



New Mexico

Breastfeeding Task Force



2023 Hospital & Clinic Summit

Health Equity for All:
Supporting High Risk Populations



WELCOME!

2023 NMBTF Hospital and Clinic Summit Health Equity For All: Supporting High Risk Populations

Welcome to the 2023 NMBTF Hospital and Clinic Summit. As I think about this year's theme, Health Equity for All: Supporting High-Risk Population, think about all the communities impacted by inequities, racial bias and discrimination. I think about communities living in rural areas, maternity and lactation deserts, and the barriers to accessing prenatal, and postpartum care. I want to thank you for being here and expanding your knowledge and toolbox in lactation care. I hope that you take advantage of this time to network and generate new ideas, resources and connections to take back to your communities. As we leave today each of us leaves with a next step towards expanding your work and together we continue to expand the lactation ecosystem.

Monica Esparza, executive Director

Thank you to our 2023 Planning Committee!

Kimberly Smetzer, RN, BSN, IBCLC

Jessica Marquez

Marianna Kliner-Childers

Siboney Rodriguez Gallegos, *LMSW, CLC*

Monica Esparza, *Executive Director NMBTF, CLC, Community Interpreter*

KendraJoi Trujillo, BS, CLC

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LOGISTICS

Information

If you have any questions before the summit you may email kendrajoitrujillo@breastfeedingnm.org

Sponsors/Exhibitors

Thank you to all our sponsors and exhibitors that participated in making events like these possible.

Recorded Sessions

No sessions will be available to view after the event.

Summit Program

Access to the virtual summit program will be sent via email to all registered attendees. Please take a moment to review. The summit program includes all information and links relevant to the summit.

Continuing Education

Conference participants seeking to receive continuing education credits, contact hours, or requesting a certificate of attendance are required to complete an evaluation. The link to the evaluation will be included in the post-summit email. The continuing education certificate, contact hours or certificate of attendance will be emailed within a week of the summit. Attendees are eligible to receive up to 3 hours.

This nursing continuing professional development activity has been approved by New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. for 3.3 contact hours.

CHW CEUs Approved by DOH-OCHW." It is the responsibility of the CEU provider to track attendance and issue certificates.

CONTINUING EDUCATION

DISCLOSURES

This nursing continuing professional development activity was approved by New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

***CHW CEUs Approved by DOH-OCHW**

2023 NMBTF Hospital and Clinic Summit Health Equity For All: Supporting High Risk Populations | September 22nd

WELCOME: BABY FRIENDLY UPDATE

8:30- 9:00AM

With Monica Esparza and Kimberly Smetzer

LACTATION OPTIONS AVAILABLE TO FAMILIES IN HIGH RISK PREGNANCIES AND NICU BABIES

9:00-10:00AM

With Rebecca Servoss

10:00-10:10AM

BREAK

10:10-11:10 AM

IMPROVING COLLABORATION TO DECREASE LACTATION DESSERTS: INTERACTIVE SESSION

With Marissa Guerrero and Kimberly Smetzer RN, IBCLC

30 min panel sharing lived experience providing care in a rural community followed by a 30 min brainstorming session “mapping resources within their community”

11:15-12:15 PM

ŪP IN SMOKE: THE POTENTIAL HEALTH IMPACT OF CANNABIS USE DURING PREGNANCY AND LACTATION ON THE BABY.

With Laurel Wilson

CLOSING AND EVALUATION

12:15-12:30PM

With Monica Esparza

SESSION DESCRIPTIONS

Lactation options available to families in high risk pregnancies and NICU babies

Rebecca Servoss, RNC-NIC, NC-BC

When a family is experiencing high risk pregnancy and facing a stay in the NICU, providing milk can be the bridge to bonding between a birthing parent and their newborn. This session will explore options for keeping the breastfeeding/chestfeeding relationship intact despite a highly medicalized experience. Rebecca will offer options that are available in the NICU to support lactation as well as ideas on how to support the birthing parent as they balance postpartum healing, lactation, and grieving the separation from their baby

Rural Lactation Panel:

Kimberly Smetzer RN, IBCLC: & Marissa Guerrero

30 min panel sharing lived experience providing care in a rural community followed by a 30 min brainstorming session “mapping resources within their community”

A panel discussion of lactation in rural areas, discuss strategies used at Northern Navajo Medical Center in Shiprock, NM and other rural areas.

SESSION DESCRIPTIONS

Up In Smoke: The Potential Health Impact of Cannabis Use During Pregnancy and Lactation on the Baby

Laurel Wilson, BSc, IBCLC, RLC, CLE, CLD, CCCE, PPPI TEDx and International Keynote Speaker, Author, and Educator

3As the recreational and medicinal use of cannabis increases worldwide, the questions about this herb's use during breast/chestfeeding rises exponentially. In the United States, sixteen states have legalized or are on the path to legalizing the consumption of cannabis. This trend has led to more lactation and healthcare professionals being faced with the question, "Is it safe for me to use cannabis during pregnancy and lactation?" The answers vary widely due to myth, bias, and poorly conducted and accessed research. These widely differing recommendations lead healthcare professionals to scratch their heads and face the knowledge that they don't know what to say to families. The problematic question of safety is compounded when issues involving equity and healthcare access come into play, as bias certainly plays a role in the US response to cannabis. Healthcare professionals have a sincere concern as the endocannabinoid system, which interacts with almost every organ system and the immune system, reacts to the molecules found in cannabis. The endocannabinoid system plays a role in brain development, system homeostasis, and the functioning immune system. What we actually know about how much perinatal use affects babies is still unknown. This presentation takes a harm reduction approach while looking at the most recent research and policies surrounding this controversial herb during the perinatal period.

SPEAKERS

Rebecca Servoss, RNC-NIC, NC-BC

Rebecca Servoss is a Certified Neonatal Nurse and Board Certified Holistic Nurse Coach. She is the co-founder of Marigolde, a grief wellness platform rooted in culture and ritual. As a nurse, holistic coach, writer, and mother, Rebecca is profoundly committed to supporting new parents as they traverse the deeply transformational experiences of birth, death, and loss. Through her work as a nurse, through Marigolde, and as co-chair of the bereavement team at University of New Mexico Hospital, she ensures that her patients and clients are met with a compassionate, multifaceted framework that centers equity and safety. Rebecca is the author of *Navigating the NICU: A Self Care Guide for Parents*.

Marissa Guerrero

Marissa Guerrero is a lifelong resident of Otero County where she has been a traditional healer for the last several years. She has committed herself to filling the gaps for parental support, mental health, and education in her community. She is a dedicated mother to a 9 year old daughter and a 3 year old son. They are her biggest inspiration and motivation for her work. She is currently working to be a Certified Breastfeeding Specialist that will put her closer to her goal of becoming an IBCLC.

Kimberly Smetzer RN, IBCLC

Kimberly Smetzer, RN, IBCLC, started working with new breastfeeding mothers and after her daughter Tiffany was born. Breastfeeding was much harder than she had imagined and she really thought of giving up. The amazing support she received while breastfeeding her children is the driving force behind where she is today. Since graduating from nursing school in 1999, Kimberly has worked in two countries and four states while accompanying her military spouse. She has had the privilege of working in mother/baby, labor and delivery, and transition nursery positions. Kimberly is an International Board Certified Lactation Consultant, (IBCLC) and has been able to use that knowledge in all of her positions. Kimberly and her husband moved to Las Cruces in the summer of 2008. Kimberly works as a Lactation consultant and as a clinical consultant for the New Mexico Breastfeeding task for 10 years supporting hospitals as they have navigated the Baby Friendly Pathway and moved toward a time when the majority of Babies are born in a hospital that supports best practices in breastfeeding.

Laurel Wilson IBCLC, BSc, RLC, CLE®, CCCE, CLD, CPPI TEDx and International Keynote Speaker, Author, Educator Professional Member of National Speaker Association

Laurel Wilson is a TedX and international speaker, women's health and perinatal specialist, health coach, consultant, educator, and author. Laurel has authored two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever*. Her passion is blending today's recent scientific findings with mind/body/spirit wisdom to highlight the magnitude and importance of the perinatal period. Laurel has been joyfully married to her husband for three decades and has two wonderful grown sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey into parenthood is a life-changing rite of passage that should be deeply honored and celebrated.

Thank You to Our Exhibitors



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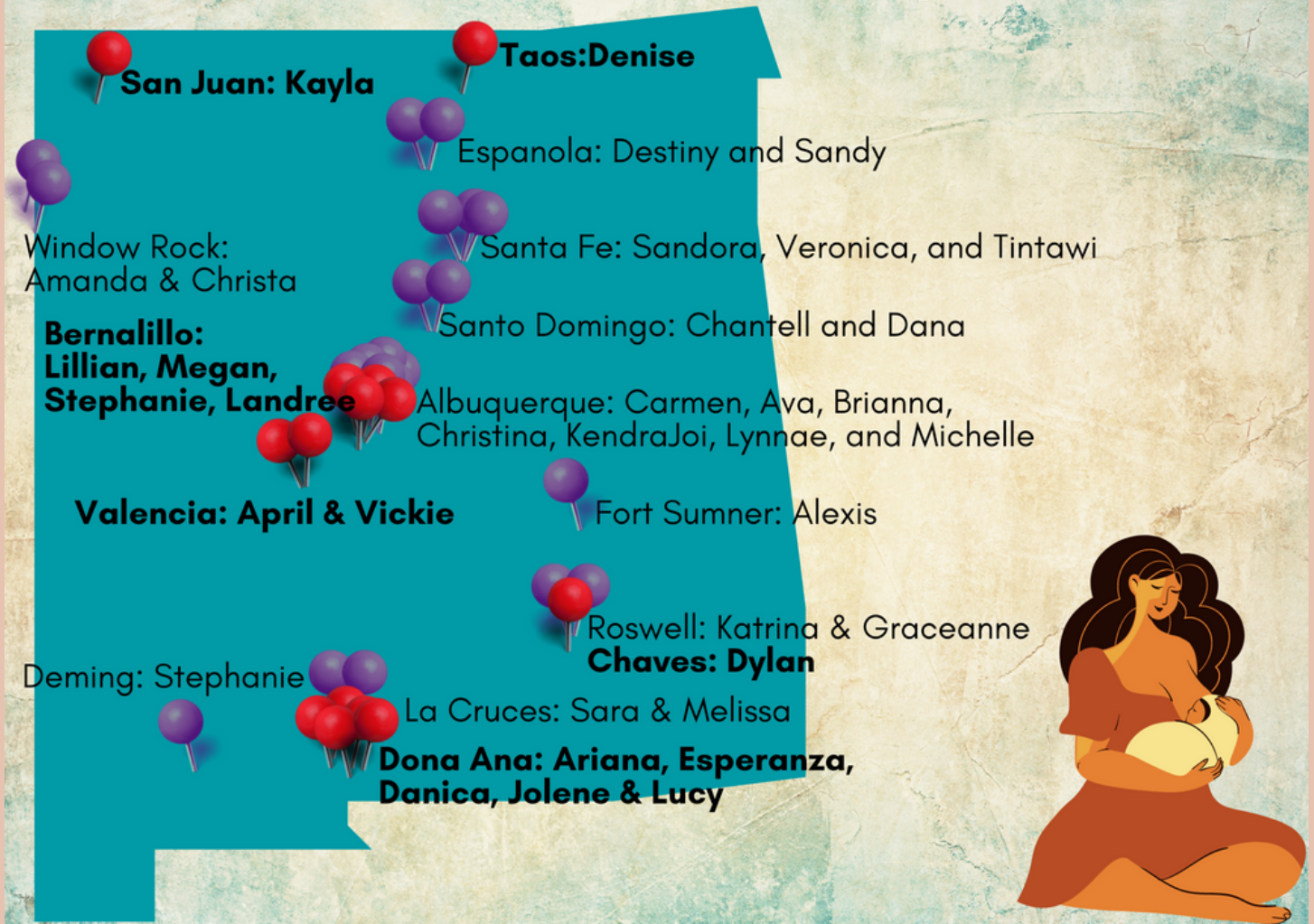
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2023 NMBTF Hospital and Clinic Summit Health Equity For All: Supporting High Risk Populations |
September 29th

Gerald Champion Regional Medical Center 2669 North Scenic Drive • Alamogordo, NM • 88310

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CLC Scholarship Recipients





New Mexico

Breastfeeding Task Force

NMBTF'S **VISION** IS A WORLD WITHOUT BARRIERS TO LACTATION.

Our **MISSION** is to create environments in which lactation is the norm and human milk is available to all infants and children.

Your continued contributions allow NMBTF to continue supporting the community

**SUPPORT
THE CAUSE**

MAKE A DONATION



**JOIN THE
TASK FORCE!**

BECOME A MEMBER



Visit breastfeedingnm.org to learn more.