

## **Minutes of WALC meeting of May 20, 2003**

**Meeting called to order** by Carol Cox, WALC President.

**EDUCATIONAL PROGRAM:** We'd like to thank Riverview Hospital for having us and for providing us with such TLC. The May Clinical Day of WALC was well received by the 48 members who attended. Chris Clark and Lisa Brock, two WALC members, did an outstanding job of presenting on the topic of Premies, including Kangaroo Mother Care. We'd like to thank them for their informative talks, please read their handouts.

One of the major themes of the day was Skin to Skin. The speakers stressed that skin to skin means baby undressed to just a diaper and mother's chest bare. It was mentioned that some people think that "face to neck" is skin to skin. There is a 50% increase in milk production with real skin to skin for extended periods of time. This practice is also instrumental in bringing the baby to effectively suckle at the breast and stimulates weight gain in the baby.

The primary concern for the mother and IBCLC is the evaluation of milk intake during breastfeeding and management of complementary or supplementary feedings. Clinical indices used to estimate milk intake during breastfeeding are observation of infant's suck/swallow, maternal perceptions of milk ejection reflex, degree of breast fullness and test weighing procedures. Lisa also discussed the preparation and monitoring of breastfeeding in the post-discharge period. Preparing mother and baby for breastfeeding at home should begin at the very first feeding sessions. Discussing with mother her post-discharge feeding plans should include questions regarding what her plans are for the breastfeeding (exclusively or partial) and her employment status. Guidelines for use of nipple shields with the premature population and methods of supplementary/complementary feedings were also discussed.

During the lunch break Barbara Whynaucht, host for the day, led a tour of Riverview Hospital's Birthing Center. We appreciate Barbara's setting up a most accommodating room and meals.

"A Premie Needs His Mother: First Steps to Breastfeeding Your Premature Baby" video was shown by Anne Altshuler. Please see the enclosed information and group purchase survey comments. WALC bought this video and it's been added to our library.

**Announcements:** No business meeting was held but we spent some time with information sharing.

There was an article on the front page of the Milwaukee Journal/Sentinel in April about a child who survived for 4 years longer than she was expected when she was brain damaged at birth, because of her mother's milk (pumped for 26 months) and milk from the Denver Milk Bank. You can read the very inspiring article at the URL of <http://www.jsonline.com/news/nobits/apr03/133808.asp>

The family incurred a large debt with the milk bank and the WALC board voted to send \$200 to the Denver Milk Bank in Meghan's name.

Winnie said that on Lactnet, discussion has been related to a rise in infants with reflux parallels with back to sleep campaign

Sandy Testin said her hospital is looking into Baby-Friendly and found this website for breastfeeding. It gives physicians CME's re: breastfeeding information or students credit for taking modules at <http://www.breastfeedingbasics.org>. The course is free with a cost of \$25 for CEU's. This course will be helpful for physicians as well as people working toward sitting the exam. Even LCs could benefit from a refresher course.

Carol Cox asked if anyone was interested in having our meeting at their hospital in Nov., 2004— (Winnie, Barb Whynaucht, and Maddie Knipple have offered) We thanked them and will let them know once we look at locations and fairness in state distribution

Cindy Rux wasn't present but will be stepping down as secretary after her term in May 2004. Anyone interested please let Carol Cox know.

A formula handout from the channel 6-program airing in May was handed out. Just more fuel to get rid of formula bags with hospital discharge

Chris Raasch sent an article on Maria Hansa that was in Nursing Matters about a breastfeeding experience she had. The article was sent around for all to read. Good work Maria in getting out the importance of breastfeeding and overcoming difficult situations

A request was made from WAPC for our membership to consider membership with their organization. Their email is [wapc@perinatalweb.org](mailto:wapc@perinatalweb.org)

It was announce Carol and Teri would continue as President/Treasurer according to recent elections

### **Treasurer's Report:**

Terry reported that there was a wide discrepancy between her records and the totals that the conference committee had. She will review the receipts and expense forms to get an accurate total. We will accept her conclusions. New conference expense forms have been created which will, hopefully, help keep accurate financial records for the conferences.

There are four people who will be splitting the 1/4 profit from the 2003 conference. They are Anne Altshuler, Ruth Sweet, Becky Krumwiede, and Winnie Mading. We made an exception for Winnie because she was able to attend only one business meeting because of hospital requirements of LCs and her surgery.

Terri requested that people submitting expense forms for reimbursement staple the receipts to the forms.

### **Educational Opportunities:**

Anne Altshuler mentioned a conference in Toronto, Canada is being held Thursday, June 5 (8 AM -4:30 PM) and Friday, June 6, 2003 (8 AM - 4:15 PM). "Annual National Breastfeeding Seminar for Health Professionals" Sponsors are Humber College, INFACT Canada, Toronto Public Health, Sunnybrook and Women's College Health Sciences Centre. Seminar phone number: 416-323-7736 Among the featured speakers: Dr. Anna Coutsoudis on "HIV and Breastfeeding Implications," Dr. Ann-Marie Widstrom and Dr. Kerstin Uvnas-Moberg on "Breastfeeding Behavior and Physiology," Kerstin Uvnas-Moberg on "Oxytocin and Breastfeeding: The Effect of Touch," also Linda Smith, Jack Newman, Louise Dumas, and many others. A post conference day on Saturday, June 7, 10 AM - 3 PM is on the topic of Birth and Breastfeeding: How Labor Practices Impact Breastfeeding, with Dr. Ann-Marie Widstrom and Dr. Kerstin Uvnas-Moberg. See the web site for INFACT Canada at

<http://www.infactcanada.ca/InfactHomePage.htm> for more information. Note that the prices for the conference are in Canadian dollars, so the cost in US dollars is less.

Jack Newman is presenting at a conference in Rockford, IL on June 26, 2003 from 8:00am-4:00PM. The contact is: Health Connect (815) 968-2500. The cost is \$20.00 and includes lunch!

On September 16 at Children's in St Paul MN, Nils Bergman, will be speaking on Kangaroo Mother Care. For information contact Chris Clark (WALC Member) at 715-648-5773.

Minutes submitted by Cindy Rux, RN, IBCLC  
WALC secretary

Enc.: map  
handouts