

Classes help mothers breast feed babies

By CAROL MAHONEY

Anxious to pass on their expertise and personal experience with breastfeeding, four former public health nurses have formed a partnership called Breastfeeding Basics.

Patricia Paquette, Carla Teagan, Marsha Vanlandingham, and Sharon Skog have formulated a class to help expectant mothers who are thinking about or who have already decided to breastfeed their infants.

All four of the nurses have preschoolers and all breastfed their babies.

Mrs. Paquette, who is still nursing her seven-month-old Patrick, also teaches classes for the LaMaze Childbirth Association of Greater Detroit at Seaholm High School.

It was while teaching the classes that she saw the need for education in breastfeeding. "Questions would come up in the LaMaze class on breastfeeding. Being a strong breastfeeding supporter, I was frustrated that I couldn't help the mothers," said Mrs. Paquette.

"You realize how little you know about nursing (breastfeeding) until you start doing it," said Mrs. Skog, a parent radical and mother of a 15-month-old daughter.

In addition Mrs. Skog pointed out that education has always been stressed as an important part of nursing and is why many nurses have expanded their roles in this field.

She and Mrs. Vanlandingham both have taught expectant parent classes through the Oakland County Health Department. Mrs. Teagan, who lives in Dearborn, has taught similar classes through the Wayne County Health Department.

In preparing their Breastfeeding Basics class the which they offered,

for the first time this fall, the nurses spent all summer studying and researching the subject.

"We read all the articles we could find that have been published in the last two or three years," said Mrs. Skog.

Two classes, one prior to delivery and one after, are offered to expectant mothers. The fee for the combined classes is \$15. They are taught in the nurses' homes. All but Mrs. Teagan live in Birmingham or Bloomfield Township.

Each of them takes a turn presenting a class so there is only one instructor present each time.

Material in the pre-natal class is designed to show women the benefits of breastfeeding. "We want them to know what the benefits are, not to totally sway them, but to motivate them to go on," said Mrs. Paquette.

Topics discussed in the first class include the anatomy and physiology of the breast, emotional and physical preparation for breastfeeding, what to expect in the hospital, and managing at home afterwards.

Some problems such as engorgement, baby blues, and possible infections are also covered along with advice on successful nursing.

MOTHERS are encouraged to bring their babies to the second class.

"We want to give them an opportunity to let us know what their special needs are. We also go through problem solving, infant nutrition, weaning, and the working mother."

Mrs. Paquette added that most of the women coming to the classes are employed and many of them intend to return to work after their baby is born.

Providence names neuroscience chief

Dr. Armando Ortiz, chief of the neurosurgery section in the department of surgical services at Providence Hospital has been named medical director of the new neuroscience program.

The announcement was made by the Providence Hospital board of trustees.

Sister Xavier Ballance said the new neuroscience program will provide the hospital and its physicians with the coordinated facilities to "deliver the highest quality care to the growing number of patients with neurological problems."

Ortiz will be responsible for developing the new program which will use the full range of the hospital's medical and surgical resources in diagnosing and treating central nervous system disorders, she said. These include brain tumors, Parkinson's Disease, epilepsy, stroke, muscular dystrophy and spinal injuries.

This type of multidisciplinary approach is among the first initiated in a community hospital setting in the nation and is the first of its kind in southeastern Michigan, hospital officials said.

A 17-bed unit of 2 East, staffed by specially trained nursing personnel, has been designated for neuroscience

patients.

As the service is developed, specialized clinics will be established for the diagnosis and treatment of specific disorders. These outpatient facilities, a Providence spokesman said, will be integrated into the hospital's existing specialty clinics.

THE HOSPITAL'S diagnostic resources, including the radiology department with its nuclear and ultrasound divisions, will be coordinated for the detection of neurological disorders.

The nuclear and ultrasound divisions are now undergoing a major expansion. Support services, such as physical medicine and rehabilitation, will be coordinated into the treatment facilities.

Another component of the neuroscience program, hospital officials said, will be post-graduate education for physicians, nurses and other medical personnel.

Ortiz has been associated with Providence Hospital since 1966 and was named chief of surgery in 1969.

He earned his medical degree at the University of Mexico and took post-graduate training at the Montreal Neurological Institute and McGill University in Canada.

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