

The Division of Neonatal-Perinatal Medicine,  
Children's Hospital,  
London Health Sciences Centre,  
University of Western Ontario  
presents:

## Optimizing Infant Nutrition – Role of Human Milk Symposium

**Monday, October 3, 2011**

Sumner Amphitheatre (B2-119)  
Children's Hospital  
London Health Sciences Centre  
800 Commissioners Rd E  
London, Ontario

### Registration

**Fee:** \$25

Free for trainees

(includes lunch and light morning and  
afternoon snacks)

To register online:

<http://childhealth.akaraisin.com/symposium>



### Symposium Learning Objectives:

1. To provide an overview and update of the current research in human milk banking and breastfeeding.
2. To increase the understanding of breastfeeding support and challenges.
3. To increase awareness of concerns facing mothers of premature and term infants in the community.
4. To share future plans of upcoming research projects on breastfeeding and infant nutrition.

### Workshop Learning Objectives:

#### Meet the Professors – Q&A

Orlando da Silva, MD, MSc, FRCPC

Jack Newman, MD, FRCPC

Sharon Unger, MD, FRCPC

1. To further explore through in-depth discussion, the challenges and opportunities for breastfeeding mothers in the community.

The symposium is funded by  
an education grant from the  
**Academic Medical Organization of  
Southwestern Ontario (AMOSO).**

### Nutritional Considerations for the Human Milk Fed Infant: Size Matters!

Cindy Ulrich, RD

Doris Yuen, MD, PhD, FRCPC

1. Discuss nutritional requirements, benefits of human milk feeding and growth targets for the term and preterm infant.
2. Recognize factors that contribute to poor growth and rationale for specific supplementation at discharge and beyond.
3. Discuss goals for nutritional monitoring and follow-up in these breastfeeding groups.

### Supporting Mother and Baby Towards Successful Breastfeeding From Hospital to Home

Michelle Angelini, RN, BSN, IBCLC

Gillian Salvarakis, PT

1. Understand the maturation of the infant suck and identify various sucking patterns.
2. Review latch and techniques to support transfer of milk from mother to infant.
3. Review infant feeding stress cues.
4. Discuss strategies to support mother's milk production.
5. Discuss decision-making when choosing a nipple to support infant breastfeeding.

## AGENDA

- 8:00 Sign in / Breakfast
- 8:45 Welcoming Remarks  
Dr. Guido Filler  
Dr. Doris Yuen
- 9:00 “Providing Breast Milk to Infants in the NICU and Beyond: Challenges and Opportunities”  
Dr. Orlando da Silva
- 10:00 “Human Milk Banking”  
Dr. Sharon Unger
- 11:00 Break
- 11:15 “What They Didn’t Teach You About Breastfeeding in Your Training”  
Dr. Jack Newman
- 12:15 Lunch
- 1:00 Concurrent Break Out Workshops Round 1
- 2:00 Concurrent Break Out Workshops Round 2

- 3:00 Break
- 3:15 Concurrent Break Out Workshops Round 3
- 4:10 Closing Remarks  
Dr. Doris Yuen
- 4:15 Evaluation Completion
- 4:30 Program Ends

This event is an **Accredited Group Learning Activity (Section 1)** as defined by the Maintenance of Certification program of the **Royal College of Physicians and Surgeons of Canada** and approved by **Continuing Professional Development, Schulich School of Medicine and Dentistry, The University of Western Ontario (6.5 hours)**.

Note: This program provides sufficient time for discussion to meet the 25% guidelines for interaction required by the Royal College of Physicians and Surgeons of Canada.

Questions?

Contact Nancy McFadden

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## FACULTY

**Michelle Angelini, RN, BSN, ICBLC**  
*Lactation Consultant, NICU*  
Children's Hospital, London Health Sciences Centre

**Orlando da Silva, MD, MSc, FRCPC**  
*Neonatologist*  
Children's Hospital, London Health Sciences Centre

**Guido Filler, MD, PhD, FRCPC**  
*Chair/Chief, Department of Paediatrics*  
Children's Hospital, London Health Sciences Centre

**Jack Newman, MD, FRCPC**  
*Paediatrician*  
International Breastfeeding Center, Canadian College of Naturopathic Medicine, Toronto

**Gillian Salvarakis, PT**  
*Physiotherapist, NICU*  
Children's Hospital, London Health Sciences Centre

**Cindy Ulrich, RD**  
*Registered Dietitian, NICU*  
Children's Hospital, London Health Sciences Centre

**Sharon Unger, MD, FRCPC**  
*Neonatologist*  
Mount Sinai Hospital, Toronto  
*Medical Director*  
Ontario Human Donor Milk Bank

**Doris Yuen, MD, PhD, FRCPC**  
*Neonatologist*  
Children's Hospital, London Health Sciences Centre