



AdCare Educational Institute, Inc.  
5 Northampton Street  
Worcester, MA 01605

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*featuring*

**Jeanne Watson Driscoll, Penny Simkin,  
Eugene Declerq, Ina May Gaskin,  
Kathy Kendall-Tackett, Ruth Watson Lubic...**  
and twenty additional speakers in honor  
of our **20th Anniversary Conference.**



# Partners in Perinatal Health

20th ANNUAL CONFERENCE

Tuesday & Wednesday, May 19–20, 2009

8:30 am – 5:00 pm

Best Western Royal Plaza Hotel, Marlborough, MA

Partners in Perinatal Health is a member of the  
Healthy Mothers, Healthy Babies Coalition of Massachusetts



healthy mothers, healthy babies™

CO-SPONSORED BY

Massachusetts Department of Public Health & AdCare Educational Institute, Inc.

# PARTNERS IN PERINATAL HEALTH

- \* American College of Nurse Midwives, Eastern Massachusetts Chapter
- \* Association of Labor Assistants and Childbirth Educators
- \* Association of Women's Health, Obstetric and Neonatal Nurses, Massachusetts Section
- \* Boston Association for Childbirth Education/ Nursing Mothers' Council
- \* Boston University School of Public Health, Department of Maternal and Child Health
- \* Center for Community Health and Health Equity, Brigham and Women's Hospital
- \* DONA International
- \* International Cesarean Awareness Network
- \* La Leche League of MA/RI/VT
- \* Lamaze International of New England
- \* March of Dimes, Massachusetts Chapter
- \* Massachusetts Department of Public Health
- \* Massachusetts Lactation Consultant Association
- \* Massachusetts Midwives Alliance
- \* Massachusetts Women, Infants and Children (WIC) Program
- \* Postpartum Support International

## Mission

Partners in Perinatal Health is a statewide partnership of non-profit organizations committed to improving the quality of health care available to childbearing families.

## Conference Goals

- ✧ To examine current health issues that impact infant survival and women's health.
- ✧ To identify cultural issues affecting perinatal health care.
- ✧ To share knowledge and exchange information among health professionals about perinatal health.
- ✧ To examine model programs addressing the many conditions that put mothers and children at risk.

## CEUs

Continuing Education Units (CEUs) are pending for:

- Childbirth Educators (ICCE/LCCEs)
- Licensed Mental Health Counselors (LMHCs)
- Massachusetts Licensed Dietitians/ Nutritionists (LD/LNs)
- Nurses (RN/CNMs/LPNs)
- Registered Dietitians (RDs)

We have applied for ACNM specialty credits.

CERPs are available for Lactation Consultants (IBCLCs).

If you are interested in Social Work credits, please call Jennifer Fahey at AdCare Educational Institute at 508-752-7313 to find out if an authorization number has been secured.



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*Partners in Perinatal Health support the World Health Organization code regarding the marketing of breast milk substitutes and have requested that all exhibitors at the conference comply with the code.*

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## Registration

- **Early Bird Registration** Fee is \$90 to attend the conference for one day, \$150 to attend for both days, for registrations received **by April 7th**.
- **General Registration** is \$110 for one day, and \$180 for both days for all registrations received **after April 7th**.
- The Tuesday evening **anniversary celebration** is \$25.00 and must be paid for at the time of registration.
- **Deadline for all registrations is May 12, 2009.**
- Your non-refundable fee pays for entrance to the conference, continental breakfast, lunch, materials, and CEUs.
- **Registration is available by mail or online and credit cards are accepted.** To register online, please visit [www.piphma.org](http://www.piphma.org) and select Conference Registration. To register by mail, please complete the registration form, and mail the form and check to AdCare Educational Institute, 5 Northampton Street, Worcester, MA 01605.

### PRE-REGISTRATION IS REQUIRED.

- For additional information on the conference, please contact AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at [jadoros@aol.com](mailto:jadoros@aol.com).

## Further Information

A limited number of scholarships are available. Applications must be received by April 3, 2009. For a scholarship application, please contact Jennifer Fahey at 508-752-7313.

## Conference Exhibitor and Sponsorship Opportunities

- For information on **Conference Exhibiting**, please contact Joan, 508-759-6800 ([mothercare@rcn.com](mailto:mothercare@rcn.com)), or Lois, 781-784-1380 ([lofredman@aol.com](mailto:lofredman@aol.com)).
- For information on **Conference Sponsorship Opportunities**, please contact Beverly, 617-636-1389 ([bnathan1@tuftsmedicalcenter.org](mailto:bnathan1@tuftsmedicalcenter.org)).

## Baby Feeding

We have a private space available for mothers and infants; this space will be well-marked in the conference area. As always, quiet, infants-in-arms are welcome in workshops. Due to fire laws, NO STROLLERS ARE ALLOWED.

## 2009 Conference Agenda PARTNERS IN PERINATAL HEALTH | 20th ANNUAL CONFERENCE

### Day One: Tuesday, May 19th

- 7:30–8:30 **Registration / Breakfast / Exhibits**
- 8:30–8:45 **Welcome**
- 8:45–10:15 **KEYNOTE**  
**Maternal Mental Health: Bringing a Hidden Dimension of Perinatal Care in to the Light**  
**Jeanne Watson Driscoll, PhD, RN**  
*President, JWD Associates*
- Explore a new mother's mental health during the perinatal experience, too often an invisible dimension of care. Review the development of her psychological identity as a mother, and discuss effective ways to optimize mental health promotion in today's culture of childbearing.
- 10:15–10:45 **Break / Exhibits**
- 10:45–12:15 **SESSIONS**
- A. **Prepared for Pregnancy**  
**Lisa S. Brown, PhD, RD**  
*Assistant Professor, Simmons College*
- Understand how mother's weight, physical fitness, supplement use and overall health prior to conception affect the pregnancy and postpartum period for both mother and baby. Overview of

modifiable and non-modifiable lifestyle and health concerns, and how they affect conception, pregnancy, the postpartum mother and the infant, including incidences of birth defects.

B. **Non-Toxic Living Made Simple: Solutions for Every Day**

**Laura Costa, PhD**

*Vice President, Rhode Island National Organization for Women*

Discuss children's vulnerability to common toxins found in personal care products, food, clothing, home furnishings and other household items. Explore common routes of exposures, practical preventative measures, and simple ways to make the home a safer, healthier and "least-toxic" environment for babies and young children.

C. **Breast Cancer, the Environment and Women's Health**

**Robin Dodson, ScD**

*Postdoctoral Research Fellow, Silent Spring Institute*

Between 1973 and 1998, U.S. breast cancer rates increased by more than 40%. Rates started to rise at the same time industry began pumping out pesticides, plastics, solvents and other toxic chemicals. Laboratory studies and current research indicate that not only amount of exposure, but also timing

of exposure—whether during fetal development, pre-pubertal, or post-menopausal—creates the breast cancer risk.

D. **Caring for the Caregiver**  
\*ADVANCED WORKSHOP\*

**Peggy Kaufman, MEd, LICSW**

Director, Center for Early Relationship Support,  
Jewish Family and Children's Services

Bearing witness to another person's pain, trauma or turmoil may leave the caregiver with unexpected feelings and responses. Explore the range of emotions and our own levels of risk for burn-out and vicarious trauma. Learn innovative strategies for preventing and healing from the inherent stress of providing care.

E. **Health is an Inside Job: Chiropractic Care During Pregnancy**

**Peter J. Kevorkian, DC**

Doctor of Chiropractic, Westwood Family  
Chiropractic

Discover the process of creating health and well-being from the inside. Study the importance of spinal mechanics as it relates to optimal fetal position in the mother's body. Learn how to maintain a state of ease and minimize spinal discomfort in pre- and postnatal care.

F. **The Secret to Safely, Sustainably and Significantly Reducing C-Section Rates**

**Kelly B. Roberts, CNM, HBCE**

Nurse-Midwife, Mount Auburn Hospital

Reveal cross-sectional and longitudinal research examining the relationship between certified nurse-midwife (CNM) attended birth rates and cesarean section rates among Massachusetts hospitals, and benchmark excellent maternity outcomes and processes. Discuss means of assessing and improving access to midwifery care.

G. **Unnatural Causes: Is Inequality Making Us Sick?**

**Jo-Anna L. Rorie, CNM, MSN, MPH**

Associate Professor of Maternal and Child Health,  
Boston University School of Public Health

View the infant mortality segment *When the Bough Breaks*, part of the Unnatural Causes DVD series. Describe current research and the Life Course Model, and provide perspective on how the impact of racism is embedded in the body and affects birth outcomes. Discuss individual and community-level opportunities for improvement.

H. **Birth's Perfect Design**

**Karen Strange, CPM, AAP/NRP Instructor**

Founder, Newbornbreath

Consider the embryological template of birth for the baby on all levels: physiologically, psychologically and emotionally. Understand how the innate wisdom of women's bodies should work and how interruptions in the sequence can have profound impact. Reveal how babies truly experience their journey to be born.

I. **The Scientific and Moral Imperative: Safer Alternatives to Hazardous Chemicals**

**Joel Tickner, ScD, MSc**

Associate Professor, Department of Community  
Health and Sustainability, University of  
Massachusetts Lowell

Understand the health hazards and scientific challenges of characterizing risks of chemical exposures from commonly used products. Discuss the gaps in current public policies that allow dangerous chemicals to be incorporated in to everyday products. Identify simple, new approaches for reducing chemical exposures and promoting safer alternatives.

J. **The Late Preterm Infant and Breastfeeding**  
\*ADVANCED WORKSHOP\*

**Marsha Walker, RN, IBCLC**

Executive Director, National Alliance for  
Breastfeeding Advocacy

Present health and breastfeeding challenges of the late preterm infant. Identify infant vulnerabilities and explore approaches to successfully breastfeed this special population, including breastfeeding care plans.

12:15–1:30

**Lunch / Exhibits**

12:30

**Healthy Mothers Healthy Babies Partners Award**

Presented to **Judy Norsigian** of *Our Bodies, Ourselves*, in recognition of her years of distinguished service and advancement of knowledge in women's health.

1:30–3:00

**PLENARY**

**When Survivors Give Birth**

**Penny Simkin, PT, CCE, CD(DONA)**

Co-Founder, DONA International  
Faculty, Simkin School for Allied Birth Professions  
Board of Consultants, International Childbirth  
Education Association

Uncover the impact of childhood sexual abuse on childbearing women and their caregivers. Identify behaviors that may exhibit during pregnancy and childbirth, learn to avoid common maternity care practices that may trigger abuse memories, and appreciate specific ways maternity care providers can help.

3:00–3:30

**Break / Exhibits**

3:30–5:00

**PLENARY**

**Two Decades of Birthing Trends in the U.S. and the World**

**Eugene Declerq, PhD**

Assistant Dean and Professor of Maternal and Child  
Health, Boston University School of Public Health

Examine major trends in birthing practices and outcomes over the twenty years of the PIPH Conference. Identify factors that contribute to the growing rate of interventions in birth. Explore efforts led by providers and institutions to limit the increases in interventions.

## E\*V\*E\*N\*I\*N\*G C\*E\*L\*E\*B\*R\*A\*T\*I\*O\*N

5:30–8:00 Our Birth-Day Party, commemorating Partners' twenty years of conferences, is a celebration of women. Following the conference our party begins in Zachary's (in the hotel atrium), with live music by *All Girls Band*, hors d'oeuvres and a cash bar. Our evening will feature *Divi Zheni*, Boston's own women's chorus and orchestra, performing under the artistic direction of Tatiana Sarbinska. Instrumental, a cappella, and participatory song and dance sets will celebrate with humor and wisdom, the natural cycles of women's lives. Tickets are \$25 and must be purchased with your conference registration.

# 20 Years

## Day Two: Wednesday, May 20th

7:30–8:30 **Registration / Breakfast / Exhibits**

8:30–8:45 **Welcome**

8:45–10:15 **KEYNOTE**

### Rediscovering Women's Inner Wisdom in Birth and Breastfeeding

**Ina May Gaskin, MA, CPM**

*Founder and Director, The Farm Midwifery Center*

Appreciate the unique midwifery model of care developed at The Farm. Discover how women-centered birth practices in a non-profit setting create a birth culture that is absent of fear, and is responsive to mothers, infants and their families.

10:15 – 10:45 **Break / Exhibits**

10:45 – 12:15 **SESSIONS**

K. **All Hands on Her**  
**\*ADVANCED WORKSHOP\***

**Susan Cassel, CNM, MSN**

*Nurse-Midwife, Doula Trainer, Mount Auburn Hospital*

Describe the physiological basis of effective, non-pharmacologic pain management in labor, list the hormones of labor and their functions, and demonstrate positions to resolve unique problems during labor and birth. Learn support techniques to activate the gate control system of managing pain, how to incorporate the laboring woman's family, and understand how to relate to a woman in the elixir of labor.

L. **Human Values in Birth**

**Cathy Daub, PT, CCE(BWI), CD(BWI), CD(DONA), MAM**

*President, Birth Works International*

Consider the five primary human values of truth, right action, peace, love and non-violence. Understand how applying these human values reduces fear, builds confidence, helps manage emotion under pressure, and has transforming power during labor, birth and life.

M. **Pregnancy, Labor, Latch: Chiropractic Care and the Nervous System**

**Lisa Geiger, DC**

*Chiropractor in Private Practice, Village Chiropractic*

Appreciate how mother and infant work together through pregnancy, birth and breastfeeding and learn how to support their nervous systems through perinatal and pediatric care. Recognize how this support can enhance the birth experience, strengthen latch, and encourage breastfeeding.

N. **End of Life at the Beginning of Life: Strategies for Sudden Grief**  
**\*ADVANCED WORKSHOP\***

**Emily C. Lazar, MS, CT**

*Adjunct Faculty Member, Genetic Counseling Program, Brandeis University*

Tragically, death can accompany birth. Understand universal behaviors and symptoms of sudden grief reaction, learn effective phrases and behaviors to help others cope with loss, and recognize the needs of one's self in caring for others.

O. **Vegetarian Pregnancy**

**Reed Mangels, PhD, RD, LDN, FADA**

*Nutrition Advisor, The Vegetarian Resource Group*

Discover key nutritional considerations and sources of critical nutrients for a healthy vegetarian pregnancy. Understand all vegetarian diet types, including lacto-ovo, lacto and vegan. Describe the effect of a vegetarian diet on birth outcomes and address common concerns.

P. **Engaging Dads in the Process**

**Jeanette Mesite Frem, MHS, CCE, BC, CD(ALACE)**

*Childbirth Educator, Birth Doula and Executive Momma, Mothers & Company*

**Regina Huersten-Hogan, PhD**

*Assistant Professor, Assumption College; Clinical Psychologist, Pediatric Behavioral Health*

Review research on the psychology of men, and factors that influence fathers' involvement in pregnancy, birth and postpartum. Discuss strategies for increasing fathers' participation in labor support and co-parenting. View excerpts from *Being Dad: Inspiration and Information for Dads-to-Be*. Identify how the film can be used to engage dads in discussions with other dads and their partners.

R. **Latino and African American Adolescent Health****Sarah Perez McAdoo, MD, MPH***Assistant Professor, Obstetrics and Gynecology,  
Tufts University School of Medicine*

Review the racial and ethnic health disparities of teen birth rates in Massachusetts. Gain a greater appreciation of the disproportionate impact teen birth has in the Latino communities. Understand the vital impact that strong leadership, armed with annual birth data, can have to galvanize community support to address teen pregnancy.

S. **Plastics and Pesticides: Finding Safer Solutions****Lynn Tondat Ruggeri, PhD***Professor Emerita, University of Massachusetts  
Dartmouth*

Reveal the current status of human health concerns relative to plastics and pesticide exposure. Discuss current medical trends for determining human safety, and identify safer plastics and pest control options to reduce exposures that pose the highest risks to human health.

T. **Acupuncture and Pregnancy, from Conception to the Point of Delivery****Kathy J. Seltzer, Licensed Acupuncturist****Sharon Levy, Licensed Acupuncturist***Co-Founders, Acupuncture Birthing Associates*

Explore how every phase in the perinatal year can benefit from acupuncture, from relief of morning sickness and threatened miscarriage, to sciatica, edema and natural induction of labor. Learn the five acupressure points caregivers can use to augment progression and bring relief to each stage of labor.

U. **The Case of Bisphenol A: Fetal Exposure and Human Health Issues****Laura N. Vandenberg, PhD***Post Doctoral Fellow, Tufts University*

Do breast cancer, obesity, prostate cancer and ADHD start in the womb? Identify products that contain BPA, discuss amounts commonly found in the body, and understand the levels that are known to cause harmful effects. Gain greater understanding why pregnant women, fetuses and neonates should be protected from BPA, and how we can avoid exposure.

12:15–1:30 **Lunch / Exhibits**1:30–3:00 **PLENARY****The Surprising Link Between Breastfeeding and Mother's Well-Being****Kathy Kendall-Tackett, PhD, IBCLC***Acquisitions Editor, Hale Publishing; Clinical  
Associate Professor of Pediatrics, Texas Tech  
University School of Medicine*

Breastfeeding protects maternal mental health. Learn the key components of the human stress response, what triggers it, how it relates to depression, and how breastfeeding can provide protection. Identify an array of effective treatments for postpartum depression that are compatible with breastfeeding.

3:00–3:30 **Break / Exhibits**3:30–5:00 **CLOSING KEYNOTE****Reducing Infant Mortality Among Vulnerable Populations****Ruth Watson Lubic, CNM, EdD, FACNM***Founder, Developing Families Center / Family  
Health and Birth Center***Joan Brickhouse, CCE(CAPPA), Doula(ICTC), CBPC**  
*Community Health Worker, Developing Families  
Center / Family Health and Birth Center*

Our nation's capital has a tragic reality: rates of prematurity, low-birth weight, and infant mortality are nearly twice the national average. But not at the Developing Families Center. In over 800 births in eight years they have never lost a child in childbirth, and the rates of premature birth and low-birth weight have been cut to less than half. Examine the so-called "intractable" disparities found among African American families, understand a community-based approach to delivering perinatal care, and realize the value of setting health care in its social context in this highly successful and replicable model.

5:00–5:15 **Evaluations / CEUs / Exhibits**

## Directions, Parking and Hotel



The Best Western Royal Plaza Hotel in Marlborough is conveniently located about one hour from Boston, Providence and Worcester near the junction of the Massachusetts Turnpike (Route 90) and Route 495. Parking is free.

### *From Boston:*

Take the MassPike (Route 90) West. Go North on Route 495 and take Exit 24B. Follow Route 20 West for one mile, take a right into the entry just after the hotel sign, and follow the drive to the hotel entry at the end.

### *From Providence:*

Take Route 95 North to Route 495 North, to exit 24B. Follow Route 20 West for one mile, take a right into the entry just after the hotel sign, and follow the drive to the hotel entry at the end.

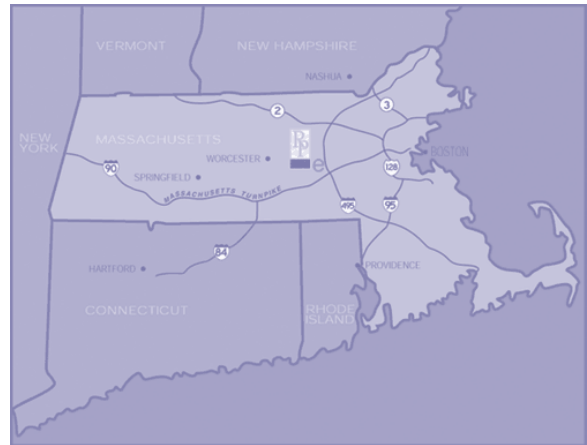
### *From Worcester:*

Take Route 495 South and take Exit 24B. Follow Route 20 West for one mile, take a right into the entry just after the hotel sign, and follow the drive to the hotel entry at the end.

For directions and a map online:

[http://www.rplazahotels.com/pages/61\\_directions.cfm](http://www.rplazahotels.com/pages/61_directions.cfm)

Should you care to spend the night at the hotel, rooms are available at the seminar rate of \$99.00 per night. For reservations or more information, call 888-543-9500, or 508-460-0700.



Together, Supporting Families

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# Partners in Perinatal Health

## 20th ANNUAL CONFERENCE

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- **To register online**, please visit [www.piphma.org](http://www.piphma.org) and select Conference Registration.
- **To register by mail**, please complete the registration form, and mail the form with a check to AdCare Educational Institute, 5 Northampton Street, Worcester, MA 01605.

**For additional information** on the conference, please contact AdCare Educational Institute, 508-752-7313, 508-754-0039/TTY, or e-mail Jennifer Fahey at [jadoros@aol.com](mailto:jadoros@aol.com).

(FILL IN BELOW AS IT SHOULD READ ON YOUR NAME TAG)

NAME: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_ PROFESSION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/STATE/ZIP: \_\_\_\_\_

TELEPHONE: (        ) E-MAIL ADDRESS: \_\_\_\_\_

### Please indicate your workshop choices below:

#### Session Choices, Day One (indicate 1st and 2nd preference with a "1" and "2")

A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_ D \_\_\_\_\_ E \_\_\_\_\_ F \_\_\_\_\_ G \_\_\_\_\_ H \_\_\_\_\_ I \_\_\_\_\_ J \_\_\_\_\_

#### Session Choices, Day Two (indicate 1st and 2nd preference with a "1" and "2")

K \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ N \_\_\_\_\_ O \_\_\_\_\_ P \_\_\_\_\_ R \_\_\_\_\_ S \_\_\_\_\_ T \_\_\_\_\_ U \_\_\_\_\_

### Payment Information

	Early Reg. by April 7th	Regular Reg. after April 7th	
<input type="checkbox"/> May 19th only	\$ 90.00	\$110.00	\$ _____
<input type="checkbox"/> Evening Celebration	\$ 25.00	\$ 25.00	\$ _____
<input type="checkbox"/> May 20th only	\$ 90.00	\$110.00	\$ _____
<input type="checkbox"/> May 19th & 20th	\$150.00	\$180.00	\$ _____
<b>Total Payment</b>			<b>\$ _____</b>

**Check / Money Order**  
(payable to AdCare Educational Institute, Inc.)

**Credit Card**  
 MasterCard  
 Visa  
 American Express

\_\_\_\_\_

CARD NUMBER (please include ALL digits)

\_\_\_\_/\_\_\_\_

EXPIRATION DATE

\_\_\_\_

3-digit security code for MC and VISA

\_\_\_\_

4-digit security code for AX

\_\_\_\_\_

PRINT name exactly as it appears on card

\_\_\_\_\_

SIGNATURE required for credit card registrations

### Vegetarian lunches will be served.

If you are deaf or hard of hearing, or are a person with a disability who requires accommodations, please contact AdCare Educational Institute at (508) 752-7313, TTY (508) 754-0039 by April 30, 2009.

