



# XIV Zjazd Centrum Nauki o Laktacji

Karmienie piersią – więcej mocy!

Warszawa, 11-12 czerwca 2021 r.

## CONFERENCE PROGRAM

### FRIDAY June 11th 2021 – LECTURE SESSION 10.30 – 17.40

- 09.30-10.30 Registration, welcome coffee, time to see the stalls  
10.30-10.35 Welcome to the guests and lecturers  
10.35-10.45 Summary of the 2020/21 academic year – **dr n. med. Magdalena Nehring-Gugulska**  
10.45-10.50 1st session opening address – **dr n. med. Monika Żukowska-Rubik**

#### 1st session Breastfeeding AS AN ELEMENT OF HEALTHY FEEDING

- 10.50-11.10 Recent guidelines for infant feeding. What's new? What's important?  
**prof. dr hab. n. med. Hanna Szajewska**
- 11.10-11.40 Is it possible to overfeed with human milk and what are the consequences?  
**prof. Donna Geddes**
- 11.40-11.50 What does medical staff know about the value of human milk?  
– results of CNoL research - **dr n. med. Magdalena Nehring-Gugulska**
- 11.50-12.10 Discussion**
- 12.10-12.25 Who and why recommended elimination diet  
– results of CNoL research **lek. Dorota Bębenek**
- 12.25-12.45 Is it really allergy? – practical look through the lenses of the newest information  
– **dr n.med. Agnieszka Krauze**
- 12.45-12:55 Discussion**
- 12.55-13.05 The duration of breastfeeding matters – **dr n. farm. Ewa Wietrak, Nutropharma**

#### **13.05-14.00 55 min lunch break**

#### 2nd session Breastfeeding IN COVID-19 ERA

- 14.00-14.05 2nd session opening address – **lek. Katarzyna Raczek-Pakuła**
- 14.05-14.25 Breast milk of a woman recovered or vaccinated to COVID 19 – from a clinician's point of view - **prof. dr hab. n. med. Barbara Królak-Olejniak**
- 14.25-14.40 The effects of changes in perinatal care in COVID-19 pandemic on children's nutrition – results of the Polish study  
- **dr hab. n. o zdr. Aleksandra Wesółowska**
- 14.40-14.55 Discussion**

**14.55-15.05** Feeding with mother's milk during the COVID-19 pandemic. How to help the mother and provide enough food for the child? – **Elżbieta Majchrzak, Medela Polska**

**15.05-15.20** Handing in of IBCLC and CLC

**15.20-15.45** Coffee break 25 min

### **3rd session Breastfeeding IN PRACTICE**

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15.45-15.50 3rd session opening address – **mgr Joanna Żołnowska**

15.50-16.10 PTN recommendations on neonatal jaundice treatment in practice  
**dr n. med. Justyna Tołłoczko**

16.10-16.30 Upper lip frenulum – where is the problem?  
**dr n. med. Monika Żukowska-Rubik**

16.30-16.40 Using the newest technologies as a support for breastfeeding mothers – **Anna Łosińska, Philips Polska**

**16.40-16.55** Discussion

### **4th session Young scholars in action**

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16.55-17.00 4th session opening address – **poł. Magdalena Paszko**

17.00-17.10 Dual breastfeeding: analysis of breast milk nutritional value while feeding a younger and older child - **dr n. med. Elena Sinkiewicz-Darol**

17.10-17.20 Significance of vitamin D. Vitamin D concentration in breastfeeding women and their milk - **mgr Iwona Adamczyk**

17.20 – 17.25 Immediate skin to skin contact after a cesarean section – knowledge and midwives' attitude – **mgr Nela Kameduła**

17.25 – 17.30 *Lactobacillus* in human milk – **lek. wet. Katarzyna Łubiech**

**17.30 - 17.40** Discussion

**Since 17.40** Walks outside 😊

**SATURDAY June 12th 2021 – WORKSHOP SESSION 8.30 -14.00**

**Workshops in 90-minute blocks: 8.30-10.00; 10.20 - 11.50; 12.30 - 14.00**

1. Does breastmilk need to be fortified – when and for whom? - **prof. dr hab. n. med. Barbara Królak-Olejnik, dr n. med. Matylda Czosnykowska - Łukacka**
2. Kaleidoscope of weird cases - season 4 – **dr n. med. Katarzyna Kowol Trela, mgr Joanna Kiełbasińska, dr n. med. Magdalena Nehring-Gugulska**
3. Support me! How to get over the pandemics crisis? – **mgr Joanna Frejus**
4. Discover mother's power looking at the baby– NBO (Newborn Behaviour Observations) as a tool for building parent competences – **Fundacja Centrum NBAS, mgr Karolina Isio-Kurpińska, mgr Bożena Cieślak-Osik**
5. Midwife - 5 steps towards independence - **mgr Estera Michalak**
6. Expanding infant diet, BLW culinary workshop - **mgr Zuzanna Anteck**

The organizer reserves the right to change the program