

# FRIDAY Facts

## Policy

### Policies from the WIC State Program Services Manual

#### Policy 310.18 Support Staff Guidelines 1 of 3

A support staff person must have a high school diploma or the equivalent.

The following experiences or skills are desirable:

- Computer skills, specifically word processing and/or data entry,
- Common office equipment experience
- Ability to work well with a diverse population of low-income persons with possible language/cultural barriers, and
- Ability to work well with health professionals.

This position may involve lifting up to 50 pounds.

Travel to outlying clinic sites may be required. Driving responsibilities and transportation scheduling are determined at each agency.

Support staff are responsible to the agency's WIC program coordinator and/or the clinic manager, and receive technical assistance from agency professional staff and staff of the state WIC office.

### Thank You of the Week:

*"I cannot say enough good things about the WIC program. My family of three, soon to be four, has been greatly blessed to have this support. I love the kindness I feel from everybody who is involved in running the WIC program. When I had my first child, I received so much good advice on how to take care of both myself and my new baby. I liked how they monitored my iron levels and helped me to be healthy. The training courses provided me helpful information on how to properly feed my new baby and the amazing benefits of breastfeeding. Thank you, WIC!" --*  
**WIC Participant**



**Check out the New and Approved Friday Facts!**

**We have added more information and topics including: Breastfeeding, Focus, Vendor, & the WIC Helpdesk...**

**Each week topics may change, so make sure you check it out!**

**BUREAU OF  
NUTRITION &  
PHYSICAL ACTIVITY**  
321 E. 12<sup>th</sup> St.  
Des Moines, IA 50319

1-800-532-1579

[WICHD@IDPH.IOWA.GOV](mailto:WICHD@IDPH.IOWA.GOV)

WEEK ENDING MARCH 2, 2018

ISSUE #365



## Customer Service Tip of the Week:

Try calling your own place of employment and place yourself on hold. What are your clients hearing? Is the volume at a reasonable level? Have you ever been put on hold and the music or messages you hear are so loud you have to hold the phone away from your ear? Don't be that place!

## Participant Centered Services:

Try using the following wording this week when working with infants 6-12 months of age. Have you started to add solid foods yet? If so, what foods are you offering (baby's name)?

## Breastfeeding

### ***How to know if the baby is getting enough breast milk?***

**Weight gain:** Normal newborns may lose up to 7% of birth weight in the first few days. After mom's milk comes in, the average breastfed baby gains 6 oz/week (170 g/week). Take baby for a weight check at the end of the first week or beginning of the second week. Consult with baby's doctor and your lactation consultant if baby is not gaining as expected.

**Dirty diapers:** In the early days, baby typically has one dirty diaper for each day of life (1 on day one, 2 on day two...). After day 4, stools should be yellow and baby should have at least 3-4 stools daily that are the size of a US quarter (2.5 cm) or larger. Some babies stool every time they nurse, or even more often—this is normal, too. The normal stool of a breastfed baby is loose (soft to runny) and may be seedy or curdy.

**Wet diapers:** In the early days, baby typically has one wet diaper for each day of life (1 on day one, 2 on day two...). Once mom's milk comes in, expect 5-6+ wet diapers every 24 hours. To feel what a sufficiently wet diaper is like, pour 3 tablespoons (45 mL) of water into a clean diaper. A piece of tissue in a disposable diaper will help you determine if the diaper is wet.

## Focus Reports

Clinic Activity by Staff Person - This report shows the number of certifications, reinstates, transfers, and terminations done by the staff person working with the client. The termination data in this report show the number of participants that the staff person has manually terminated. It does not include those that were terminated by the system. This report can be found in the Administrative section of the Reports section in Focus.

## Vendor Corner:

### Recently Added Products-

- 18 oz. Fresh Blueberries
- 2 lb. Pink Lady Apples
- 3 lb. Pink Lady Apples
- 2 lb. Fuji Apples
- 2 lb. Organic Fuji Apples
- 2 lb. Organic Red Delicious Apples

*Welcome to our newest vendor!*

### Fareway

4313 Fleur Drive  
Des Moines

## Focus/WIC Direct:

### When Focus & WIC Direct are not in synch

If you notice that the benefit balance shown on an account in Focus is different than in WIC Direct, which one reflects what is available on the card? WIC Direct is the card account, therefore what you see in WIC Direct is what is available to purchase using the card. If that balance is not correct, a correction needs to be made.

In this example, we see that there is a greater balance in WIC Direct than in Focus. This occurs when Focus fails to clear out the prior balance before adding a reissuance. Each issuance has a Unique Benefit ID (UBID) in WIC Direct. There should be no more than one UBID with values at a time for an issuance period. In this example, we can see values associated with two different UBIDs.

BALANCE: (Calculated)		
Category / SubCategory	Units	UOM
02 000 Cheese- All Authorized	2.00	LB
03 000 Eggs - All Authorized	1.00	DOZ
05 000 Breakfast Cereal - All Autho	31.00	OZ
06 000 Peanut Butter/Beans & Peas-A	3.00	JBG
09 000 Infant Cereal - All Authoriz	24.00	OZ
12 000 Infant Fruits & Vegetables	64.00	OZ
16 000 Whole Wheat Bread or Whole G	64.00	OZ
19 000 Fruits and Vegetables - Cash	-20.95	\$\$\$
19 001 Fresh Fruits & Vegetables	-4.00	\$\$\$
21 082 Sim Advance Pwd 12.4oz	-5.00	CAN
50 000 Yogurt - All Authorized	64.00	OZ
52 000 Fat Reduced Milk - All Autho	7.50	GAL
53 001 11.5 - 12 oz Frozen Concentr	3.00	CAN
54 000 Child's Juice 64oz - All Aut	-4.00	BTL

System	Unique Benefit ID	Category	Subcategory	Quantity
MPSC (IA)	2939191	05 - Breakfast Cereal	000 - Breakfast Cereal - All Authorized	108.00 OZ
MPSC (IA)	2939191	16 - Bread/Whole Grains	000 - Whole Wheat Bread or Whole Grains - All Authorized	80.00 OZ
MPSC (IA)	2939191	12 - Infant Fruits and Vegetables	000 - Infant Fruits & Vegetables	64.00 OZ
MPSC (IA)	2939191	50 - Yogurt	000 - Yogurt - All Authorized	64.00 OZ
MPSC (IA)	2939194	12 - Infant Fruits and Vegetables	000 - Infant Fruits & Vegetables	64.00 OZ
MPSC (IA)	2939194	16 - Bread/Whole Grains	000 - Whole Wheat Bread or Whole Grains - All Authorized	64.00 OZ
MPSC (IA)	2939194	50 - Yogurt	000 - Yogurt - All Authorized	64.00 OZ
MPSC (IA)	2939194	05 - Breakfast Cereal	000 - Breakfast Cereal - All Authorized	31.00 OZ
MPSC (IA)	2939191	09 - Infant Cereal	000 - Infant Cereal - All Authorized	24.00 OZ
MPSC (IA)	2939194	09 - Infant Cereal	000 - Infant Cereal - All Authorized	24.00 OZ
MPSC (IA)	2939191	52 - Milk- Fat Reduced	000 - Fat Reduced Milk - All Authorized	11.50 GAL
MPSC (IA)	2939194	52 - Milk- Fat Reduced	000 - Fat Reduced Milk - All Authorized	7.50 GAL
MPSC (IA)	2939191	19 - Fruits and Vegetables Cash Value Benefit	000 - Fruits and Vegetables - Cash Value Benefit	6.05 \$\$\$
MPSC (IA)	2939191	06 - Peanut Butter/Legumes	000 - Peanut Butter/Beans & Peas-All Authorized	4.00 JBG
MPSC (IA)	2939191	03 - Eggs	000 - Eggs - All Authorized	3.00 DOZ
MPSC (IA)	2939191	53 - Juice - 48 oz reconstituted	001 - 11.5 - 12 oz Frozen Concentrate	3.00 CAN
MPSC (IA)	2939194	06 - Peanut Butter/Legumes	000 - Peanut Butter/Beans & Peas-All Authorized	3.00 JBG
MPSC (IA)	2939194	53 - Juice - 48 oz reconstituted	001 - 11.5 - 12 oz Frozen Concentrate	3.00 CAN
MPSC (IA)	2939191	02 - Cheese	000 - Cheese- All Authorized	2.00 LB
MPSC (IA)	2939191	21 - Standard Infant Formula	082 - Sim Advance Pwd 12.4oz	2.00 CAN
MPSC (IA)	2939194	02 - Cheese	000 - Cheese- All Authorized	2.00 LB
MPSC (IA)	2939194	03 - Eggs	000 - Eggs - All Authorized	1.00 DOZ

When this occurs, State Agency staff must reduce the benefits in WIC Direct to match Focus. If this is not reported to the State office, the additional benefits on the card can be purchased in the store.

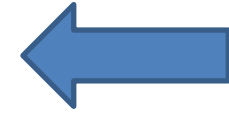
## How to submit a helpdesk request

[WICHD@idph.iowa.gov](mailto:WICHD@idph.iowa.gov)

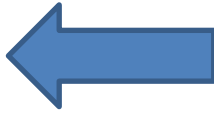
Date of birth change (DOB) Subject Line: FID ##### - DOB change	PID and name Correct birthdate Incorrect birthdate
Actual Delivery Date change (ADD) Subject Line: FID ##### - ADD change	Moms PID and name Correct ADD Incorrect ADD
Remove child from pregnancy record Subject Line: FID ##### - remove child from pregnancy record	Moms PID and name ADD to remove child from Childs name to remove
Duplicate Subject Line: Agency ## - duplicate	FID to keep FID to delete Mom or guardians name
Deceased participant Subject line: FID ##### - deceased	PID and name Application date Certification date

**Example for DOB change**

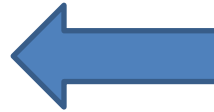
WICHD IDPH
FID 21212121 - DOB change
<u>PID</u> 34343434 John Smith Correct DOB 1/1/2018 Incorrect DOB 1/2/2018



Email address [WICHD@idph.iowa.gov](mailto:WICHD@idph.iowa.gov)



Subject Line




The only information needed

## Training:

Please see the attached flyer about a data training opportunity. This training was developed by IDPH and the **University Of Iowa College Of Public**

# Tackling Data



**WHEN:**  
Monday April 9th  
9:00am-3:45pm  
8:30am Registration

**WHERE:**  
John and Mary Pappajohn  
Education Center  
1200 Grand Avenue,  
Des Moines Iowa, 50309

**REGISTER at** <https://cph.uiowa.edu/tackling-data>

### Training Description

As public health professionals, you are expected to use, understand and explain data everyday; however, most of the public health work force does not have the training to best explain, compare, describe and illustrate quantitative data, while ensuring data integrity.

This training will advance your knowledge of quantitative data, provide online resources and provide skill building to assist you in communicating and visualizing various data.

This training is **provided free** by the Iowa Department of Public Health through the Iowa Institute of Public Health Research and Policy, College of Public Health, University of Iowa

## FACULTY TRAINERS



**Anjali Deshpande, PhD**  
Professor of Epidemiology  
College of Public Health, University of Iowa



**Betsy Richey, PhD**  
Director of Data Management  
Iowa Department of Public Health



**Vickie Miene, MS, MA, LMHC**  
Interim Director  
Iowa Institute of Public Health  
Research and Policy, College of  
Public Health, University of Iowa

## SPONSORS

**Iowa Department of Public Health**

**Iowa Institute of Public Health  
Research and Policy**

**University of Iowa College of  
Public Health**

Health

The 2018 Training Conference will be June 21, 2018, at the ISU Scheman Building in Ames. Registration and additional details will be coming. A block of 60 rooms is reserved for the conference on a first come first serve basis. Agencies will need to book their own reservations by calling the number below. Hotel rates are limited to \$98 plus tax per night.

Microtel Inn & Suites, 2216 S.E. 16<sup>th</sup> Street, Ames, Iowa 50010. Phone: (515) 233-4444

Start Date: 6/20/2018 End Date: 6/21/2018

Block Release Date: 5/20/2018

38 rooms each with 2 Queen Beds, 12 rooms each with 1 Queen Bed, 10 rooms each with 1 Queen Bed and a pull out sofa. All rooms have microwaves and refrigerators. Room Rate: \$76 + tax (12%) per room, per night.



## NETC Meetings

### March:

NETC Go-To-Meeting (All new staff) – March 8,

8:30-11:30 NETC Go-To-Meeting (Health

Professional) – March 15, 8:30-11:30

NETC Go-To-Meeting (Support Staff) – March 22,

8:30-

11:30

### May:

NETC Go-To-Meeting (All new staff) – May 10,

8:30-11:30 NETC Go-To-Meeting (Health

Professional) – May 23, 8:30-11:30

NETC Go-To-Meeting (Support Staff) – May 24,

8:30-11:30

### July:

NETC Go-To-Meeting (All new staff) – July 12,

8:30-11:30 NETC Go-To-Meeting (Health

Professional) – July 19, 8:30- 11:30

NETC Go-To-Meeting (Support Staff) – July 26,

8:30-11:30

### September:

NETC Go-To-Meeting (All new staff) –

September 13, 8:30-11:30

NETC Go-To-Meeting (Health Professional) –

September 20, 8:30-11:30

NETC Go-To-Meeting (Support Staff) –

September 27, 8:30-11:30

### November:

NETC Go-To-Meeting (All new staff) – November 8,

8:30-

11:30

NETC Go-To-Meeting (Health Professional) –

November 14, 8:30-11:30

NETC Go-To-Meeting (Support Staff) –

November 15, from 8:30-11:30

## IDPH is hosting a Lactation Counselor (CLC) training course

April 23 - 27, 2018

State Hygienic Lab on the Ankeny DMACC campus

For more information and to register, go to the Center for Breastfeeding website at

[www.centerforbreastfeeding.org](http://www.centerforbreastfeeding.org)

There are two scholarships available to WIC nurses or dietitians that will cover the cost of tuition and the exam. If you are interested in being a recipient of one of these scholarships, contact Jane Stockton at [jane.stockton@idph.iowa.gov](mailto:jane.stockton@idph.iowa.gov) by Feb. 28, 2018.



## 2018 Dates

**March 28, 2018** – Maternal Core Training

**March 29, 2018** – Breastfeeding Core Training

**June 21, 2018** – Iowa WIC Training

**August 28, 2018** – WIC Contractor Meeting

**August 30, 2018** – Infant/Child Core Training

**October 24, 2018** – Communication and Rapport Core Training

## 2018 Maternal and Breastfeeding Core Training Registration

Registration is now open for the 2018 Maternal and Breastfeeding Workshops! They will be held Wednesday and Thursday March 28-29, 2018 at DMACC's Southridge Campus in Des Moines.

**Policy 300.10** states Dietitians, nutrition educators and nurses providing nutrition services (functioning as a CPA) must attend the four core training workshops and optimally, all workshops will be completed in the first year of employment.

Please see the agenda and registration information at the end of this addition of Friday Facts.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877- 8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD- 3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html) and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632- 9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW Washington, D.C. 20250-9410
2. Fax: (202) 690-7442; or E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

## Available Formula

Product	Quantity	Exp. Date	Agency	Contact
Pregestimil with MCT oil	4 cans	Feb 1, 2019	Webster Co.	Susan Freeman (515) 574-3802

# Maternal Nutrition Workshop

March 28, 2018

**Purpose:** Pregnant women have many questions about diet and weight gain. This workshop will help dietitians, nurses and health educators answer these questions and promote sound eating practices.

8:15am to 8:45am	Registration
8:45am to 10:00am	Fetal Growth and Development and Impact of Alcohol, Tobacco and Other Drugs
10:00 am to 10:30 am	Nutritional Requirements and Concerns of Pregnancy
10:30am to 10:45am	Break
10:45am to 11:30am	Nutritional Requirements and Concerns of Pregnancy (continued)
11:30am to 12:30pm	Lunch
12:30pm to 1:00pm	Weight Gain During Pregnancy
1:00pm to 1:45pm	Gestational Diabetes and Perinatal Depression
1:45pm to 2:00pm	Break
2:00pm to 3:00pm	Oral Health and Pregnancy
3:00pm to 3:45pm	Nutrition Counselling: Sweeteners, Fats, Caffeine, and Herbal Supplements
3:45pm to 4:15pm	Cultural Issues and Practices in Pregnancy
4:15pm	Adjourn

## Presenters:

Mary Kay Brinkman, RDH, Dental Consultant, Iowa Department of Public Health  
Nikki Davenport, RD, LD, WIC Nutrition Services Coordinator, Iowa Department of Public Health  
Caryn Wittry, RD, LD, Nutrition Consultant, Iowa Department of Public Health  
Stephanie Trusty, R.N.C., BSN, Iowa Department of Public Health

## Objectives:

### After attending the workshop, you will be able to:

- Describe the stages of fetal development and the risks associated with substance use and abuse.
- Discuss the nutrient requirements of pregnancy.
- Recommend appropriate weight gain patterns.
- Identify potential impact of gestational diabetes and maternal depression on pregnancy outcome and maternal health.
- Discuss appropriate oral health care during pregnancy.
- Describe the guidelines for counseling pregnant women on the use of other food substances.
- Discuss the role culture may play in health practices during pregnancy.

Participant must attend the total day for credit. No partial credit will be given per day. It is the licensee's responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure board.

6 Contact Hours awarded by IBON Provider #22, DMAACC for full attendance on this day. Contact Hours are calculated and awarded based on a 60-minute hour for qualifying content.

See Registration Form For All Details.

# Breastfeeding Workshop

March 29, 2018

## Purpose

Health professionals play an important role in supporting breastfeeding. This workshop will provide dietitians, nurses, and health educators with current information about breastfeeding.

- 8:00 Registration
- 8:30 Welcome and Introductions
- 8:45 How WIC Supports Breastfeeding
- 9:15 Barriers to Breastfeeding
- 10:00 Break
- 10:15 Promoting and Encouraging Exclusive Breastfeeding
- 11:00 Promoting Breastfeeding During Pregnancy
- 11:30 Providing Support to New Breastfeeding Moms (Birth to 1 Month)
- 12:30 Lunch
- 1:30 Helping Mothers Continue the Breastfeeding Relationship (1 Mo to 12 Mos)
- 2:15 Break
- 2:30 When Mother and Baby are Separated
- 3:00 Solutions for Common Breastfeeding Problems
- 3:45 Summary and Evaluation

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## Speakers

Jane Stockton, RN, CLC  
Breastfeeding Peer Counseling Coordinator  
Iowa Department of Public Health  
Bureau of Nutrition & Physical Activity

Nicole Newman, RD, LD, CLC  
Breastfeeding Promotion Coordinator  
Iowa Department of Public Health  
Bureau of Nutrition & Physical Activity

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## Objectives

Training attendees will be able to:

- Discuss how breastfeeding benefits infants and mothers.
- Describe common myths and misconceptions about breastfeeding.
- Discuss strategies that address barriers that affect initiating or continuing breastfeeding.
- Explain factors that impact milk production and the breastfeeding relationship.
- Integrate breastfeeding anticipatory guidance for pregnant women, especially during the third trimesters.
- Explain appropriate breastfeeding messages for mothers and infants during the early postpartum period.
- Discuss anticipatory guidance when breastfeeding an older infant.
- Describe how a mother can maintain milk production when she is separated from her baby.
- Identify consequences of unresolved breastfeeding issues (engorgement, plugged ducts, sore nipples, and low milk production) and strategies mothers can use to address them.

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Participants must attend the total day for credit. No partial credit will be given per day. It is the licensees' responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure board.

5 Contact Hours awarded by IBON Provider #22, DMAACC for full attendance on this day.  
Contact Hours are calculated and awarded based on a 60-minute hour for qualifying content.  
**See Registration Form For All Details.**

# Maternal & Breastfeeding Core Training: General Information

**Registration fee** The registration fee for each workshop is \$50.00. This fee covers lunch, continuing education fees, and print materials.

**Deadline** Space is limited so pre-registration is required by March 23, 2018.

**How to register** You may register by:

- Mail using the enclosed registration form, or by
- Telephone by calling (515) 964-6800 or 1-800-342-0033 or
- Register online at:  
**Maternal Workshop:**  
[Click and Register Here For Maternal Workshop](#)

**Breastfeeding Workshop:**  
[Click and Register Here For Breastfeeding Workshop](#)

This event would only be cancelled due to natural or political catastrophes with notice provided to all registrants via phone and email.

**Location** **\*\*New Location\*\*** Both workshops will be held at the Des Moines Area Community College (DMACC) Southridge Campus. 1111 East Army Post Road, Des Moines, Iowa 50315 The workshops will be in Room 21.

**Parking** Parking is available at no charge.

**Lodging** Lodging is available in the Des Moines and Ankeny area. Call the hotel directly to negotiate a rate.

**Contact Hours:** Nurses- (RN, LPN) will be awarded Contact Hours through the Iowa Board of Nursing Provider #22 (DMACC) Full attendance required for each day's contact hours. No partial credit will be awarded.

- 6 Contact Hours awarded for attendance March 28, 2018 (Maternal Nutrition)
- 5 Contact Hours awarded for attendance March 29, 2018. (Breastfeeding)

Certificates of attendance/completion will be awarded to Registered and Licensed Dietitians to document activities for their governing body. It is up to the licensee to choose relevant courses to earn their continuing education credits.

Professional License numbers are required for Contact Hours. Please bring this information with you on the day of the event.

## General Information

### Meeting sponsors

These workshops are sponsored by the Iowa WIC Program, Iowa Department of Public Health.

Notice of Filming and Photography: Please be advised that photography, audio, and video recording may occur at this conference. Images, photos, or videos of conference speakers and attendees may be used by the Department of Public Health or its designees for public health education and promotion.

### Questions

Use the table below to determine who to call with questions.

<b>IF you have questions about...</b>	<b>THEN call...</b>
registration	(515) 256-4908.
the agenda	1 (800) 532-1579 and ask for Nikki.

## REGISTRATION

### Maternal Nutrition Workshop Breastfeeding Workshop

March 28 and 29, 2018

Name: \_\_\_\_\_ Daytime phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Social Security #: \_\_\_\_\_  
\_\_\_\_\_ Date of Birth: \_\_\_\_\_  
\_\_\_\_\_  
Agency: \_\_\_\_\_

**I am registering for the following workshop(s) (*please check one*):**

- Both days  
 March 28 only (Maternal) — NURS 983 CRN 25594 (6.0 contact hours)  
 March 29 only (Breastfeeding) — NURS 984 CRN 25595 (5.0 contact hours)

The registration fee is \$50 for each workshop. Please make checks payable to Des Moines Area Community College.

**Please email Nikki Davenport at [Nikki.davenport@idph.iowa.gov](mailto:Nikki.davenport@idph.iowa.gov) if you would like a vegetarian meal. The meal may contain dairy products.**

**Temperature in this room may be variable, please bring a sweater. There is a drinking fountain and vending machines in the building or you may bring your own drinks and snacks. Only lunch will be provided, drinks and snacks will NOT. This workshop is at the Des Moines Area Community College (DMACC) Southridge Campus, Room 21.**

**You Can Register Now Online:**

- Maternal Workshop:** [Click and Register Here For Maternal Workshop](#)
- Breastfeeding Workshop:** [Click and Register Here For Breastfeeding Workshop](#)

**Or you can complete this form and send this in with payment by March 23, 2018 to:**

Des Moines Area Community College  
Registration Building 1  
2006 Ankeny Blvd.  
Ankeny, Iowa 50021

SAVE THE DATE



29th Annual

# Iowa Breastfeeding Conference

Wednesday, May 16  
and Thursday, May 17, 2018



NEW  
LOCATION!

FFA Enrichment Center  
1055 SW Prairie Trail Pkwy, Ankeny, IA 50023  
Located on the DMACC Ankeny Campus



Register online or learn more at [blankchildrens.org/classes](http://blankchildrens.org/classes). Click on the Medical Conference category to find conference listings.

For additional information, contact Jessica Dinh at [Jessica.Dinh@unitypoint.org](mailto:Jessica.Dinh@unitypoint.org) or (515) 241-3537.



Blank Children's Hospital  
UnityPoint Health



## **Registration is now open for the 29<sup>th</sup> Annual Iowa Breastfeeding Conference**

This conference is for healthcare professionals including nurses, dieticians, lactation consultants, peer counselors and others who interact with breastfeeding mothers. Two local speakers and three national speakers are featured, including:

- Diana West BA, IBCLC
- Alia Macrina Heise, IBCLC
- Marsha Walker RN, IBCLC

### **Topics Include:**

- D-MER
- Postpartum Nipple Pain
- Nipple Shields
- Milk Donation, Treatment & Distribution
- Breastfeeding with Obesity and Diabetes
- Myths & Methods for making more Milk

### **New location!**

The FFA Enrichment Center (located on the DMACC Ankeny campus)  
1055 SW Prairie Trail Pkwy  
Ankeny, IA 50023

### **Accommodations:**

Rooms are reserved at three different hotels at a discounted price for conference attendees. A limited number of rooms are available, so book early. **Reservations must be made by April 14 for discounted price.** Free continental breakfast is included at all three hotels. Click [here](#) for more details.

**For more information and to register, click [here](#).**

### **Agenda**

#### **Wednesday, May 16, 2018 – Day One**

- 8:30 - 9:00 Registration
- 9:00 – 12:00 Iowa Breastfeeding Coalition meeting
- 12:00 – 1:00 Lunch (for IBC meeting attendees only)
- 12:00 – 1:00 Registration for afternoon sessions
- 1:00 – 2:30 Postpartum Nipple Pain: Causes, treatments and empathy: Diane West, BA, IBCLC
- 2:30 – 2:45 Break
- 2:45 – 4:15 Dysphoric Milk Ejection Reflex and the Breastfeeding Mother: Alia Macrina Heise, IBCLC
- 4:15 – 4:30 Evaluations/Adjourn



## **Agenda**

### **Thursday, May 17, 2018 – Day Two**

- 7:30 – 8:20 Registration
- 8:20 – 8:30 Welcome and Announcements
- 8:30 – 9:45 Making More Milk Diana West, BA, IBCLC
- 9:45 – 10:15 Break/Exhibits
- 10:15-11:15 Breakout Session #1: Mammary dysbiosis: Probiotics, vibration, and turmeric?  
Marsha Walker, RN, IBCLC, Executive Director, National Alliance for Breastfeeding Advocacy
- Breakout Session #2: Dysphoric Milk Ejection Reflex and the Breastfeeding Mother  
Alia Macrina Heise, IBCLC, Owner of First Nourishment Lactation Consulting and Operator of D-MER.org
- 11:15 – 12:15 Lunch/Exhibits
- 12:15 – 1:15 Breakout Session #3: Nipple Shields: Useful or useless  
Marsha Walker, RN, IBCLC, Executive Director, National Alliance for Breastfeeding Advocacy
- Breakout Session #4: Breastfeeding after Breast Reduction Surgery  
Diana West, BA, IBCLC
- 1:25-2:25 Breakout Session #5: The Role of Chiropractic Care in Breastfeeding and the Postpartum Period  
Jennifer Thompson, DC, CACCP, Prenatal and Pediatric Chiropractor, Balance Chiropractic & Wellness
- Breakout Session #6: Prescribed Milk - Donating, Treatment and Distribution  
Jean Drulis, BA, Director and Co-founder, Mother's Milk Bank of Iowa
- 2:25-2:50 Break/Exhibits
- 2:50-4:05 Breastfeeding, diabetes, and obesity: Are they all compatible?  
Marsha Walker, RN, IBCLC, Executive Director, National Alliance for Breastfeeding Advocacy
- 4:05-4:15 Evaluations/Adjourn