The San Diego County Breastfeeding Coalition is a non-profit association of health professionals with a mission to promote, protect and support breastfeeding through education and outreach in our community.

www.breastfeeding.org

**COURSE OBJECTIVES:**
At the conclusion of this seminar the participant should be able to:

1. Utilize the Edinburgh Postnatal Depression Screen (EPDS) and refer high-risk patients to maternal mental health experts.
2. Describe treatment options for a breastfeeding mother identified with postpartum depression and/or anxiety.
3. List 3 commonly used medications for treating maternal mood disorders in the breastfeeding mother.
4. Explain both the protective role of breastfeeding and the risks that breastfeeding poses for the breastfeeding mother identified with postpartum mood disorder.
5. Employ messages to all mothers experiencing PMADS symptoms: “You are not alone. You are not to blame. With help, you will be well.”

**Target Audience:** Physicians, Nurse Practitioners & Physician Assistants, Nurses, Lactation Consultants, WIC associates, Dieticians, social workers, psychologists and others interested in supporting mothers in their breastfeeding goals.

**COURSE PROGRAM:**
Saturday, August 5, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>0730-0800</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>0800-0815</td>
<td>Welcome and Introduction</td>
</tr>
<tr>
<td>Kim Speckhahn, President, SDCBC</td>
<td></td>
</tr>
<tr>
<td>0815-0900</td>
<td>PMADS 101: Introduction to Perinatal Mood &amp; Anxiety Disorders &amp; Finding Help</td>
</tr>
<tr>
<td>Beth Warren, LCSW, President Postpartum Health Alliance, SD</td>
<td></td>
</tr>
<tr>
<td>0900-0945</td>
<td>Treatment for Postpartum Anxiety &amp; Depression: What Healthcare Providers Need to Know When Mom is Breastfeeding. My Hanh (Theresa) Nguyen, MSN, PMHNP-BC, Psychiatric Nurse Practitioner, UCSD Health Panel Discussion/Q &amp; A</td>
</tr>
<tr>
<td>0945-1000</td>
<td><strong>BREAK</strong></td>
</tr>
<tr>
<td>1000-1015</td>
<td>Medications for Perinatal Mood Disorders During Breastfeeding: What Works and What Doesn’t Jason Sauberan, PharmD, Sharp HealthCare Supporting a Breastfeeding Mother with Postpartum Depression or Anxiety. Rose deVigne-Jackiewicz, RN, MPH, IBCLC, Kaiser Panel Discussion/Q &amp; A</td>
</tr>
<tr>
<td>1015-1100</td>
<td>Documentary Commentary: “The Dark Side of the Full Moon” &amp; “Dancing Without You” &amp; “When the Bough Breaks” Jessica Furland, MSW, ASW, UCSD Conclusions and Evaluation</td>
</tr>
<tr>
<td>1100-1145</td>
<td><strong>BREAK</strong></td>
</tr>
<tr>
<td>1145-1200</td>
<td><strong>BREAK</strong></td>
</tr>
<tr>
<td>1200-1230</td>
<td>Documentation Commentary: “The Dark Side of the Full Moon” &amp; “Dancing Without You” &amp; “When the Bough Breaks” Jessica Furland, MSW, ASW, UCSD Conclusions and Evaluation</td>
</tr>
<tr>
<td>1230-1245</td>
<td><strong>Adjourn</strong></td>
</tr>
<tr>
<td>1245</td>
<td><strong>Adjourn</strong></td>
</tr>
</tbody>
</table>

**COURSE FACULTY:**
Beth Warren, LCSW
President, Postpartum Health Alliance of San Diego, Psychotherapist in Private Practice
My Hanh (Theresa) Nguyen, PMHNP
Psychiatric Nurse Practitioner, UC San Diego, Department of Psychiatry—Women’s Mental Health Program
Jason Sauberan, PharmD
Neonatal Research Institute, Sharp Mary Birch Hospital for Women and Newborns
Rose deVigne-Jackiewicz, RN, MPH, IBCLC
Kaiser San Diego, Outpatient Lactation Services
Jessica Furland, MSW, ASW
Clinical Social Worker, UCSD
Course Director: Nancy Wight, MD, IBCLC, FABM, FAAP

**CONFERENCE FEE:**
The registration fee is $65. SDCBC members, residents and students may register for $60. Parking is available in the Sharp Mary Birch parking deck. The registration fee includes: a continental breakfast, break refreshments, and a course syllabus.

**CME ACCREDITATION AND CREDIT CERPs:**
3.5 L CERP allocated by IBLCE; 3.5 instructional hours in topics on the IBLCE Exam Blueprint. BLCE Provider Approval Number CTL 112-10
MD, PA, RN Category 1 CME credits: The University of California, San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
AMA: The University of California, San Diego School of Medicine designates this live activity for a maximum of 3.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
COURSE REGISTRATION FORM:
Please Complete By July 30, 2017

To Register:
Register on line at www.breastfeeding.org OR Clip or copy this form and send with check Payable to "SDCBC" to: San Diego County Breastfeeding Coalition C/O AAP-CA 3 3160 Camino del Rio South, Suite # 101 San Diego, CA 92108 Phone: (760) 443-8683

Registration Fee: $65 _____
Resident Physician: $60 _____
Student: $60 _____
SDCBC Member: $60 _____

Name: ____________________________________________
_________________________________________________
Organization: _______________________________________
Address: ________________________________
_________________________________________________
Daytime Phone: _________________________________
Email: __________________________________________
Specialty: _______________________________________
Subspecialty: _________________________________

Circle all that apply: MD/DO NNP PA RN RD RT CLE CLC IBCLC Other _____________________

For more information about the seminar, or to learn more about the San Diego County Breastfeeding Coalition please contact: Heidi Burke-Pevney at heidiburke@cox.net or phone: (760) 443-8683.

Breastfeeding and Postpartum Mood Disorders: Milk, Tears, & Hope
A Mini-Seminar for Physicians & Other Health Care Providers

Saturday, August 5, 2017
8:00 am-12:45pm
Sharp Outpatient Pavilion Conference Room
3075 Health Center Drive
San Diego, CA, 92123

Sponsored by:
The University of California
San Diego School of Medicine

Accredited By

UC San Diego
School of Medicine
Continuing Medical Education
With assistance by:
The San Diego County Breastfeeding Coalition (SDCBC)