



**SCHOOL OF NURSING**  
UNIVERSITY *of* WASHINGTON  
Continuing Nursing Education



13<sup>th</sup> Annual Pacific Northwest Conference

# **Midwifery Update 2012**

Wednesday—February 1, 2012

Shoreline Conference Center  
Seattle, Washington

**Provided By**

UNIVERSITY OF WASHINGTON SCHOOL OF NURSING  
Continuing Nursing Education  
Nurse-Midwifery Education Program

13<sup>th</sup> Annual Pacific Northwest Conference

# Midwifery Update 2012

Wednesday—February 1, 2012

Shoreline Conference Center • Seattle, Washington

*Offered for certified nurse midwives, licensed midwives, nurse practitioners, clinical nurse specialists, and other interested health care professionals.*

## **COURSE DESCRIPTION**

This conference provides an annual update on clinical issues in midwifery care. Topics this year include thorough examination of the placenta, misoprostil use in missed and spontaneous abortions, treatment options for mood and anxiety disorders during pregnancy, strategies used to reduce risk of preterm birth, use of hand maneuvers to manually rotate the vertex in labor, therapies that support successful breastfeeding, and resources for pregnant women during a tight economy. Teaching methods include lecture, discussion, demonstration and case study analysis.

## **OBJECTIVES**

*Upon completion of this conference, you will be better able to:*

- ❖ Describe information that can be gained from a thorough examination of the placenta.
- ❖ Describe the use of misoprostil in managing missed and spontaneous abortions.
- ❖ Discuss appropriate pharmacological treatment options for mood and anxiety disorders in pregnancy.
- ❖ Describe strategies that reduce the risk of preterm birth in a subsequent pregnancy.
- ❖ Describe hand maneuvers used to manually rotate the vertex in labor.
- ❖ List medications, herbs, and other therapies for lactation support.
- ❖ Describe pregnancy support services accessible to low-income women in the Puget Sound area.

## **PLANNING COMMITTEE**

### **Sally Avenson, MSN, CNM, ARNP**

Lecturer, Nurse-Midwifery Education Program, Family and Child Nursing, University of Washington School of Nursing; Private Practice, Seattle

### **Martha DuHamel, MPH**

Assistant Dean for Continuing Nursing Education, University of Washington School of Nursing, Seattle

### **Michelle Grandy, MN, CNM, ARNP**

Director, Midwives Clinic, Seattle; Teaching Associate, Department of Obstetrics and Gynecology, University of Washington School of Medicine; Region VI Representative, American College of Nurse Midwives Board of Directors

### **Judy Lazarus, MSN, CNM, ARNP**

Staff Certified Nurse Midwife, Neighborcare Health, Seattle; Senior Lecturer and Community Liaison, Nurse-Midwifery Education Program, Family and Child Nursing, University of Washington School of Nursing, Seattle

### **Jaime Navetta, BSN, RN**

Director of Conference Planning and Management, Continuing Nursing Education, University of Washington School of Nursing, Seattle

## **PROFESSIONAL CREDIT**

**Nurses and Nurse Practitioners:** 7.3 contact hours (includes 4 contact hours in pharmacology at the advanced practice level)

- The University of Washington School of Nursing (UWSON) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
- The UWSON is approved as a Washington state clock hour provider by the Washington State Board of Education.
- Provider is approved by the California Board of Registered Nursing, Provider #07218, for 7.3 contact hours.

**Nurse Midwives:** Credit for Certified Nurse Midwives is being requested from the American College of Nurse Midwives (ACNM).

# PROGRAM SCHEDULE

## Wednesday—February 1, 2012

- 7:30 Registration, Coffee, and Exhibits
- 8:00 **Welcome and Overview**
- 8:10 **The Placenta: It's Not Just For Dinner**  
*Martin Walker*
- 9:10 Break and Exhibits
- $R_x$  9:20 **All That Bleeds Is Not Lost: Update on Evaluation and Management of First Trimester Bleeding**  
*Ann Darlington*
- 10:20 Break and Exhibits
- $R_x$  10:35 **Perinatal Mood and Anxiety Disorders: Update on Assessment and Management**  
*Veronica Zantop*
- 11:35 Lunch (provided) and Exhibits
- $R_x$  12:35 **Lowering the Risks of Preterm Birth: Current Thoughts on What Works, What Doesn't, and What Might**  
*Jane Hitti*
- 1:35 Break and Exhibits
- 1:45 **See One, Do One, Teach One: Manual Rotation in Labor**  
*Cricket Davenport*
- 2:45 Break and Exhibits
- $R_x$  2:55 **Beyond the First Latch: Update on Therapies That Support Successful Breastfeeding**  
*Gina Wall*
- 3:55 Stretch Break
- 4:00 **Resource-Full Midwifery in a Tight Economy: Community Services That Can Help**  
*Moderator: Sally Avenson and Panelists Representing Community Services*
- 5:00 **Evaluation**
- 5:10 Adjourn
- 5:15 Washington State Affiliate of ACNM: Meeting, Presentation, and Dinner (Optional)  
*Members and guests of state affiliate organizations of ACNM are welcome to attend a presentation, dinner, and business meeting. Please RSVP to Heather Paar at heatherpaar@yahoo.com by January 25, 2012.*

$R_x$  = This session qualifies for pharmacology contact hours at the advanced practice level.

# SPEAKERS

## **SPEAKERS**

### **Sally Avenson, MSN, CNM, ARNP**

Certified Nurse Midwife, Private Practice, Seattle; Lecturer, Nurse-Midwifery Education Program, Family and Child Nursing, University of Washington School of Nursing, Seattle

### **Ann Darlington, MS, CNM, ARNP**

Staff Certified Nurse Midwife, Neighborcare Health, Seattle; Clinical Faculty, University of Washington, School of Nursing, Seattle

### **Cricket Davenport, MD**

Medical Staff, Obstetrics/Gynecology, Group Health Cooperative; Clinical Instructor, Department of Obstetrics and Gynecology, University of Washington School of Medicine, Seattle

### **Jane Hitti, MD**

Professor, Maternal-Fetal Medicine, Department of Obstetrics and Gynecology, University of Washington School of Medicine, Seattle

### **Ginna Wall, MN, RN, IBCLC**

Lactation Services Coordinator, UW Medical Center/UW Medicine; Clinical Faculty, Bastyr University; Clinical Faculty, University of Washington School of Nursing, Seattle

### **Martin Walker, MD**

Perinatologist and Medical Director, Eastside Maternal Fetal Medicine Associates, Kirkland; Clinical Assistant Professor, Department of Obstetrics and Gynecology, University of Washington School of Medicine, Seattle

### **Veronica Zantop, MD**

Psychiatric Hospitalist, Swedish Medical Center, Seattle

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*The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the Disability Services Office at least ten days in advance at: 206-543-6450/V, 206-543-6452/TTY, 206-685-7264 (FAX), or [dso@uw.edu](mailto:dso@uw.edu).*

# GENERAL INFORMATION

## CONFERENCE LOCATION

### Shoreline Conference Center

18560 1st Ave NE • Shoreline (Seattle), WA, 98155

**Directions:** Going north or south on I-5, take the NE 175th Street exit (Exit #176). Head west on NE 175th to Meridian Ave. N. Turn right on Meridian and continue to next light at N. 185th St. Turn right on N. 185th and continue to 1st Ave. NE. Turn left on 1st NE. The Shoreline complex will be on your right. Drive to the north end and turn right just before the tennis courts. Follow signs to the conference center.

**Parking:** If the parking area immediately outside the entrance to the conference center is full, return to 1st Avenue NE and drive to the south end of the complex. Free parking is plentiful and you can enter through any major entrance and follow signs to the Shoreline Room. If you park on the street, be sure to avoid parking in front of mailboxes or close to driveways or you may be ticketed.

## HOTEL INFORMATION

*University of Washington conference rates and shuttle service to the conference center may be available at these hotels if requested in advance.*

### Embassy Suites, Lynnwood

20610 44th Ave W.  
Lynnwood, WA 98036  
425-775-2500  
[www.embassysuites.com](http://www.embassysuites.com)

### Courtyard Marriott, Lynnwood

4220 Alderwood Mall Blvd.  
Lynnwood, WA 98036  
425-670-0500  
[www.marriott.com](http://www.marriott.com)

## REGISTRATION INFORMATION

University of Washington • Continuing Nursing Education (UWCNE)

Box 359440 • Seattle, WA 98195-9440

PHONE: 206-543-1047 • FAX: 206-543-6953

EMAIL: [cne@uw.edu](mailto:cne@uw.edu) • WEB: [uwcne.org](http://uwcne.org)

The fee for this conference is \$245 (\$225 group rate). The group rate is per person for two or more registrations which arrive together from the same agency or per person for employees of sponsoring organizations. The fee includes tuition, handouts, continental breakfast and lunch.

**To register:** Please send registration form and fee to UWCNE. You may also register online with a VISA or Mastercard at [uwcne.org](http://uwcne.org).

**Program changes:** UWCNE reserves the right to revise the program schedule as needed.

**Refund policy:** If you register but then cannot attend, you may send a substitute or, prior to the conference, request a refund less \$35 for handling.

**Cancellation policy:** If the conference is cancelled, all fees will be refunded in full. Airline and/or hotel penalties are the responsibility of the registrant.

## EXHIBITORS

### Reserve exhibit space online!

Visit the Exhibitor Portal on our website at [uwcne.org/exhibitors](http://uwcne.org/exhibitors).

For more information, please contact Corie Goodloe at  
[corie@uw.edu](mailto:corie@uw.edu) or 206-616-3826.



# MIDWIFERY UPDATE 2012

February 1, 2012  
Conf. 12105-C  
7.3 contact hrs

## REGISTRATION FORM

Three easy ways to register!

- Web: Register online at [uwcne.org](http://uwcne.org)
- FAX: 206-543-6953
- Mail: UWCNE  
Box 359440  
Seattle, WA 98195-9440

### PLEASE PRINT CLEARLY:

NAME \_\_\_\_\_ HIGHEST DEGREE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGENCY NAME \_\_\_\_\_

AGENCY ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ DAYTIME PHONE \_\_\_\_\_

### ■ YOUR PRIMARY POSITION

- Nurse Practitioner (Specialty: \_\_\_\_\_)
- Certified Nurse Midwife       Licensed Midwife       Clinic/Staff Nurse
- Clinical Nurse Specialist       Administrator/Manager       Public/Community Health
- Other \_\_\_\_\_

### ■ CONFERENCE FEES:

Individual Rate      Group Rate\*

Wednesday—February 1 .....  \$245 .....  \$225

\***Group Rate**—Price per person for two or more registrations arriving together from the same agency or for individuals employed by any of the agencies listed as conference sponsors.

### ■ TOTAL PAID \$ \_\_\_\_\_ (U.S. Funds)

- Check enclosed payable to: *University of Washington*
- Purchase order or letter of authorization enclosed. Please bill my agency.
- UW Budget Number \_\_\_\_\_  
UW Budget Title \_\_\_\_\_

Charge my bank card:     VISA     MC

# \_\_\_\_\_

Exp.. Date \_\_\_\_\_