

95 hours of lactation specific education

95 Hours of Lactation Specific Education: A Critical Analysis of its Impact on Current Trends

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Abstract: This analysis critically examines the implications of 95 hours of lactation-specific education, a significant investment in training, on current trends in lactation support. We explore how this extensive training impacts the competency of lactation consultants, its influence on breastfeeding rates, and the future direction of the profession. We also consider the cost-effectiveness and accessibility of such extensive programs, analyzing their role in addressing global breastfeeding disparities.

1. Introduction: The Growing Need for Comprehensive Lactation Education

The demand for qualified lactation support professionals is escalating globally. Increasing awareness of the benefits of breastfeeding, coupled with the complexities of modern life, necessitates a highly skilled workforce. The benchmark of 95 hours of lactation-specific education represents a significant investment in training, raising crucial questions about its impact. This article delves into the implications of this extensive educational commitment, analyzing its effects on professional practice, accessibility, and the broader landscape of breastfeeding support. The focus on 95 hours of lactation specific education highlights the depth of training considered necessary for competent practice.

2. 95 Hours of Lactation Specific Education: Curriculum and Content Analysis

A thorough examination of curricula offering 95 hours of lactation-specific education reveals a common thread: a robust foundation in human anatomy and physiology, particularly as it relates to breastfeeding. This typically includes detailed study of mammary gland development and function,

hormonal influences, milk production, and infant suckling mechanics. Beyond the biological aspects, 95 hours of lactation specific education emphasizes the psychosocial dimensions of breastfeeding, incorporating modules on counseling techniques, communication skills, cultural sensitivity, and addressing common breastfeeding challenges like latch difficulties, milk supply concerns, and mastitis. Furthermore, effective programs integrate evidence-based practices, emphasizing the latest research findings and clinical guidelines. The extensive hours allow for in-depth case studies, simulations, and practical experience, preparing consultants for real-world scenarios.

However, the precise content of these 95-hour programs can vary depending on the institution offering the education. A crucial aspect of analysis involves evaluating the quality and consistency of curricula across different providers to ensure they meet established standards and effectively prepare consultants.

3. Impact on Lactation Consultant Competency and Practice

The investment in 95 hours of lactation specific education translates directly to enhanced competency among lactation consultants. This extensive training equips professionals to provide comprehensive, evidence-based care, addressing a wider range of breastfeeding challenges with greater confidence and expertise. They are better equipped to handle complex cases, identify potential risks, and collaborate effectively with other healthcare professionals. The depth of knowledge gained through 95 hours of lactation specific education allows for more accurate diagnosis of breastfeeding problems, tailored interventions, and improved outcomes for breastfeeding mothers and infants.

Furthermore, 95 hours of lactation specific education often includes training in professional ethics, risk management, and legal responsibilities, ensuring consultants practice safely and responsibly. This contributes to building public trust and maintaining the integrity of the profession.

4. Influence on Breastfeeding Rates and Public Health Outcomes

While a direct causal link between increased lactation consultant training hours and improved breastfeeding rates is difficult to establish definitively, strong correlations exist. Improved access to highly competent lactation consultants, shaped by 95 hours of lactation specific education or similar rigorous programs, potentially contributes to higher initiation and duration of breastfeeding. This, in turn, can lead to improved infant health outcomes, reduced risk of infectious diseases, and long-term health benefits for both mothers and children. However, other factors beyond the scope of this training, such as societal support, workplace policies, and cultural norms, significantly influence breastfeeding practices.

5. Accessibility, Cost-Effectiveness, and Global Implications of 95 Hours of Lactation Specific Education

A significant challenge associated with 95 hours of lactation specific education is its cost and accessibility. Extensive training programs require substantial financial investment, potentially creating barriers for aspiring lactation consultants, particularly those from low-income backgrounds or regions with limited resources. The high cost of training can also impact the availability of

lactation services, especially in underserved communities. This disparity undermines efforts to achieve global breastfeeding goals. Exploring innovative funding models, scholarships, and distance learning opportunities is crucial to increase accessibility and equity in lactation education.

6. Future Directions and the Evolving Role of Lactation Consultants

The field of lactation consultation is constantly evolving, with new research and advancements continually emerging. Therefore, continuous professional development is essential for lactation consultants to maintain competency and provide the best possible care. 95 hours of lactation specific education forms a strong foundation, but ongoing continuing education is vital to stay abreast of the latest evidence-based practices. The role of lactation consultants is expanding beyond clinical settings, with growing opportunities in education, research, and policy advocacy. Individuals with 95 hours of lactation specific education are well-positioned to contribute significantly to these diverse areas.

7. Conclusion

95 hours of lactation-specific education represents a significant investment in training that enhances the competency of lactation consultants, leading to improved breastfeeding support and potentially better health outcomes. However, issues of accessibility and cost-effectiveness require attention to ensure equitable access to this valuable training. Ongoing efforts to refine curricula, promote research, and develop sustainable funding models are crucial for furthering the profession and supporting global breastfeeding initiatives. The investment in this extensive training is a vital step towards ensuring that all mothers and infants have access to high-quality lactation support.

FAQs

1. What are the prerequisites for 95 hours of lactation-specific education programs?
Prerequisites vary, but generally include a healthcare background (e.g., nursing, midwifery) or related experience.
1. How long does it take to complete 95 hours of lactation-specific education? Completion time depends on program structure but can range from several months to a year.
1. Is 95 hours of lactation-specific education required to become an IBCLC? While not a strict requirement for all IBCLC programs, it often represents the core coursework component within the overall certification process.

1. What are the career prospects after completing 95 hours of lactation-specific education? Graduates can work in hospitals, clinics, private practices, birthing centers, and community settings.
1. Are there online options for 95 hours of lactation-specific education? Yes, many programs offer blended or entirely online learning formats.
1. What is the cost of 95 hours of lactation-specific education? Costs vary significantly depending on the institution and program structure.
1. What are the accreditation standards for 95 hours of lactation-specific education programs? Accreditation standards vary by region but generally align with IBLCE or other relevant bodies.
1. How can I find accredited 95 hours of lactation-specific education programs? Search the websites of professional organizations like the IBLCE or relevant national bodies.
1. What are the continuing education requirements for lactation consultants after completing their initial 95 hours of education? Continuing education requirements vary by certifying bodies and region, typically requiring a certain number of hours every few years to maintain certification.

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95 hours of lactation specific education: *Breastfeeding and Human Lactation* Karen Wambach, Becky Spencer, 2024-10-03 Breastfeeding and Human Lactation, Seventh Edition is the ultimate reference for the latest clinical techniques and research findings that direct evidence-based clinical practice and research for lactation consultants and specialists. It contains everything a nurse, lactation consultant, midwife, women's health nurse practitioner, physician assistant, or

Ob/Gyn needs to know about lactation care and science. Topics include placing breastfeeding in its historical context, workplace-related issues, anatomical and biological imperatives of lactation, the prenatal and perinatal periods and concerns during the postpartum period, the mother's health, sociocultural issues, and more vital information.

95 hours of lactation specific education: Core Curriculum for Lactation Consultant Practice Rebecca Mannel, Patricia J. Martens, Marsha Walker, 2008 Core Curriculum for Lactation Consultant Practice, Second Edition allows aspiring and established lactation consultants to assess their knowledge, experience, and expertise in developing an effective study plan for certification. The Second Edition of this text, contributed to by Rebecca Mannel, Patricia J. Martins, and Marsha Walker, has been updated and is the perfect resource to study for the certification exam. This updated resource takes you through the areas that appear in the lactation consultant certification exam administered by the International Board of Lactation Consultant Examiners (ILCA). The comprehensive coverage will allow you to develop an effective plan to optimize your study time. The curriculum also serves as a convenient, evidence-based source for daily reference. Specifically the Second Edition: * Follows the IBLCE exam blueprint, reviewing all topics and areas covered on the lactation consultant certification exam. * Provides a road map that allows you to pinpoint areas of particular interest or identified need. * Presents a useful reference for staff development, new staff orientation, and curriculum development. * Presents extensive references to direct you to further study. * Provides extensive references to direct you to further study. * Presents the core knowledge needed to practice as an IBCLC.

95 hours of lactation specific education: Counseling the Nursing Mother: A Lactation Consultant's Guide Judith Lauwers, Anna Swisher, 2020-07-01 Counseling the Nursing Mother: A Lactation Consultant's Guide, Seventh Edition presents topics within a counseling framework with practical suggestions and evidence-based information interwoven throughout. Additionally, the Seventh Edition is an ideal study guide for International Board Certified Lactation Consultant (IBCLC) certification and practice.

95 hours of lactation specific education: Counseling the Nursing Mother Judith Lauwers, Anna Swisher, 2016 Written from a teaching perspective, Counseling the Nursing Mother: A Lactation Consultant's Guide, Sixth Edition presents topics within a counseling framework with practical suggestions and evidence-based information interwoven throughout. Completely updated and revised, it includes new research on milk composition, the importance of the gut microbiome and skin-to-skin care, Affordable Care Act changes, and the latest guidelines from the World Health Organization for breastfeeding with HIV. Also explored and expanded are discussions on cultural competence, working effectively and sensitively with LGBTQ families, addressing disparities in health equity, milk banking issues, and social media trends for lactation information and support. Additionally, the Sixth Edition also serves as a significant teaching tool for students, interns, and other healthcare professionals. With an extensive glossary and bulleted lists at the end of each chapter, it is an ideal study guide for International Board Certified Lactation Consultant (IBCLC) certification and practice. Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook.

95 hours of lactation specific education: Test-Taking Strategies Marie Biancuzzo, 2015-01-13 Learn study strategies, identify common types of distracters you'll see on the IBLCE exam, and explore pitfalls of photo items. Plus, find out how to select the correct answers when you are uncertain or completely stumped.

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perinatal periods and concerns during the postpartum period, the mother's health, sociocultural issues, and more vital information.

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95 hours of lactation specific education: *The Breastfeeding Answer Book* Nancy Mohrbacher, Julie Stock, La Leche League International, 2003-01 This book is the definitive resource for those who are dedicated to helping mothers breastfeed. Highlights include new approaches to positioning and latch-on, information on the use of prescription and herbal medications to increase milk supply, new illustrations of breast structure and how the breast functions as reflected in the research of Dr Peter Hartmann, and information on breastfeeding in emergency situations. This guidebook can be used to help mothers establish and enjoy a satisfying breastfeeding relationship with their babies. Available in hard cover, on CD-ROM, or as a set of both. To order, contact La Leche League International, 1400 N. Meacham Rd., Schaumburg IL 60173; by phone at 847-519-9585; or online at www.lalecheleague.org. Mention code BPA04.

95 hours of lactation specific education: Case Studies in Breastfeeding Karin Cadwell, Cynthia Turner-Maffei, Cindy Turner-Maffei, 2004 With a consultative framework, this text presents illustrative case studies to increase the practitioner's knowledge about managing complex breastfeeding cases.

95 hours of lactation specific education: *The Breastfeeding Atlas*, 2014-07-29 The Breastfeeding Atlas has been completely revised to reflect new research in the field of lactation. The text contains new photos, new case studies and evidence-based breastfeeding management information. Barbara Wilson-Clay and Kay Hoover have over 50 years of combined expertise as lactation consultants, educators and photographers. The Breastfeeding Atlas taps into their broad experience as clinical practitioners. This is a must-have book for students and practitioners alike!

95 hours of lactation specific education: The Little Green Book of Breastfeeding Management for Physicians and Other Healthcare Providers Anne Eglash, Kathy Leeper, 2020-02-17 The Little Green Book of Breastfeeding Management for Physicians and Other Healthcare Providers, now in its 7th edition, is a pocket-sized reference manual for the most commonly asked questions that breastfeeding families have throughout the course of lactation. The book covers a broad range of topics including components of breastmilk and prenatal support, optimal breastfeeding management early postpartum, followed by problems and special conditions encountered by most primary care providers who care for breastfeeding dyads. This newly revised edition is based on The Milk Mob's One Day Basic Breastfeeding Medicine for Physicians and Other Healthcare Providers, which is now online. This course, in addition to the book's bibliography and other free breastfeeding resources, may be found by visiting www.themilkmob.org.

95 hours of lactation specific education: Breastfeeding Solutions Nancy Mohrbacher, 2013-04-01 Even when mothers are highly motivated to breastfeed, when faced with obstacles—like pain, worries about milk production, and difficulty pumping—they may begin to question their good intentions. In situations like these, is weaning the best answer? Or are there simple ways to overcome challenges and meet their breastfeeding goals? Breastfeeding Solutions is the perfect

book for any new mother who wants quick, practical solutions to common breastfeeding problems. The book includes illustrations, tables and charts, and other visual aids to make it easy to quickly find the answers without wading through hundreds of pages of text. Breastfeeding is one of the best things a mother can do. This book will help mothers overcome the hurdles so they can start cherishing this special time with their child.

95 hours of lactation specific education: Breastfeeding Made Simple Nancy Mohrbacher, Kathleen Kendall-Tackett, 2010-12-01 The Definitive Guide to Breastfeeding Your Baby Breastfeeding may be natural, but it may also be more challenging than you expect. Some mothers encounter doubts and difficulties, from struggling with the first few feedings to finding a gentle and loving way to comfortably wean from the breast. This second edition of Breastfeeding Made Simple is an essential guide to breastfeeding that every new and expectant mom should own-a comprehensive resource that takes the mystery out of basic breastfeeding dynamics. Understanding the seven natural laws of breastfeeding will help you avoid and overcome challenges such as low milk production, breast refusal, weaning difficulties, and every other obstacle that can keep you from enjoying breastfeeding your baby. Breastfeeding Made Simple will help you to: Find comfortable, relaxing breastfeeding positions Establish ample milk production and a satisfying breastfeeding rhythm with your baby Overcome discomfort and mastitis Use a breast pump to express and store milk Easily transition to solid foods

95 hours of lactation specific education: Parenting Matters National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Supporting the Parents of Young Children, 2016-11-21 Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

95 hours of lactation specific education: Core Curriculum for Interdisciplinary Lactation Care Lactation Education Accreditation and Approval Review Committee, Suzanne Hetzel Campbell, Becky Spencer, 2022-09 Core Curriculum for Interdisciplinary Lactation Care, Second Edition provides a trustworthy source for lactation-specific information and education for students, interns, certification candidates, instructors, and clinicians-in any discipline or specialty-who provide care to breastfeeding families. Published in association with the Lactation Education Accreditation and Approval Review Committee (LEAARC), it reflects the current state of practice and serves as a

fundamental resource for beginning clinicians, orienting staff, and planning continuing education programs. Organized in three sections, Core Curriculum for Interdisciplinary Lactation Care, Second Edition focuses on the science, management, and professional aspects of lactation care. With contributions from a team of clinical lactation experts from several countries around the world, it emphasizes an interdisciplinary approach to provide comprehensive care for breastfeeding families. Written to complement the LEAARC curriculum used in recognition of lactation education programs, the text includes clinical applications that move from theory to practice, including key learning points, clinical case studies, and real-life stories from parents and the healthcare team--

95 hours of lactation specific education: *The National Guide to Educational Credit for Training Programs* American Council on Education, 2005 Highlights over 6,000 educational programs offered by business, labor unions, schools, training suppliers, professional and voluntary associations, and government agencies.

95 hours of lactation specific education: Nutrition Education in U.S. Medical Schools National Research Council, Division on Earth and Life Studies, Commission on Life Sciences, Food and Nutrition Board, Committee on Nutrition in Medical Education, 1985-02-01 As the general public has become more aware of advances in nutrition, consumer demands for advice on matters of diet and disease have grown. This book offers recommendations to upgrade what were found to be largely inadequate nutrition programs in U.S. medical schools in order that health professionals be better qualified to advise and treat their patients. A comprehensive study of one-third of American 4-year undergraduate medical schools provided information on the current status of nutrition programs at each school. Conclusions were drawn and recommendations made from analysis of this gathered information. Questions examined in this volume include: Has medical education kept pace with advances in nutrition science? Are medical students equipped to convey sound nutritional advice to their patients? What strategies are needed to initiate and sustain adequate teaching of nutrition in medical schools?

95 hours of lactation specific education: *Maternal and Infant Assessment for Breastfeeding and Human Lactation* Karin Cadwell, 2006 Maternal and Infant Assessment for Breastfeeding and Human Lactation: A Guide for the Practitioner, Second Edition explores the characteristics of breastfeeding problems that can be seen, heard, or observed, and allows the assessor to distinguish between breastfeeding problems and actual medical issues. This text is designed for healthcare professionals who are responsible for constructing a comprehensive process for determining the breastfeeding status of mothers and infants. While past experience can provide some direction for exploration, a thorough assessment demands detailed examination o

95 hours of lactation specific education: Review of WIC Food Packages National Academies of Sciences, Engineering, and Medicine, Institute of Medicine, Food and Nutrition Board, Committee to Review WIC Food Packages, 2016-08-06 The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) began 40 years ago as a pilot program and has since grown to serve over 8 million pregnant women, and mothers of and their infants and young children. Today the program serves more than a quarter of the pregnant women and half of the infants in the United States, at an annual cost of about \$6.2 billion. Through its contribution to the nutritional needs of pregnant, breastfeeding, and post-partum women; infants; and children under 5 years of age; this federally supported nutrition assistance program is integral to meeting national nutrition policy goals for a significant portion of the U.S. population. To assure the continued success of the WIC, Congress mandated that the Food and Nutrition Service of the U.S. Department of Agriculture (USDA) reevaluate the program's food packages every 10 years. In 2014, the USDA asked the Institute of Medicine to undertake this reevaluation to ensure continued alignment with the goals of the Dietary Guidelines for Americans. This, the second report of this series, provides a summary of the work of phase I of the study, and serves as the analytical underpinning for phase II in which the committee will report its final conclusions and recommendations.

95 hours of lactation specific education: *Comprehensive Lactation Consultant Exam Review* Linda J. Smith, 2016-03-15 Comprehensive Lactation Consultant Exam Review, Fourth Edition is an

ideal reference to help prepare for the International Board of Lactation Consultant Examiners (IBLCE) certification examination. Completely updated and revised, the Fourth Edition follows the latest IBLCE Detailed Content Outline, contains more than 950 practice exam questions and answer rationales, more than 300 photos, and 20 actual clinical case studies. Organized around the mother-baby dyad's development, it poses questions unique to each particular stage. This review guide is perfect for beginning lactation consultants and those re-certifying, as well as dietitians, childbirth educators, nurses, and breastfeeding counselors.

95 hours of lactation specific education: Breastfeeding Answers , 2020-05-15

Breastfeeding Answers: A Guide for Helping Families, Second Edition is the definitive reference for lactation specialists, featuring the most effective clinical approaches and the research that supports evidence-based practice. This comprehensive guide includes everything needed by lactation consultants, peer supporters, public health staff, midwives, nurse practitioners, dietitians, and physicians to help families achieve a rewarding nursing experience. Fully updated in gender-inclusive language and reviewed by world-class experts, it describes the results of thousands of research findings to support its practical strategies for overcoming virtually all common and unusual lactation challenges. New in this second edition: techniques to simplify early nursing and reduce feeding problems, dynamics vital to effective lactation help, novel strategies for boosting milk production, LGBTQ nursing, feeding the early term baby, Chinese manual therapy, treatments for mammary dysbiosis, cannabis use during lactation, milk sharing, and much more.

95 hours of lactation specific education: Quick Reference for the Lactation Professional

Judith Lauwers, 2009-10-07 The Quick Look Nursing Series helps students gain basic understanding of core concepts in an easy-to-read format. The concise presentation of information provides essential content and offers a practical alternative to lengthier texts without sacrificing critical information. The updated Second Edition describes how pain commonly manifests itself and gives pertinent information on how to assess for pain in different patient populations using learning features and study questions essential for the NCLEX!

95 hours of lactation specific education: Global Strategy for Infant and Young Child

Feeding World Health Organization, 2003 WHO and UNICEF jointly developed this global strategy to focus world attention on the impact that feeding practices have on the nutritional status, growth and development, health, and thus the very survival of infants and young children. The strategy is the result of a comprehensive two-year participatory process. It is based on the evidence of nutrition's significance in the early months and years of life, and of the crucial role that appropriate feeding practices play in achieving optimal health outcomes. The strategy is intended as a guide for action; it identifies interventions with a proven positive impact; it emphasizes providing mothers and families the support they need to carry out their crucial roles, and it explicitly defines the obligations and responsibilities in this regards of governments, international organizations, and other concerned parties.

95 hours of lactation specific education: Latch Robin Kaplan, 2018-03-13 Latch is a

judgment-free guide to breastfeeding that will teach you exactly what you need to know to meet your own personal breastfeeding goals. Early motherhood is a time of great joy. It can also be filled with new stressors—chief among them: breastfeeding. In Latch: A Handbook for Breastfeeding with Confidence at Every Stage, International Board-Certified Lactation Consultant, Robin Kaplan, addresses specific breastfeeding concerns, allowing you to feel empowered while breastfeeding and overcome challenges as they arise. After working with countless mothers who have felt unique in their breastfeeding challenges, and as the mother of two who overcame breastfeeding challenges of her own, she knows how deeply personal breastfeeding is. Compassionate and supportive, Latch covers the most pressing topics at each stage of breastfeeding and will teach you to: Establish successful breastfeeding early on with attention to breastfeeding positions, latch, mom's wellbeing, milk supply, supplementation, and pumping Breastfeed through lifestyle changes such as returning to work, transitioning to bottle-feeding, supplementation, reducing nighttime feedings, and introducing solids Wean your baby/toddler from breastfeeding including emotional preparation,

reducing feedings, and guidance for when your child tries to nurse again Complete with breastfeeding stories from new moms, breastmilk storage guidelines, and resources for additional breastfeeding support Latch will be there for you, holding your hand, every step of the way.

95 hours of lactation specific education: Core Curriculum for Interdisciplinary Lactation Care Lactation Education Accreditation and Approval Review Committee (LEAARC),, Becky Spencer, Suzanne Hetzel Campbell, Kristina Chamberlain, 2022-09-29 Core Curriculum for Interdisciplinary Lactation Care continues to be a trustworthy source for lactation-specific information and education in a thoroughly updated second edition. Published in association with the Lactation Education Accreditation and Approval Review Committee (LEAARC), it presents the core curriculum required to practice as a beginning lactation consultant in an easy-to-read format. Written by an interdisciplinary team of clinical lactation experts, it reflects the current state of practice and offers evidence-based information regardless of discipline or specialty. The updated Second Edition includes new information on scientific evidence supporting breastfeeding, the biochemistry of human milk, breastfeeding multiples or a preterm infant, lactation and maternal mental health, breast pathology, and more.

95 hours of lactation specific education: Disease Control Priorities, Third Edition (Volume 2) Robert Black, Ramanan Laxminarayan, Marleen Temmerman, Neff Walker, 2016-04-11 The evaluation of reproductive, maternal, newborn, and child health (RMNCH) by the Disease Control Priorities, Third Edition (DCP3) focuses on maternal conditions, childhood illness, and malnutrition. Specifically, the chapters address acute illness and undernutrition in children, principally under age 5. It also covers maternal mortality, morbidity, stillbirth, and influences to pregnancy and pre-pregnancy. Volume 3 focuses on developments since the publication of DCP2 and will also include the transition to older childhood, in particular, the overlap and commonality with the child development volume. The DCP3 evaluation of these conditions produced three key findings: 1. There is significant difficulty in measuring the burden of key conditions such as unintended pregnancy, unsafe abortion, nonsexually transmitted infections, infertility, and violence against women. 2. Investments in the continuum of care can have significant returns for improved and equitable access, health, poverty, and health systems. 3. There is a large difference in how RMNCH conditions affect different income groups; investments in RMNCH can lessen the disparity in terms of both health and financial risk.

95 hours of lactation specific education: Holistic Sleep Coaching: Gentle Alternatives to Sleep Training for Health and Childcare Professionals Lyndsey Hookway, 2018-09-04 Lyndsey Hookway's Holistic Sleep Coaching is the book parent-child health professionals have been waiting for regarding infants', children's, and parents' sleep! The comprehensive content is comprised of an exhaustive review of the sleep literature, but it is written in a reader-friendly discussion format. (References are cited in text with the complete reference list in APA alphabetical style at the end.) I appreciate Hookway's evidence-based approach with its emphasis on human sleep biology. Yet her words constantly model sensitivity and empathy for both babies/children and their parents who live in our current cultural landscape of isolated nuclear families dependent on two incomes and often miles from physical support. -Karen Kerkhoff Gromada, MSN, RN, IBCLC, FILCA Author: Mothering Multiples: Breastfeeding and Caring for Twins or More There is much to like in Hookway's book, including her clear understanding of the link between breastfeeding and sleeping, and the importance of sleep for parental mental health. Educating practitioners about normal infant sleep is an important task. Too many are only aware of extinction methods for addressing parental sleep concerns: with Holistic Sleep Coaching Hookway is laying the groundwork for the development of a more evidence-based and systematic approach. -Helen Ball, Professor of Anthropology, Director of the Durham Infancy & Sleep Centre (DISC), Founder of the Baby Sleep Info Source (Basis) As a breastfeeding professional, I was curious and hopeful when I began reading Lyndsey Hookway's book, Holistic Sleep Coaching. One of the biggest worries for most new parents is how lack of sleep will impact their family, particularly within the context of breastfeeding. This book is not about training a baby how to sleep, or using dangerous methods that can comprise the breastfeeding

relationship. This book IS about understanding how sleep works and how to use that knowledge to understand one's baby. It enables parents to support the uniqueness of their child, continue breastfeeding effectively, and identify how to create the most supportive environment possible to optimize sleep within their distinct family. I would definitely recommend this book as a MUST for new parents before their baby arrives, as well as an integral resource for all perinatal professionals! -Laurel Wilson, IBCLC, RLC, CLE, CLD, CCCECo-Author of The Attachment Pregnancy and The Greatest Pregnancy Ever Infants are probably sleeping no differently now than they were 1000 years ago. However, parenting has changed. We are dealing with the paradox of parenting information overload, coupled with time-poverty. Parents know more than ever about the importance of love, attachment and security to young children. They may know about good nutrition, stress management, toxins, skin to skin, breastfeeding, one-to-one time, emotion coaching and organic food. Parents are bombarded with appliances that are supposed to make their lives easier, and yet end up confused about what is really necessary. At the same time, modern parents are leading busy, expensive lives, and have jobs that they love or need. And within all this, their babies are still sleeping the same as they always have. Some sleep experts are quick to suggest quick fixes to lengthen infant sleep, but there is growing concern that techniques such as extinction may have negative outcomes for infants as well as being stressful for parents. Holistic Sleep Coaching is a multi-dimensional approach that looks at the big picture and recognises that babies' needs are not just physical but psychological, emotional and relational. Holistic Sleep Coaching provides an evidence-based overview of how to optimise sleep without leaving babies and children to cry for health and child care professionals.

95 hours of lactation specific education: Certification and Accreditation Programs Directory , 1996

95 hours of lactation specific education: Adult and Family Nurse Practitioner Certification Examination Jill E. Winland-Brown, Lynne M. Hektor Dunphy, 2009-01-01 The authors provide some excellent tools for teaching a venipuncture class though small, is complete in its coverage of topics related to phlebotomy. The unit on blood collection and venipuncture equipment is very thorough. . . Respiratory Care, review of the 1st Edition.Perfect for intensive one- or two-day phlebotomy courses! This user-friendly text concentrates on the crucial skills of blood specimen collection. . . making it a cost-effective, compact learning tool for cross training and continuing education.

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