



Online Modularised Masterclasses Program	
Thursday 8 October 2020	
7.30-9.30pm	
Module 1: Focused clinical breastfeeding support	
<i>Introduction to Neuroprotective Developmental Care</i>	
<p>Latest ultrasound evidence concerning functional anatomy and biomechanics of infant suck and swallow in breastfeeding, and clinical implications</p> <p>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</p> <p>What gestalt breastfeeding is not: popular methods that compromise the biomechanics of milk transfer</p> <p>Case demonstration of gestalt intervention with volunteer breastfeeding pair</p>	<p>Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director of Possums Education</p> <p>Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner</p> <p>Live demonstration with volunteer Mum and baby</p>
Thursday 15 October 2020	
7.30-9.30pm	
Module 2A: Focussed clinical breastfeeding support	
<p>Clinical implications of key findings of research from the Human Lactation Research Group UWA on fat content and normal volumes of breastmilk production</p> <p>Task-specific tongue biomechanics based on latest anatomic dissections and implications for frenotomy</p> <p>Steps in clinically relevant oromotor and tongue function assessment Steps in performing a scissors frenotomy</p> <p>Case demonstration of gestalt intervention with volunteer breastfeeding pair</p>	<p>Dr Sharon Perella, Research Fellow, Human Lactation Research Group University of Western Australia (20 minutes)</p> <p>Dr Nikki Mills, ENT surgeon, Starship Children's Hospital, Auckland NZ (40 minutes - Video)</p> <p>Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director of Possums Education</p> <p>Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner</p> <p>Live demonstration with volunteer Mum and baby</p>
OR	
Thursday 15 October 2020	
7.30-9.30pm	
Module 2B: Mental Health Stream with Psychologist Narelle Dickinson	
<p><i>Deep dive into ACT for parents with babies</i> Optimise neurodevelopment of infants through application of Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy (CFT) approaches for new parents</p>	<p>Narelle Dickinson, Clinical and Health Psychologist, NDC Accredited Practitioner</p>
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<p>Assess which interventions are appropriate in a perinatal setting</p> <p>Select and Implement brief ACT/CFT interventions appropriate for parents with young babies</p> <p>Incorporate interventions into the Possums approach to feeding and settling problems</p>	
<p>Thursday 22 October 2020</p>	
<p>7.30-9.30pm</p>	
<p>Module 3A: Focussed Clinical Breastfeeding Support</p>	
<p>How the gestalt approach to clinical breastfeeding support changes management of common problems:</p> <ul style="list-style-type: none"> • 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 • 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 	<p>Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director of Possums Education</p> <p>Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner</p>
<p>OR</p>	
<p>Thursday 22 October 2020</p>	
<p>7.30-9.30pm</p>	
<p>Module 3B: Mental Health Stream with Psychologist Narelle Dickinson</p>	
<p><i>Building a network of mental health care for parents with babies</i></p> <p>Promote effective collaborations with other health practitioners which help create an effective network of care for parents with babies</p> <p>Promote positive mental health in new parents within the Possums approach</p> <p>Consider the self care necessary for health professionals providing support to parents with babies experiencing mental health problems</p>	<p>Narelle Dickinson, Clinical and Health Psychologist, NDC Accredited Practitioner</p> <p style="text-align: right;">cont'd...</p>

Thursday 5 November 2020

7.30-9.30pm

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 of 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 12 November 2020

7.30-9.30pm

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 of Possums
Education

Thursday 19 November 2020

7.30-9.30pm

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 of Possums
Education

Case demonstration/role play of applying ACT with mother of young baby

Narelle Dickinson, Clinical and
Health Psychologist, NDC Accredited
Practitioner

Discussion, questions, revisions, resources