



## Nordic Breastfeeding Conference Programme

21 SEPTEMBER 2023 THURSDAY		
8.30–9.30	<b>Registration</b>	
9.30–10.00	<b>Opening ceremony</b> <i>Kirsi Otronen</i> Chair for organizing committee, <i>Sofia Virta</i> Parliament Member, <i>Tina Räihä</i> Hanaholmen, <i>Elias Kaskinen</i> music Celsius Auditorium (Streaming to Tetra Congress Hall)	
10.00–11.00	<b>Plenary session Jack Newman, MD, pediatrician: Breastfeeding and adult health</b> Session chair <i>Kirsi Otronen</i> Celsius Auditorium (Streaming to Tetra Congress Hall)	
11.00–11.05	<b>Break</b>	
11.05–12.05	<b>Parallel session 1 Breastfeeding and maternal wellbeing</b> Session chair <i>Päivi Oinonen</i> Celsius Auditorium	LUNCH
12.10–13.10	<b>Parallel session 2 Breastfeeding in national and global context</b> Session chair <i>Mariette Pontán</i> Celsius Auditorium	LUNCH
13.10–13.15	<b>Break</b>	
13.15–14.15	<b>Parallel session 3 Breastfeeding education</b> Session chair <i>Sari Haapio</i> Celsius Auditorium	<b>Parallel session 4 Support for breastfeeding families</b> Session chair <i>Mariette Pontán</i> Tetra Congress Hall



14.20–15.00	<b>Plenary session <i>Hannakaisa Niela-Vilen</i> PhD, Docent, RM: It takes a village to provide high-quality breastfeeding support</b> Session chair <i>Riikka Ikonen</i> <i>Celsius Auditorium (Streaming to Tetra Congress Hall)</i>	
15.00–15.40	<b>Coffee break and poster walk</b> <i>Tetra Congress Hall</i>	
15.40–16.25	<b>Plenary session <i>Kaija Mikkola</i> MD, PhD, neonatologist: Co-operation project between Helsinki University Hospital and Helsinki Child Welfare Clinic to promote breastfeeding</b> Session chair <i>Leena Hannula</i> <i>Celsius Auditorium (Streaming to Tetra Congress Hall)</i>	
16.25–17.40	<b>Workshop 1</b> <i>Heidi Parisod, Kristiina Heikkilä</i> Nursing Research Foundation: Systematic Reviews Session chair <i>Hanna-Leena Melender</i> <i>Tetra Congress Hall</i>	<b>Workshop 2</b> <i>Meri Haahtela</i> Reducing supplementary milk and monitoring the baby's growth Session chair <i>Niina Pöyhönen</i> <i>Celsius Auditorium</i>
18.30–	<b>Conference DINNER and DANCING in Hanaholmen</b> Hosts: <i>Elina Rinne</i> and <i>Kirsi Otronen</i> . Band: <i>Liivit Boys</i> <i>Restaurant PLATS</i>	



## Parallel sessions 1-4 | Thursday 21 September

### 11.05–12.05 Parallel session 1 *Breastfeeding and maternal wellbeing*

1. **Sonia Semenic RN, PhD, Natalie Dayan MD, MSc, FRPC**  
Impact of a Breastfeeding Self-Efficacy-Based Support Intervention on Breastfeeding Outcomes Among Women with Hypertensive Disorders of Pregnancy: Findings from a Pilot Rct
2. **Shona Shinwell MSc, Anna Gavine PhD, Laura Hay MD, Phyll Buchanan MSc, Sara Cumming MA, Flavia Ximenes Vasconcelos MSc, Albert Farre PhD, Alison McFadden Professor**  
Breastfeeding Support for Women with Long-Term Conditions (Action4breastfeeding Study)
3. **Lina Palmér RN, RM, PhD, Associate Professor, Docent in caring science, Ida Gustafsson RN, RM, Lecturer, PhD-student in caring science**  
A Theoretical Model on Caring for Mothers with Initial Breastfeeding Difficulties: The Breastfeeding Story as a Hub for Caring Practice

### 12.10–13.10 Parallel session 2 *Breastfeeding in national and global context*

1. **Kahsu Gebrekidan PhD, Virginia Plummer Professor, Ensieh Fooladi PhD, Helen Hall Associate Professor**  
Determinants of Exclusive Breastfeeding Among Employed Mothers in Northern Ethiopia: A Mixed Methods Study
2. **Karin Cadwell PhD, Anna Blair PhD, Kajsa Brimdyr PhD**  
Considering the Impact of Powdered Baby Formula in Planetary and Population Health Policy
3. **Reija Klemetti Docent, Eveliina Tuovinen MSc, Tuuli Kuoppala MSc, Sanna Nieminen MSc PhD Student, Eija Luoto MSc, Mika Gissler Professor**  
Data Collection on Breastfeeding by The Finnish Institute for Health and Welfare in Finland



### **13.15–14.15 Parallel session 3 Breastfeeding education**

1. **Ingrid Blixt PhD student, Andreas Karlsson Rosenblad Associate professor, Ove Axelsson Professor, Eva-Lotta Funkquist, Associate professor**  
Breastfeeding Education Improved Healthcare Professionals Self-Efficacy to Provide Evidence-Based Support
2. **Sara Bergstrand Karlsson Midwife IBCLC, Elisabeth Hjärtmyr midwife pediatric nurse IBCLC spec breastfeeding, Kamilla Jönsson midwife, Therese Ledsby midwife, Helen Ström Töttrup midwife/IBCLC, Ewa Dahl midwife/IBCLC, Linda Bengtsson midwife**  
Digital Breastfeeding Education for Expectant Parents in a App. Halland County Sweden
3. **Lisbet Mulder Pettersen Midwife, MSc. Nurse IBCLC, Mette Ness Hansen Midwife, MPH, Nurse, Carina Vedeler Midwife, MMid, PHD candidate, Nurse, Therese Krohn Haagensen Public Health Nurse, Camilla Skimmeli BS**  
An Educative Breastfeeding Program for First-Time Mothers and Partners During Pregnancy

### **13.15–14.15 Parallel session 4 Support for breastfeeding families**

1. **Pirkko Nikula RM, MNSc, Assistant Nurse Manager, Doctoral researcher, Outi Kanste PhD, Docent, Tarja Pölkki Professor**  
Promoting and Supporting Breastfeeding with Mobile Intervention
2. **Anna Blair PhD, Ellie Mulpeter MPH**  
Using the Technique of Spatial Analysis to Analyze the Relationship Between Breastfeeding Support and Health Outcomes
3. **Oona Ojantausta Doctoral candidate, MNSc, Riikka Ikonen PhD, Marja Kaunonen PhD, Professor**  
Mothers' Experiences with Health Professionals' Attitudes Towards Breastfeeding Beyond 12 Months



## 22 SEPTEMBER 2023 FRIDAY

9.00–10.00	<b>Plenary session Leena Forma, PhD, Docent, RN: Assessing effectiveness and cost-effectiveness of health interventions.</b> Session chair Sari Räisänen Celsius Auditorium (Streaming to Tetra Congress Hall)	
10.00–10.15	<b>Break</b>	
10.15–10.55	<b>Parallel session 5 Professional training and tools</b> Session chair Sari Räisänen Tetra Congress Hall	<b>Parallel session 6 Breastfeeding support for newborns' families</b> Session chair Heidi Kervinen Celsius Auditorium
11.00–12.00	<b>Parallel session 7 Baby Friendly programs and steps</b> Session chair Maija-Riitta Jouhki Celsius Auditorium	LUNCH
12.05–13.05	<b>Parallel session 8 Baby Friendly programs and steps</b> Session chair Elina Rinne Celsius Auditorium	LUNCH
13.05–13.45	<b>Coffee break and poster walk</b> Tetra Congress Hall	
13.45–14.45	<b>Plenary session Saara Salo, PhD, clinical psychologist, and psychotherapist: Early attachment and Breastfeeding</b> Session chair Leena Hannula Celsius Auditorium (Streaming to Tetra Congress Hall)	
14.45–15.15	<b>Closing and farewell</b>	



## Parallel sessions 5-8 | Friday 22 September

### 10.15–10.55 Parallel sessions 5 *Professional training and tools*

1. **Tine Greve Midwife, IBCLC, Ann-Magrit Lona Public health nurse, MPH, IBCLC, Anne Bærug, PhD nutrition.**

Development of an E-Learning Course, and Piloting Flipped Classroom as an Educational Learning Method in Breastfeeding Training of Midwifery and Public Health Nurse Students

2. **Ida Gustafsson RN, RM, Lecturer, PhD-student, Malin Spångby RN, MNSc, Ann Arvidsdal RN, MNSc, Marie Golsäter RN, PhD Docent, Lina Palmér RN, RM, Associate Professor, Docent.**

Clinical Introduction and Evaluation of The Existential Breastfeeding Difficulty Scale (Exbreasts) in the Context of Child Health Care

### 10.15–10.55 Parallel sessions 6 *Breastfeeding support for newborns' families*

1. **Erika Andresen RM, MMedSc, PhD student, Paola Oras PhD, Gunilla Norrman PhD, Mats Målqvist Professor, Eva-Lotta Funkquist Associate professor**

Formula Use Among Healthy Term Newborns Infants in Sweden: A Study with A Quasi-Experimental Before and After Design

2. **Jaana Lojander RM, MNSc, Anna Axelin RN, PhD, Hannakaisa Niela-Vilén RM, PhD**  
'Busy Staff Had Little Time to Help' – Mothers' Needs for Breastfeeding Support in Postnatal Wards

### 11.00–12.00 Parallel session 7 *Baby Friendly programs and steps*

1. **Mette Ness Hansen Registered nurse, Registered midwife, MPH, Ina Landau Aasen, Registered nurse, Registered midwife, MNSc**

A Cross-Sectorial Approach on How to Register Breastfeeding Data / WHO Unicef's Sentinel Indicators in Facilities Providing Maternity and Newborn Services





2. **Kajsa Brimdyr PhD, Karin Cadwell PhD**  
Overcoming Challenges for Implementing Skin-to-Skin Contact
3. **Nina Kivilaakso Public Health Nurse, Master of Healthcare, Lactation Trainer, IBCLC, Baby and Family Friendly Coordinator in maternity and child health clinics, Kirsi Otronen, Public Health Nurse, Lactation Trainer, Master of Health Sciences, Chief Nursing Officer in Maternity and Child Health Clinics**  
Baby- And Family Friendly Initiative in Primary Health Care

#### **12.05–13.05 Parallel session 8 Support in challenging situations**

1. **Mervi Hakala RM, PhD, CNS, Postdoctoral researcher, Riitta Marttila PhD, Pediatrician, Neonatologist, Marja Vääräsmäki, Professor, Obstetrician, Gynaecologist, Tarja Pölkki, Professor**  
Effects of Antenatal Expression in Late Pregnancy by Diabetic Mothers for Exclusive Breastfeeding
2. **Tiina Väänänen, PhD-student, Senior Lecturer, Leena Hannula RM, PhD, Principal Lecturer, Sandra Rinne MSc, Senior Lecturer**  
Parental Perceptions of Infantile Colic and Touch-Based Treatments
3. **Rakel B. Jonsdottir RN, PhD, Helga Jonsdottir RN PhD, Rene Flacking RN, PhD**  
Few Weeks Matter. Breastfeeding During the First Year in Late Preterm Infants



## Poster presentations

Posters will be presented 21 September at 15.00–15.40 and 22 September at 13.05–13.45.

**1. Katja Antila BHS, MHS student, Niina Pöyhönen BHS, MHS student, Saija Ohtonen-Jones M.Soc.Sc, Marjorita Sormunen University lecturer, DHSc, doc.**

The Breastfeeding Promotion Among the Risk Groups

**2. Ingrid Blixt PhD student, Ove Axelsson Professor, and Eva-Lotta Funkquist Docent**

Partners' Experiences of Breastfeeding: Striving to Be a Part of the Family and that the Family Functions Well in Everyday Life

**3. Kajsa Brimdyr PhD, Karin Cadwell PhD, Kristin Svensson PhD**

Connecting the Dots Between Foetal, Premature and Full-Term Behaviour While in Skin-To-Skin Contact: The Nine Stages of Instinctive Behaviour

**4. Ida Gustafsson RN, RM, PhD-student, Lecturer, Gunilla Carlsson RN, PhD, Professor, Katarina Karlsson RN, PhD, Lecturer, Aleksandra Jarling RN, PhD, Lecturer, Lina Palmér RN, RM, PhD, Associate Professor, Docent**

Breastfeeding and Experienced Exposedness in Partner Relationship

**5. Kaitfors Elin Midwife student, Övermark Amanda, Midwife student**

Breastfeeding Brochure

**6. Heli Kokkonen RM, RDN, RN, Lactation Educator, Student of UEF Health Science**

Mothers' Experiences About Breastfeeding Twins

**7. Heli Kokkonen RM, RDN, RN, Lactation Educator, Piia Feodoroff RM, RN, Lactation Educator, Tea Metsävainio MSc, RM, RN, Doctoral researcher, Arja Kontinen Chief Nurse, MSc, RN**

Baby-Friendly Programme and Electronic Statistical Reporting in Maternity and Newborn Units at Kuopio University Hospital





**8. Sanna-Kaisa Kukko midwife, MSc, doctoral researcher, Jenni Rainio midwife, IBCLC, Master of Health Care, Terhi Virtanen midwife, MSc, nursing director**

Maternal Experiences About Baby-Friendly Practices at Tampere University Hospital

**9. Ann-Magrit Lona public health nurse, IBCLC, Tine Greve midwife, IBCLC, Anne Bærug PhD nutrition**

Amme-Læring: A Norwegian E-Learning Course on Breastfeeding Counselling for Students and Health Professionals

**10. Ellinor Mehtola RN, MSc, PhD student, Marie Golsäter PhD, RN, Lina Palmér RN, RM, PhD, Associate Professor in Caring Science**

Child Healthcare Nurses' Experiences of Caring for Mothers with Oversupply of Breastmilk

**11. Anna-Miia Niskanen RM, RN, Lactation Educator, Minna Montonen RN, Lactation Educator, Neonatal nurse, Anne Vartiainen Head nurse, MHC, RN, Minna Jäntti-Leino Assistant Head nurse, MSc, RN, Lactation Educator, Taina Kalliomäki Chief Nurse, PhD, RM, Tea Metsävainio MSc, RM, RN**

Neonatal Intensive Care Unit Baby Friendly Programme- Towards Certification In 2023

**12. Marge Pöldma RM, IBCLC, Kelly Kirt MD, Annely Kärema RM, MSc**

Therapeutic Ultrasound for Lactational Mastitis Spectrum

**13. Jenni Rainio Master of Healthcare, Midwife, IBCLC, Elina Rinne Midwife, Master's Degree student in Development and Management of Health Care and Social Service, Eija Tuomi LPN in Paediatrics, Trainer for Breastfeeding Counsellors**

Overcoming Barriers to Establishing Baby-Friendly Practices at Tampere University Hospital

**14. Mithun Gupta, MPH, Programme Manager, BRAC**

Relationship between a supportive environment (mother support group) during pregnancy and ensuring exclusive breastfeeding among the working women of rmg workers in Bangladesh