

On-Demand Telesimulation

Clinical lactation and maternal-newborn health



1

Learn essential skills
in the **Foundations
Workshop**



2

Start with **60 min
telesimulations**,
learn the content,
and practice



3

Challenge yourself by
repeating the case
scenario in a **30 min
telesimulation**



4

Earn **CERPs**,
clinical hours, or
CNE



1.



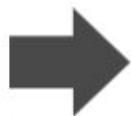
Complete case-based
multiple choice
questions.



2.



Schedule a video
call at any time
with a standardized
patient actor.



3.



Engage with the
actor in a simulated
patient encounter.



4.



Receive feedback
on clinical
performance from
the actor-educator
and a clinician



5.



Review, repeat,
grow!



Communication & interpersonal skills

- The learner completed the encounter in an organized manner.
- The learner used restatement, reflection, and clarification to indicate that he/she was listening to me.
- The learner summarized each concern, described the management plan, or provided a follow-up plan.
- The learner's affect (eg. body language, facial expressions, and emotional tone) were appropriate for the scenario.
- The learner allowed sufficient time for me to respond.
- The learner expressed empathy to my situation in his/her responses.

Clinical skills & knowledge points*

- I know how to perform breast massage for engorgement.
- I know how to store breast milk.
- I know what to expect in the coming week in terms of breast milk production, expression, and provision to my baby.
- I know which medications are contraindicated with breastfeeding.
- I know why the early postpartum period affects libido.
- I know what findings from a self-breast assessment should be evaluated by a medical specialist
- I know how pregnancy and lactation will affect the physical appearance of my breasts.

Clinical competence. Clinical competence is measured using a validated formative assessment rubric (FAR). The actor-educator provides oral and written feedback to the learner using the FAR.

“I know statements” are used as proxies for a patient’s self-efficacy. There are 4 “I know statements” per case scenario. *Listed on this screen are a few examples.

Dyad summary. Who is this dyad?

Provide the most important points of the maternal history, pediatric history, and breast assessment in a concise fashion.

Do not include unnecessary demographic information (eg. appointment date)

Pretend you are trying to convey the most important information in a limited amount of time to a member of this dyad's healthcare team.

Please find a template for the dyad summary [here](#) 

Word limit: less than 100

Concern 3. Delayed secretory activation (lactogenesis II)

Elaboration.

1. List at least two contributing factors from the parent's history that led to the delay in secretory activation.
2. How do you know that this parent's secretory activation was delayed, but is now 'in progress'?
3. What are the underlying physiologic changes that occur in the breast tissue during secretory activation?

Word Limit: 150

Encounter Documentation. The Encounter Documentation is completed after each telesimulation. A learner's clinical decision-making and documentation skills are evaluated by a clinician using a validated summative assessment rubric. A learner will receive written feedback on their Encounter Documentation. Presented on this screen are two example prompts.

Foundations Skills Workshop (3 H*, prerequisite)

Part 1: Newborn positioning and attachment

Part 2: Breast pumps, equipment, alternative feeding

Part 3: Lactation skills, complications, telesimulation overview

“See one, do one, teach one” approach



*Not in one sitting

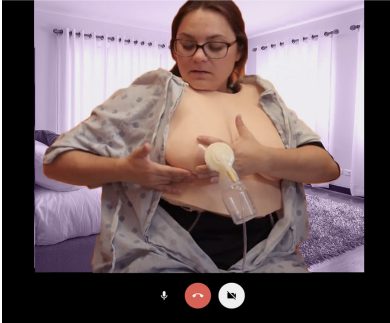
Foundations Skills Workshop Content

Part 1	Part 2	Part 3
<ul style="list-style-type: none">● Parental positioning● Newborn positioning (emphasis on laid back, cradle, cross-cradle, and football holds)● Newborn attachment● Using a supplemental nursing system at the breast/chest● Using a nipple shield	<ul style="list-style-type: none">● Double-electric breast pump assembly● Hands-on pumping techniques● Willow/Elvie pump use● Haakaa and passive milk collection● Paced bottle feeding● Cup, spoon, and finger feeding	<ul style="list-style-type: none">● Breast assessment● Hand expression● Breast massage for engorgement● Breast massage for plugged ducts● Management of sore nipples● Telesimulation overview



Example Case Scenarios in Clinical Lactation

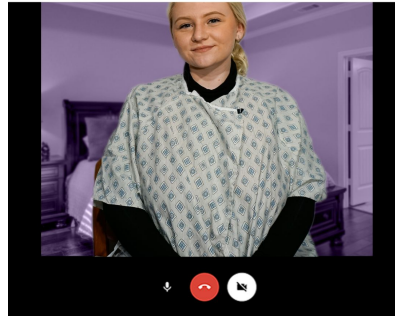
Breast pumping for twins in NICU



Day 0

- Breast pumps
- Hand expression
- Lactation initiation
- Preterm delivery

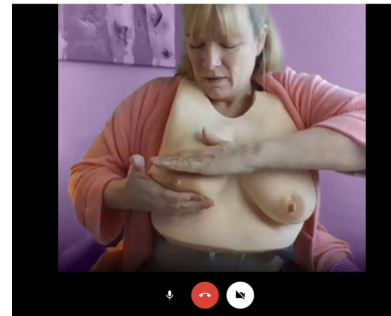
Newborn positioning and attachment



Day 3

- Sore nipples
- Painful latch
- Breastfeeding assistance

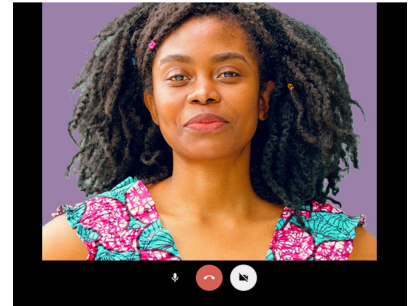
Breast engorgement and late preterm infant



Day 5

- Newborn jaundice
- Delayed LLI
- Severe engorgement

Lactation advocacy, education, and support



N/A

- Hospital practices
- Staff lactation education
- Lactation support for employees



Contact information

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