

Online Modularised Masterclasses Program

Thursday 4 March 2021

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 11 March 2021

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)

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 25 March 2021

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

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"> • White spots PD • 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 22 April 2021	
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 29 April 2021	
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 6 May 2021	
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	