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## Continuing Medical Education



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](http://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, Dietitians, social workers, psychologists and others interested in supporting mothers in their breastfeeding goals.

#### Cultural & Linguistic Competency.

This CME Activity meets the requirements under California Assembly Bill 1195, continuing education and cultural linguistic competency.

### COURSE PROGRAM:

Saturday, August 5, 2017

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

### 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](http://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: \_\_\_\_\_

\_\_\_\_\_

DaytimePhone: \_\_\_\_\_

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](mailto:heidiburke@cox.net) or phone: (760) 443-8683.

San Diego County Breastfeeding Coalition  
C/O AAP-CA 3  
3160 Camino del Rio South, Suite # 101  
San Diego, CA 92108

# 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**

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**UC San Diego**  
SCHOOL OF MEDICINE

Continuing Medical Education

With assistance by:

**The San Diego County Breastfeeding  
Coalition (SDCBC)**

