

Online Modularised Masterclasses Program

Thursday 28 April 2022

7.00-9.00pm, AEST, Brisbane, Australia

Module 1: Focussed clinical breastfeeding support

Introduction to Neuroprotective Developmental Care

Latest ultrasound evidence concerning functional anatomy and biomechanics of infant suck and swallow in breastfeeding, and clinical implications

Role of ‘baby-led’ or ‘laid back breastfeeding’: mammalian methods are foundational, but alone are not enough to ensure pain-free effective breastfeeding for many women

What gestalt breastfeeding is not: popular methods that compromise the biomechanics of milk transfer

Case demonstration of gestalt intervention with volunteer breastfeeding pair

Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education

Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner

Live demonstration with volunteer **Mum and baby**

Thursday 5 May 2022

7.00-9.00pm, AEST, Brisbane, Australia

Module 2: Focussed clinical breastfeeding support

Clinical implications of key findings of research from the Human Lactation Research Group UWA on fat content and normal volumes of breastmilk production

Task-specific tongue biomechanics based on latest anatomic dissections and implications for frenotomy

Steps in clinically relevant oromotor and tongue function assessment
Steps in performing a scissors frenotomy

Case demonstration of gestalt intervention with volunteer breastfeeding pair

Dr Sharon Perella, Research Fellow, Human Lactation Research Group University of Western Australia (20 minutes - Video)

Dr Nikki Mills, Paediatric ENT surgeon, Nelson Hospital, New Zealand (40 minutes - Video)

Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education

Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner

Live demonstration with volunteer **Mum and baby**

Thursday 12 May 2022

7.00-9.00pm, AEST, Brisbane, Australia

Module 3: Focussed Clinical Breastfeeding Support

How the gestalt approach to clinical breastfeeding support changes management of common problems:

- Role of supplemental nursing system PD
- How to apply a supplemental nursing system RK
- Pumping PD
- Fitting a pump flange RK
- Management of chronic nipple pain PD
- Fitting a nipple shield RK
- White spots PD

Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education

Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner

<ul style="list-style-type: none"> • Blocked ducts RK • Management of mastitis PD • Role of breast and reverse massage RK • Conditioned dialling up at breast PD • Hand expression RK • Nipple thrush PD • Reverse pressure softening RK • High and low supply PD • Use of domperidone PD 	
Thursday 19 May 2022	
7.00-9.00pm, Brisbane, Australia	
Module 4: Advanced clinical skills for the management of cry-fuss and sleep problems	
How to give information to parents that is different to or even the exact opposite of what parents have been told elsewhere Review of management of 5 domain approach to management of cry-fuss problems	Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education
	Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of volunteer parents with cry-fuss problems (baby 0-12 weeks)	Live demonstration with volunteer Mum and baby
Thursday 26 May 2022	
7.00-9.00pm, Brisbane, Australia	
Module 5: Advanced clinical skills for the management of cry-fuss and sleep problems	
Case demonstration of volunteer parents with baby sleep problems (0-5 months)	Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner
Participant practice in break-out rooms with flashcards and role play	
Case demonstration of volunteer parents with baby sleep problems (6 months +)	Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education
Thursday 2 June 2022	
7.00-9.00pm, Brisbane, Australia	
Module 6: Advanced clinical skills for the management of cry-fuss and sleep problems	
Strategies from Acceptance and Commitment Therapy which powerfully support parent and infant mental health in the perinatal period	Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education
Case demonstration/role play of applying an ACT strategy with parent of young baby	
Discussion, questions, revisions, resources	