

DIRECTIONS

For directions to Southern New Hampshire Medical Center, please go directly to Southern New Hampshire Medical Center web-site at www.snhmc.org.

FOR MORE INFORMATION ON OUR WORKSHOPS GO TO www.nhawhonn.org CLICK ON CALENDAR OF EVENTS FOR UPCOMING CONFERENCES FOR 2010.

New Hampshire



CANCELLATION AND REFUNDS: Notify NH AWHONN by e-mail (ahillman@crch.org) at least 72 hours ahead of a conference if you will not be able to attend. A processing charge of 25% of the registration fee will be assessed. No refund will be made for failure to notify NH AWHONN less than 72 hours ahead of conference.

Ann Hillman
The Family Place
@ Concord Hospital
250 Pleasant Street
Concord, NH 03301

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NEW HAMPSHIRE



New Hampshire AWHONN
PRESENTS. . .

Labor Support For The Patient And The Nurse

**Monday, October 18, 2010
8:30am—3:30pm**

Southern New Hampshire Medical Center
10 Prospect St
Nashua, NH 03061
Conference Rooms A, B, C, & D

Speakers: Emily J. Kelly, ARNP,
IBCLC, RNC
Tara Kaplan, RN
Nancy Hughes, MPT



ABOUT THE SPEAKERS

Emily J. Kelly, ARNP, IBCLC, RNC is currently a Nationally Board Certified Women's Health Nurse Practitioner. Emily began her nursing career 10 years ago and has fulfilled multiple roles including OB staff nurse in both tertiary care and community hospital settings. Emily is an Internationally Board Certified Lactation Consultant, and she teaches Infant CPR and Breastfeeding Basics for the Pregnancy, Birth and Parenting Program at Littleton Regional Hospital.

Tara Kaplan, RN shares her knowledge about labor support from the perspective of a seasoned doula, hospital based childbirth educator, and recent RN graduate. Tara has worked in the field of childbirth for ten years and is passionate about providing mothers and her support with an array of time tested techniques that promote a sense of confidence in the mother and encourages her support to participate at a level that enhances the relationship with the mother and baby. Easy to convey ideas to help work through contractions and demonstrations of simple massage techniques and labor positions are the focus of Tara's knowledge.

Nancy Hughes, MPT has been practicing for 10 years in outpatient orthopaedics, specializing in Women's Health issues such as musculoskeletal pain in pregnancy, post-partum recovery, incontinence and pelvic pain. Nancy has been managing the outpatient clinic in Hudson, NH for the past 2 years, and has worked with the SNHMC Birth Center team over the past several years to provide a team approach to caring for our birthing moms.

PROGRAM

Supporting women and their families during the birth process may be one of the hardest aspects of perinatal nursing to learn, but it is certainly a significant part of our work. This hands-on program is designed to bring us back to the basics of labor support so that we can be better coaches for our patients. Proper technique and ways to avoid injuring ourselves will be highlighted.

Teaching is not based on one particular philosophy, but is drawn from methods such as Lamaze, Birthing from Within, and hypnobirthing and incorporates relaxation, breathing, and other various strategies to cope with labor. This program will integrate AWHONN's evidenced based clinical practice guideline for second stage management. Participants will learn ways of preventing musculoskeletal injuries in the patient, particularly with those who have a prior history of lower back or pelvic issues.

Whether you are a new or seasoned nurse, you are welcome to join us, and please dress comfortably as this program will be interactive.

Time: 8:30am-3:30pm

8:30am to 9:00am REGISTRATION & Coffee and Tea

9:00am Program begins

Lunch will be provided

***A limited supply of AWHONN's Evidence Based Clinical Practice Guideline for Second Stage Management will be for sale for \$34.95. Checks only accepted.**

REGISTRATION FORM

**COST: AWHONN members \$65.00
Non-members \$80.00**

6.0 Contact Hours will be awarded

Southern New Hampshire Medical Center Professional Development Department is an approved provider of continuing nursing education by New Hampshire Nurses' Association Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation..

MAKE CHECKS PAYABLE TO: NH AWHONN

Please mail registration form and check to: Ann Hillman, The Family Place @ Concord Hospital, 250 Pleasant St., Concord, NH 03301

Name _____

Title _____ Phone _____

Address _____

City _____

State _____ Zip _____

Organization _____

Required AWHONN # _____

For further information call Ann Hillman at (603) 227-7000, ext. 2909 or e-mail: ahillman@crhc.org

**No confirmation of registration will be sent!
Membership number required on the registration form.**