

Breastfeeding: bonding science and practice

Annual Health
Professional
Seminar Series
2023


The Australian Breastfeeding Association (ABA) is thrilled to present the 2023 Health Professional Seminar Series *Breastfeeding: bonding science and practice*.



The 2023 Health Professional Seminar Series once again brings together thought and practice leaders, as a face-to-face and online learning experience. Network with like-minded health professionals at our live seminars, and dive deeper into critical issues via our online program. Learn about the latest research and developments on breastfeeding, lactation and infant/maternal health. Seize this curated opportunity to expand your skills and knowledge in the ever-changing healthcare environment.

The 2023 Health Professional Seminar Series – *Breastfeeding: bonding science and practice* will be held in four major cities across Australia; Sydney, Brisbane, Melbourne and Perth. Take this opportunity to visit and explore Australia's beautiful states.

Professional development points

IBLCE	Live seminars 6L CERPs – Recognition Number C202307 6 Pre-Exam Education Hours Live seminars and online program 10L and 1E CERPs – Recognition Numbers C202307 and C202308 11 Pre-Exam Education Hours
ACM	Australian College of Midwives CPD Endorsed Activity  Live seminars 6.5 CPD Endorsed hours Live seminars and online program 11.5 CPD Endorsed hours

Sponsorship opportunities

Sponsorship of the 2023 Health Professional Seminar Series provides the perfect opportunity to promote your brand to a diverse group of health professional influencers, as well as illuminating your organisation's commitment to evidence-based practice. Delegates attend this seminar for their professional development, networking and to gather information on useful, ethically sound products and services to share with colleagues and recommend to the families they support

Sponsorship will give you the chance to:

- reach a targeted audience of over 5000 health professionals and breastfeeding experts via our trusted and evidence-led printed and digital communications
- address up to 800 delegates at the seminars
- connect with maternal and infant health thought-leaders, breastfeeding counsellors and the broader health sector

For more information or to download the sponsorship and exhibition prospectus visit: breastfeeding.asn.au/seminars, email rachel@meccaconcepts.com.au or call Rachel Washington on +61 412 996 711.

PLEASE NOTE: ABA reserves the right to change the program and speakers if they are unavailable due to illness, injury or unforeseen circumstances and events. All views and opinions of the speakers are not necessarily the position held by ABA. All live seminar venues will comply with any required COVID-safe measures in place at the time of the seminar. If you are feeling unwell, we ask that you do not attend a live seminar and view the seminars online instead. All live 2023 registrants will receive access to the full online program at no additional cost. If COVID-19 related issues result in ABA not being able to proceed with the live seminars, they will be replaced by a live-streamed seminar on Friday 10 March 2023. The online program would then become available as normal. No refunds will be supplied, as livestreaming and webinar options will be available. To view ABA's position statements, visit breastfeeding.asn.au

Sydney Monday 6 March 2023
Brisbane Tuesday 7 March 2023
Melbourne Friday 10 March 2023
Perth Saturday 11 March 2023
Online program
from 31 March to 31 May 2023



Australian
Breastfeeding
Association
For Health Professionals

Register now at breastfeeding.asn.au/seminars

Speakers: online program only



Emily Carrolan Master of Human Nutrition, Graduate Certificate of Health Promotion

I have worked with ABA since 2022 starting as a Health Promotion Officer, now the team lead of the Breastfeeding Friendly Workplace programs. Previously I have worked teaching behavioural nutrition and cooking classes for children while studying.



Professor Lynn Gillam BA(Hons) MA(Oxon) PhD

Lynn Gillam is Professor of Health Ethics at the University of Melbourne and Academic Director of the Children's Bioethics Centre at the Royal Children's Hospital (RCH), Melbourne. Lynn has many years of experience in both clinical ethics, leading the Clinical Ethics Service at RCH, and in research ethics, most recently as Chair of the University's Central Human Research Ethics Committee.



Alison Thomas peer supporter and peer supporter coordinator

After the birth of her daughter, Ali trained to be a breastfeeding peer supporter with the Association of Breastfeeding Mothers (ABM). When she noticed the lack of information and support available for breastfeeding parents needing further fertility treatment, she started a Facebook support group in 2016, which was enormously popular, becoming the go-to resource for families in this situation. Ali has supported many families to have a second child while still breastfeeding.



Zainab Yate MSc, BSc, CCHt, Author

Zainab Yate is a Biomedical Ethicist, with a specialist interest in infant feeding. Zainab is Vice Chair and named qualitative lead on a paediatric flagged Research Ethics Committee Panel for the Health Research Authority (HRA) in the UK, reviewing research protocols for over two decades. Zainab's previous working background is in Public Health and Commissioning the National Health Service (NHS) in the UK.

Speakers: live seminars and online program



Karleen Gribble BRURSc(Hons), PhD, Cert IV Breastfeeding Education

Karleen Gribble is an Adjunct Associate Professor in the School of Nursing and Midwifery at Western Sydney University. Karleen passionately advocates for recognition of the importance of mothers to their infants and works to create environments that support breastfeeding and the mother-infant relationship, particularly in situations of adversity. She is also an ABA Breastfeeding Educator and Counsellor.



Naomi Hull RN, Grad Cert Critical Care, IBCLC, MPH (Nutrition) Cert IV BF Education

Naomi is a RN, IBCLC and has a Master of Public Health. She has been a part of ABA for 22 years in many roles including as a breastfeeding counsellor. More recently, Naomi became the Senior Manager for Breastfeeding Information and Research in ABA's National Support Office. Naomi is passionate about seeing strong policy change from the top down to better enable breastfeeding.



Professor Denise Harrison RN, RM, PhD

Denise Harrison leads the Be Sweet to Babies team. Her team have co-produced publicly accessible parent and clinician-targeted videos demonstrating newborn pain management. These demonstrate: heel lancing and venipuncture while newborns are being breastfed, held skin-to-skin and given sucrose - [youtube.com/watch?v=L43y0H6XEH4](https://www.youtube.com/watch?v=L43y0H6XEH4); infant vaccination showing breastfeeding and sucrose; and best ergonomics for clinicians while performing heel lancing with newborns breastfeeding/held skin-to-skin - [youtube.com/watch?v=lpZNwP7bnkg](https://www.youtube.com/watch?v=lpZNwP7bnkg).



Dr Treasure McGuire PhD, BPharm, BSc, GradDipClinHospPharm, GCHed, FACP, FPS, MSHP

Treasure is a medicines information pharmacist, educator and researcher in reproductive health. As Assistant Director of Pharmacy, she regularly presents for GP credentialing with Mater Mothers' Hospital, Brisbane, and consults on complex cases assessing medication safety in pregnancy and lactation. She holds conjoint appointments as: Associate Professor (Pharmacology), Medical School, Bond University, and Associate Professor Clinical, School of Pharmacy, University of Queensland.

Live seminar registrations automatically upgrade to the online program at no additional cost.

Live seminar program 2023

Sydney, Brisbane, Melbourne and Perth 6 to 11 March
Recordings also available in the online program

7.45 am **Registrations open**

8.30 am **Welcome and introduction**

8.45 am **Strategies to support breastfeeding and maternal caregiving capacity for vulnerable mothers** **Karleen Gribble**

In Australia, the most disadvantaged mothers, who are at highest risk of not being able to provide good enough care for their infants, are those most likely to cease breastfeeding early or not breastfeed at all. This presentation will describe how and why breastfeeding is particularly important for disadvantaged mothers, and summarise the literature on breastfeeding, maternal responsiveness and infant mental health. It will outline actions to support breastfeeding and maternal caregiving capacity in vulnerable women.

9.45 am **Breastfeeding and skin-to-skin reduce pain during needles: The evidence and implementation** **Professor Denise Harrison**

Breastfeeding, skin-to-skin care and small volumes of sweet solutions reduce pain during needle-related procedures in newborns and infants up to around 1 year of age. However, these strategies are inconsistently used in practice. This presentation will describe resources and national and global initiatives aimed at improving use of effective pain management strategies.

10.45 am **Morning tea**

11.15 am **Cutting Supply? Considerations for breastfeeding post breast surgery** **Karleen Gribble and Naomi Hull**

Surgical interventions may disrupt lactation and/or breastfeeding. This presentation will discuss the impact on breastfeeding of biopsy, lumpectomy,

breast reduction, breast enhancement, and mastectomy due to breast cancer and chest masculinisation. It will present techniques for lactation and breastfeeding support as well as provision of emotional support for women whose ability to breastfeed is adversely impacted by breast surgery. It will discuss a case study of a woman who grieved her inability to breastfeed after mastectomy.

12.15 pm **The impact of weight changes, eating disorders and bariatric surgery on the first 1000 days** **Dr Treasure McGuire**

While dissatisfaction with body weight and shape are normative postpartum, mothers with eating disorder symptoms are particularly vulnerable to negative effects on the maternal-child feeding environment. In addition, the higher nutrient requirements of mothers with malabsorption syndromes, eg inflammatory bowel disease, or bariatric surgery, may also impact on breastfeeding. This session will outline nutrient requirement during breastfeeding, and the impact of rapid weight change, eating disorders and bariatric surgery on breastfeeding practices and possible strategies to improve breastfeeding outcomes.

1.15 pm **Lunch**

2.15 pm **Smoothing the Bumps: Where are we at with Engorgement and Mastitis?** **Naomi Hull**

In 2022, ABA conducted a Mastitis Roundtable with invited health professionals. This presentation will share an overview of the process and its outcomes. Included will be a general overview of breast anatomy, and latest research and understanding of causation and underlying mechanisms of mastitis spectrum disorders. The presentation will explore risk factors, prevention and management strategies.

3.15 pm **Drugs in breastfeeding: the Basics** **Dr Treasure McGuire**

Ideally, breastfeeding mothers remain healthy, producing milk of optimal quality and quantity. In

fact, they may suffer from lack of sleep, dehydration or a medical condition. So, it is not surprising that many will require medication (prescribed, over-the-counter or complementary) while breastfeeding. As maternal self-report surveys implicate medication as a contributing factor to early weaning, this session provides an overview of factors influencing the excretion of a drug (therapeutic or lifestyle) into breastmilk and explains how to quantify any associated clinical risk to the infant.

4.15 pm **Closing remarks**

4.30 pm **Close**

Online program 2023

Available to view from 31 March to 31 May
Access all six recordings from the live seminar program as well as these five pre-recorded presentations.

Breastfeeding and Fertility Treatment/ during IVF **Alison Thomas**

The presentation will cover what infertility is and how and why it is relevant to breastfeeding support. It will explain how the speaker became involved in this area, and discuss why families need support with this and challenges they may face, including lived experiences. It will also summarise the evidence base relevant to this area of support.

Breastfeeding Friendly Workplace - enabling workforce return for breastfeeding women **Emily Carrolan**

Returning to work does not mean a mother has to no longer breastfeed her baby. The Breastfeeding Friendly Workplace (BFW) initiative aims to promote and improve gender equality, and remove the workplace as a barrier to breastfeeding. BFW supports organisations to ease the safe transition to work for breastfeeding women.

Online program continued

Ethics of neonatal and infant pain studies Professor Denise Harrison and Professor Lynn Gillam

Since the first randomised controlled trials demonstrating analgesic effects of sweet-tasting solutions for newborns were published in 1999, there have been hundreds of further placebo/no treatment-controlled trials showing the same results. Yet, for no treatment/placebo trials to occur, there needs to be uncertainty of the benefits. The ethics of conducting such trials will be discussed.

Help! Breastfeeding Makes Me Feel Bad, Sad or Mad: New evidence to support a differential diagnosis when breastfeeding triggers negative emotions Zainab Yate

This lecture considers conditions and symptoms present when breastfeeding triggers particular negative emotions and intrusive thoughts. New research has shown a variety of possible causes including aversion, autism, Dysphoric Milk Ejection Reflex, depression and anxiety. A comprehensive review of the literature will allow delegates to offer appropriate referral and intervention and suggest treatment options for struggling dyads.

Islam and Breastfeeding Support: Understanding cultural and clinical needs, as well as religious dispensations for breastfeeding mothers Zainab Yate

Many of the 800 million Muslim women in the world may become pregnant and choose to breastfeed and may need support. Breastfeeding organisations are often a key contact for queries and concerns. This lecture will cover the importance of breastfeeding in Islam, cultural considerations and sensitivities, important messages for those wanting to fast in Ramadan, or wanting to access donor milk, and the religious legal dispensations Muslim women have.

Live seminar venues

Sydney Monday 6 March 2023
Sofitel Sydney Wentworth, 61-101 Phillip Street

Brisbane Tuesday 7 March 2023
Sofitel Brisbane Central, 249 Turbot Street

Melbourne Friday 10 March 2023
Pullman Melbourne on the Park,
192 Wellington Parade

Perth Saturday 11 March 2023
Parmelia Hilton Perth, 14 Mill Street

Online program

Access the live seminars from your computer or mobile device by registering for the online program (31 March to 31 May 2023). You will also gain access to five additional pre-recorded presentations available exclusively online.

Registration fees

Live seminar registrations automatically upgrade to the online program at no additional cost.

Health professionals can book with assurance, knowing that the pandemic will not disrupt their learning and networking.

Members*		Standard fee	
Early bird**	Standard	Early bird**	Standard
Live seminars and online program			
\$250	\$280	\$280	\$295
Online program only			
\$250	\$280	\$280	\$295

Early bird ends at 5.00 pm AEDT on 31 January 2023.

*ABA member price. Become a member at breastfeeding.asn.au/memberships

**Go into the draw to win one night's accommodation at the live seminar venue in your chosen location if you register before 5.00 pm 31 January 2023. One prize available in each location and subject to live seminars going ahead under COVID-19 restrictions.

Register

Register instantly at breastfeeding.asn.au/seminars
Payment can be made via credit card or an invoice requested which will give details for a bank transfer payment. For help with registration, contact the seminar series secretariat, Rachel Washington, MECCA Concepts Pty Ltd. Email rachel@meccaconcepts.com.au or phone 0412 996 711.

Follow us on social media [@ozbreastfeeding](https://twitter.com/ozbreastfeeding) #2023HPSeminars #BondingScienceAndPractice



About the Australian Breastfeeding Association

The Australian Breastfeeding Association (ABA) is the leading provider of breastfeeding education in Australia, with a long tradition of providing high quality, evidence-based breastfeeding education for health professionals.

The 2023 Health Professional Seminar Series *Breastfeeding: bonding science and practice* is your opportunity to hear from experts in the field of infant and maternal health, brought to you by Australia's peak body for breastfeeding information.

Join us at one of the live seminars in Sydney, Brisbane, Melbourne or Perth, or register for the online program.

ABA is a not-for-profit organisation. Any income from the health professional seminars is used to support the provision of evidence-based and best practice breastfeeding information to mothers, their support networks and health professionals.

Australian Breastfeeding Association,
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The Australian Breastfeeding Association is a Registered Training Organisation. RTO 21659 ABN 64005081523



Register now at breastfeeding.asn.au/seminars

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