



23<sup>rd</sup> - 25<sup>th</sup> June 2023 (Friday - Sunday)

Sunday, 25 June 2023 • 09:30 - 11:00

## Workshop 3

# Lactation Consultation Hands-on Demonstration on Hand Expressions, Latching Positions for Effective Milk Transfer, How to Use the Milk Pumps and Utilities



### Dr. Sharon S.W. HO

M.B., Ch.B. (CUHK), FHKCFP, FRACGP, FHKAM (Family Medicine)  
*Specialist in Family Medicine*

Dr. Sharon Ho is a specialist in Family Medicine. She previously worked in the Maternal and Child Health Centres of Department of Health, where Dr. Ho developed her interest and training in breastfeeding medicine.

Breastfeeding offers a lot of health benefits to both the nursing mother and the new baby. However, the journey of breastfeeding is never an easy one. From the decision of breastfeeding during antenatal period, to the point of breastfeeding initiation, and establishment of sustained milk supply, sound knowledge and competency in managing breastfeeding problems from healthcare workers can be a substantial support to the breastfeeding mother and family.



### Ms. Connie M.Y. YIP

RN, RM, BN, MSc (Woman's Health Studies), Postgraduate Dip in Health Administration (CUHK), IBCLC, FHKAN(Midwifery)  
*Midwife Consultant, Department of Obstetrics & Gynaecology, Hong Kong East Cluster, Hospital Authority*

Ms Yip is a Midwife Consultant of Hong Kong East Cluster. She is a Lactation Consultant for many years. She is Baby-Friendly hospital coordinator and responsible for promoting and supporting breastfeeding.

Breastfeeding problems are common encounters in primary care settings. The primary healthcare team is often the first point of contact for the mother and baby dyad. Knowledge on conducting a breastfeeding assessment, identifying problems in latching, managing common breastfeeding problems for both the mother (e.g. block duct, nipple pain and /or breast pain, mastitis, milk supply issues) and the baby (weight gain issues, colic, diarrhoea, tongue tie and oral infections) is essential for the well-being of the newborn as well and the nursing mother. Clinical and emotional support from the healthcare team is very important, especially on establishing breastfeeding in the first few weeks after delivery, to the mother and baby dyad as well as to the whole family.

In the workshop there will be discussions on commonly encountered breastfeeding problems, as well as approach to breastfeeding assessment. The second part of the workshop will be hands on interactive experience on hand expression skills, use of milk pumps, demonstration of latching and breastfeeding positions.

With supportive attitude and competency in managing breastfeeding problems, the primary care team could help the mothers to establish and continue their breastfeeding journey with more confidence and pleasure.