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.

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 San Diego, Outpatient Lactation Services
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

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.