



Minnesota Section's
12th Annual Conference

Promoting the Health of Women and Newborns

Wednesday & Thursday, March 3 & 4, 2010

Ramada Plaza Minneapolis Hotel

(Formerly known as Minneapolis Gateway Hotel or FourPoints Sheraton)

Minneapolis, MN

The AWHONN Education Committee is proud to offer you a valuable conference experience. Join us for two days of rejuvenation, education and networking with your colleagues. Consider attending one of the Preconference sessions to fine tune your skills in intrapartum, women's health & neonatal nursing care. Course text/handouts, continental breakfast and lunch are included. Extend the opportunity on Thursday and hear nationally recognized presenters covering topics relevant to today's healthcare professional.

Keep in mind that there are a limited number of spaces available. PLEASE REGISTER EARLY!

Wednesday, March 3rd

7:00 – 8:00AM **Registration & Breakfast**

The Art of Mother-Friendly Labor Support for Nurses Workshop

Marilyn Hildreth, RN, IBCLC, FACCE, ICCE, CD

Lori Frane-Lake, RNC, WHNP, MSN, LCCE, ICCE, IAT

Elizabeth Hursh, RN, LCCE, Lamaze Labor Support Trainer

AWHONN Minnesota in conjunction with JM Birth Consultants is pleased to announce ***The Art of Mother-Friendly Labor Support for Nurses***, a one-day workshop designed to provide "hands on" instruction in the art of labor support for labor and delivery nurses. The goal of this workshop is to provide education and training on evidence based nursing care strategies for the labor and delivery nurse along with providing education on the Mother-Friendly Childbirth Initiative document as it relates to nursing practice.

8:00 – 4:30PM

On completion of this program, the participant should be able to:

Describe the Mother-Friendly Childbirth Initiative Document and its impact on normal birth. Explain the nurse's impact on maternal birth satisfaction. Identify three specific things a nurse can do to promote an optimal birth environment in a hospital setting. Demonstrate three positions for labor and delivery with a non-medicated birth and/or with an epidural. List three comfort measures a nurse can implement during the labor and birth process. Identify two strategies to implement change in a hospital setting.

The Art of Mother-Friendly Labor Support for Nurses Workshop has been designed to meet the MN Board of Nursing continuing education requirements for 9 contact hours and is eligible for 7 contact hours from International Childbirth Education Association (ICEA).

Breastfeeding Educational Sessions

Session 1: NIPS & SNIPS Part I – Nipple Shields and Breastfeeding

- Jill Zimmermann, RNC, PHN, IBCLC
- Evelyn Lindholm, RNC, BSN, IBCLC
- Ardys Christenson, IBCLC

Identify appropriate indications for nipple shield use. Demonstrate nipple shield placement. Evaluate proper milk transfer and indications for pumping support. Instruct the mother on duration of nipple shield use and follow-up.

Session 2: NIPS & SNIPS Part II – The Frenulum and Breastfeeding

- Jill Zimmermann, RNC, PHN, IBCLC
- Evelyn Lindholm, RNC, BSN, IBCLC
- Ardys Christenson, IBCLC

Identify situations when the frenulum is interfering with breastfeeding. Discuss treatment options with the family when the frenulum interferes with breastfeeding. Implement nursing strategies to support breastfeeding.

Session 3: How to Stand Back and When to Step In

- Julie Mathews, RNBA, IBCLC

Identify common at breast behaviors that indicate feeding adequacy. Identify common at breast behaviors that indicate feeding difficulty. Describe newborn behavior when placed prone, skin to skin on mother's chest. Discuss how personal filters may influence the care you give.

Session 4: She Wants to Do What? Breastfeeding and Cultural Perspectives

- Susan Splinter, RN, IBCLC, RLC
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8:00 – 4:30PM

Recognize traditional breastfeeding practices and explain how these practices will be helpful to the breastfeeding dyad. Identify how acculturation has impacted these traditional practices. Evaluate cultural practices for safety and appropriateness.

Session 5: Breastfeeding Challenges and Bottling Strategies for the Late Preterm Infant
- Tricia Armstrong, MA, CCC-SLP, CLC

Identify at least 3 feeding readiness signs and 3 feeding stress cues. Discuss the impact of flow rate on feedings. Describe 2 ways to design bottle feedings to better mimic breastfeeding.

Session 6: Stump the Lactation Consultant

- Julie Mathews, RNBA, IBCLC

- Jill Zimmermann, RNC, PHN, IBCLC

- Tricia Armstrong, MA, CCC-SLP, CLC

- Evelyn Lindholm, RNC, BSN, IBCLC

- Susan Splinter, RN, IBCLC, RLC

- Ardys Christenson, IBCLC

An interactive session where you are invited to bring your clinical questions, concerns, and complex cases for discussion with the presenters.

This session has been approved for 7.25 LCERPS (Lactation Continuing Education Recognition Points) from IBLCE (International Board of Lactation Consultant Examiners). Approval #110104.

In Situ Simulation for Obstetric & Neonatal Emergencies: A Method for “Experiential Learning”

- Kristi K. Miller RN, MS

- Stan Davis, MD, FACOG

- Kristi Ehlers, RN

An interactive learning session by participation in a mock in situ simulation session including a briefing, a simulation and debriefing. Case study of Fairview Red Wing in situ simulation team will highlight how one rural hospital with limited resources has embraced the method of in situ simulation as a means to change their culture of safety.

8:00 –
12:00PM

or

12:30 –
4:30PM

On completion of this program, the participant should be able to:

Explain the current challenges to safety in obstetrics, and describe how a new understanding of teamwork is necessary to improve reliability. Observe a mock in-situ simulation to identify key active failures and latent “breaches” in safety that challenge consistent, clear communication and teamwork during episodes of emergent patient care. Describe four key team behaviors and communication skills utilized during an obstetric and neonatal emergency. Participate in in-situ simulation role playing to recognize “critical junctures” during an obstetric or neonatal emergency where purposeful, standardized team skills (briefing, huddle, debriefing, handoffs) are essential to assure patient safety. Describe how to operationalize an in-situ simulation program in your hospital.

This activity has been designed to meet the MN Board of Nursing continuing education requirements for 4.5 contact hours. Sessions may be cancelled dependent on registration.

Thursday, March 4th

7:00 – 8:00AM **Registration, Exhibits, & Breakfast**

Divas in the Delivery Room: Balancing Consumer Demands with Safe Perinatal Care
Terry Johnson, RNC, APN, NNP-BC, MN

8:00 – 9:30AM Describe the available evidence regarding the safety of consumer driven birth practices. Identify strategies to successfully work with families desiring alternatives to their delivery and newborn care.

9:30 – 9:50AM Break, Exhibits

Simplexity

Terry Johnson, RNC, APN, NNP-BC, MN

9:50 –
12:00PM Define the term “simplexity” and its application to the science and caring aspects of nursing. Discuss the concept of a “virtue script” and identity of nursing practice. List two ways that nurses can adopt a “knowledge script” and identity for their practice.

12:00 –
1:00PM

Lunch, Door Prizes, & Business Meeting

Leadership and Frontline Clinicians Shared Goal: Improving the Reliability of Perinatal Care, One Patient at a Time

Sue Leavitt Gullo, RN, BSN, MS

1:00 – 2:00PM

Identify the key components of leadership in a health care organization. Define the key components of teamwork and communication as they relate to the case study presented. Discuss the opportunities that partnering with patients and families provide to improve perinatal care in partnership. Describe structure, process and outcome and how it relates to improving the reliability of perinatal care. Describe the opportunities to improve care when using a high alert medication such as oxytocin.

2:00 – 2:20PM

Chocolate Moment

2:20 – 4:00PM

Sue Gullo, RN, BSN, MS continued...

Faculty

Tricia Armstrong, MA, CCC-SLP, CLC; Speech Pathologist, Children's Hospitals and Clinics of Minnesota, St Paul MN

Ardys Christenson, IBCLC; Lactation Consultant, North Memorial Medical Center, Robbinsdale MN

Stan Davis, MD, FACOG; Medical Director of Teamwork Simulation, Fairview Health Services, Minneapolis MN

Kristi Ehlers, RN; Birthplace RN, Fairview Red Wing Medical Center, Red Wing MN

Lori Frane-Lake, RNC, WHNP, MSN, LCCE, ICCE, IAT; Childbirth Educator Instructor Trainer ICEA and Lamaze; Senior Perinatal Nurse Researcher, Abbott Northwestern Hospital, Minneapolis MN

Sue Leavitt Gullo, RN, BSN, MS; Managing Director, Institute for Healthcare Improvement

Marilyn Hildreth, RN, ICCE, FACCE, CD; CEO, JM Birth Consultants, Brookings SD, Approved Birth Doula Trainer (ICEA & DONA), Approved Postpartum Doula Trainer (ICEA), Approved Trainer for the ICEA Professional Childbirth Educator Workshop, Instructor for the Mother-Friendly Labor Support for Nurses Workshop

Elizabeth Hursh, RN, LCCE, Lamaze Labor Support Trainer

Terry Johnson, RNC, APN, NNP-BC, MN; founder of LodeStar Enterprises, Inc, a profession practice and education service. Clinical experience has included NICU, Special Care and Newborn Nursery, as well as Developmental Follow-up Services.

Evelyn Lindholm, RNC, BSN, IBCLC; Lactation Consultant, North Memorial Medical Center, Robbinsdale MN

Julie Mathews, RNBA, IBCLC; Lactation Consultant, United Hospital, St Paul MN

Kristi K. Miller, RN, MS; System Director Clinical Safety, Fairview Health Services, Minneapolis MN

Susan Splinter, RN, CLE, IBCLC, RLC; Lactation Consultant, Immanuel St. Joseph's Hospital – Mayo Health System, Mankato MN

Jill Zimmermann, RNC, PHN, IBCLC; Lactation Consultant, North Memorial Medical Center, Robbinsdale MN

Room
Reservations

A limited number of rooms can be reserved by contacting the Ramada Plaza Minneapolis Hotel (formerly known as Minneapolis Gateway Hotel) **directly. There is no group rate available for this event. Please contact the Ramada Plaza Minneapolis Hotel at 612-331-1900 or 1-800-272-6232.**

Other
Conference
Information

- **No refunds for cancellations after Wednesday, February 24, 2010.**
- **No refunds will be issued for no-shows**
- **For further information contact:**
Bonnie Hansen at 320-597-4405 or AWHONN@clearwire.net
- **For more complete information about conference events, please visit www.awhonn.org, click on search and enter "Minnesota"**
- **Discounted AWHONN memberships and the AWHONN Bookstore are back by popular demand. Bring your checkbooks!**
- **If you are using this program for renewal of your license, it is your responsibility to determine if this program meets continuing education requirements of your licensing board.**

Complimentary Seated Massage is available for all!

REGISTRATION FORM

All registrations must be postmarked on or before February 24, 2010

MAKE CHECK FOR CONFERENCE FEES PAYABLE TO: **MN Section AWHONN**

DETACH REGISTRATION FORM AND **MAIL WITH CHECK TO:**

Bonnie Hansen, 18024 Turtle Court, Cold Spring MN 56320

Name: _____

Preferred Mailing Address: _____

Phone: _____

Email Address _____

Employer: _____

Title/Position: _____

<p>WEDNESDAY, MARCH 3RD PRE- CONFERENCE ACTIVITIES</p>	<p>8:00 AM – 4:30 PM</p> <ul style="list-style-type: none"> <input type="checkbox"/> Breastfeeding Education Sessions: \$175.00 <input type="checkbox"/> The Art of Mother-Friendly Labor Support for Nurses Workshop: \$175.00 <p>8:00 AM – 12:00 PM or 12:30 – 4:30 PM In Situ Simulation for Obstetric & Neonatal Emergencies: A Method for “Experiential Learning”</p> <p><input type="checkbox"/> : \$100.00 Note your preference: _____AM Session _____PM Session</p>
<p>THURSDAY, MARCH 4TH CONFERENCE REGISTRATION</p>	<p>Conference Registration: 8:00 AM – 4:30 PM</p> <ul style="list-style-type: none"> <input type="checkbox"/> AWHONN Member: \$149.00 <input type="checkbox"/> Non-member: \$199.00 <input type="checkbox"/> Full-time student: \$100.00
<p>INFO TO SPONSORS?</p>	<p>Our sponsors ask to receive a list of participants (<i>includes name and affiliation only</i>) before the conference. Contact the Conference Coordinator if you prefer not to be listed.</p>

AWHONN MN Section
C/O Bonnie Hansen
18024 Turtle Court
Cold Spring MN 56320

Return Service Requested

**Driving Directions to:
Ramada Plaza Minneapolis Hotel**

(formerly known as Minneapolis Gateway or FourPoints Sheraton)
1330 Industrial Boulevard
Minneapolis, MN 55413
Phone: 612-331-1900

From the Airport

Follow I-494W out of the airport
Take I-35W North to Industrial Blvd (exit #22)
The hotel will be on the right side as you exit

From the North

Follow I-694 to I-35W South
Take Industrial Blvd (exit #22)
Turn left
The hotel will be on the right

From the South

Follow I-694 to I-35W North.
Take Industrial Blvd (exit #22)
The hotel will be on the right side as you exit

From the East

Follow I-94W towards Minneapolis
Take Highway 280 North.
At the first stoplight take a left (Broadway Street)
Follow Broadway to the first stoplight, which is
Industrial Blvd
Turn right
The hotel will be on the left

From the West

Follow I-394E to I-94E
Take I-35W North to Industrial Blvd (exit #22)
The hotel will be on the right side as you exit