Partners in Perinatal Health
24th ANNUAL CONFERENCE

Tuesday, May 14, 2013
8:00 am – 5:00 pm
The Four Points by Sheraton, Norwood, MA

Partners in Perinatal Health is a program of the Healthy Mothers, Healthy Babies Coalition of Massachusetts

SPONSORED BY Massachusetts Department of Public Health
WITH SUPPORT PROVIDED BY AdCare Educational Institute, Inc.
**Mission**

Partners in Perinatal Health is a statewide partnership of non-profit organizations committed to improving the quality of health care available to childbearing families.

**Conference Goals**

- To examine current health issues that impact infant survival and women’s health.
- To identify cultural issues affecting perinatal health care.
- To share knowledge and exchange information among health professionals about perinatal health.
- To examine model programs addressing the many conditions that put mothers and children at risk.

**Registration**

- **Early Bird Registration Fee** is $110 for registrations **received by April 8th**.
- **General Registration** is $140 for all registrations **received after April 8th**.
- **Deadline for all registrations** is May 7, 2013.
- Conference fee for **HMHBCofMA members** is $100 for registrations received by April 8th, and $130 after that date.
- **Evening Talk with Sophie Godley**
  - $30 regular registration
  - $25 HMHBCofMA members

Your non-refundable fee pays for entrance to the conference, continental breakfast, lunch, snacks and beverages throughout the day, materials, and Continuing Education Credits.

**Registration is available by mail or online and credit cards are accepted.** To register online, please visit [www.piphma.org](http://www.piphma.org) and select **Conference Registration**. To register by mail, please complete the registration form, and mail the form and check to AdCare Educational Institute, 5 Northampton Street, Worcester, MA 01605.

**PRE-REGISTRATION IS REQUIRED.**

- For additional information on the conference, please contact AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at jadoros@aol.com.

**2013 Agenda**

- **7:15 – 8:00** Registration / Breakfast / Exhibits
- **8:00 – 8:15** Welcome
- **8:15 – 8:30** Healthy Mothers, Healthy Babies Coalition of Massachusetts, Annual Meeting

**Healthy Mothers Healthy Babies Partners Award**

Presented to **Lauren Smith, MD, MPH**, Interim Commissioner, Massachusetts Department of Public Health, in recognition of her years of service dedicated to reducing health disparities and championing the cause for improved maternal and child health throughout the Commonwealth.

- **8:30 – 10:00** KEYNOTE
- What Would Mammals Do?
  - **Diane Wiessinger, MS, IBCLC**
  - Owner, Common Sense Breastfeeding

Our young learn by a variety of ways, including: imprinting, habituation, classical conditioning, and trial and error. Many birth interventions cause behavior and bonding problems in other mammals. Are humans so different? Normal mammalian maternal-infant behaviors provide insight into behavioral expectations for human mothers and babies. Identify common intrusions that can make labor more difficult, and explore several ways in which our current approach to birth and breastfeeding undermines normal mammalian mother-baby patterns.

- **10:00 – 10:30** Break / Exhibits
- **10:30 – 12:00** SESSIONS

**A. Environmental Exposures and Reproductive Health and Development**

- **Robin Dodson, ScD**
  - Research Scientist, Silent Spring Institute

Discuss the current associations between environmental chemicals and reproductive health and development from household exposure studies conducted in Massachusetts. Identify various environmental exposures associated with reproductive anomalies, understand the importance of critical windows of development, and learn five evidence-based strategies for reducing chemical exposures during the perinatal period.

**B. Birth is Sexual: Making the Connection**

- **Sharon Hucul, RN, BSN, MPH**
  - Childbirth Educator, Harvard Vanguard Health Education and Isis Parenting

Reveal the similarities between the experiences of sex and birth, and learn ways to share information about the sexual nature of birth with clients. Discuss oxytocin and cascade effects, using stimulation to relieve stress and minimize tearing, and how activating prior knowledge can provide support and comfort to the laboring mother.
C. Perinatal Mental Health: An Overview
   Deborah Issokson, PsyD
   Psychologist in private practice, Reproheart: Counseling For Reproductive Health and Healing

Up to 20% of childbearing women will experience a perinatal mood or anxiety disorder. Learn basic facts and risk factors for perinatal mental health disorders. Differentiate between blues, depression, anxiety and psychosis in the perinatal period. Discuss screening, treatment and ways to make effective referrals to mental health providers.

D. Listening to Newborns: What Babies Have to Say About Transitions to Life
   Linda Jablonski, RNC, MSN
   Assistant Nurse Manager, The Birthplace at Baystate Franklin Medical Center

Examine research supporting low-intervention birth techniques, including data on cord clamping, bulb suctioning, skin-to-skin contact, and self-attachment. Discuss how a natural transition to the world is possible without unnecessary intervention. Learn how to support the care providers, the newborn, and the mother and family.

E. Waterbirth: Washing Away the Myths
   Laura Kattan, DNP, CNM, WHNP-BC
   Certified Nurse Midwife, Mount Auburn Hospital
   Heather Thompson, PhD
   Director of Research, Mountain Midwifery Center

Review a brief history of the use of hydrotherapy in labor, as well as the benefits to the mother and newborn. Discuss the physiology of the newborn transition to extra-uterine life. Provide current evidence-based knowledge on waterbirth and its use in hospital as well as out-of-hospital settings. Explore current literature surrounding waterbirth, discuss common misconceptions, and understand the safety of waterbirth.

F. Heal the Mother/Heal the Baby: Microbes, Gut Health, the Enteric Nervous System & Breastfeeding
   Jennifer Tow, BFA, IBCLC
   Holistic Lactation, Intuitive Parenting Network, LLC

Recognize the internal terrain reflects itself in the external terrain in a myriad of ways. From PPD to milk supply, tongue-tie and reflux to high-need infant behavior and numerous feeding difficulties, all may find origins in the vitality of the mother’s gut health. Healing the mother’s internal terrain can be integral to successfully addressing a wide array of breastfeeding issues.

G. She Was Not Cut...
   Nancy Wainer, CPM
   Director, Birth Day Midwifery Care, Inc.

Reveal the variations of normal birth that are increasingly being seen as legitimate reasons for cesarean sections. Learn what helps prevent initial cesareans and some factors that can help a woman with a previous C-section have a normal delivery. Discuss some of the long-term emotional responses to preventable cesareans and the importance of addressing the growing section rate in our culture.

H. Working with Substance-Affected Families in the Perinatal Period
   Enid Watson, MDiv
   Director, Screening & Early Identification, Massachusetts State Fetal Alcohol Spectrum Disorders Coordinator Institute for Health and Recovery

Identify resources and tools necessary to increase provider comfort level in working with families in the perinatal period who have been using alcohol, tobacco or other drugs. Review the maternal/fetal/neonatal effects of opiates, marijuana, cocaine, tobacco and alcohol, and learn about medication-assisted treatment for opiate addiction.
feel empowered to examine one’s own attitudes about sexuality, push us to be sexy before puberty begins. Understand the stimulation by a culture that exalts the social power of sexy, and Smart phones, Facebook, reality TV . . . we are overwhelmed with deeper respect for the woman’s body.

Consider the advantages to acupuncture treatments during the last four weeks of pregnancy to support a healthy and easier birth. Describe Chinese medical theory and understand how organs work together to encourage spontaneous labor at term, shorten active labor, and reduce interventions. Identify acupuncture points used in pre-birth treatments, and learn to explain the physical and emotional advantages of pre-birth acupuncture to expectant mothers.

Explore how both researchers and breastfeeding helpers tend to describe breastfeeding as if formula-feeding is our biological norm. Examine the effects of this well-intentioned approach, and learn some ways in which we can change our language and further engage the public as well as the mothers we want to help.

Reveal the instinctive 9 stages that all babies experience in the first hour after birth when placed skin to skin with their mother. Identify barriers to and potential solutions for implementing immediate, uninterrupted skin to skin care and for providing support as the newborn completes the 9 instinctive stages.

Recognize how our own experiences of loss inform our teaching, and our client’s experiences of loss affect us as teachers. Identify issues of loss which may resonate in a perinatal educator. Compare and evaluate strategies for covering and managing issues of loss in a classroom environment. Share relevant resources, support services and self-preparation strategies.

Appreciate the wisdom of our bodies. Explore a distinct perspective on biomechanics, anatomy, physiology and neurology, and learn to help create the birth experience that each woman wants. Learn a technique to support a posterior presentation and walk away with a

The practice of female genital cutting (FGC) is simultaneously complex and controversial. The U.S. has become home to a growing number of refugee and immigrant women from countries where the traditional practice of FGC is common. Gain an increased knowledge of FGC, understand FGC’s impact on maternal and perinatal health, and appreciate how attitudes, perceptions and cultural values influence reproductive health.

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(FILL IN BELOW AS IT SHOULD READ ON YOUR NAME TAG)

NAME: ____________________________

ORGANIZATION: ____________________________

PROFESSION: ____________________________

ADDRESS: ____________________________

CITY/STATE/ZIP: ____________________________

TELEPHONE: ( ) ____________________________

E-MAIL ADDRESS: ____________________________

Please indicate your workshop choices below:

MORNING SESSION choices (indicate 1st and 2nd choice with a “1” and “2”)
A ____ B ____ C ____ D ____ E ____ F ____ G ____ H ____

EARLY AFTERNOON choices (indicate 1st and 2nd choice with a “1” and “2”)
I ____ J ____ K ____ L ____ M ____ N ____ O ____

LATE AFTERNOON choices (indicate 1st and 2nd choice with a “1” and “2”)
P ____ Q ____ R ____ S ____ T ____ U ____ V ____

A buffet lunch will be provided.

Please note we cannot accommodate special dietary requests.

If you are deaf or hard of hearing, or are a person with a disability who requires accommodations, please contact AdCare Educational Institute at (508) 752-7313, TTY (508) 754-0039 by April 30, 2013.
Further Information
A limited number of partial scholarships are available. Applications must be received by April 5, 2013. For a scholarship application, please contact Jennifer Fahey at AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at jadoros@aol.com.

Conference Exhibitor and Sponsorship Opportunities
- For information on Conference Exhibiting, please contact:
  Joan Singer, 508-759-6800
  (Joan@MotherCareServices.com)
  Lois Freedman, 781-784-1380
  (lofreedman@gmail.com).
- For information on Conference Sponsorship Opportunities, please contact:
  Sharon Mullen, 617-480-0918 (samcnm@gmail.com).

Infants
As always, quiet, infants-in-arms are welcome in workshops. Due to fire laws, NO STROLLERS ARE ALLOWED.

Continuing Education Credits
Continuing Education Credits are pending for:
- CERPS for Lactation Consultants (IBCLCs) for breastfeeding specific presentations only
- Childbirth Educators (ICCE/LCCEs)
- Licensed Mental Health Counselors (LMHCs)
- Massachusetts Licensed Dietitians/Nutritionists (LDNs)
- Nurses (RN/LPNs)
- Registered Dietitians (RDs)
- Social Workers (SWs)
We have applied for ACNM specialty credits.

Directions, Parking and Hotel
Our conference will be held at The Four Points by Sheraton Norwood. Norwood is located 15 miles west of Boston, on Routes 1 and 128/95. Driving: Directions are below, and parking is free. Public Transportation: There is a free shuttle that runs from the Norwood Central MBTA Commuter Rail Station to The Four Points by Sheraton.

Please note, we will be in the section of the conference center to the left of the main entrance. Turn in the main entrance, bear left, then look for signage for PIPH and parking for THE TIFFANY BALLROOM.

From the EAST
Take Interstate 93 South to I-95 North towards Dedham. Stay North to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

From the NORTH
Take Interstate 95 South to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

From the WEST
Take Massachusetts Turnpike East (Interstate 90) to Exit 14 (I-95/128 South). Continue South to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

From the SOUTH (Providence area)
Take I-95 North to Exit 11B (Neponset Street). Travel for 1/2 mile and turn left on Dean Street. Proceed to the first traffic light and turn left on to Route 1 South. The hotel is 0.3 miles down on the right.

From the SOUTH (Cape area)
Take Route 3 North to I-93 South to I-95 North towards Dedham. Stay North to Exit 15B (Route 1 South/Norwood). Take Route 1 South through two traffic lights (4.5 miles) and the hotel will be on your right.

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Partners in Perinatal Health supports the World Health Organization Code regarding the marketing of breast milk substitutes. All exhibitors and sponsors are required to comply with the Code.