to our new Governor soliciting support for breastfeeding in Ohio.
11. **Dates for OLCA Meetings chosen for year. (See page 2 of Newsletter)**
12. **Speaker Coordinator—Linda Smith**
 - Breastfest Report-see addendum
 - Possible speakers include Barb Morrison on Postpartum Kangaroo Care in February and Maya Bolman on her trip to Russia in June.
13. **Old Business**
 - Communications:
 - * Mandy Jones set up Facebook account, “Friends of OLCA”
 - * The Newsletter will go out two weeks after each membership meeting and breastfest.
 - * Concern expressed re: email notification only for newsletter as part of “Going Green.” We do not have many emails, and had a large rate of return. Postcards will be sent one more time to all members who do not have a correct email address. Area Reps will work on this with Pat Bucknell and Nancy Howe.
 - * Website-updates now allow the OLCA President, Librarian, Membership Chair, Web Administrator and Newsletter Chair to access the OLCA website.
 - * Listserve– We are encouraging members to join, as less than 75 members currently use The listserv. Donna Walls, Pat Bucknell, Linda Barrett, Terri Hazen and Linda Smith are administrators. A bank of computers with people to help members sign up on the listserv will be at Breastfest.
 - * Noreen Edwards will write to Jean Whittaker LC in Malawi who OLCA has sponsored. She will see if there is anything we can get for her to help her work.
 - The Newsletter Committee is updating the Newsletter format and process in our efforts to GO GREEN and make the best use of technology. Our WEB SITE is Central to this effort.
 - * We will develop the web site as a resource for things like mPINC scores and WHO growth charts.
 - * The dead line for getting information for the newsletter is ONE WEEK after the membership meeting.
 - * Newsletter will be posted on website and email notification will go out one week after the Dead line for submissions.
 - *The Newsletter Editor will solicit help for writing at each membership meeting. Contents may vary but will usually include:
 - 1)Letter from the President
 - 2)Highlights from the Membership Meeting with Area Reb Reports.
 - 3)WIC update– Ann Twiggs or someone she designates
 - 4)Hospital Notes-highlighting a hospital in the state and their lactation program and/or efforts to become Baby Friendly. To be written by area rep or designee;
 - A. Northeast in November
 - B. Northwest in February 2011
 - C. Central– after Breastfest March 2011
 - D. Southeast– June 2011
 - E. Southwest– September 2011

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- 5) Brief Summary of Minutes including Regional Reports
- 6) NEWS– Announcements, such as election
- 7) Advocacy Opportunities– Deb Zwolinski or others
- 8) Noreen Edwards will write something on mPINC for the February Newsletter
- 9) Breastfest Update-Deb Zwolinski
- 10) Conferences
- 11) Coalition Notes
- 12) Book Review
- 13) Library Notes
- 14) Speaker Highlights– Judy McCurdy

Terri Hazen, RN, IBCLC
OLCA Secretary



An Introduction to Biological Nurturing

ILCA review on book by Suzanne Colson, RM, PhD

DVD produced by Dr. Colson

(Permission obtained from ILCA to reprint)

This new text provides useful insights for all health care professionals working with breastfeeding mothers and babies. The author describes biological nurturing as a –mother-centered approach to breastfeeding initiation || which consists of a —range of mother and baby behaviors and positions in which maternal comfort is the priority. ||

This book is based on Suzanne Colson’s doctoral thesis and describes in detail the theoretical and research basis for this new approach to initiation of breastfeeding. Her research investigated the effect of maternal position (lying back at an angle vs. sitting upright or lying flat) on primitive neonatal reflexes, newborn and maternal behaviors and the ability of mother and baby to achieve a successful, pain-free latch. Her conclusions challenge many of the current teaching recommendations for latch and positioning. The photos in the book well illustrate the author’s research and conclusions. Her discussions about neo-natal sleep patterns, maternal hormonal complexion *i.e. oxytocin) and skin-to-skin contact are relevant information for IBCLC’s and other maternal/child clinicians. Because of its academic style, this book is not recommended for a lay audience. WWW.ILCA.org

HOW TO JOIN THE OLCA LISTSERVE

1. Send an ordinary email addressed to Olcamembers@yahoo.com
2. In the subject line put the word "subscribe" then send the message.
3. A nice addition is for the person to explain why they want to subscribe—"I just paid my dues to OLCA and want to subscribe to this list." That helps if we don't recognize the name.
4. The list monitors automatically receive an email with the person's request. They check the request against the list of members, and approve the request.

OLCA 2011 Election of Officers

Lynne Schwaberow is chairing the Nominating Committee for the 2011 elections. We will be electing representatives from NE, NW, Central areas and a Secretary. The link to the ballot will be posted to the **OLCA Website on February 6, 2011**, and the announcement of new Officers will be at Breastfest. Please contact Lynne at eschwaberow@woh.rr.com with any questions. If you have an interest in any of the available positions, or would like to find out about the responsibilities of these positions.

CURRENT OFFICERS OF OLCA

President::

Noreen Edwards, BSN, RNC,IBCLC
 H/Noreen322@yahoo.com,
 W/Noreen.Edwards@hmis.org
 W/330-480-3396, pager 94929

Vice President:

Jenny Foster RN, BSN, IBCLC
 W/foster@summahealth.org, W/330-375-4271

President Elect: Will not be filled until 2012

Treasurer:

Deb Zwolinski, RN, IBCLC
 DAZ5832@gmail.com, W/614-566-3434

Secretary:

Terri Hazen, RN, IBCLC
 H/terrihazen007@aol.com

Terri's home phone: 440-479-2780

South East Rep: Susan Bash, RNC,MS, IBCLC
 H/937-429-9564. H/bashjc@ameritech.net

Central Rep: Cindy Deering, RN,IBCLC
 W/614-645-8911, W/CLDeering@columbus.gov

North West Rep:

Mary Sauder-Tyler MPH, CLC
 W/419-446-3528, msauder@williams-net.com

North East Rep:

Cathy Dickinson RN, IBCLC
 W/216-445-7919, cell/440-865-1635
 W/dickinc@ccf.org,

“Evolutionary Care for Full Term Newborns – the Neuro Endocrine Connection”

Feb 5, 2011

Presented by Barbara Morrison, CNM, PhD

Dr. Morrison is a researcher and assistant professor of nursing and midwifery in the Frances Payne Bolton School of Nursing at Case Western Reserve University, Cleveland, Ohio. She is a core faculty member of the Kangaroo Care Certification Course and has lectured internationally and extensively on Kangaroo Care.

Walters, M., Boggs, K., Ludington-Hoe, S., Price, K., & Morrison, B. (2007). Kangaroo care at birth for fullterm infants: A pilot study. *MCN*, 32(6), 375-381.

Morrison, B. Ludington-Hoe, S., Anderson, G. C. (2006). Interruptions to breastfeeding dyads on postpartum day 1 in a university hospital. *JOGNN*, 35, 709-716.

DIRECTIONS TO MOUNT CARMEL MEDICAL CENTER

Schedule

9:45 am Arrive
10:00 am Business Meeting
12:00 noon Sign in for Cerps
1:00 pm Program
3:15 pm End

Audience

Lactation Consultant, M.D.'s, RNs, LPN's, R.D.s, LL Leaders, and others who are helping mothers and infants achieve successful breastfeeding.

Address and Directions

Mount Carmel Medical Center
Medical Staff Building
2nd Floor Meeting Room
111 Davis Street
Columbus, Ohio 43222

If you are traveling, I-71 south to I-70 West. Take Rich/Town st. Exit 99C. Turn Left on Town. Turn Rt. On Green Street.

If you are traveling, i-71 North or I-70 west follow above directions.

If you are traveling I-70 East. Take Broad Street exit 97. Turn left on Broad Street. Travel 1.5 miles and Turn Right on South Davis.

Parking

East of medical staff building on Green Street. South of emergency vehicle entrance and North of Nursing school area.

WIC Corner



All Aboard!
Ohio's WIC Peer Helper Program Updates
Ann Twiggs, RD,LD,IBCLC,RLC
Ohio WIC Breastfeeding Coordinator

There are fifty three local WIC projects in Ohio required to implement the USDA Loving Support © through Peer Counseling model by January 2011.. Up to 2009 we had 22 peer projects that employed a total of 59 peers. As of this fall 25 of the 53 projects have hired one to three peers working between 15 and 56 hours per week for a total of 797.5 hours. This is almost 800 extra hours a week of breastfeeding promotion and support in the WIC program. During training this summer we identified mentor peer programs and urged new programs to ask questions and visit them. Nineteen out of the 53 projects had either visited a mentor program prior to hiring their peers or sent their peers to observe a model program in action. Projects reported that their new peers came back from visits energized, excited and enthused! Currently we have a total of 102 peer helpers statewide. I anticipate that by January 2011 we will have close to 150 peer helpers hired statewide!

One hallmark of the Loving Support model is guaranteeing an IBCLC referral source for the peer helpers. Some states require that an IBCLC be on staff before peers can be hired. In Ohio we have several different models for providing this service. The majority (23) of the 53 expansion projects have an informal agreement with a local hospital IBCLC. Fifteen projects have an IBCLC on their WIC staff, five have contracted with an IBCLC PRN and ten are in the planning stage about how to meet this requirement. Some projects are exploring contracting with an IBCLC to provide services to several projects within a region.

Ohio WIC is excited by the progress being made to expand breastfeeding peer helper services statewide. Take the time to visit your local WIC project to learn more about the Ohio WIC breastfeeding peer helper program.

Check out the OLCA website!!
NOW is the time to apply for a grant or scholarship!

Do you know someone who needs assistance with lactation education? Encourage them to apply for one of the scholarships. Do you have a list of projects or ideas to promote breastfeeding, but don't have the funds to initiate them? If so, apply for a grant. Is there someone in Ohio you think should be recognized for supporting breastfeeding? Check the award categories and nominate them. **The deadline for these applications is the end of February, so act quickly.** Contact Jennifer Foster if you have any questions.

[Award Nomination](#) An OLCA award is an excellent way to recognize an individual, a business, or institution that is promoting, protecting, and supporting breastfeeding. Nominations are accepted from November through February of each award cycle with awards announced at Breastfest annually.

[Scholarship Application](#) **Six scholarships of up to \$500 each** are awarded annually at Breastfest. Applica-

tions are accepted from the first of November to the end of February of each award cycle. Scholarships are available to anyone that resides or works in Ohio to further their education in lactation. Print the application form directly from your browser, complete the requirements, and mail it to the OLCA Point of Contact listed on the form along with the [Applicant Certification](#).

[Grant application](#) Up to ten grants of up to \$400 each are awarded annually at Breastfest. Applications are accepted from the first of November to the end of February of each award cycle. Grants are available to current OLCA members wishing to promote breastfeeding following the WHO Code. Print the application form directly from your browser, complete the requirements, and mail it to the OLCA Point of Contact listed on the form.

Jen Foster RN, BSN, IBCLC	H/330-896-7142
OLCA Vice President	W/330-375-4271
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North Canton 44720	fosterj@summahealth.org

Hospitals of Ohio



The Cleveland Clinic is a worldwide leader in research whose motto is “Patients First.” They are the second largest group practice in the world with sites around the world, including Las Vegas and Abu Dhabi. Research is a strong focus of the Clinic. In 2002, the Clinic opened the Lerner College of Medicine to train the next generation of physicians in the practice of medicine and also research skills. Pediatric Residents and Medical Students are taught by the Lactation Consultants during their clinical experience. The Clinic employs 37,000 people, including 1800 physicians and scientists.

Cleveland Clinic Health System is composed of 9 community hospitals and the Main Campus in downtown Cleveland. Fairview, Hillcrest, Huron, Lakewood, Marymount, and Medina hospitals are birthing hospitals, representing diverse demographics. The system delivers 12,000 babies a year and is working on Baby Friendly accreditation. Although each hospital must be accredited individually, they have formed a BFHI Consortium, which meets monthly to share resources and strategies. For example, each new mother is given a list of breastfeeding support groups for the entire system, which mothers can attend at no charge. The Clinic “Banned the Bags” in 2009. In 2010 a Pregnancy/Lactation Task Force made of representation from Lactation, Human Resources, Medicine, Management, Legal, and Employee Wellness was formed to guide the Clinic in complying with the new Federal Healthcare Reform bill.

If you have any questions about the Cleveland Clinic Health System, please contact Cathy Dickinson, RN, IBCLC at dickinc@ccf.org.



Advocacy



Federal Health Reform and Nursing Mothers

President Obama signed the Patient Protection and Affordable Care Act, H.R. 3590, on March 23 and the Reconciliation Act of 2010, H.R. 4872, on March 30, 2010. Among many provisions, Section 4207 amends the Fair Labor Standards Act (FLSA) of 1938 ([29 U.S.Code 207](#)) to require an employer to provide a place, other than a bathroom a place, and reasonable break time for an employee to express breast milk every time she needs to for her nursing child for one year after the birth. The employer is not required to compensate an employee for the break time taken. If these requirements impose an undue hardship, an employer that employs fewer than 50 employees is not subject to these requirements. The federal requirements do not preempt a state law that provides greater protections to employees. For more information, see the U.S. Department of Labor's [Fact Sheet on Break Time for Nursing Mothers under the FLSA](#).

Forty-four states, the **District of Columbia** and the **Virgin Islands** have laws that specifically allow women to breastfeed in any public or private location. (**Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Utah, Vermont, Washington, Wisconsin and Wyoming.**)

BREASTFEST UPDATES:

Plans for “The Ten Steps to Successful Breastfeeding in Ohio-The Team Approach” are underway providing attendees with an exceptional “hands on” BreastFest March 18 and 19, 2011 at the Dublin Marriott Hotel, Dublin, Ohio.

***There will be some changes to the time table to accommodate a fast paced, information filled program. Please check your registration brochure closely and be sure to fill in all the requested information segments.

.DEB ZWOLINSKI

Summary of November Education Session

OLCA is grateful to Robin Hirth, M.Ed., B.S., I.B.C.L.C., for her presentation on Saturday November 6th. Robin's presentation was based on a study done at her hospital to see if evidence could be found showing the effects of IV fluids on a baby's birth weight and subsequent weight loss after birth. This study was displayed as a Poster presentation at ILCA.

The name of the presentation was **The Butterball™ Turkey Effect-Maternal IV Fluids and Infant Weight.** The purpose of the study based on the fact that Health care providers typically use an infant's weight loss in the first days of life as a measurement of effective feeding. Additional feeding volumes are often recommended when the infant reaches weight loss of 7-10% of their birth weight. This study examined the relationship of the amount of maternal IV fluids given during labor and infant weight loss.

This was a retrospective review of the medical records of mothers who delivered at Mercy Hospital Fairfield a Baby Friendly Certified™ Hospital in Southwest Ohio.. It included infants who were between 37 and 42 week gestational age who were normal newborns without medical problems and whose mothers had not fever, were not diabetics and who did not inconsistent or incomplete charting.

Results of the study indicated that infant weight loss of equal to or greater than 7% and maximum weight loss during hospital stay positively correlated with average mililiters per minute of IV fluids give from the time of mom's admission to delivery of baby. This indicates that Health providers may need to include this factor in their assessment of an infant's weight loss in the first days of life.

This research project was supported by an institutional Clinical and Translational Science Award..

Members had many questions for Robin. We found the information interesting and relevant . We hope that it will lead to other studies that will help the medical community understand the effects of routines and interventions can have on a newborn. If anyone has any questions about this study contact Robin Hirth at rlhirth@health-partners.org.

Thank You Robin for sharing with us.

Judy McCurdy RN, IBCLC

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 **\$35.00** 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