

*Rae, please add this as a foot note on each page with a workshop.*

*\$ - Indicates an additional fee is required. Workshops are filled on a first-come, first-served basis; tickets are required for admittance and can be purchased at the registration desk during registration hours.*

## **FRIDAY, MAY 25**

### **8:00am – 11:30am**

\$ - Workshop 1 • 0.35 CEUs

#### **Management of Dysfunctional Uterine Bleeding and Endometrial Biopsy**

Presenters: Angela Deneris, CNM, PhD, FACNM; Katherine Morgan, MS, WHNP

Dysfunctional uterine bleeding (DUB) and endometrial cancer are significant problems in gynecology practice. It is important that midwives providing care for women are knowledgeable in the evaluation, differential diagnoses, and treatment modalities of DUB. Endometrial biopsy is a skill essential to the midwife to provide accurate and timely etiology and diagnosis for DUB and to rule out intrauterine pathology. Endometrial biopsy is a safe, cost-effective office procedure used to evaluate endometrial tissue. This presentation will provide a plan for accurate assessment, diagnosis, and treatment of DUB. There will be an emphasis on indications, contraindications, and technique for endometrial sampling. Case studies from the presenters' practice will be utilized to facilitate the ability of the participants to apply the information to their clinical practice. The session will include simulated practice of endometrial biopsy.

Upon completion of this workshop, participants will be able to:

- Define DUB categories.
- Differentiate between physiologic and pathologic uterine bleeding.
- List treatment options for DUB.
- List indications and contraindications for endometrial biopsy.
- Perform a simulated endometrial biopsy.

### **8:00am – 11:30am**

\$ - Workshop 2 • 0.35 CEUs

#### **Fetal Heart Rate Monitoring: Update on Terminology, Interpretation, and Management**

Presenters: Tekoa King, CNM, MPH, FACNM; Lisa Miller, CNM, JD

Interpretation of fetal heart rate (FHR) patterns is a critical element of intrapartum care. Use of an agreed upon terminology and evidence-based management techniques are recommended. Clinicians caring for women in labor should be able to identify non reassuring FHR patterns and take the appropriate steps to effect the best outcome for the newborn infant. This program reviews NICHD terms for FHR patterns, interventions and techniques for antepartum surveillance.

Upon completion of this workshop, participants will be able to:

- Use standard terms for describing FHR patterns.
- Identify reassuring and non reassuring FHR patterns.
- Implement evidence-based intrauterine resuscitation interventions for non reassuring FHR patterns.

### **8:00am – 11:30am**

\$ - Workshop 3 • 0.35 CEUs

#### **Evidenced-Based Approach for the Non-Surgical Treatment of Pelvic Organ Prolapse and Urinary Incontinence**

Presenter: Kendra Harrington, PT, DPT, BCIA-PMDB

This course will teach conservative treatment options for pelvic muscle dysfunction as it related to pelvic organ prolapse and urinary incontinence. Evidence-based practice related to conservative treatment and its success rate will be reviewed.

Upon completion of this workshop, participants will be able to:

- Identify patients who could benefit from conservative therapies as they relate to pelvic muscle dysfunction.
- Develop behavioral and bladder exercise programs to resolve overactive bladder and its associated urinary incontinence.
- Evaluate a patient's pelvic floor muscle strength and properly educate the patient in pelvic floor muscle exercises.

**8:00am – 11:30am**

\$ - Workshop 4 • 0.35 CEUs

**The ABCs and 123s of Billing and Coding**

Presenter: Joan Slager, CNM, MSN, CPC

This workshop will present topics that form a foundation for developing coding and billing skills. The workshop will discuss the rules and regulations relative to billing and coding as well as introduce the billing and coding language that translates clinical work into payment. Time will be spent learning how to choose an Evaluation & Management code for ambulatory services and what documentation is necessary to support services that are billed. The workshop is a must for the new midwife and a review for those who have some billing and coding experience. The fee for this workshop includes the ACNM Handbook *Getting Paid*.

Upon completion of this workshop, participants will be able to:

- Gain an understanding of the legal aspects affecting billing and coding for midwives.
- Identify correct ICD-9 and CPT codes that apply to hypothetical clinical patient encounters.
- Identify the elements necessary to select the appropriate Evaluation and Management codes for patient encounters.
- Learn what documentation is necessary to support the level of visit billed for a patient encounter.

**8:00am – 11:30am**

\$ - Workshop 5 • 0.35 CEUs

**A Midwife's Guide to Shoulder Dystocia: From Definition to Diagnosis to Debriefing**

Presenter: Jennifer Fahey, CNM, MSN, MPH

Shoulder dystocia is one of the leading causes of malpractice claims against providers of intrapartum care. This workshop is an in-depth look at shoulder dystocia from various perspectives, including research, clinical, medico-legal, and educational/training. Participants will gain an understanding of the basics of the pathophysiology of shoulder dystocia and management principles and will also learn about and discuss recent evidence-based prediction models and management interventions. Presentation will use video and models to demonstrate key principles in the management of shoulder dystocia. Risk management, patient disclosures, and charting concerns will also be addressed using a real case study of a shoulder dystocia case that was tried in court.

Upon completion of this workshop, participants will be able to:

- Describe the physiology, anatomy, and pathophysiology of shoulder dystocia.
- Describe predictive models for shoulder dystocia including the strengths and limitations of each.
- Describe and demonstrate the clinical management of shoulder dystocia applying the most recent research findings.
- Describe the management of the medio-legal ramifications of shoulder dystocia including charting and post-event debriefing of the medical team and of the family.

**8:00am – 11:30am**

\$ - Workshop 6 • 0.35 CEUs

**2006 CDC STD Treatment Guidelines and Male Exam**

Presenters: William Wong, MD; Mary McCarron, MS, FNP

This half-day workshop provides an overview of CDC's 2006 STD Treatment Guidelines and a thorough explanation and step-by-step instruction on how to examine male patients for STDs. Participants will learn: how to take a sexual history, the proper techniques for performing male genital examinations, an overview of the male anatomy, and common concerns of male patients. Discussion will also include identifying the educational needs of men surrounding male reproductive health. During the second half of the workshop, participants will be able to practice the skills they learned on live male models.

Upon completion of this workshop, participants will be able to:

- Describe the elements of taking a sexual history.
- Describe techniques for performing male genital examinations.
- Discuss common concerns of male patients.
- Identify reproductive health educational needs of men.

**8:00am – 5:00pm**

\$ - Workshop 7 • 0.75 CEUs

### **Neonatal Resuscitation Program (Basic)**

Presenter: Barbara Camune RNC, CNM, WHNP, DrPH; Sharyl Sadowski, MS, RNC, APN-NN; Carrie Klima PhD, CNM

This all-day workshop is intended for those nurses and midwives who have not been certified in neonatal resuscitation in the past or whose certification has lapsed. Participants are expected to buy the 5th edition of the *Neonatal Resuscitation Program Workbook* from the American Academy of Pediatrics ([www.aap.org/bookstore](http://www.aap.org/bookstore)) to read and review the modules before coming to class. Each module will be explained and discussed followed by immediate testing. Participants will be expected to pass a skills check-off and manage a neonatal resuscitation scenario. A certificate will be awarded upon successful completion of the course and an official NRP card will be mailed.

Upon completion of this workshop, participants will be able to:

- Demonstrate the basic skills needed to resuscitate a newborn.
- Describe various situations that require newborn resuscitation.
- Differentiate between types of resuscitation equipment and their uses.
- Successfully pass the tests needed for recertification.

### **8:00am – 5:00pm**

\$ - Workshop 8 • 0.75 CEUs

### **The Nuts and Bolts of Political Action: A Primer for Beginners to Effect Change Locally, Nationally, and Internationally**

Presenter: Kathryn Harrod, CNM

During the Annual Meeting in Salt Lake City, members stated in session after session how important political action is for midwives and how unprepared many feel for this endeavor. This workshop will provide the basics of local, state, and federal political action. Attendees will leave this session prepared to participate in activity that will help to develop and promote public policy across the country and internationally.

Upon completion of this workshop, participants will be able to:

- Provide an overview about how to generate national health policy.
- Present and discuss the 2007 ACNM Legislative Agenda.
- Review effective techniques used to influence policy at the local, state, and federal levels.
- Instruct and update participants on midwifery policy and legislative issues within a local, state, and national perspective of a changing environment for health care.
- Provide an opportunity for participants to role play and work together in smaller groups to develop strategies for addressing these policy and legislative issues.

### **8:00am – 5:00pm**

\$ - Workshop 9 • 0.75 CEUs

### **CranioSacral Applications to Midwifery: Awaken Your Hand Skills to Unlock the Body's Natural Rhythms, Inner Wisdom, and Healing Potential**

Presenters: Sandra DeGroot, CNM, MSN; Carol McLellan, CMT, CST-D

CranioSacral Therapy (CST) adds an empowering dimension to midwifery practice for the woman, the family, the newborn, and the midwife. CST is a gentle, hands-on method of evaluating and enhancing the functioning of the physiologic body system called the craniosacral system, comprised of the membranes and cerebrospinal fluid that surrounds and protects the brain and spinal cord. This is a hands-on workshop, and by the end of the day, you will be able to palpate the craniosacral rhythm and induce a still-point. Advanced CST techniques used in maternity and newborn care will be discussed. Video clips of what mothers and fathers are saying about CST and birth will warm your heart and fuel your passion for midwifery care. You will leave this workshop with renewed energy and confidence that this high-touch approach balances the ever-expanding high tech approach to birth.

Upon completion of this workshop, participants will be able to:

- Express the benefits of CST as applied to pregnancy and childbirth.
- Palpate and evaluate the CranioSacral rhythm (CSR), being able to identify 'flexion' and 'extension'
- Have a basic understanding of Tissue Release and the Therapeutic Pulse.
- Induce a still-point, enabling the practitioner to induce a profoundly relaxed state.
- Experience the benefits of CST for self care and renewal.

**8:00am – 5:00pm**

\$ - Workshop 10 • 0.75 CEUs

**First Assisting for Cesarean Birth: Standards, Techniques and Recommended Practices**

Presenter: Nell Tharpe, CNM, MS, CRNFA

Thinking about assisting with Cesarean births? This workshop will focus on the relevant anatomy, surgical techniques, and the midwife's role as the surgical first assistant during Cesarean delivery. The fee for this workshop includes the ACNM handbook *The Midwife as Assistant*.

Upon completion of this workshop, participants will be able to:

- Identify current resources for standards and practices related to surgical aseptic technique in the OR.
- Understand the theory and practice necessary to: (a) handle tissue correctly and appropriately; (b) provide optimal exposure to the surgical site; (c) use instruments correctly and appropriately; (d) suture abdominal layers; (e) provide hemostasis; and (f) identify and treat intraoperative complications.
- Be familiar with the relevant surgical anatomy, surgical techniques, common procedures, and instrumentation used during Cesarean birth.
- Discuss professional requirements to expand scope of practice to include surgical first assisting: (a) ACNM Practice Statement; (b) documentation for obtaining privileges; (c) identification of key elements in the billing process that must be met in order to be reimbursed for surgical first assisting services; (d) identification of individual professional level of interest in expanding scope of practice to include surgical first assisting; and (e) demonstrate basic knowledge & skills necessary to function as a beginner first assistant.

**8:00am – 5:00pm**

\$ - Workshop 11 • 0.75 CEUs

**Home-Based Life Saving Skills: From Design to Reality – Views From Those Who've Done It**

Presenters: Lynn Sibley, CNM, PhD, FACNM; Diana Beck, CNM, MSN; Sandy Buffington, CNM, MPH, PNP, FACNM; Deborah Armbruster, CNM, MPH, FACNM

*The Home-Based Life Saving Skills* (HBLSS) program works with women, families, and community members to come to a common understanding of the need and the means to prevent maternal and neonatal deaths starting at the family and community level. To implement this program, a systematic approach is used including: initial planning, assessment, preparation for implementation and training, and monitoring and evaluation. Participants will receive an overview of *HBLSS*, explore in detail each implementation step, and have the opportunity for interchange with a panel of presenters who have implemented *HBLSS*, or an adaptation of *HBLSS*, through support from ACNM or another agency. This workshop is appropriate both for those who have or have not attended the 5-day *HBLSS* workshop, as it will incorporate some additional information and field reality to what has previously been presented. The workshop fee will include the *HBLSS Guidelines for Decision Makers and Trainers Manual*.

Upon completion of this workshop, participants will be able to:

- Explain what the *HBLSS* program is.
- Describe the steps for implementing a *HBLSS* program.
- Practice development of the implementation steps using the *HBLSS Guidelines for Decision Makers and Trainers Manual* and other resources.
- Discuss how the *HBLSS* program can be adapted to meet the needs of different communities and donors.
- Describe common issues/challenges that arise in the implementation of a *HBLSS* program and possible solutions.

**1:00pm – 7:00pm**

\$ - Workshop EP

**Exam Prep**

Presenter: Randi Singer, CNM

This workshop is designed for midwifery students who need some extra help from experts as they prepare to take the national certification exam. Content will include tips on the psychology of preparing to take any exam and secrets to success on multiple choice exams, development of an individualized self study program for the ACMB exam, and sample exam questions with instant feedback. The fee for this workshop includes the *ACNM Exam Prep Workbook*.

**1:00pm – 4:30pm**

\$ - Workshop 12 • 0.35 CEUs

**Advanced Billing & Coding for Midwives**

Presenter: Joan Slager, CNM, MSN, CPC

In this Advanced Billing & Coding Workshop, the midwife will learn how to build on basic billing & coding knowledge in order to bill correctly for visits that fall outside of global obstetric charges, triage or after-hours charges, and inpatient services. Additionally, coding for procedures and complex encounters will be discussed. Ways to enhance reimbursement will also be presented.

Upon completion of this workshop, participants will be able to:

- Apply the correct codes when: (a) billing outside of the global charges for pregnancy; (b) billing for complications during a well woman exam and (c) billing for after-hours visits.
- Describe various ways to enhance reimbursement.
- Identify common coding errors that affect reimbursement.

**1:00pm – 4:30pm**

\$ - Workshop 13 • 0.35 CEUs

**The Objective Structured Clinical Examination in Midwifery Education: A Hands-On Workshop**

Presenters: Melissa Avery, CNM, PhD; Jane Miller, PhD

The purpose of this workshop is to provide a complete description of the Objective Structured Clinical Examination (OSCE) development process with opportunity for participants to develop actual clinical scenarios. The OSCE is widely used in nurse practitioner and medical education to evaluate student clinical skills using a consistent set of measures. In 2005, the National Board of Medical Examiners mandated the use of a 12-station OSCE for the licensure of all new physicians. Students are presented with a standardized clinical situation by a trained actor or “standardized patient” and are evaluated on their ability to assess the patient (i.e. demonstrating their physical exam and history-taking skills) and determine an appropriate plan of care (i.e. demonstrating their clinical knowledge and decision-making skills). In this workshop, midwife educators will learn more about the characteristics of OSCEs, effective evaluation strategies, and will collaborate in groups to develop meaningful clinical scenarios that can be used with their own students following the workshop. Recorded examples of actual OSCE encounters between students and standardized patients (as well as feedback following the encounters) will also be shared. It is suggested that attendees bring their own laptop computer, but it is not a requirement to participate in this workshop

Upon completion of this workshop, participants will be able to:

- Describe the benefits of using OSCEs to evaluate student learning.
- Identify the characteristics of an effective OSCE, including information needed by the student and the standardized patient.
- Develop effective clinical scenarios, including evaluation criteria in partnership with other participants, using an established template.

**1:00pm – 2:00pm**

Education Session 101 • 0.1 CEU

**Why Collect Data? Putting Into Practice Evidence-Based Practice**

Presenters: Eunice (Kitty) Ernst, CNM, MPH, FACNM; Susan Stapleton, CNM, MS; Kate Bauer, MBA

The collection, analysis and publication of data have been proven to be essential to the development of the midwifery profession. In the new world of evidence-based practice, midwives have an unprecedented opportunity to demonstrate the difference between the practice of midwifery and obstetrics that is necessary to establish their autonomy as a member of a collaborating team of providers in the delivery of care to women and childbearing families. The milestones of evidence-based practice in the development of the profession provides the foundation for a movement to collect national data under a

unified system that benefits individual practice operations and enables reporting of aggregate data on outcomes and operations of services. Steps for getting started are outlined.

By the end of this presentation, participants will be able to:

- Explain the importance of evidence-based practice.
- Describe the evolution of data collection describing midwifery practice and its impact on the development of the profession.
- List the core data set for describing midwifery care and outcomes.
- Discuss the various methods of data collection.

### 1:00pm – 2:00pm

Education Session 102 • 0.1 CEU      Rx = 0.1 CEU

#### **Cervical Ripening: What We Know and Why a Paradigm Shift Is Needed For Reducing the Incidence of Preterm Birth**

Presenter:      Barbara McFarlin, CNM, PhD, RDMS

Preterm births are recognized as a major cause of infant death and disability. Historically, the uterus has been viewed as being one organ, thus treatments for preterm labor have been “myocentric,” focusing on modifying contractions, not cervical ripening. However, histologically and functionally, the body of the uterus and the cervix are two different structures (systems). When ready for the work of labor, the corpus and cervix work synergistically together by contracting (corpus) through a ripened cervix allowing passage of the fetus. Regardless of the etiology of labor, there is a common pathway in which changes in the cervix associated with cervical ripening occur before the final phase of extensive uterine contractions. Hence, cervical structure and function are integral features of labor and birth. Unfortunately, interventions to modify cervical ripening have been hampered by the lack of a valid noninvasive method to quantify cervical ripening. This program will discuss why the myocentric conceptual framework has not reduced the incidence of premature births, review what is known about cervical ripening, and discuss techniques and medications that could modify cervical ripening.

By the end of this presentation, participants will be able to:

- Determine why a paradigm shift is needed in the way preterm labor and birth are evaluated and treated.
- List what is known about the physiologic and morphologic changes in the cervix that occur with ripening.
- List the risks and benefits of evaluation and treatment strategies for modifying cervical ripening.

### 1:00pm – 2:00pm

Education Session 103 • 0.1 CEU

Setting Health Care in its Social Context: Reducing Disparities Among African American

Families.

Presenter: Ruth Lubic, CNM, EdD, FACNM

(Description not available at press time.)

**2:15pm – 3:15pm**

Education Session 104 • 0.1 CEU

**Body Burden: The Pollution in People**

Presenter: Jane Houlihan, MS

From the moment of conception to the end of life, our bodies play host to myriad industrial chemicals that cross into our bloodstream through our skin, gut, or lungs. Since 2000, the Environmental Working Group has spearheaded studies finding 455 industrial pollutants, pesticides, and other chemicals in blood, urine, and breast milk. During this education session, the results of these studies will be reviewed and implications for midwifery practice will be discussed.

By the end of this presentation, participants will be able to:

- Describe biomonitoring and how it can be used to monitor industrial pollution.
- Describe environmental contaminants that affect the developing fetus.
- Identify childhood and adult diseases that may be related to fetal exposure to environmental chemicals.
- Describe how health impacts are influenced by windows of vulnerability and genetic susceptibility.
- Describe how the latest biomonitoring research can be incorporated into midwifery practice.

**2:15pm – 3:15pm**

Education Session 105 • 0.1 CEU

**Sexual Dysfunction**

Presenter: Domeena C. Renshaw, MD

A wide range of sexual fantasies, longings, beliefs, fears and behaviors, problems and dysfunctions present to nurses and nurse-midwives for clinical attention. Myths, misconceptions and much sexual ignorance persist, despite three decades of available sex education and therapy for individuals and for couples. A comprehensive medical and sexual history and physical-sexological examination are essential to management. Sexual desire problems have been headlines for a decade. Premature ejaculation, anorgasmia, dyspareunia, vaginismus and unconsummated marriages are not extinct symptoms. In sickness and in health, sexual problems cause personal and interpersonal distress deserving of careful clinical attention.

By the end of this presentation, participants will be able to:

- Raise awareness of sexual dysfunctions, workups and treatments.
- Consider the complex intrapersonal and interpersonal factors that may enhance or impede natural sexual expression.
- Discuss the ethics of sex education and sex therapy.

### 2:15pm – 3:15pm

Education Session 106 • 0.1 CEU

#### **Piercing the Veil: The Marginalization of Midwives in the US**

Presenter: Steffie Goodman, CNM, MSN, PhD

Access, quality, cost, and satisfaction are four main issues affecting health care today. Despite the evidence that midwives provide the gold standard for maternity care, they attend 7% of births in the United States compared to 50-75% of births in many other developed countries. A detailed analysis of the state, market, and cultural factors that shape the marginalization of midwives in the US are addressed in an effort to pierce the veil that separates midwifery from mainstream medicine.

By the end of this presentation, participants will be able to:

- Understand the concept of professional marginalization.
- Understand a political economy framework for health care.
- Understand how the political economy of maternity care affects the marginalization of midwives in the US.
- Understand how the marginalization of midwives affects midwifery practice and maternity care in the US.
- Begin to strategize ways to promote midwifery-led maternity care in the US

### 3:30pm – 4:30pm

Education Session 107 • 0.1 CEU Rx = 0.1 CEU

#### **Menopause: Case Studies of Hormone Therapy**

Presenters: Mary Brucker, CNM, DNSc; Mary Faucher, CNM, PhD

During this session, case studies will be presented depicting women with various risk factors and individual preferences for hormone therapy. Current evidence on indications and risk and updated formulations for progesterone and/or estrogen therapy will be addressed. Additionally, evidence related to bio-identical hormone therapy will be discussed in the context of case studies.

By the end of this presentation, participants will be able to:

- Describe how to individualize hormonal therapeutic regimens.
- Discuss the most recent evidence related to indication for hormone therapies and associated risks.
- Review management using bio-identical hormone therapy.

### 3:30pm – 4:30pm

Education Session 108 • 0.1 CEU

#### **Can Oral Health Affect Your Birthing Outcomes?**

Presenters: Robert Kovarik, DMD, MS; Sara Womack, BA

The association between oral infections and negative birth outcomes has been demonstrated, particularly in pregnant women who exhibit severe or generalized periodontal disease. Therefore, it is vital for medical professionals caring for pregnant women to understand the relationship between oral infections and birth outcomes, to recognize when an oral infection is present, and to counsel their patients on the importance of achieving and maintaining oral health. The purpose of this presentation is to provide participants with the basic knowledge and skills to address oral health issues in their practices.

By the end of this presentation, participants will be able to:

- Understand the current literature and summarize the relationships between oral health and birthing outcomes for the patients.
- Recognize the signs and symptoms of the different oral infections.
- Explain to patients the etiology and types of oral diseases.
- Provide guidance on the prevention of oral diseases for their patients and their babies.

### 3:30pm – 4:30pm

Education Session 109 • 0.1 CEU

#### **Sexuality Issues as Women Age**

Presenter: Lee P. Shulman, MD

A discussion of the etiology, physiology, diagnosis, and interventions of sexual problems in women.

By the end of this presentation, participants will be able to:

- Review the physiology of the female sexual process.
- Describe the various clinical problems associated with abnormal female sexual response.
- Review pharmacologic and psychologic interventions geared to improving female sexuality

## **SATURDAY, MAY 26**

### **8:00am – 9:00am**

Education Session 201 • 0.1 CEU

#### **CDC STDs 2006 Guidelines**

Presenter: William Wong, MD

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### **8:00am – 9:00am**

Education Session 202 • 0.1 CEU

#### **VBAC - Maternal Mortality**

Presenter: Sarah Kilpatrick, MD, PhD

This lecture will be a review of the data on risks and benefits and success of VBAC with the conclusion that offering VBAC is appropriate in the right setting.

By the end of this presentation, participants will be able to:

- List risk of uterine rupture with one prior low transverse cesarean.
- List two clinical factors that increase likelihood of successful VBAC.
- List most common sign of uterine rupture.

### **8:00am – 9:00am**

Education Session 203 • 0.1 CEU

#### **Reduction Diets**

Presenter: Sandy Goldberg, PhD

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### **8:00am – 9:00am**

Education Session 204 • 0.1 CEU

#### **Social Marketing of Breastfeeding**

Presenter: Claire Westdahl, CNM, MPH, FACNM

This session will present novel strategies to “sell” breastfeeding based on the principles of social marketing. Marketing campaigns for infant formula and breastfeeding will be compared. The most common barriers to initiation of breastfeeding will be explored. A communication strategy to identify the real reasons women do not breastfeed will be introduced. Other adaptations to clinical practice to increase effectiveness in promoting breastfeeding will be discussed.

By the end of this presentation, participants will be able to:

- Compare and contrast the principles of social marketing and commercial marketing.
- Identify the stages of change in adopting a health behavior.
- List the most common perceived “costs” of breastfeeding.

- List four adaptations to your clinical practice utilizing principles of social marketing to promote breastfeeding.

### 9:15am – 10:15am

Education Session 205 • 0.1 CEU

#### **Reducing Health Disparities: How Inequalities Make Us Sick and What Midwives Can Do to Counteract Them**

**Presenters:** Amy Levi, CNM, PhD, FACNM; Elaine Germano, CNM, DrPH, FACNM; Rosemary Bolza, CNM

The burden of preventable disease, premature deaths, and poor pregnancy outcomes disproportionately affects people who are politically disenfranchised and economically disadvantaged. In all leading public health mortality and morbidity indices, there is a persistent gap between the privileged and the disadvantaged, commonly referred to as “health disparities.” Although it is commonly believed that the causes of these disparities are associated with medical conditions and the inability to access healthcare, or with lifestyle and behavioral choices that, if changed, would decrease the incidence of the conditions, current research is showing that the causes may be more related to the social conditions in which we are born, live and work. This session, which has been developed by the ACNM Task Force on Reducing Health Disparities, will provide an overview of the current knowledge about the causes of health disparities, including a film preview of the upcoming PBS series “*Unnatural Causes: Is Inequality Making Us Sick?*” and will highlight how midwifery care has and can continue to address the health disparities of the women we serve.

#### **Objectives:**

By the end of this presentation, participants will be able to:

- Identify at least three non-medical/non-genetic/non-behavioral causes of illness and poor pregnancy outcomes.
- Describe documented examples of midwifery care that have reduced health disparities in selected population groups.
- Understand the importance of raising the public’s awareness about socio-economic and racial health disparities in the U.S.
- Identify the steps midwives can take in developing partnerships with other maternal and child health providers and/or organizations to address health inequities.

### 9:15am – 10:15am

Education Session 206 • 0.1 CEU

#### **Collaborative Education**

**Presenter:** Douglas W. Laube, MD, MEd

During this discussion, educational strategies will be presented to include techniques that can be shared by women’s health care providers representing a diverse spectrum of

educational background ranging from novice to seasoned expert. These strategies are designed to provide a coalescence of not only thought, but the process designed to maximize patient safety and clinical outcome. Emphasis will be placed on techniques that highlight team building, communication, and mutual respect.

By the end of this presentation, participants will be able to:

- List three venues where collaborative education is successful in expanding knowledge in reproductive health care.
- Select a learning style that is most appropriate to a diversely educated audience targeted by the educational process.
- Describe three methodologies by which the health care team uses common educational strategies.

### **9:15am – 10:15am**

Education Session 207 • 0.1 CEU

#### **Escuchamos a Mujeres: Developing Cultural Humility and Language Skills for Midwifery Students**

Presenters: Amy Levi, CNM, PhD, FACNM; Leslie Cragin, CNM, PhD

According to the 2004 United States census, 67% of Americans are white and non-Hispanic. The balance of the population is comprised of African-Americans, Asian and Pacific Islanders, American Indian and Alaskan natives, and Latinos. Eighteen percent of Americans do not use English as a first language in their homes. As our country becomes more diverse, the need for midwives to have appropriate communication skills has increased. Tervalon (1998) has proposed the model of cultural humility as a framework for health care providers to effectively communicate with patients from different cultures. This session will describe the program elements we have developed to provide midwifery students with both language and culturally appropriate communication skills to improve their ability to provide midwifery care in our culturally diverse community.

By the end of this presentation, participants will be able to:

- Describe the concept of cultural humility as developed by Tervalon.
- Identify activities that promote the development of cultural humility for midwifery students.
- Discuss approaches to supporting language skill acquisition in midwifery students.

### **9:15am – 10:15am**

Education Session 208 • 0.1 CEU

#### **Newborn Care**

Presenter: Terri Russell, RNC, MSN, NNP

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### **10:30am – 11:30am**

Education Session 209 •

**Inspiring Women's Sexual Wellness** *Moved to Wednesday 2:15pm - Session 620*

Presenter: Lee P. Shulman, MD

**10:30am – 11:30am**

Education Session 210

**Social Marketing of Breastfeeding** *(Repeat of Session 204)*

Presenter: Claire Westdahl, CNM MPH FACNM

**10:30am – 11:30am**

Education Session 211

**Reduction Diets** *(Repeat of Session 203)*

Presenter: Sandy Goldberg, PhD

**10:30am – 11:30am**

Education Session 212 • 0.1 CEU Rx= 0.1 CEU

**The Little Ones: Clinical Guidelines and Recommendations for the Management of Intrauterine Growth Restriction**

Presenter: Rebecca Cypher, MSN, PNNP

Intrauterine growth restriction (IUGR) is a complex problem that occurs in approximately 4-10% of the general obstetric population. IUGR is one of the leading causes of perinatal morbidity and mortality in the United States following prematurity. This presentation will give participants an overview of definitions associated with IUGR as well as common risk factors for this high risk obstetrical diagnosis. In addition, diagnostic techniques and management strategies for pregnancies complicated by IUGR will be reviewed in depth. A challenging case study will conclude the presentation.

By the end of this presentation, participants will be able to:

- Review definitions and associated terms for intrauterine growth restriction (IUGR).
- List four categories of risk factors in pregnancies complicated by IUGR.
- Identify two diagnostic techniques for identifying IUGR.
- Discuss management strategies for the pregnancy complicated by IUGR.

**SATURDAY, MAY 26**

**1:00pm – 2:00pm**

Premier Session 01 • 0.1 CEU

**Recent Advances in the Science of Lactation**

*Supported by an unrestricted educational grant from Medela, Inc.*

Presenter: Jacqueline C. Kent, PhD

New information will be presented on the anatomy of the breast, normal breastfeeding patterns of babies, and removal of milk from the breast during breastfeeding and expressing.

At the completion of the presentation, attendees will be able to:

- Apply the results of recent research on the removal of milk from the breast to support breastfeeding mothers.

**1:00pm – 2:00pm**

Premier Session 02 • 0.1 CEU

**Quality, Access and Disparities in Care: Driving Change through Research in Action**

Presenter: Carolyn Clancy, MD

This session will review current trends and issues in healthcare quality, especially related to access to care and health disparities; outline research findings and environmental pressures that are shaping the future of health care delivery; and describe how growing efforts to collect and report information on quality and cost of care, including the adoption of health IT, are further driving changes in quality improvement.

At the completion of the presentation, attendees will be able to:

- Describe key public- and private-sector issues impacting the delivery of health care today.
- Outline the related roles that the U.S. Department of Health and Human Services and Agency for Healthcare

Research and Quality play in those issues.

- Explain how the growing efforts to collect and report information on quality and cost of care are further driving changes in health care delivery.
- Summarize the relationship between those efforts and strategies to improve quality and safety of care, especially for vulnerable.

**2:15pm – 3:15pm**

Premier Session 03 • 0.1 CEU

**Recent Advances in the Science of Lactation - Repeat of PS01**

*Supported by an unrestricted educational grant from Medela, Inc.*

Presenter: Jacqueline C. Kent, PhD

**3:30pm – 4:30pm**

Education Session 213 • 0.1 CEU

**CDC STDs 2006 Guidelines (Repeat of Session 201)**

Presenter: William Wong, MD

**3:30pm – 4:30pm**

Education Session 214 • 0.1 CEU

**Tips for Keeping Current Even When You're Overworked**

Presenter: Mary Barger, CNM, MPH

The average midwife is working long hours and barely has time for a personal life. How do you know if you should 'believe' the latest study in the headlines? How is it possible to keep your practice evidenced-based? This presentation will help you identify what you need to know, how you can find the most evidenced-based literature, and how you can interpret it. You will learn how to quickly scan new research articles for relevance to your practice and decide if they deserve a closer read. Examples will be drawn from areas of practice relevant to midwifery.

By the end of this presentation, participants will be able to:

• Define evidenced-based practice and the US Preventative Health Services Task Force's levels of evidence.

• Discuss the strengths and weaknesses of different study designs and systematic review methods.

• Understand the meaning of statistical measures that measure absolute and relative risks.

- Identify a process for identifying, researching, and interpreting information on relevant clinical topics.
- Identify web sources for systematic literature reviews.

### **3:30pm – 4:30pm**

Education Session 215 • 0.1 CEU

#### **Treating Pelvic Muscle Dysfunction through Pelvic Floor Physical Therapy**

Presenter: Kendra Harrington, PT, DPT, BCIA-PMDB

This session will present pelvic floor physical therapy as a treatment option for pelvic muscle dysfunction as it relates to weakness and pain. An overview of pelvic floor dysfunctions commonly treated through physical therapy will be reviewed, along with evidence-based treatments.

By the end of this presentation, participants will be able to:

- Identify the benefits of pelvic floor physical therapy in the multi-disciplinary care of pelvic muscle dysfunction.
- Evaluate patients who could benefit from a referral to pelvic floor physical therapy.
- Appreciate key pelvic floor physical therapy treatment options for pelvic muscle dysfunction.

### **3:30pm – 4:30pm**

Education Session 216 • 0.1 CEU

#### **ACNM Town Hall: Strategic Priorities in Action**

Presenters: ACNM Staff

The Board of Directors has established a clear path for ACNM in the form of Strategic Priorities. Staff will present an overview of several of the areas in which ACNM has put these priorities into action since the 2006 Annual Meeting. Key staff will interact with the audience on these issues and elicit other information and questions from members. A bibliography of articles, handbooks, books and published public documents such as the FTC report on Competition in Health Care is included. Take this opportunity to interact with staff on key issues affecting the profession. Bring your questions and share your experiences. Learn from the experts and get the inside information on topics including marketing and media relations, public policy, clinical practice, midwifery education, practice environment, global outreach, and membership benefits.

By the end of this presentation, participants will be able to:

- Identify key strategic priorities that ACNM staff have developed into actions.
- Identify new health care issues and implications on midwifery care.
- Appreciate the importance of feedback between staff and midwives on key issues.
- Identify divisions, sections and committees which work on critical midwifery practice and policy issues with ACNM staff.

- Know where additional information can be obtained via various ACNM resources on these critical issues.

## **SUNDAY, MAY 27**

**8:15am – 9:15am**

Premier Session 05 • 0.1 CEU

### **The Evolving Well Woman Visit**

*Supported by an unrestricted educational grant from Duramed a division of Barr Laboratories*

Presenter: Michael S. Policar, MD, MPH

The annual “well woman” visit has undergone dramatic changes, owing to the publication of new national guidelines that comment on both the content and frequency of recommended interventions. This lecture will review the new guidelines for screening for breast and cervical cancer; metabolic conditions including hypertension, hyperlipidemia, diabetes, and osteoporosis; and for sexually transmitted infections. Barriers to implementation, both from the view point of the consumer and the provider, will be discussed. A practical strategy for implementing these guidelines in office practice will be offered.

At the completion of the presentation, attendees will be able to:

- List the nationally-accepted recommendations regarding when Pap smear screening should start, when it should be stopped, and how often Pap smears should be performed
- List 3 methods for breast cancer screening and specify the frequency recommendations by age-group for each method.
- List 2 pros and 2 cons of ovarian cancer screening in low risk women.
- List 8 barriers to clinician adoption of the new periodic health screening guidelines.

**8:15am – 9:15am**

Premier Session 06 • 0.1 CEU

### **Dysfunctional Uterine Bleeding (DUB)**

Presenter: Andrew Brill, MD

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**9:30am – 10:30am**

Education Session 301 • 0.1 CEU

### **Working Together as Midwives**

Presenters: Debbie Pulley, CPM; Carol Nelson, CPM

Working Together as Midwives’ will focus on how complementary relationships between CNMs, CMs, and CPMs will increase the public profile of midwifery and increase the birthing options for all women. As midwives today face the pressures of outside forces trying to eliminate the profession, we need to combine our efforts to make midwifery thrive.

By the end of this presentation, participants will be able to:

- Identify how complementary relationships between CPMs, CMs, and CNMs will increase the public profile of midwifery and increase the birthing options for all women.
- Describe the similarities and differences in the training of CPMs, CMs, and CNMs and how these characteristics affect their job opportunities.

- Describe the national standards for accreditation of certifying agencies, and how NARM and ACNM have fulfilled these requirements.
- Describe the development of the certification process, including the Certification Task Force, the Job Analysis, item writing, and how the process determines certification requirements for midwives.
- List challenges midwives will face in the next decade and identify strategies to overcome them by working together.
- Compare the routes of education and training for CNMs, CMs, and CPMs.
- Describe the development of the certification process, including the Certification Task Force, the Job Analysis, item writing, and how the process determines certification requirements for midwives.
- List challenges midwives will face in the next decade and identify strategies to overcome them by working together.

### 9:30am – 10:30am

Education Session 302 • 0.1 CEU

#### **Diabetes in Pregnancy**

Presenter: Kim Armour, CNP/APN, RDMS, MSN

This course will include an overview of type I, type II, and gestational diabetes. It will focus on management of diabetic woman in pregnancy with optimal glucose control and neonatal transition. Pharmacology will include an update on oral agent use in pregnancy and insulin therapy.

By the end of this presentation, participants will be able to:

- Describe nursing implications when caring for a pregnant woman with diabetes.
- List the classifications of diabetics.
- Discuss screening and diagnostic testing for diabetes in pregnancy.
- List recommended testing for fetal well being in different classifications of diabetes.
- Discuss different types of insulin and oral agents used to treat the diabetic woman.

### 9:30am – 10:30am

Education Session 303 • 0.1 CEU Rx = 0.1 CEU

#### **The Role of HPV Vaccination in Women's Health Care: What We Hope vs. What We Know**

Presenter: Michael S. Policar, MD, MPH

Vaccination against human papillomas virus (HPV) is intended to prevent invasive cervical cancer, genital warts, and false positive Pap smears that lead to unnecessary colposcopy and cervical treatments. This session will review five aspects of the HPV vaccine: efficacy, safety, utility, cost effectiveness and indications for use. In addition, the natural history of HPV infection and recent modifications in Pap smear screening and HPV testing will be reviewed.

By the end of this presentation, participants will be able to:

- Compare the efficacy of the HPV vaccine in women who have not been exposed to HPV compared to the “typical” population of women 16-26 years old.
- Review three aspects regarding the safety of the vaccine.
- List four recommendations made by the CDC Advisory Committee on Immunization Practices (ACIP) regarding the use of the HPV vaccine.
- Review the immunization schedule for each injection and pre- and post-vaccination patient management.

**9:30am – 10:30am**

Education Session 304 • 0.1 CEU

**Dysfunctional Uterine Bleeding (DUB)** (*Repeat of Session PS06*)

Presenter: Andrew Brill, MD

**9:30am – 10:30am**

Education Session 305 • 0.1 CEU

**Applying the Science of Lactation to Clinical Practice: The RUSH Mother’s Milk Club**

Presenter: Paula P. Meier, DNSc, RN, FAAN

*Supported by an unrestricted educational grant from Medela, Inc.*

(Description not available at press time.)

**9:30am – 10:30am**

Education Session 306 • 0.1 CEU

**Bringing Baby to Breast: Recent Advances in the Art and Science of Position and Latch**

Presenter: Karin Caldwell, PhD, IBCLC, FAAN

Increasing breastfeeding duration and exclusivity is an acknowledged public health priority however, breastfeeding problems, especially problems with the healthy term neonate latching-on or a feeding with a sub-optimal latch, appear as significant reasons for early breastfeeding termination due to inadequate breastfeeding, poor milk transfer and sore nipples. Positioning the infant skin-to-skin and appraisal of multiple breastfeedings during the first days after birth, including assessment of latch-on and suckling are proven strategies to improve breastfeeding outcomes. This session reviews latch-on and suckling assessment as well as strategies for corrective interventions with the goal of improving the clinical competence of midwives and other breastfeeding assessors.

By the end of this presentation, participants will be able to:

- Identify the parameters of an optimal latch-on for breastfeeding.
- Identify proven strategies that improve sub-optimal breastfeeding outcomes.

### 10:45am – 11:45am

Education Session 307 • 0.1 CEU      Rx = 0.1 CEU

#### **Managing Mental Health Care in Midwifery Practice: Learning from Case Examples**

Presenters: Barbara Hackley, CNM, MSN; Sharad Sreenivasan, LMSW

*Supported by an unrestricted education grant from the A.C.M.N. Foundation, Inc.*

Mental health conditions affect nearly 24% of the general adult population and are the primary reason for 5% of all office visits to primary providers. Rates are higher for women than men, for minorities than whites, and for those living in poverty, making mental health disorders some of the most commonly encountered conditions in midwifery practice. However, resources are few. Wait times of 3 months or more for appointments with mental health providers are not unusual, particularly for inner city and rural women, non-English speakers, and those insured by Medicaid. In order to improve the mental health of women in their care, midwives must be comfortable in identifying and managing common mental health conditions such as anxiety and depression. This presentation will describe the protocols developed by a team of providers and social workers at Montefiore South Bronx Health Center which has increased the availability and quality of mental health services for our clients.

By the end of this presentation, participants will be able to:

- Recognize mental health emergencies.
- Understand how to distinguish between depression and bipolar disorders.
- Develop protocols appropriate for their practice on how to manage common mental health problems.

### 10:45am – 11:45am

Education Session 308 • 0.1 CEU

#### **Juggling for Students and Preceptors: How to Improve Student Learning in Clinical**

Presenter:      Aggie Hoeger, CNM

This interactive session is designed to help both students and preceptors achieve an ideal working relationship. A review of objective assessment and effective evaluation will help both preceptor and student to set goals and parameters for success. In addition, tips for working with challenging students and preceptors will be discussed.

By the end of this presentation, participants will be able to:

- Preceptors will learn to develop a systematic process using a learning plan to assess student progress in any area of learning.
- Preceptors will learn to create a safe and satisfying learning environment for the student.
- Students will understand how to use learning plans to improve their learning in the clinical setting.
- Students will use non-violent communication skills to get their learning needs met.

**10:45am – 11:45am**

Education Session 309 • 0.1 CEU      Rx = 0.1 CEU

**Immunization Update and CDC Recommendations**

Presenter:      Judy Schmidt, RN, MSN, MA, EdD

This session will highlight new vaccines and new recommendations for vaccination of infants, adolescents, and pregnant women that were published by CDC's Advisory Committee on Immunization Practices (ACIP). The rationale and new recommendations for vaccines such as hepatitis A and B, rotavirus, adolescent and adult Tdap (tetanus, diphtheria, and acellular pertussis), influenza, varicella, human papillomavirus, and MMR will be discussed. The goal is to broaden the practitioner's knowledge and familiarize the practitioner with the essential resources to counsel clients and administer vaccines according to ACIP guidelines. Resources include schedules, vaccine information statements (VISs), ACIP recommendations, and other materials.

By the end of this presentation, participants will be able to:

- Use the childhood immunization schedules in their practice.
- Discuss the rationale for vaccine changes and new vaccines.
- Identify resources such as schedules, VISs, ACIP recommendations, flyers, CDC

immunization website, and

immunization text.

**10:45am – 11:45am**

Education Session 310 • 0.1 CEU

**Clinical Privileges Update**

Presenters: Barbara Fildes, CNM, MS; Lisa Summers, CNM, MSN, DrPH

This session is intended for midwives who are familiar with principles, terms, and processes regarding credentials and privileges or who have read the ACNM handbook, Clinical Privileges and Credentialing, prior to the session. Actual situations encountered by midwives over the past two years will be reported and addressed. These may be submitted to the speakers at [CredentialingProblems@ACNM.org](mailto:CredentialingProblems@ACNM.org). The speakers will describe how ACNM and other resources might be used to address clinical privileges problems.

By the end of this presentation, participants will be able to:

- Identify current trends in credentialing and privileging that may impact midwifery practice, including the latest revisions to the Medical Staff Standards published by JCAHO.
- Formulate effective responses to challenges encountered by midwives in their attempt to obtain, maintain, and expand clinical privileges.
- Describe the implications of the Kadlec jury verdict for midwives on both sides of the credentialing and privileging process.

**10:45am – 11:45am**

Education Session 311 • 0.1 CEU

**Applying the Science of Lactation to Clinical Practice: The RUSH Mother's Milk Club** (*Repeat of Session 305*)

Presenter: Paula P. Meier, DNSc, RN, FAAN

*Supported by an unrestricted educational grant from Medela, Inc.*

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**10:45am – 11:45am**

Education Session 312 • 0.1 CEU

**International Health Research Forum**

Moderator: Catherine A. Carr, CNM, DrPH

Invited speakers will discuss international programs, initiatives, and research, the goals of which include improving maternal-child health in a variety of countries and cultures. Presenters will also discuss research methodologies appropriate for evaluating the impact of programs.

By the end of this presentation, participants will be able to:

- Discuss research into problems affecting women's health in the international community.
- Add the global perspective to selected issues relevant to midwifery.
- Discuss various research methodologies appropriate to the international health problems of women and children.

**SUNDAY, MAY 27**

**2:15pm – 3:15pm**

Premier Session 04 • 0.1 CEU

**Quality, Access and Disparities in Care: Driving Change through Research in Action** - *Repeat of PSO2*

Presenter: Carolyn Clancy, MD

**MONDAY, MAY 28**

**11:15am – 12:15pm**

Education Session 401 • 0.1 CEU

**Is a Birth Center Right for Me and My Community?**

Presenters: Jill Alliman, CNM, MSN; Kate Bauer, MBS

As midwives today face the difficulties of a dysfunctional health care system, our answer to survival lies within the demonstration of how we are different than obstetrics. The

autonomous practice of birth center-based midwifery, in a setting that midwives define and control, is a vital part of the solution to the problems facing our nation's maternity services. For midwives considering birth center practice, knowledge of factors affecting success and sustainability of birth centers is vital.

By the end of this presentation, participants will be able to:

- Describe a birth center and the different models that birth center ownership can take.
- Discuss how the practice of midwifery in a birth center is different than in a hospital setting.
- List the personality traits of an entrepreneur.
- Explain how to assess a community's readiness for a birth center.

Education Session 401 • 0.1 CEU

### **The Seduction of Induction Part I: Prophylactic Inductions**

Presenter: Mayri Sagady Leslie, CNM, MSN

More and more women are having their labors induced to 'prevent' potential complications from premature rupture of membranes, going past their due dates, and/or suspected macrosomia. Yet the medical evidence for induction based on these findings is lacking. This session will provide participants with a comprehensive summary of the literature and suggested strategies for clinical practice and client counseling to support evidence-based practice in this area.

By the end of this presentation, participants will be able to:

- List three 'myths' (supposed benefits) of inducing for premature rupture of membranes.
- List three 'myths' (supposed benefits) of inducing for macrosomia.
- List three 'myths' (supposed benefits) of inducing for post dates pregnancies.

**11:15am – 12:15pm**

Education Session 402 • 0.1 CEU

### **The Coping Algorithm<sup>®</sup>: An Alternate Pain Assessment Tool for the Laboring Woman**

Presenter: Leissa Roberts, CNM, MS

The University of Utah L&D used the traditional 1-10 numerical rating scale (NRS) for many years but found it unsatisfactory for labor pain assessment. We embarked on a journey to create an algorithm which addresses the physiologic, psychologic, and environmental needs of a laboring woman. The Coping Algorithm<sup>®</sup> was developed to maintain JCAHO compliance and meet patient and nursing needs. This Algorithm has proven to be very intuitive for the nurses and midwives and allows for pharmacologic and non-pharmacologic interventions. The Coping Algorithm<sup>®</sup> and its implementation will be presented.

By the end of this presentation, participants will be able to:

- Understand the original intent of the JCAHO standard and be able to verbalize alternatives to the 1-10 pain scale.
- Describe The Coping Algorithm<sup>®</sup>.
- Describe how to implement an alternative pain measurement tool.
- Recognize the intuitive midwifery process in use of The Coping Algorithm<sup>®</sup>.

### 11:15am – 12:15pm

Education Session 403 • 0.1 CEU

#### **Using the Technology of Breastfeeding: Breast Pumps, Nipples Shields, Test-weighting and Creatatocrit**

Presenter: Janet Engstrom, CNM, PhD, FACNM

This educational session will describe the technologies that can be used to help mothers and infants with special needs maintain lactation. The technologies discussed will include breast pumps, nipple shields, test-weighting and the creatatocrit.

By the end of this presentation, participants will be able to:

- Identify the indications for using breastfeeding technologies such as breast pumps, nipple shields, test-weighting and the creatatocrit.
- Explain how to correctly select and use breast pumps, nipple shields, test-weighting and the creatatocrit.
- Identify resources for patient and staff education on using the technology of breastfeeding.

### 11:15am – 12:15pm

Education Session 404 • 0.1 CEU

#### **Newborn Care** (*Repeat of Session 208*)

Presenter: Terri Russell, RNC, MSN, NNP

### 11:15am – 12:15pm

Education Session 405 • 0.1 CEU

#### **International Health Roundtable (Session 1)**

Moderator: Suzanne Stalls, CNM

The Roundtable presenters will explain the scope of worldwide maternal and infant morbidity/mortality and strategies to increase their survival. Roundtable participants will learn about the challenges of providing maternal-child health care in the developing world. The Roundtable will introduce attendees to current international reproductive health care projects and the work being done under Safe Motherhood and Child Survival programs. Participants will learn how consultant midwives collaborate in a culturally sensitive manner with their counterparts abroad. Participants will be introduced to some ideas for developing their own paths to a profession in international midwifery work.

By the end of this presentation, participants will be able to:

- Discuss the political/economic/sociologic status of women's health care in a country other than the United States.
- Describe the scope of practice of midwives from a different culture.
- Discuss the variety of ways that CNMs/CMs are working in the international health arena.
- Identify ACNM resources available to assist countries/cultures in decreasing maternal and/or infant mortality and morbidity.
- Understand some of the global activities for Safe Motherhood.
- Appreciate the concept that all pregnancies are at risk and that surviving pregnancy and childbirth is a basic human right.

### **12:30pm – 1:30pm**

Education Session 406 • 0.1 CEU

#### **The Seduction of Induction Part II: Elective Inductions**

Presenter: Mayri Sagady Leslie, CNM, MSN

When will you induce a mother at her request? Or will you? Is it safe? Does the evidence support it? What are the short term risks? Are there long term consequences to be thought of? This session will look at these complex issues surrounding this hot topic that more and more women are asking for and leave you with some useful guidelines and counseling tools you can use in your practice.

By the end of this presentation, participants will be able to:

- Discuss three perceived maternal benefits to elective inductions.
- Cite three potential short term risks of elective inductions.
- Cite three potential long term risks of elective inductions.

### **12:30pm – 1:30pm**

Education Session 407 • 0.1 CEU

#### **Silent Warmth: The Midwives' Role during Stillbirth and the Subsequent Pregnancy**

Presenters: Meredith Turner, CNM, PhD; Megan Bridges, CNM, MSN

Stillbirth is a significant and often unexpected event likely to be encountered during the course of a midwife's career. Although physicians are consulted, stillbirth itself does not require forfeit of a patient previously under a midwife's care. Midwives are uniquely qualified to care for women who experience stillbirth, while maintaining support for pregnancy and birth as normal processes. However, many midwives, especially those just entering clinical practice, may be unprepared to satisfactorily counsel this special population. A stillbirth diagnosis is too late to begin an exploration of

personal feelings about loss and how best to care for these women. Understanding potential stillbirth pathology, the value of investigatory follow-up, and the social, psychological, and clinical ramifications of a pregnancy after stillbirth enables midwives to provide thorough care to the grieving family. This presentation will provide a summary of the current evidence regarding commonly identified risk factors and pathophysiological processes of stillbirth fundamental to investigatory follow-up as well as evidence-based recommendations for anticipatory guidance during stillbirth and in a subsequent pregnancy.

By the end of this presentation, participants will be able to:

- Understand the rationale for post-loss testing based on four known pathophysiological causes of stillbirth.
- List eight laboratory work-ups indicated by stillbirth.
- Understand the unique therapeutic value of midwifery care during stillbirth.
- Provide anticipatory guidance to families experiencing stillbirth and in the subsequent pregnancy.
- Identify psychological and emotional issues common to a post-loss pregnancy.

### **12:30pm – 1:30pm**

Education Session 408 • 0.1 CEU

#### **Elective Cesarean Section: Having Her Way or Their Way?**

Presenter: Lisa Kane Low, CNM, PhD

The recent National Institutes of Health State-of-the-Science conference on maternal request for cesarean delivery was conducted in response to a reported increase in women desiring an elective cesarean. But what and who is driving this demand? Is there only one approach to understanding this issue and to answering this question? Taking an interdisciplinary approach, a review of the NIH statement will be provided and additional questions and scientific evidence will be offered that reframes the question of what is or is not driving women to ask for elective cesarean surgery instead of experiencing a vaginal birth. When midwives listen to women, there are multiple voices that are heard. This presentation will offer alternative perspectives to the NIH report that suggests a future of increasing rates of elective cesarean sections.

By the end of this presentation, participants will be able to:

- Identify the key findings from the NIH State-of-the-Science Report on Cesarean Delivery on Maternal Request.
- List underlying assumptions for this report that should be reconsidered.
- Describe additional research studies that add insight into the question of elective cesarean section and women's choices.
- Discuss three alternative perspectives regarding the role of choice and autonomy related to childbirth in the US

today.

**12:30pm – 1:30pm**

Education Session 409 • 0.1 CEU

**12:30pm – 1:30pm**

Education Session 410 • 0.1 CEU      Rx = 0.1 CEU

**Priming the Pump: Rethinking Pre-Induction Cervical Ripening**

Presenters: Marie Hastings-Tolsma, CNM, PhD; Steffie Goodman, CNM, PhD

Nurse midwives often struggle with strategies to promote cervical ripening pre-induction or pre-labor in the midst of growing social pressure to induce at earlier and earlier points. The evidence for pre-induction cervical ripening is clear; evidence for social inductions is dubious. Issues related to the ethics of cervical ripening, efficacy and cost effectiveness of varying methods, and ways to promote a more powerful nurse midwifery voice in establishing standards of care are addressed.

By the end of this presentation, participants will be able to:

- Describe the literature regarding the promotion of cervical ripening with respect to history, rates and trends, and definitions of important terms.
- Discuss the evidence for methods used to promote cervical ripening.
- Detail nurse-midwifery evidence-based pre-induction guidelines.
- Consider ethical and practical issues raised by cervical ripening.
- Consider economics of cervical ripening.

**1:45pm – 2:45pm**

Education Session 411 • 0.1 CEU      Rx = 0.1 CEU

**Contraception: FDA Update 2007**

Presenters: Patricia Aikins Murphy, CNM, DrPH, FACNM; Frances Likis, CNM, NP, DrPH

Recent decisions by the US Food and Drug Administration have created new concerns and new options for women seeking family planning. An understanding of current controversies and evidence in contraception gives midwives the opportunity to offer women a variety of effective contraceptive options and to empower women through successful management of their reproductive plans. The content in this session focuses on evidence-based clinical care.

By the end of this presentation, participants will be able to:

- Describe the purpose and intent of a black box warning.
- Describe the risks and benefits of DepoProvera use in adolescents.
- Discuss the impact of higher estrogen levels in hormonal contraceptive users.

### 1:45pm – 2:45pm

Education Session 412 • 0.1 CEU

#### **International Health Roundtable (Session 2)**

Moderator: Suzanne Stalls, CNM

The Roundtable presenters will explain the scope of worldwide maternal and infant morbidity/mortality and strategies to increase their survival. Roundtable participants will learn about the challenges of providing maternal-child health care in the developing world. The Roundtable will introduce attendees to current international reproductive health care projects and the work being done under Safe Motherhood and Child Survival programs. Participants will learn how consultant midwives collaborate, in a culturally sensitive manner, with their counterparts abroad. Participants will be introduced to some ideas for developing their own paths to a profession in international midwifery work.

By the end of this presentation, participants will be able to:

- Discuss the political/economic/sociologic status of women's health care in a country other than the United States.
- Describe the scope of practice of midwives from a different culture.
- Discuss the variety of ways that CNMs/CMs are working in the international health arena.
- Identify ACNM resources available to assist countries/cultures in decreasing maternal and/or infant mortality and morbidity.
- Understand some of the global activities for Safe Motherhood.
- Appreciate the concept that all pregnancies are at risk and that surviving pregnancy and childbirth is a basic human right.

### 1:45pm – 2:45pm

Education Session 413 • 0.1 CEU

#### **Seeding Wildflowers: Creating a Job When There's No 'Garden' of Midwives**

Presenters: Rebecca Burpo, CNM; Susan Akins, CNM, MS

Many midwives are like wild flowers; they must spring up outside the "garden" of an established midwifery practice. The wildflower midwife faces unique opportunities, whether as a new graduate or an experienced midwife seeking a new position. This presentation discusses how to open doors to collaborative relationships, evaluate the fit between the midwife and an independent, out-of-hospital practice, and establish herself in the local women's health community. Using a storytelling, interactive format, the presenters will leave participants feeling they can be a wildflower able to bloom in the most unusual places!

By the end of this presentation, participants will be able to:

- Visualize opportunities.

- Prepare a succinct presentation specific to her intended audience.
- Identify a variety of methods to establish name recognition in her community.

### 1:45pm – 2:45pm

Education Session 414 • 0.1 CEU      Rx = 0.1 CEU

**Methamphetamine, An Interagency Community Response** Presenters: Martha Goedert, CNM, FNP, PhD; Mary Killpack, MSN, RNC

CNMs/CMs are well aware that every baby deserves to be well-born. There is evidence that many drug-exposed infants are not identified in the perinatal period. Predisposition to drug abuse is similar across all racial, economic, and educational strata. Illicit drug use, especially methamphetamine, has reached epidemic proportions in the Midwest. One national study reported that 5.5% of women use an illicit drug and 18.8% of women drink alcohol at some point during their pregnancy. Other studies conducted at urban teaching hospitals have found maternal illicit drug use during pregnancy to range from 10 to 45% of all births. This educational session will highlight case presentations, which demonstrate the importance of screening, discuss treatment options, and review pharmaceutical and counseling strategies for families involved with substance abuse. Resources, clinical guidelines, websites, and publicity campaigns will be shared with attendees highlighting this interagency response to a substance epidemic.

By the end of this presentation, participants will be able to:

- Legally and morally delineate objective decisions regarding their screening practices for substance abuse during pregnancy.
- Recognize behavioral and clinical presentations resulting from common drugs of abuse and differentiate pregnancy and neonatal effects and complications from these substances; and to prescribe medications for withdrawal symptoms, maintenance medications for common complaints associated with new sobriety.
- Detail public domain materials developed for targeting primary and secondary substance abuse prevention available for publicity campaigns.

### 1:45pm – 2:45pm

Education Session 415 • 0.1 CEU

**Economically Viable Models of Midwifery – 2007**

Presenters: Mary Barger CNM; Elizabeth Kettyle, CNM, MSN, MPH

We are frequently reminded of the tenuous state of nurse-midwifery in the United States upon reading notices of the closure of nurse-midwifery services, often with reimbursement and sky-rocketing malpractice costs cited as explanations. However,

many CNM practices are surviving through creative expansion of their services, while maintaining the high standard of care they provide to their patients. We will present results from a survey of CNM services of greater than five CNMs regarding their scope of practice and strategies they have used recently for maintaining or expanding the economic viability of their practices.

By the end of this presentation, participants will be able to:

- Describe some of the commonly cited reasons that have lead to the closure or significant restriction of practice for larger nurse- midwifery services throughout the US.
- Identify the strategies that lead to successful nurse- midwifery practice expansion.
- List procedures and services that nurse- midwives have added to their practices to enhance their economic viability.

### **1:45pm – 2:45pm**

Education Session 416 • 0.1 CEU

#### **State Legislative Challenges: Get Politically Savvy!**

Presenters: Kathryn Harrod, CNM, DNSc, APNP, FACNM

This interactive presentation will highlight current state midwifery policy and legislative issues, including physician supervisory language, direct entry midwifery licensure, and prescriptive joint practice agreements. Steps for setting up a local state political action committee will also be reviewed. This session will conclude with a question and answer session on these topics, allowing participants to develop strategies for addressing these policy and legislative issues in their own states.

By the end of this presentation, participants will be able to:

- Develop strategies to remove supervisory language and allow certified nurse- midwives to be licensed independent practitioners.
- Review steps to help midwives appropriately respond to direct entry midwives' legislative call for state licensure.
- Highlight strategies to remove prescriptive joint practice agreements.
- Understand steps toward establishing a state political action committee.

### **1:45pm – 2:45pm**

Education Session 417 • 0.1 CEU

#### **Benchmarking and Midwifery, How to Participate in the ACNM Benchmarking Project**

Presenter: Jackie Tillett, CNM, ND

The Benchmarking Project is in its fifth year. This session will present the 2005 data and discuss participation in the project. The session will include suggestions for use of the data to improve midwifery practice.

By the end of this presentation, participants will be able to:

- Define and describe benchmarking.
- Define and apply the concept of relative value units (RVUs).
- Describe the application of benchmarking and RVUs to midwifery productivity.
- Describe ways to increase practice participation in the project.

## TUESDAY, MAY 29

### 8:15am – 9:45am

Education Session 500 • 0.1 CEU

#### **When Natural Turns Nasty: Reducing the Frequency of Adverse Outcomes, Claims and Litigation**

Presenters: Jan Kriebs, CNM, MSN, FACNM; Barbara Fildes, CNM, MS

*Hosted by Joint Risk Management Committee; Supported by an unrestricted educational grant from Contemporary Insurance Services*

This presentation looks at ways to integrate risk reduction practices into a midwifery model of care. Neonatal injury from intrapartum asphyxia is natural; maternal seizures are natural; Erb's palsy is natural. None of these is a desired or intended outcome of pregnancy. Not all cases can be prevented, even with the best of care. However, some adverse outcomes can be avoided by timely identification and action. The speakers will review common themes that appear in liability litigation involving midwives and recommend ways to incorporate preventive behaviors into practice. The role of standard of care and evidence based practice in defending claims and other issues that can impact liability are included in the discussion.

By the end of this presentation, participants will be able to:

- Integrate risk reduction strategies with midwifery philosophy and practice.
- Identify common themes in adverse outcomes and subsequent claims, and strategies to address them.
- Discuss how standard of care and evidence of deviation from the standard are presented in claims and litigation.
- Describe the effect of “spin-off liability” and “secondary influences” on adverse outcomes.

### 12:15pm – 1:15pm

Education Session 501 • 0.1 CEU

#### **Normal Birth: Is It Gone with the Wind?**

Presenters: Holly Kennedy, CNM, PhD; Amy Levi, CNM, PhD; Marla Marek, RN, MSN

The use of technology during birth in the United States has increased dramatically, including a 41% rise in the primary cesarean delivery rate during the past decade. Historically, women have been a key part of the equation in fostering changes around birth and can represent a powerful influence on health care practices. Understanding how women choose to use that power is complex, but one of the factors is the popular media and press. This session will present a study of popular media sources, including supporting film clips and quotes from the novels, *Gone With the Wind* and *The Red Tent*. The session will provide an innovative and provocative examination of how women learn about birth messages in the popular media. Strategies will be suggested for clinicians to

use those messages to foster women's confidence in their ability to birth under their own power and to stem the tide of technological intervention in normal birth.

By the end of this presentation, participants will be able to:

- Describe the results of a qualitative study that examined the discourse on birth in the popular press.
- Discuss the implications of media messages on birth and women's current birth choices.
- Suggest strategies for clinicians to use those messages to foster women's confidence in their ability to birth under their own power.

### **12:15pm – 1:15pm**

Education Session 502 • 0.1 CEU

#### **Prenatal Urine Testing: A Sacred Cow of Obstetrics**

Presenter: Mary Ann Rhode, CNM

It's time to revisit and update your knowledge of the mundane subject of prenatal urine testing. Explore the history of prenatal urine testing, review current testing recommendations, and critically analyze differences in various urine testing alternatives. Current research findings that support the safety of indicated urine testing as a substitute for routine urine testing will be presented. Suggestions for how to implement this evidence-based change in practice will be discussed.

By the end of this presentation, participants will be able to:

- Identify current recommendations for prenatal urine testing.
- Discuss strengths and limitations of urine tests used in prenatal care.
- Explain the difference between indicated and routine urine testing.
- Describe research supporting the use of indicated urine testing.
- Safely implement indicated prenatal urine testing in the clinical setting.

### **12:15pm – 1:15pm**

Education Session 503 • 0.1 CEU

#### **Practical Resources in Environmental Health Risks**

Presenters: Barbara Sattler, RN, DrPH, FAAN; Katie Huffling, RN, MS

Environmental health exposures can occur in a variety of settings such as the home, workplace, and community and women's bodies now contain many of the pollutants found in our environment. CNMs and CMs routinely ask clients about environmental health risks and clients frequently ask about how they can reduce their risk of exposure. However, for many midwives, it can be difficult to know where to turn for useful and accurate environmental health information. This session will provide midwives with the tools they need to effectively counsel patients on environmental health risks and exposures, as well as provide resources to support policy/advocacy work on

environmental health issues in their communities, workplace, and within their healthcare organizations.

By the end of this presentation, participants will be able to:

- Describe common sources of environmental contamination.
- Identify resources that can be utilized by midwives in providing environmental health counseling to clients.
- Identify how midwives can become environmental health advocates in their communities, practices, and health care organizations.

### **12:15pm – 1:15pm**

Education Session 504 • 0.1 CEU

#### **Sound Health, Early Identification of Hearing Loss**

Presenters: Mary Pat Moeller, PhD; Martha Goedert, CNM, FNP, PhD

Hearing loss is the most common congenital condition in the United States. Every day, 33 infants are born with some degree of hearing loss. Hearing is central to language development, communication and learning. This educational session will highlight current newborn hearing screening in our country. Newborn hearing screening is a relatively new practice in the US and to date there has been no research with CNMs or CMs regarding their practices concerning early detection of hearing loss. Results from a survey of CNMs/CMs through ACNM will be presented concerning referral practices and practitioner's knowledge base of otoacoustic emission (OAE) screening. Early Hearing Detection Intervention (EHDI) programs, which promote universal newborn hearing screening and develop effective tracking and follow-up for at-risk newborns will be summarized. Appropriate and timely diagnosis of hearing loss will improve early intervention; for instance, establishing referrals to pediatric audiologists can result in babies being fitted with hearing aids by four weeks of age. Screening methods for hearing loss, medical and genetic risk factors, and different types of hearing loss will be presented in an interactive and informative manner. Patient vignettes, multimedia, resources, and practice protocols will be available in addition to electronic and web-based resources. Our EHDI public health system's response to the need for universal follow up will be discussed including prompt enrollment in appropriate early intervention. Speakers will address financial and geographical barriers for access to care. Midwives are well positioned in their birth settings to assure timely and appropriate follow up of all neonates who do not pass the OAE. This session will identify current practices in our midwifery community and address gaps in information if those exist.

By the end of this presentation, participants will be able to:

- Identify the two major techniques used in screening newborn hearing status; differentiate screening from diagnostic measures.
- Describe appropriate steps of follow up for infants who do not pass hearing screening.
- Identify three key resources that may be used to educate families who have a newborn that does not pass hearing screening.

- List three developmental consequences of late identification of hearing loss.

### 12:15pm – 1:15pm

Education Session 505 • 0.1 CEU

#### **Migraine and Chronic Daily Headaches**

Presenter: Merle Diamond, MD, F. A.C.E.P.

*Supported by an unrestricted educational grant from GlaxoSmithKline*

Attendees will evaluate and diagnose different headache disorders. They will also understand the current pathophysiology of migraine.

By the end of this presentation, participants will be able to:

- Evaluate and differentiate primary and secondary headache disorders.
- Understand the pathophysiology of migraine.
- Recognize and evaluate secondary headache disorders.
- Diagnose and treat of primary headache disorders.
- Identify common errors in diagnosis of headache.

### 1:30pm – 2:30pm

Education Session 506 • 0.1 CEU

#### **HIV & Women Health**

Presenter: Patricia M. Garcia, MD, MPH

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### 1:30pm – 2:30pm

Education Session 507 • 0.1 CEU Rx = 0.1 CEU

#### **When Disaster Strikes: A Look at How The Expertise of CNMs Can Make A Difference**

Presenters: Mary Curran, CNM, MPH; Robbie Prepas, CNM, MN, JD

In the United States, we have recently experienced both man-made and natural disasters, with resulting major loss of life and resulting in third-world conditions at the disaster sites. Upon close inspection of the response capabilities of agencies that came to the aid of American citizens, it is apparent that there was scarce preparation or planning for the special population of women and infants that include pregnant women, laboring and birthing women, and their newborn infants. We will explain what we are doing to remedy this situation, as well as show you how you can take part in this effort by utilizing the qualifications and expertise of CNMs. The CNM is uniquely placed in communities to be of value as an expert in low technology birth, and planning for this during major events such as pandemic flu. During this workshop we will describe the latest developments in national disaster planning, review the essentials of providing perinatal care when the hospital is unavailable, and discuss how to contact and work with local, state and federal agencies to make sure that impact on mothers and babies is considered in all disaster response plans.

By the end of this presentation, participants will be able to:

- Discuss the status of emergency preparedness in the United States.
- Discuss the White Ribbon Alliance paper and its implications for use.
- Discuss the preparations for a pandemic flu event and how the expertise of CNMs can be utilized to the benefit of women and infants.
- Identify the resources available for planning out-of hospital birth.
- List the basic skills providers need to attend a planned home birth during a national crisis including low tech methods of maternal/fetal surveillance.
- Describe the development and application of a transfer protocol when hospitalization is necessary.
- Discuss the federal, state, and local agencies that will be participating in any large disaster or event and how CNMs can make an impact within these organizations.

### 1:30pm – 2:30pm

Education Session 508 • 0.1 CEU      Rx = 0.1 CEU

#### **Topic of Botanicals and Perimenopaus/Menopause**

Presenter:      Stacie Geller, PhD

Approximately two-thirds of women develop menopausal symptoms, primarily hot flashes. Menopause is also associated with midlife, a time when many women begin to experience the signs and symptoms of aging, such as increases in blood pressure, changes in lipid profiles, loss of bone mass density, and diminished memory and cognition. Given the recent results of the Women's Health Initiative, many women are reluctant to use hormones for treatment of menopausal symptoms or chronic health conditions and are turning to botanicals and dietary supplement (BDS) products for relief of symptoms and prevention of disease. This session reviews the botanicals and dietary supplements commonly used for menopause and aging, including the available data on efficacy and safety.

By the end of this presentation, participants will be able to:

- Briefly describe the patterns of use of botanicals and dietary supplements by women.
- Discuss the role of botanicals and dietary supplements in the management of symptoms associated with menopause.
- Discuss the role of botanicals and dietary supplements in the management of chronic disease including osteoporosis, heart disease, and cognitive decline.

### 1:30pm – 2:30pm

Education Session 509 • 0.1 CEU

#### **New Teaching Tools for Developing Critical Thinking Skills in the Virtual Classroom**

Presenters: Amy Levi, CNM, PhD, FACNM; Rosemary Plank, RN, PhD, CNE

The proliferation of web-based learning tools has revolutionized midwifery

education and enabled students to pursue midwifery education programs using computer technology while staying in their home communities. Because students have diverse preferences for learning and different mechanisms that promote cognitive processing, it is important for faculty to utilize and monitor methods of instruction that promote critical thought. Tools and methods for promoting and evaluating critical thought for midwifery students to use in online, traditional classroom and clinical situations are very important for both faculty and student evaluation. This session will review the use of learning style assessment to identify the teaching modalities best suited to individual student's needs, and demonstrate mechanisms for evaluating critical thought in the online environment.

By the end of this presentation, participants will be able to:

- Identify methods of traditional content delivery in midwifery education that promote development of critical thinking skills.
- Identify the relationship of student learning style to modalities for delivering curriculum content.
- Describe the virtual classroom and its role in developing critical thinking skills for midwifery students.

### **1:30pm – 2:30pm**

Education Session 510 • 0.1 CEU      Rx = 0.1 CEU

#### **The First 48 Hours**

Presenter: Ellen Chetwynd, RN, BSN, IBCLC

By understanding the roles of oxytocin, prolactin, and beta-endorphins, we can understand the physiological underpinnings of parenting through pregnancy, labor, birth, and postpartum. These hormones have effects beyond our basic understanding of labor and birth. Evidence based information will reinforce the importance of early breastfeeding, skin to skin contact, and minimal intervention at birth and in the early neonatal period. Risks of interventions, including planned cesarean birth, will be reviewed in light of biochemical evidence.

By the end of this presentation, participants will be able to:

- Identify biological chemicals that play a role in birth, postpartum, and parenting behaviors.
- Describe normal behaviors in mothers, fathers, and babies immediately postpartum, and their biological basis.
- Compare hospital policies that promote, or detract from normal parenting and bonding behaviors.

### **2:45pm – 3:45pm**

Education Session 511 • 0.1 CEU      Rx = 0.1 CEU

#### **Fact or Fiction: Evidence Based Practice and Midwifery**

Presenters: Mary Brucker, CNM, DNSc; Barry Schwarz, MD

Many practices in health care, by midwives and others, have evolved without critical scrutiny. Some of these practices have been common at one time, only to be found that they were potentially harmful at worst and useless at best. This presentation will include a variety of obstetrical, gynecological, and primary care managements that are common and subject them to current research/knowledge/evidence as to their usefulness in clinical care.

By the end of this presentation, participants will be able to:

- Discuss application of Evidence Based Practice to clinical care.
- Describe examples of common practices that are not evidence based.
- Discuss how to implement evidence based care.

### **2:45pm – 3:45pm**

Education Session 512

#### **Research Forum I**

Moderator: Lisa Hanson, CNM, DNSc

*Research Forums are hosted by the ACNM Division of Research (DOR)*

A series of presentations will highlight ongoing research in a variety of areas relevant to midwifery. Each presentation is followed by a brief question and answer session addressing the unique aspects of the study and implications for research.

By the end of this presentation, participants will be able to:

- Explore research issues, problems, and questions that are pertinent to midwifery and women's health.
- Discuss research designs and methods that are appropriate to address these issues, problems, and questions.
- Identify directions for future research in midwifery and women's health.

### **2:45pm – 3:45pm**

Education Session 513 • 0.1 CEU

#### **Clinical Alert: Obstetrics**

Moderator: Ann Weathersby, CNM, MSN

Attendees will hear about the latest publications from ACNM, CDC, ACOG, AWHONN, and other professional organizations.

By the end of this presentation, participants will be able to:

- Identify new clinical documents of the ACNM.
- Identify new clinical documents from other professional organizations.
- Discuss the evidence to support practice on a timely clinical topic.
- Discuss the midwifery model of care for the clinical topic.

### **2:45pm – 3:45pm**

Education Session 514 • 0.1 CEU      Rx = 0.1 CEU

**Topic of Biotanicals and Perimenopaus/Menopause** (*Repeat of Session 508*)

Presenter: Stacie Geller, PhD

**2:45pm – 3:45pm**

Education Session 515

**Eating Disorders and the Primary Healthcare Provide**

Presenter:      John D. Mead, PhD

Eating disorders have, regrettably, become part of the fabric of American life. It carries the single highest mortality rate of any mental illness, manifesting as much as a physical as a mental condition. Its high incidence, debilitating impact on normal physical functions, and co-morbidity with other mental and physical illnesses calls for awareness and knowledge of eating disorders within a broad spectrum of healthcare providers. Unfortunately, assumptions, half-truths, and myths pervade the field both within the professional community and the public. This talk dispels some of the misrepresentations, provides a foundation of information useful to the midwife and nurse practitioner, includes specific information on its impact on the reproductive process, and suggests an approach for early detection.

By the end of this presentation, participants will be able to:

- To improve the working knowledge of the fundamentals of eating disorders among nurse-midwives and other practitioners.
- To provide basic information on how eating disorders impacts on the reproductive process and how it may complicate the management of pregnancy.
- To suggest an approach to early detection of eating disorders within a primary healthcare setting.

**4:00pm – 5:00pm**

Education Session 516 • 0.1 CEU

**Essure Hysteroscopic Sterilization: Nurse Midwifery Considerations**

Presenters: Marie Hastings-Tolsma, CNM, PhD; Stephanie Teal, MD, MPH

Nurse midwives frequently counsel patients for a whole range of contraceptive methods. Essure hysteroscopic sterilization is a relatively new FDA approved method of permanent female sterilization and can be performed on an out-patient basis. With relatively few reported side effects, it is a desirable sterilization method for many women including those who are poor surgical candidates. How the method works, candidates for use of the device, pre- and post-insertion requirements, and requisite counseling will be discussed.

By the end of this presentation, participants will be able to:

- Discuss appropriate candidates for Essure sterilization.
- Describe the mechanism of action, risks/benefits, and potential side effects of the Essure sterilization method.
- Detail requisite counseling required when selecting Essure sterilization.

#### 4:00pm – 5:00pm

Education Session 517 • 0.1 CEU

#### **Clinical Alert: Gynecology and Primary Care**

Moderator: Ann Weathersby, CNM, MSN

The focus will be a presentation of a late breaking clinical topic.

By the end of this presentation, participants will be able to:

- Identify new clinical documents of the ACNM.
- Discuss the evidence to support practice on a clinical hot topic.
- Discuss the midwifery model of care for the clinical hot topic.

#### 4:00pm – 5:00pm

Education Session 518 • 0.1 CEU

#### **Understanding Employment Contracts**

Presenter: Ed Annen, Jr., JD

One of the most important aspects of a relationship with an employer or with a private practice for whom the midwife provides services is the contract. The midwife may have negotiated all kinds of verbal agreements, but once a written contract is signed, those verbal agreements are of limited value. This session will explore how to approach and analyze a contract.

By the end of this presentation, participants will be able to:

- Identify the key components of a contract.
- Describe what is meant by a 'non-compete' clause.
- Describe the key considerations of a partnership.

#### 4:00pm – 5:00pm

Education Session 519 • 0.1 CEU

#### **Spontaneous Lacerations with Childbirth: What's New?**

Presenter: Leah Albers, CNM, DrPH

From 2001 to 2005, midwives at the University of New Mexico conducted a clinical trial on how to lower spontaneous lacerations with childbirth. Some 1200 women were randomized to several midwifery care measures in the second stage of labor. This presentation will review the rationale for the study, the study procedures and findings, as well as data from secondary analyses about the effect of parity, body mass index, and epidurals on the risk of spontaneous trauma with vaginal childbirth.

By the end of this presentation, participants will be able to:

- Cite trends in the last 25 year on episiotomy and spontaneous lacerations.
- Explain why warm compresses or massage with lubricant might help lower spontaneous genital tract trauma with birth.

- Summarize the concept of intervention fidelity.

#### 4:00pm – 5:00pm

Education Session 520 • 0.1 CEU      Rx = 0.1 CEU

**Fact or Fiction: Evidence Based Practice and Midwifery** (*Repeat of Session 511*)

Presenters: Mary Brucker, CNM, DNSc; Barry Schwarz, MD

#### 5:15pm – 6:15pm

Education Session 521

##### **Research Forum 2**

Moderator: Lisa Hanson, CNM, DNSc

*Research Forums are hosted by the ACNM Division of Research (DOR)*

A series of presentations will highlight ongoing research in a variety of areas relevant to midwifery. Each presentation will be followed by a brief question and answer session addressing the unique aspects of the study and implications for research.

By the end of this presentation, participants will be able to:

- Explore research issues, problems, and questions that are pertinent to midwifery and women's health.
- Discuss research designs and methods that are appropriate to address these issues, problems, and questions.
- Identify directions for future research in midwifery and women's health.

#### 5:15pm – 6:15pm

Education Session 522 • 0.1 CEU

##### **Reproductive Genetics**

Presenter:      Lee P. Shulman, MD

An overview of genetics in obstetrics and gynecologic malignancies.

By the end of this presentation, participants will be able to:

- Review the genetic process leading to fetal abnormalities.
- Describe the relevant screening and diagnostic techniques used for assessing first and second trimester pregnancies.
- Describe the role of genetics in the development of gynecologic malignancies.

#### 5:15pm – 6:15pm

Education Session 523 • 0.1 CEU

##### **Measures of Salivary Oxytocin Levels in Lactating Women**

Presenters: Rosemary White-Traut, RN, DNSc, FAAN; Sue Carter, PhD

Oxytocin is a neuropeptide with wide-spread influences on many physiological and social functions including labor and birth, lactation, sexual behavior, nurturing maternal

behaviors, and reduction of stress. However, our understanding of its role has been hampered by the lack of a validated salivary oxytocin assay. We developed a method using a new enzyme immunoassay that reliably detects oxytocin in saliva and learned that oxytocin patterns exist during breastfeeding yet there is no indication that oxytocin has a circadian rhythm in lactating women. The validation of a reliable salivary oxytocin assay will support future research on women's health, lactation, mother-infant interaction, and other psychological/behavioral disorders.

By the end of this presentation, participants will be able to:

- Review the neuropeptide, neurotransmitter, and neuromodulator properties of Oxytocin.
- Learn the latest research findings of salivary Oxytocin research in lactating women.
- Discuss the implications for future Oxytocin research in women's health, lactation, mother-infant interaction, and other behavioral disorders.

### **5:15pm – 6:15pm**

Education Session 524 • 0.1 CEU      Rx = 0.1 CEU

#### **Primary Care Management of Women With Hyperlipidemia**

Presenter: Julie Marfell, DNP, BC, FNP

Cardiovascular disease is the number one killer of women. Hyperlipidemia is present in fifty percent of women over the age of 20 years. Many women prefer to have their care managed by their nurse-midwife or women's health care nurse practitioner. This presentation will prepare the nurse-midwife and women's health care nurse practitioner to diagnosis and manage women with hyperlipidemia. Topics included are lifestyle management, pharmacological therapies and appropriate referral.

By the end of this presentation, participants will be able to:

- Define dyslipidemia in women.
- Discuss the investigation process leading to problem identification including risk factor assessment related to slipidemia in women.
- Design an intervention that includes pharmacotherapeutics, therapeutic lifestyle changes, appropriate referral and ongoing evaluation for women with dyslipidemia.

### **5:15pm – 6:15pm**

Education Session 525

#### **Eating Disorders** (*Repeat of Session 515*)

Presenter:      John D. Mead, PhD

*\$ - Indicates an additional fee is required. Workshops are filled on a first-come, first-served basis; tickets are required for admittance and can be purchased at the registration desk during registration hours*

**8:00am – 5:00pm**

*\$ - Workshop 14 • 0.75 CEUs*

**Normal Birth: An International Research Update**

Presenters: Amy Levi, CNM, PhD, FACNM; Peggy Garland, CNM, MPH; Saraswathi Vedam, MSN, CNM

***Joint Workshop of the ACNM and MANA Divisions of Research***

In its Vision 2000 statement, the Royal College of Midwives of the United Kingdom identified a goal of renewed support for normal birth, stated as “a commitment to a positive reduction in unnecessary medicalisation” during birth. This commitment stimulated a surge in research and publication about normal birth, as well as the introduction of an international conference held in England for the presentation of normal birth research that has occurred every two years since 2002. To share the emerging research on normal birth that is being done both internationally and in the United States, this workshop will showcase six researchers presenting their findings on normal birth, and provide an opportunity for participants to exchange ideas and discuss the research findings directly with the presenters.

Upon completion of this workshop, participants will be able to:

- Define normal birth as it applies to contemporary midwifery practice.
- Identify three research studies that provide evidence to support the concept of normal birth.
- Identify three areas of continuing research that will further support practices that favor normal birth.

**9:30am – 10:30am**

Education Session 601

**Scholar’s Colloquium: Listening and Learning from Women**

Presenter: Nancy Lowe, CNM, PhD

*Hosted by DOR*

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**9:30am – 10:30am**

Education Session 602 • 0.1 CEU      Rx = 0.1 CEU

**Managing Herpes Simplex: Preconception Planning and Management during Pregnancy**

Presenter: Jan Kriebs, CNM, MSN, FACNM

Approximately 25% of American women are seropositive for herpes simplex. Two percent of these women seroconvert during pregnancy. In addition, HSV 2 is undiagnosed in as many as 75 – 90% of women who are seropositive. Atypical presentations, mild recurrences, and subclinical disease all contribute to this problem. The risks of transmission to the fetus are greatest when a new infection occurs during the third trimester. Appropriate preconception counseling including the management of discordant couples, appropriate use of testing and suppressive therapy, careful management during pregnancy, and attention to risks at the time of birth can all help to prevent neonatal herpes. Specific evidence based recommendations for prevention of both partner to partner and mother to child transmission are discussed in this presentation.

By the end of this presentation, participants will be able to:

- State two indications for screening women with HSV serology during pregnancy.
- Describe appropriate suppressive therapy for HSV in pregnancy, and for prevention of

sexual transmission.

- Discuss indications for cesarean delivery associated with HSV.
- Discuss appropriate labor management for women with HSV.

## WEDNESDAY, MAY 30

8:00am – 5:00pm

\$ - Workshop 14 • 0.75 CEUs

### **Normal Birth: An International Research Update**

Presenters: Amy Levi, CNM, PhD, FACNM; Peggy Garland, CNM, MPH; Saraswathi Vedam, MSN, CNM

#### *Joint Workshop of the ACNM and MANA Divisions of Research*

In its Vision 2000 statement, the Royal College of Midwives of the United Kingdom identified a goal of renewed support for normal birth, stated as “a commitment to a positive reduction in unnecessary medicalisation” during birth. This commitment stimulated a surge in research and publication about normal birth, as well as the introduction of an international conference held in England for the presentation of normal birth research that has occurred every two years since 2002. To share the emerging research on normal birth that is being done both internationally and in the United States, this workshop will showcase six researchers presenting their findings on normal birth, and provide an opportunity for participants to exchange ideas and discuss the research findings directly with the presenters.

Upon completion of this workshop, participants will be able to:

- Define normal birth as it applies to contemporary midwifery practice.
- Identify three research studies that provide evidence to support the concept of normal birth.
- Identify three areas of continuing research that will further support practices that favor normal birth.

## 9:30am – 10:30am

Education Session 603 • 0.1 CEU      Rx = 0.1 CEU

### **PreConception**

Presenters: Mary Brucker, CNM, DNSc; Barry Schwarz, MD

*Supported by an unrestricted educational grant from the March of Dimes*

In recent years there has been a reevaluation of the importance of prenatal care. There exists a growing body of knowledge about the influence on such issues as prematurity and low birth weight and adult onset hypertension, obesity and diabetes. This presentation will review the evidence behind the first prenatal visit - namely the preconceptional visit - and how preconception care can promote health both intrauterinely and extrauterinely.

By the end of this presentation, participants will be able to:

- Identify the basic components of preconception care.
- Discuss how preconception care can influence pregnancy and birth.
- Discuss how preconception care can influence adult health through the fetal origins of disease theory.

## 9:30am – 10:30am

Education Session 604 • 0.1 CEU      Rx = 0.1 CEU

### **Contraception During Lactation**

Presenter:      Joyce King, CNM, PhD

Each year more than 100 million women make decisions about the use of a method of contraception after childbirth. These decisions include not only making a choice regarding the contraceptive method but also include deciding the best time for initiation of the chosen method. This session will provide a brief review of the physiology of lactation and the contraceptive effect of lactation and will then focus on contraceptive options and recommendations for breastfeeding mothers.

By the end of this presentation, participants will be able to:

- Briefly discuss the physiology of lactation and how hormonal methods of contraception may impact the normal physiology.
- Describe the Lactational Amenorrhea Method of contraception.
- Describe specific characteristics that should be considered for non-hormonal methods of contraception.
- Discuss the current research and recommendations for both combined hormonal contraceptives and progestin-only contraceptives for breast-feeding women.

### **9:30am – 10:30am**

Education Session 605 • 0.1 CEU

#### **Caring for Incarcerated Women: Lessons from Jail**

Presenters: Donna Jackson-Kohlin, CNM, MSN; Jain Lattess, CNM, MSN

Midwives strive to meet women wherever and however their needs arise. Over 100,000 women are incarcerated in the United States. We were invited to practice ‘within the walls’ of Hamden County Correctional Center as a result of our affiliation with the community health centers that provide care (via a public health model) to inmates during their incarceration, and upon release back to their communities. We will discuss the demographics of the incarcerated woman, her healthcare needs, realities of practicing within the correctional system, and some of the dilemmas we’ve encountered in trying to balance individual and institutional goals.

By the end of this presentation, participants will be able to:

- Identify the demographic makeup of women incarcerated in the US today.
- Recognize which chronic and comorbid conditions many inmates have, or are at risk of developing.
- List screening tests which should be offered to all female inmates, with rationale for testing.
- Identify unique needs of the pregnant incarcerated woman.
- Discuss advantages and disadvantages of detox regimens for the pregnant inmate who is addicted to drugs.
- Advocate the benefits of offering midwifery care to the woman who is presently, or has formerly been incarcerated

in your own community.

**9:30am – 10:30am**

Education Session 606 • 0.1 CEU

**Current Issues in Contraception: Keeping Ahead of the Media**

Presenter: Susan Wysocki, RNC, NP, FAANP

*Developed by the National Association of Nurse Practitioners in Women's Health through an educational grant from Ortho Women's Health*

It's not easy to keep current with all the changes in practice, particularly when it seems that every other week the media is reporting a new study and sometimes events that aren't supported by studies at all. With regard to women's health, certain headlines can frighten patients and even clinicians about certain therapeutic modalities. This session is designed to help clinicians sort through popular press reports with scientific objectivity. In addition, this session will provide a through review and update of methods of contraception.

By the end of this presentation, participants will be able to:

- Understand and determine the relevance of surrogate markers to clinical outcomes.
- Describe reasons why estradiol levels for different delivery systems for hormonal contraceptives cannot be directly compared.
- Gain perspective on the risks for hormonal contraception in terms of actual risks as well as comparative risks with pregnancy.
- Evaluate popular press reports with scientific objectivity.
- Compare and contrast hormonal methods of contraception with regard to risks and benefits.
- Select appropriate candidates for various methods of contraception.

**10:45am – 11:45am**

Education Session 607 • 0.1 CEU      Rx = 0.1 CEU

**Lactation Complicated by Obesity: Helping Mothers to Be Successful**

Presenter: Cecilia Jevitt, CNM, PhD

Obesity complicates breastfeeding by reducing milk production and decreasing lactation duration. This session will explain the hormonal physiology of obesity's interaction with lactation and discuss practical techniques for overcoming obesity-related barriers to breastfeeding. Herbs and medications to stimulate milk production will be discussed. The evidence supporting the impact of lactation on future maternal and newborn obesity will also be reviewed.

By the end of this presentation, participants will be able to:

- Synthesize the interactions of the multiple hormonal and physical variables associated

with obesity that complicate  
lactation.

- Describe the alterations in the normal hormonal physiology of lactation related to obesity and diabetes.
- Describe at least six interventions for facilitating lactation in obese women.
- Identify herbs and medications with proven efficacy to increase milk production; and identify their usual routes and doses.
- Apply the benefits of lactation related to the prevention of future maternal and newborn obesity.

### **10:45am – 11:45am**

Education Session 608 • 0.1 CEU

#### **Re-entry to Clinical Midwifery Practice; Update on the Pilot Program**

Presenters: Karen Scheling, CNM; Nicole Rouhana, CNM, FNP-C, MSN

*Hosted by ACNM Continuing Competency Assessment Committee*

This presentation will provide an update for members interested in the ACNM's pilot program for facilitating midwives reentering clinical practice. The program has been active for the past year. The ACNM believes that regulatory agencies, professional associations, academic institutions, and health care institutions must work together to assist midwives to meet the educational, clinical, and personal needs that must be addressed for a successful reentry to clinical practice. This presentation will provide the membership with a description of members who have gone through the process of reentry into clinical practice. We will also review the application process and provide participants with documentation associated with this program.

By the end of this presentation, participants will be able to:

- Review the factors that may contribute to a period of extended clinical inactivity.
- Discuss the challenges currently faced by reentering midwives.
- Identify common challenges encountered by participants that have piloted the reentry program.
- Discuss the ACNM Position Statement on Reentry to Clinical Midwifery Practice.
- Describe the ACNM Reentry Program and steps necessary to establish a Clinical Practice.

### **10:45am – 11:45am**

Education Session 609

#### **Research Forum 3**

Moderator: Lisa Hanson, CNM, DNSc

*Research Forums are hosted by the ACNM Division of Research (DOR)*

A series of presentations will highlight ongoing research in a variety of areas relevant to midwifery. Each presentation is followed by a brief question and answer session addressing the unique aspects of the study and implications for research.

By the end of this presentation, participants will be able to:

- Explore research issues, problems, and questions that are pertinent to midwifery and women's health.
- Discuss research designs and methods that are appropriate to address these issues, problems, and questions.
- Identify directions for future research in midwifery and women's health.

### **10:45am – 11:45am**

Education Session 610 • 0.1 CEU

#### **Training Trainers for Doula Care in the Dominican Republic: A Midwifery Project to Mobilize Volunteers to Humanize Hospital Birth**

Presenter: Jennifer Foster, CNM, PhD; Annemarie Heath, CNM, MSN

The Doula Project is one of multiple activities of Proyecto ADAMES, a non profit NGO that endeavors to mobilize community participation in a midwifery model of care to improve the quality of maternity services in the Dominican Republic. In the Doula Project, American midwives have trained a dedicated group of Dominican registered and auxiliary nurses to teach hospital volunteers (ladies auxiliary) to provide doula care to some of the poorest women delivering in their hospital in the Dominican Republic. If the Doula project is successful, the Dominican nurses have expressed interest in replicating the Doula Project within other hospitals in the region. Although almost half of the women in the developing world deliver at home, there has been a generalized trend globally to locate childbirth in hospitals in recent decades, and over 95% of Dominican women deliver in hospitals. However, lack of basic hygienic supplies, overcrowding and understaffing in hospitals that serve the most indigent women have caused policies that exclude families in many labor and delivery hospital units, despite good scientific evidence that continuous emotional support and physical comfort may improve obstetric outcomes at very little cost.

By the end of this presentation, participants will be able to:

- Cite the evidence for decreased medical intervention with doula care.
- Discuss the rationale for the implementation of doula care in public hospitals in the developing world.
- Identify three reasons why midwives training doulas in the Dominican Republic may improve the quality of maternity care.

### **10:45am – 11:45am**

Education Session 611 • 0.1 CEU

#### **Polycystic Ovarian Syndrome**

Presenter: Joyce King, CNM, PhD

Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder that affects both adolescent and adult women. Recognition of this syndrome and early treatment is important to prevent long-term sequelae. This presentation will focus on the clinical presentation, long-term health risks, the diagnostic work-up, and the management of women with this syndrome.

By the end of this presentation, participants will be able to:

- Briefly discuss the physiology of lactation and how hormonal methods of contraception may impact the normal physiology.
- Describe the Lactational Amenorrhea Method of contraception.
- Describe specific characteristics that should be considered for nonhormonal methods of contraception.
- Discuss the current research and recommendations for both combined hormonal contraceptives and progestin-only contraceptives for breast-feeding women.

### **10:45am – 11:45am**

Education Session 612 • 0.1 CEU

**Current Issues in Contraception: Keeping Ahead of the Media** (*Repeat of Session 606*)

Presenter: Susan Wysocki, RNC, NP, FAANP

*Developed by the National Association of Nurse Practitioners in Women's Health through an educational grant from Ortho Women's Health*

### **1:00pm – 2:00pm**

Education Session 613 • 0.1 CEU

**Laboring Down During Second Stage. Changing the Culture of Pushing by Involving and Educating the Nurses**

Presenters: Adina Andreu, CNM; Patricia Beckman, CNM, MPH

Learn how a busy hospital birthing center changed the institutional culture of pushing by having the CNMs educate the RNs about laboring down in second stage. Presentation will include a review of current studies on pushing and ways to impact nursing care in your institution. This will be a fun and interactive educational session.

By the end of this presentation, participants will be able to:

- Understand the practice of reviewing the literature with nursing staff for pertinent data regarding common obstetrical practices.
- Describe the benefits of passive fetal descent for both the fetus and the laboring woman during the second stage of labor.
- Describe AWHONN's guidelines for the second stage of labor including

recommendations regarding position, breath holding, and coaching of expulsive efforts.

### 1:00pm – 2:00pm

Education Session 614 • 0.1 CEU      Rx = 0.1 CEU

#### **Perinatal Mood Disorders**

Presenter: Leslie Lowell Stoutenburg, RNC, MS

*Supported by an unrestricted education grant from the A.C.N.M. Foundation, Inc.*

The current research indicates that perinatal depression results from a combination of physical, psychological, and social factors, all of which need to be taken into account in developing effective treatment approaches. However, culturally inappropriate measures and under-reporting of symptoms may cause inaccurate assessment of perinatal depression or lead to some symptoms being treated inadequately. This presentation focuses on prevalence, clinical presentation, risk factors, assessment, treatment, and possible prevention of postpartum mood disorders. These disorders include depression during pregnancy and postpartum, antenatal and postpartum anxiety disorders, including Obsessive-Compulsive Disorder, and postpartum psychosis.

By the end of this presentation, participants will be able to:

- Differentiate between the various perinatal mood disorders.
- Identify risk factors that increase the chances of a mother developing a postpartum mood disorder.
- List the recommended treatment methods for treating depression and/or anxiety in the pregnant woman.
- Discuss treatment options for women suffering from postpartum mood disorders.

### 1:00pm – 2:00pm

Education Session 615 • 0.1 CEU      Rx = 0.1 CEU

#### **Metabolic Syndrome: A Primary Care Issue in Women's Health, Screening, Diagnosis, and Risk Reduction**

Presenters: Elissa Miller, CNM, MNSc, PhD; Angela Mitchell, DNP, MSN, APRN, BC

Metabolic syndrome is a cluster of factors that increase the risk of cardiovascular events. The incidence of metabolic syndrome has increased dramatically in the last decade and is often unrecognized by providers of women's health. This session will focus on identification of risk factors for the development of metabolic syndrome, appropriate screening strategies, and approaches to implementing those screenings into clinical practice. A discussion of initial management strategies and appropriate referral will also be included.

By the end of this presentation, participants will be able to:

- Define metabolic syndrome according to Adult Treatment Panel III (ATP-III) criteria.
- Describe appropriate screening strategies for metabolic syndrome.
- Identify key management strategies for risk reduction and prevention of metabolic syndrome complications.

### **1:00pm – 2:00pm**

Education Session 616 • 0.1 CEU

#### **The CNM as Hospitalist**

Presenter: Darryn Dunbar, CNM, MS

This session will detail the trend toward staffing inpatient units of hospitals with Hospitalists. Some hospitals have elected to utilize nurse-midwives as “laborists” to address the provider staffing needs in their birthing units. Various models will be explored. Come hear more about this non-traditional yet innovative aspect of nurse-midwifery practice!

By the end of this presentation, participants will be able to:

- Identify the role of the Hospitalist as a health care provider.
- Describe the benefits and limitations of using nurse-midwives as Hospitalists.
- Describe various models using CNMs as Hospitalists.

### **1:00pm – 4:30pm**

\$ - Workshop 15 • 0.35 CEUs

#### **Facilitating Groups: Balancing Interaction and Listening**

Presenters: Sharon Rising, CNM, MSN; Carrie Klima, CNM, PhD

Many efforts to reform the health care system have turned to groups as a way to provide better outcomes and increased satisfaction with care. Within prenatal care, the CenteringPregnancy<sup>®</sup> model has been developed to provide assessment, education, and support to groups of women throughout the prenatal period. This workshop will focus on facilitative group leadership and the joys and the challenges encountered in leading groups.

Upon completion of this workshop, participants will be able to:

- Discuss the importance of group care within health care redesign.
- Describe the characteristics of a facilitative leader.
- Discuss strategies for dealing with common challenges of facilitative group leadership.

### **1:00pm – 4:30pm**

\$ - Workshop 16 • 0.35 CEUs

#### **Going Home: Designing, Managing, and Sustaining a Homebirth Practice**

Presenters: Lori Link, CNM, MSN; Vicki Narnin, CNM, MSN

Designing, managing, and sustaining a nurse-midwifery homebirth practice requires business, administrative, political, legal, marketing, and people skills as well as clinical and midwifery skills. Possessing the essential skills, understanding, and knowledge bases in the above areas is as vital to the safety, survival, and health of the midwife’s person and business as clinical and midwifery skills and expertise are essential to the safety,

survival, and health of the mother and baby. This workshop presents theories, research, guidelines, caveats, resources, and a multidimensional framework for designing, managing, and sustaining the nurse-midwife's homebirth service. Also included is a practical, nut-and-bolts 'how-to-pack-your-birth-bag, interview-a-client, and take-care-of-yourself' session. Experienced homebirth CNMs from two different homebirth practice sites and two different clinical and political backgrounds present this one-day workshop for participants interested in establishing a successful homebirth practice in today's climate. Participants should come with their business and professional goals, and a willingness to examine their strengths, weaknesses, philosophies, and practice paradigms. Appreciate different and intertwining histories and politics of midwifery and home birthing in USA. Identify theories, research, guidelines, paradigms, resources, and caveats for designing, managing and sustaining a safe homebirth business and clinical practice. Assess own readiness for homebirth practice.

Upon completion of this workshop, participants will be able to:

- Assess their own readiness for homebirth practice.
- Identify essential components of a safe, sustainable homebirth service.
- Identify resources for designing the nurse-midwife's homebirth practice.
- Create a framework for a homebirth practice.

### **1:00pm – 4:30pm**

\$ - Workshop 17 • 0.35 CEUs

#### **Writing for Publication: Learn from the Experts**

Presenter: Tekoa King, CNM, MPH, FACNM; Frances Likis, CNM, NP, DrPH; Patricia Murphy, CNM, DrPH, FACNM

Publication is important not only for advancement of the profession through dissemination of information and promotion of critical thinking, but also for one's own professional growth and personal satisfaction. Reasons cited by midwives for not writing and publishing include the inability to identify appropriate topics, lack of confidence in their writing skills, and not understanding the publication process. This interactive, small group workshop is designed to meet the needs of midwives who do not have extensive experience writing for publication. The session will focus on identification of key components of articles published in peer-reviewed journals, how to review the literature, outlining an article, and translating a school paper or thesis into a manuscript for submission to a peer-reviewed journal. Participants will be provided with a workbook of examples of manuscript sections (introduction, methods, discussion, abstract, etc.). Time will be spent in small groups planning articles.

Upon completion of this workshop, participants will be able to:

- Describe the format for articles published in peer-reviewed journals.
- Identify the key components to an outline for a manuscript that is submitted to a peer-reviewed journal.
- Describe the publication process.

### **2:15pm – 3:15pm**

Education Session 617 • 0.1 CEU Rx = 0.1 CEU

### **The Evidence About Herbs: Midwifery Care of the Self-medicating Client**

Presenter: Janella Wahlman, CNM, MS

Many midwives and their clients use herbal products for pregnancy or women's health concerns. What is the evidence for or against traditionally recommended herbs? Incorporate evidence-based practices by learning what research shows about the indications, efficacy, and precautions for the herbs most commonly used by women and midwives.

By the end of this presentation, participants will be able to:

- Identify frequency of herbal use among female clients, and reasons women give for self-medicating.
- Identify areas of controversy over use of herbal products versus prescription or over-the-counter medications.
- Identify the most commonly used herbs in women's health care, their pharmacological components and traditional uses.
- Identify the evidence for or against use of these and other herbs in women's health care.
- Identify known herb-drug interactions, precautions, and contraindications.
- Understand the need for improved client-midwife communication.
- Describe ways to improve interdisciplinary communication skills, and methods of encouraging disclosure of herbal product use by the self-medicating client

### **2:15pm – 3:15pm**

Education Session 618 • 0.1 CEU

### **Perinatal Mood Disorders** (*Repeat of Session 614*)

Presenter: Leslie Lowell Stoutenburg, RNC, MS

### **2:15pm – 3:15pm**

Education Session 619 • 0.1 CEU

### **Alternative Treatment Modalities and Better Health and Medicine through Compounding**

Presenter: Mark H. Mandel R.Ph., IACP

This session will discuss herbal and nutritional treatments for a variety of chronic health problems including rheumatoid arthritis, pain, hypertension, high cholesterol, obesity, insulin resistance and diabetes, intestinal and gastric problems, heartburn and GERD. The presenter offer a brief discussion and comparison of bio-identical, synthetic and natural hormones, their uses, benefits and potential dangers. Finally, he will discuss opportunities to use various compounded products to enhance patient care when conventional approaches are not sufficient

By the end of this presentation, participants will be able to:

- Define alernal medicine (CAM) and provide examples.
- Define compounding and describe its place in medicine today.
- Define synergistic combinations of herbs and nutritional.
- Learn various combinations and their benefits.
- Project the future role of CAM & Compounding integrated with traditional allopathic medicine.

### 2:15pm – 3:15pm

Education Session 620 • 0.1 CEU

Sexuality Issues as Women Age (*Repeat of Session 109*)

Presenter: Lee P. Shulman, MD

### 3:30pm – 4:30pm

Education Session 621 • 0.1 CEU

**Overcoming Barriers to Implementing the Baby-Friendly Hospital Initiative**

Presenter: Cynthia Turner-Maffei, MA, IBCLC

The Baby-Friendly Hospital Initiative (BFHI), an international program of the World Health Organization and the United Nations Children’s Fund, recognizes birth facilities that have implemented the Ten Steps to Successful Breastfeeding, a set of evidence-based practices to optimize breastfeeding success. This presentation will examine the current national and international status of the BFHI, common barriers experienced in implementing the steps, and strategies to overcome identified barriers. Findings from a recent study of designated facilities will be highlighted

By the end of this presentation, participants will be able to:

- Discuss the status of the BFHI in the US.
- List three of the Ten Steps to Successful Breastfeeding.
- Describe two strategies to overcoming a common barrier to implementing the Ten Steps.

### 3:30pm – 4:30pm

Education Session 622 • 0.1 CEU

**Emerging From the Chrysalis: System Re-Design of Prenatal Care in a Large Urban Public Health System**

Presenters: Sharon Matlock, CNM, MSN; Peg Dublin, RN, MPH

In order to improve health outcomes and reduce health disparities, the Ambulatory & Community Health Network of Cook County embarked on a comprehensive quality improvement initiative: the Care Improvement Collaborative (CIC). Embracing the national and international Planned Care Model, the CIC focus is on both chronic conditions (diabetes and asthma) and wellness conditions (reproductive health and well child care). This session will highlight how using the Centering Pregnancy model has

been a catalyst for changing the culture of prenatal care delivery in a large urban, publicly funded health system. Results of these improvement efforts will be included.

By the end of this presentation, participants will be able to:

- Describe a process of system change that is being implemented nationally in order to improve health outcomes and reduce racial and ethnic health disparities.
- Describe the multifaceted impact of implementing the Planned Care Model within the Ambulatory & Community Health Network of Cook County, using Centering Pregnancy as the pivotal focus of our prenatal quality improvement efforts.
- Integrate principles learned in the session into their own prenatal practice.

### **3:30pm – 4:30pm**

Education Session 623

#### **Provider Encouragement of Breastfeeding: Efficacy and Ethics**

Presenter: Donna Miracle, RNC, DNSc

This session addresses the state of clinical practice and the evidence for healthcare provider encouragement of breastfeeding. This evidence is presented in relation to the efficacy and ethical issues involved for promoting, protecting, and supporting breastfeeding in the clinical practice setting.

By the end of this presentation, participants will be able to:

- Describe the current evidence of healthcare provider encouragement for breastfeeding.
- Discuss what mothers' need from healthcare providers in order to make an informed decision about breastfeeding.
- Describe the ethical responsibility of healthcare providers to provide scientific evidence about health outcomes for infants receiving mothers' milk.

### **3:30pm – 4:30pm**

Education Session 624

#### **Alternative Treatment Modalities and Better Health and Medicine through Compounding** (*Repeat of Session 619*)

Presenter: Mark H. Mandel, RPh, IACP

\$ - Indicates an additional fee is required. Workshops are filled on a first-come, first-served basis; tickets are required for admittance and can be purchased at the registration desk during registration hours

Thursday, May 31

**THURSDAY, MAY 31**

**8:00am – 11:30am**

\$ - Workshop 18 • 0.35 CEUs

**Homestyle Midwifery: Update on an Expanding Innovative, Soul-Satisfying Model of Midwifery Care in a Hospital Setting**

Presenter: Yeshi Neumann, CNM, MA, MPH

This workshop will demonstrate how to provide an innovative, soul-satisfying model of hospital nurse-midwifery care that meets the needs of diverse populations and can be incorporated into the current maternal-child managed-care health system. In this rapidly-expanding program, nurse-midwives provide extended in-home prenatal and postpartum care, continuity of care in the midwife/childbearing woman relationship, and a “homestyle” birthing environment with a water birth tub for labor and a large futon on the floor that allows women to labor and birth in their own way. Attendees will gain knowledge about the history, structure, logistics, personnel, economics, and health outcomes of the Homestyle Midwifery program. Workshop participants will learn and practice the particular conflict resolution strategies Homestyle Midwifery has utilized with nurses, obstetricians, pediatricians, and other hospital staff in order to be able to provide childbearing families with personal, hands-on, unhurried “with woman” care.

Upon completion of this workshop, participants will be able to:

- Describe the mission and key features of Homestyle Midwifery.
- Describe the benefits of Homestyle Midwifery for the childbearing family as well as for the providers of care.
- Explain the key challenges involved in sustaining and expanding this model of care.
- Explain how conflict can be used as an opportunity for learning, growth and transformation.
- Demonstrate 3 conflict resolution/communication strategies Homestyle Midwifery has successfully utilized with hospital staff.

**8:00am – 11:30am**

\$ - Workshop 19 • 0.35 CEUs

**Developing a Peer Review Program for Your State or Practice**

Presenter: Jackie Tillett, CNM, ND

This workshop will cover the basic concepts of peer review including quality management, chart review, and legal issues. Participants will work in teams in actual chart review, using forms in the *ACNM Quality Management Handbook, 3rd Edition*, and present findings for group discussion. Participants will learn from successful programs what works and what does not work. Fee for this workshop includes the *ACNM Quality Management Handbook, 3rd Edition*.

Upon completion of this workshop, participants will be able to:

- Describe the basic concepts of peer review.
- Discuss legal issues inherent in peer review.
- Use the *Quality Management Handbook* forms to review charts.
- Discuss findings of a review and develop suggestions for improvement for a practice.
- Apply basic concepts of peer review to develop programs within their states and/or practices.

**8:00am – 11:30am**

\$ - Workshop 20 • 0.35 CEUs

**Monitoring Fetal Wellbeing in Labor - Improving Perinatal Outcomes**

Presenters: Jan Krebs, CNM; Jennifer Fahey, CNM, MSN, MPH

Monitoring fetal wellbeing in labor is integral to care of the laboring mother. Knowing when and how to increase surveillance of the fetus contributes to the excellent outcomes. Regardless of personal preference or institutional practice, the provider is responsible for accurately assessing fetal status and acting to ensure a safe outcome. However, fetal outcome is affected by antepartum as well as intrapartum events and not all intrapartum events can be affected by early intervention. An understanding of both normal and abnormal fetal heart rate patterns related information regarding fetal oxygenation and acid-base balance, inflammatory effects, and antepartum insults that contribute to neonatal outcome. All are necessary to provide best care to laboring women. Given that experts do not agree among themselves, or even sometimes with themselves, strip interpretation in real time is not always easy. This workshop focuses on recognizing both normal variations and abnormal tracings, understanding the associated fetal physiology, and identifying antepartum and intrapartum events that are related to poor neonatal outcome.

Upon completion of this workshop, participants will be able to:

- Discriminate between normal FHR changes and abnormal FHR tracings.
- Utilize standard terminology to describe FHR changes.
- Explain how different modalities of FHR monitoring can be utilized safely to provide care.
- Identify risk reduction techniques related to assessment of fetal well being.

**8:00am – 11:30am**

\$ - Workshop 21 • 0.35 CEUs

### **Neonatal Resuscitation Program Recertification**

Presenter: Barbara Camune RNC, CNM, WHNP, DrPH; Sharyl Sadowski, MS, RNC, APN-NN; Carrie Klima PhD, CNM

This workshop will recertify nurses and midwives who are current in NRP. Participants will need to purchase the latest NRP workbook (5th ed) from the American Academy of Pediatrics ([www.aap.org/bookstore](http://www.aap.org/bookstore)) and review it prior to attending this session. Each module will be reviewed expeditiously with a test immediately following each review. Participants will be expected to demonstrate intubations and general CPR techniques with NRP instructors. An NRP certificate will be given at the successful completion and NRP cards will be sent in the mail.

Upon completion of this workshop, participants will be able to:

- Demonstrate the basic skills needed to resuscitate a newborn.
- Describe various situations that require newborn resuscitation.
- Differentiate between types of resuscitation equipment and their uses.
- Successfully pass the tests needed for recertification.

**8:00am – 11:30am**

\$ - Workshop 22 • 0.35 CEUs

### **Practice Start Up: You Can Do It Too!**

Presenters: Lucia Jenkusky, CNM, MS, WHNP; Lonnie Morris, CNM, ND

This workshop will walk you through starting your own practice from A-Z. Each presenter will be discussing her practice start up, offering opinions, resources, and solutions to potential road blocks. All aspects of start up will be discussed.

Upon completion of this workshop, participants will be able to:

- Set a realistic timeline for practice start up and be given a step by step guide to begin their practice start up.
- Have understanding of business planning, business naming, and resources for financing a new practice.
- Obtain a basic understanding of labor laws and OSHA as it relates to employees and have a basic understanding of HIPPA compliance as it applies to private practice.
- Feel confident in their ability to begin researching insurance company contracts, and have an understanding of PAR vs. NONPAR.
- Begin developing practice protocols for office and hospital as applied to each individual.

**8:00am – 11:30am**

\$ - Workshop 23 • 0.35 CEUs

### **The Anthropology of Reproduction**

Presenter: Robbie Davis-Floyd, PhD

This workshop offers an overview of the exciting sub-discipline of the anthropology of reproduction from its early beginnings to its latest findings. We will concentrate on anthropologic studies in four major areas: childbirth, midwifery, the new reproductive technologies, and the politics of reproduction.

Upon completion of this workshop, participants will be able to:

- Define anthropology and describe its major sub fields.
- Identify major works in the anthropology of birth and their relevance to contemporary midwifery.
- Discuss the politics of reproduction in relation to the new reproductive technologies, and describe the links between women's bodies and the politics of nation-states.

**8:00am – 5:00pm**

\$ - Workshop 24 • 0.75 CEUs

**First Assisting for Cesarean Birth: Standards, Techniques and Recommended Practices**

Presenter: James E. Johnson III, CSA, SA-C

*(Repeat of Workshop 10, presented by Elite School of Surgical First Assisting)*

The fee for this workshop includes the ACNM handbook *The Midwife as Assistant*.

**8:00am – 5:00pm**

\$ - Workshop 25 • 0.75 CEUs

**Vacuum-Assisted Birth in Midwifery Practice**

Presenter: P. Annie Clark, CNM, MPH

A short review of the mechanism of labor will be followed by an overview of the history and principles of the vacuum extractor, a review of the literature to assist in determining practice guidelines, and a summary of risk management issues. Factors needed to evaluate the appropriateness of midwifery use of the vacuum in the clinical setting and how to implement the additional skill into practice will be addressed. After demonstration, participants will practice the procedure in small groups using vacuum extractors with grapefruit, then with baby and pelvis models. A process for educating midwives to perform this procedure will be introduced, and methods for evaluating the competency of midwives using a skills checklist evaluation tool will be discussed. The fee for this workshop includes the ACNM handbook *Vacuum Assisted Birth in Midwifery Practice, 2nd Edition*.

Upon completion of this workshop, participants will be able to:

- State indications and contraindications for use of the vacuum extractor.
- Describe various situations that require newborn resuscitation.
- Demonstrate the steps for using the vacuum extractor using fetal and pelvic models and a skills checklist, including the identification of the flexion point.
- Identify the essential steps for adding the vacuum extractor to midwifery practice and for confirming that appropriate guidelines are in place.