

Vergie Hughes
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EDUCATION

Bachelor of Science in Nursing, Pacific Lutheran University, Tacoma, WA May 1967
Master of Science, Georgetown University, Washington, DC August 1994

CERTIFICATIONS AND LISCENSURE

Registered Nurse 1967 to present
Certified Childbirth Educator, Childbirth with Preparation Association January 1977 to 1984
Certified Lactation Consultant, Intern'l Board of Lactation Consultant Examiners 1985, 1990, 1996, 2001, 2006, 2011, 2016

EXPERIENCE

Lactation Education Resources, Tracys Landing, MD

President and Course Director February 1997 to present
Lactation management training programs for professionals, Baby-Friendly Hospital Training for hospital staff
Web based distance learning programs
Responsible for all aspects of management including planning, directing, marketing, staff development, program development and implementation.

Worksite Perinatal Consultant, Burke, VA

Manager for worksite lactation program including online courses, handouts, phone support for pregnancy and lactation
Contracts with national companies for services January 2012 to December 2016

Inova Fairfax Hospital Falls Church, VA

Lactation Consultant Post-partum lactation consultant 2001 – 2008, NICU LC 2008 - 2010
Chair Breastfeeding Committee March 2004 to March 2006 September 2001 to 2010

Inova HealthSource Fairfax, VA

Lactation Consultant Work site lactation programs for corporate employees, office consults and home visits, teaching parent education June 2001 to 2011

Inova Learning Network Falls Church, VA

Coordinator and instructor for the Lactation Consultant Training Programs, In-patient Breastfeeding Specialist, Out-patient Breastfeeding Specialist, NICU Breastfeeding Specialist, Lactation Management Expert Series March 2004 to April 2009

Babies in Business Bethesda, MD

Lactation Consultant conducting office and home visits April 2001 to April 2002

Sibley Hospital Washington, DC

Instructor for the prenatal breastfeeding classes, Second Time Around, Breastfeeding on the Go
Lactation Consultant November 1997 to August 2003

The Catholic University of America, School of Nursing, Washington, DC

Clinical Instructor November 1997 to November 2003

Responsible for coordinating the graduate students who take the Lactation Consultant Training Program

Washington's Families First, Bethesda, MD

December 1998 to April 2001

President and Director

Retail purchasing and sales of breastfeeding related products, Breast pump rental program

Private Practice in Lactation Consulting, Director of variety of classes for new parents

Director of post-partum doula program.

Georgetown University, School of Nursing, Washington, DC

Clinical Associate

September 1994 to February 1997

Curriculum development and instructor for Issues in Lactation, an interdisciplinary graduate school course.

Georgetown University Medical Center, Washington, DC

Nursing Coordinator

December 1985 to February 1997

National Capital Lactation Center & Community Human Milk Bank

Birth & Parent Education Program

October 1993 to February 1997

Hire, supervise and evaluate staff of Lactation Consultants, Childbirth Educators, secretary and technician

Recruit and supervise 20 milk bank donors annually

Oversee the 24 hour operation of the programs

Breast pump rental program

Evaluate educational needs of new parents, develop curriculum and institute classes

Established and developed Lactation Consultant Training Program

Staff R.N. Community Human Milk Bank

November 1984 to December 1985

Staff R.N.

3N Obstetrical Unit

November 1984 to May 1985

2 Bles Pediatric Unit

November 1983 to November 1984

Instructor Educational Services Department

July 1984 to December 1992

Fauquier Hospital, Warrenton VA

November 1981 to November 1983

Staff R.N. Medical - Surgical Unit, Labor and Delivery, Nursery and Post-Partum, and Pediatrics

Childbirth with Preparation Association

Jan 1977 to November 1984

Instructor for Prepared Childbirth Classes

Instructor Trainer Developed and updated training program for childbirth teachers

President

1981 to 1983

Prince William County Health Department, Manassas, VA

Staff Public Health Nurse

August 1975 to April 1976

Generalized case load

Montgomery County Health Department, Gaithersburg, MD

Staff Public Health Nurse Assigned to a High School

July 1973 to July 1975

Twin Oaks Group Foster Home, Vienna, VA

June 1972 to Sept 1973

Set up and operated group foster home for pre-delinquent teenage boys in conjunction with

Fairfax County Social Services and Community Groups

Fairfax Hospital, Falls Church, VA

Staff R.N. Stroke Intensive Care Unit

June 1971 to June 1972

Visiting Nurses Association, Tustin, CA
Staff Visiting Nurse Generalized case load

Dec 1969 to May 1971

U.S. Navy, Philadelphia, PA
Staff R.N. MICU and various medical floors

Sept 1967 to Sept 1969

PUBLICATIONS

Devices and Topical Treatments in Core Curriculum for Interdisciplinary Lactation Care. R Mannell Ed. Boston: Jones & Bartlett Publishers 2002, Second Ed 2007, Third Ed 2012, Forth Ed. 2018.

Clinical Internships for the Next Generation of IBCLCs. Journal of Human Lactation. November 2017.

Baby-Friendly Hospitals in the US. International Journal of Infant and Child Nutrition. August 2015.

Breastfeeding Devices and Equipment in Core Curriculum for Lactation Consultant Practice, R Mannell Ed. Boston: Jones & Bartlett Publishers, 2002, Second Edition 2007, Third Edition 2012.

Breastfeeding: Training for Pediatric Residents. DVD self learning module with J Tender MD. George Washington University, Wash DC April 2009.

Web-based Independent Study Modules: Milk Banking, Alternative Feeding Methods for Breastfeeding Babies, The Breastfeeding Baby with Torticollis, Supporting the Breastfeeding Mother at Work, Teaching Breastfeeding Classes for Expectant and New Parents, Writing Breastfeeding Patient Handouts, Cultural Aspects of Breastfeeding Families, Jaundice, Breastfeeding the Premature Infant, Insufficient Glandular Tissue. www.LERon-line.com, 2002-2017.

Guided Study Distance Learning Program in Lactation Management. Lactation Education Resources, 2000

Lactation Management Self Learning Modules. Lactation Education Resources, 1998 Revised 2000 , 2001, 2002, 2003, 2005, 2008, 2010. Published on-line 2015, 2018.

Lactation Management Protocols. Lactation Education Resources, 1998 Revised 2000, 2003, 2005, 2007, 2008, 2009, 2010, 2013, 2015, 2017.

How to Continue Nursing Your Baby. Health Scene. Coffey Communications. Jan/Feb 1996.

Self Learning Instructional Materials *Breastfeeding the Premature Infant, Alternative Feeding Methods*, Georgetown University Hospital Sept 1993.

Catch the Spirit 18 hour training program for professionals on breastfeeding. Georgetown University Hospital August 1993.

Is Breastfeeding Possible After Breast Surgery? Maternal Child Nursing. 18(4), 213-217, 1993.

Working Together for Breastfeeding Success. Zero to Three. National Center for Clinical Infant Programs. XII:5, 32 - 35, 1992.

Acute Prolactin and Oxytocin Responses and Milk Yield to Infant Suckling and Artificial Methods of Expression in Lactating Women. Pediatrics. 89(3), 437-440, 1992. with Zinnaman M, Queenan J, Labbok M, Albertson B.

Guidelines for the Establishment and Operation of a Human Milk Bank. Journal of Human Lactation 6(4), 1990, 185-186.

Self Learning Instructional Materials *Initiating Breastfeeding, Difficulties Encountered in Breastfeeding, Instructing Patients in the use of the Electric Breast Pump and Ready Reference*, Georgetown University Hospital Sept 1989.

AIDS and Milk Banking. Journal of Human Lactation 4(2), 65-66, 1988.

AIDS and Milk Banking. Journal of Human Lactation 3(2), 47-48, 1987.

The Birth Bond Wayne, NJ:Avery Publishing Co. 1984, with Gough S, Elkins S.

PRESENTATIONS and CONFERENCES

IBLCE Exam Review online. www.LactationTraining.com. 2018

Clinical Internships: You Can Do It. ILCA Conference Toronto Canada. July 2017

Tri-County Breastfeeding Coalition, Cleveland OH. Milk Banking, Cultural Influences on Breastfeeding, Joint Commission Perinatal Core Measures. October 2, 2015.

Breastfeeding Begins before Birth for Howard County OB staff. Columbia, MD. August 12, 2015.

Virginia Hospital Center. In-patient Breastfeeding Specialist. April 24 and September 8, 2015. Arlington, VA

IBLCE Exam Review. LATCH Conference, Chesapeake, VA. Feb 16 & 17, 2015.

DeWitt Army Hospital, Ft. Supporting Breastfeeding: A Problem-Solving Approach. Dec 5, 2014. Belvoir, VA

Virginia Hospital Center. In-patient Breastfeeding Specialist. Oct 8, Oct 31, Nov 9, 2014 and Jan 9, 2015. Arlington, VA

3-P Conference. Harbor Hospital, Baltimore, MD. Baby Friendly Hospitals: What is it all about? May 14, 2014.

District of Columbia Baby Friendly Coalition. Skills Fair. Providence Hospital, Washington, DC. November 5, 2013, April 4, June 4, 2014.

IBLCE Exam Review. LATCH Conference, Portsmouth, VA. Feb 19 & 20, 2014.

District of Columbia Breastfeeding Coalition. Train the Trainer: The Baby Friendly Hospital Initiative. January - February 2014, 5 sessions.

Breastfeeding Conference. Fairfax County WIC, Fairfax, VA April 24, 2013.

Breastfeeding Resource Nurse, Dewitt Army Community Hospital, Ft Belvoir, VA April 18, 2013.

Grand Rounds. Successful Breastfeeding: One of the Keys to Obesity Prevention. Sentara Potomac Hospital, April 10, 2013.

The Baby Friendly Hospital Initiative. Calvert County Hospital, Prince Frederick, MD Jan 22, 2013.

Inpatient Breastfeeding Specialist. Virginia Hospital Center, Arlington, VA Dec 4, 2011, Mary Washington Hospital, Fredricksburg, VA May 24, 2012

Maternal Breast Assessment and Infant Oral Assessment, Maryland Breastfeeding Group Holy Cross Hospital, Baltimore, MD Nov 29, 2011.

Do You Care for Kids Conference, Medical College of Georgia, Macon GA, Nov 4, 2011.

Grand Rounds, Successful Breastfeeding: One of the Keys to Obesity Prevention? Manassas, VA Oct 27, 2011

Towards Exclusive Breastfeeding, Greater Baltimore Medical Center, Baltimore MD, Oct 6, 2011

Friends and Family: How Culture Affects Breastfeeding. Maryland WIC, Greenbelt MD, Sept 27, 2011

Toward Exclusive Breastfeeding, Englewood Hospital and Medical Center, Englewood NJ June 1 & 2, 2011

Office of Women's Health. Expert Panel on Worksite Lactation Support. Washington, DC. May 11, 2011

Attachment Parenting Group. Personal Growth of the Breastfeeding Mother. Takoma Park, MD. April 9, 2011.

More than Latch Conference. Oral Exam Workshop. Portsmouth, VA. Feb 16, 2011.

La Leche League Conference. The importance of the first 24 hours, New Approaches to Positioning and Latch, Chevy Chase, MD Nov 12, 2010

The NICU Breastfeeding Specialist. Inova Fairfax Hospital, Fairfax, VA Nov 10, 2010, March 2011

Breastfeeding Resource Nurse. Baltimore Washington Medical Center, Glen Burnie, MD Oct 26 & 27, 2010

Towards Exclusive Breastfeeding, Augusta, GA Sept 28, St Simon Island, Ga Sept 30, 2010

Inpatient Breastfeeding Specialist Workshop BayHealth Medical Center, Dover DE Aug 19 & 20, Inova Fairfax Hospital, Fairfax, VA. October 21 & 22, 2010, Virginia Hospital Center, Arlington, VA. March 15, 2011, June 10, 2011, Aug 26, 2011, .

New Concepts in Positioning and Latch-on. Washington Hospital Center, Washington, DC May 19, 2010

Breastfeeding the Late Preterm Infant. Anne Arundel Medical Center, Annapolis MD May 12, 2010

New Strategies for Better Breastfeeding Outcomes. Greater Baltimore Medical Center, Baltimore, MD April 29, 2010

Clinical Skills Workshop. George Mason University, Fairfax, VA Sept 2009, Reston Hospital Center, Reston, VA May 15 & 26 and Nov 6 & 7, Kaiser Permanente Sept 5 & 6, 2011, Anne Arundel County WIC June 29 & 30, 2010, Kaiser Medical Center, Rockville MD Aug 3 & 4, 2011

New Strategies for Better Breastfeeding Outcomes. Christiana Care Hospital, Newark DE. Feb 12, 2010

Towards Exclusive Breastfeeding. Prince William Hospital, Manassas VA Nov 9, 2009

Breastfeeding for Pediatric Residents, Part II, Inova Hospital for Children. September 15, 2009

Breast is Best. Delaware Division of Public Health, Dover, DE June 11, 2009

Providing the Keys to Breastfeeding Success. Mercy Hospital, Baltimore, MD, February 21, 2009

Breastfeeding for Pediatric Residents, Inova Hospital for Children. Part I, January 18, 2009, Part 2 June 5, 2009.

Breastfeeding for Pediatricians. Harbor Hospital PPP Conference. Baltimore, MD May 21, 2008

Clinical Skills Lab: Cup Feeding and Hand Expression. ILCA Conference, San Diego, CA August 20, 2007.

Case Studies in Lactation Management. Inova Learning Network, Falls Church, VA. April 28, November 10, 2007, April and November 2008, March 2009.

Protecting and Supporting Breastfeeding in the NICU. The Cleveland Clinic, Cleveland, OH. April 11 & 12, 2007.

Breastfeeding for the Post-Partum Nurse. Underwood Memorial Hospital, Woodbury, NJ. March 20 & 21, 2007.

Clinical Skills Lab: Supplementers. ILCA Conference. Philadelphia, PA. July 18, 2006

Assuring Breastfeeding Success. Doula of North America Annual Conference. Washington, DC July 21, 2005.

Breastfeeding Basics for the Labor & Delivery Nurse. Inova Learning Network, July 13, 2005, June 20, 2006, July 14, 2007, Aug 25, 2008, February 2009. Falls Church, VA

In-patient Breastfeeding Specialist. Inova Learning Network, Falls Church, VA. October 6 & 7, 2004, November 18 & 19, 2004, February 20 & 21, July 27 & 28, 2005, May 7 & 8, July 26 & 28, Oct 18 & 19, 2006, February 1 & 16, April 19 & 20, July 26 & 27, November 1 & 2, 2007, February 20 & 21, April 29 & 30, July 30 & 31, October 21, 22, 2008, April 16-17, 2009, April 25,-26, 2011.

Teaching Breastfeeding to Expectant Parents. ASPO. April 17, 2005.

Insufficient Glandular Tissue. Lactation Consultant Association of Greater Washington. March 2, 2005.

Supplementing the Breastfed Baby Howard University Hospital, Washington, DC October 4, 2004

Doula Training Program. *Breastfeeding Support in the Newborn Period.* Mother=s and Baby=s Matters. Reston, VA November 29, 2003; Sept 22, 2004, March 17, 2005, June 4, 2006, April 17, 2007, March and November 2008, May 16, 2009.

Providing the Keys to Breastfeeding Success. Virginia Hospital Center, Arlington, VA December 10, 2002, Fair Oaks Hospital. Fairfax, VA July 24, 2003; Fairfax Hospital. Fairfax, VA September 9 & 10, 2003; Christiana Hospital, Wilmington, DE November 3, 2003; Alexandria Hospital, Alexandria, VA June 23, 2004; Howard County Hospital, Columbia, MD July 9, 2004; NYU Downtown Hospital, New York City, September 12, 2004, Calvert Memorial Hospital, Prince Frederick, MD, November 9, 2004, Staton University Hospital, Staton Island, NY December 14, 2004, Greater Baltimore Medical Center, Baltimore, MD April 18, 2005, DeWitt Army Hospital, Ft Belvoir, VA April 2, St Agnes Hospital, Baltimore MD June 19, 2006, Harbor Hospital Baltimore, MD June 20 2006, Holy Cross Hospital, Silver Spring, MD July 9, 2007, Saini Hospital, Baltimore, MD October 16 and November 19, 2007.

Breastfeeding Update. Caring for Today=s Family: Time of Change. Holy Cross Hospital. Silver Spring, MD April 3, 2003.

Breastfeeding Workshop. American Dietetic Association's Food and Nutrition Conference and Exhibition Philadelphia, PA, February 6, 2003.

The Role of Culture in Breastfeeding Families, Teaching Parents about Breastfeeding. Annual Conference, Syracuse, NY. October 2 & 3, 1999

Foundations of Breastfeeding Support, presented in Cherry Point NC January 1998, Abilene TX February, 1998, Fair Oaks VA February 1999, Binghamton NY March 1999, Minneapolis MN May 2000, Navajo Nation July 2000, Chicago IL November 2001 and January 2002, Charleston WV June 2002, Morgantown WV 2002, Galup Indian Reservation June 2002. Conference Chairperson. Sponsored by Lactation Education Resources.

Breastmilk: The Gold Standard of Infant Feeding. La Leche League, Whippany, NJ. April 18, 1997.

The Lactation Consultant Training Program - Phase II. A 3 day advanced practice training. *Lectures presented: Alternative therapies in the Breastfeeding Couple.* Conference Chairperson Lactation Education Resources Sept 1999, 2000, 2001.

Conference Chairperson. The *Lactation Consultant Training Program*, A one week training program. Lectures presented: *Human Milk Banking Initiating Breastfeeding, Allergies in the Breastfeeding Infant@, Composition of Breastmilk and Breast Pumps* lectures, April and Oct 1990, 1991, 1992, 1993. Jan, June and Nov 1994, 1995, 1996. Georgetown University Medical Center, Washington, DC. April, June and November 1997 and 1998, 1999, 2000. May and November 2001, 2002, 2003. Sponsored by Lactation Education Resources, Fairfax, VA. April and October 2004, 2005, 2006, 2007, 2008, March 2009. Inova Learning Network, Falls Church, VA.

Alternative Feeding Methods Sentara Hospital Medical Center, Norfolk, VA. March 22, 1996.

Breastfeeding Management Training Program University of Pennsylvania School of Nursing, Philadelphia, PA. December 3, 4, & 5, 1995.

Insufficient Breastmilk Supply Syndrome_ Maryland Breastfeeding Promotional Consortium, Holy Cross Hospital, Silver Spring, MD, November 14, 1995.

Breastfeeding '95, Basics & Beyond_ St. Mary's Hospital Medical Center, Madison, WI. November 15, 16 & 17, 1995.

Lactation Training Program CME Healthcare Resources, Chicago, IL. September 19, 20 & 21, 1995.

Breastfeeding & the Short Stay: Avoiding Complications_ May 26, 1995. Northern Virginia Regional Perinatal Consortium, Tysons Corner, VA

Teaching Breastfeeding Techniques: Strategies to Encourage Success_ Childbirth Education Association, Teacher Training Workshop. March 18, 1995, 1996, 1997, 1998.

Advanced Practice Workshop with Ruth Lawrence MD. October 12 & 13, 1994. Conference Chairperson Georgetown University Medical Center, Washington, DC.

Catch the Spirit: The Baby-Friendly Hospital Initiative. March 11, 1994. AWHONN Regional Conference, Williamsburg, VA.

Conference Chairperson. *The Best for the Smallest: Breastfeeding the Preterm Infant* Nov 18, 1993. Georgetown University Medical Center, Washington, DC.

Catch the Spirit The Baby Friendly Hospital Initiative Feb 8, 1993. Conference Chairperson. Georgetown University Medical Center, Washington, DC.

Advanced Practice Workshop with Michael Woolridge PhD. April 26 & 27, 1993. Conference Chairperson Georgetown University Medical Center, Arlington, VA.

Cultural Implications of Breastfeeding. Perinatal Nursing Perspectives, Holy Cross Hospital, Silver Spring, MD. February 29, 1992.

Press conference. WHO, UNICEF and Georgetown University Medical Center announce Baby Friendly Hospital Initiative. March 9, 1992. Georgetown University Medical Center, Washington, DC.

Conference Chairperson *_Banked Human Milk: Implications for Use_*. Nov 15, 1991. Human Milk Banking Association of North America, Washington, DC.

Testified for *FDA hearing on regulation of tissue and organ banks*. October 16, 1991. National Institutes of Health, Bethesda MD.

Working Together for Breastfeeding Success_ Keynote talk. Sept 19, 1991. Loudoun County Breastfeeding Coalition Conference, Leesburg, VA.

Human Milk Banks: Will They Survive? July 20 & 21, 1991. International Lactation Consultant Association Annual Conference, Miami, FL.

Case Management Workshop. November 4 & 5, 1991. Conference Chairperson. Georgetown University Medical Center, Washington, DC.

Suck Training Workshop. April 15 & 16, 1991. Conference Chairperson Georgetown University Medical Center, Washington, DC.

Preparation, Initiating Breastfeeding and Solving Problems. Feb 28, 1990. Culpeper Hospital, Culpeper, VA.

Pumps and Paraphernalia. May 11, 1989. Regional Breastfeeding Conference. Maryland Breastfeeding Promotional Committee, Baltimore, MD.

Conference Chairperson *What's New in Breastfeeding? Learn the Latest*. Sept 20, 1988. Georgetown University Medical Center, Washington, DC.

Breastfeeding Update. Sept 15, 1988. Shady Grove Hospital, Gaithersberg, MD.

Comparison of the Effect of Various Manual and Electric Breast Milk Pumps on Prolactin Levels and Milk Volume. May 25, 1988. Washington Metropolitan Area Nursing Research Consortium, Bethesda, MD.

Working Together for Breastfeeding Success. Implementing Changes for Breastfeeding Success in the Hospital lecture. Conference Chairperson November 6, 1987. Georgetown University Medical Center, Arlington, VA.

RESEARCH

Use of Subliminal Audiotaped Messages to Increase the Breastmilk Supply of Mothers of Premature Infants. Principle investigator 1994.

Breastfeeding Outcomes in Women Who Have Had Breast Augmentation or Reduction Surgery. Georgetown University Hospital. Principle investigator. 1992.

Relationship of Bacteria Levels in Types of Formula/Breast Milk and Subsequent Neonatal Infection. Georgetown University Hospital. Principle investigator. 1991.

Effect of Various Methods of Breastmilk Pumping on Prolactin Levels and Milk Volumes. Funded by Institute for International Studies in Natural Family Planning Georgetown University Hospital 1989.

AWARDS

Fellow of the International Lactation Consultant Association 2009 - present
Nurse of the Year for the District of Columbia nominee for Research 1993.
Distinguished Nurse 1992, Georgetown University Hospital.
Nurse of the Year for the District of Columbia nominee for Education 1990.

PROFESSIONAL AFFILIATIONS

Lactation Education Approval and Accreditation Review Committee. Board of Directors. 2016 to present.
Chair of Clinical Internship Committee
United States Breastfeeding Committee, AWHONN representative - 2010 to 2013, LEAARC representative 2015 to present
International Board Lactation Consultant Examiners
Board of Directors 1992-1995
Exam Writing Committee 1991
Association of Women's Health, Obstetric, and Neonatal Nurses - 1985 to present
International Lactation Consultants Association - 1985 to present
Member of Standards Committee 1986, Chairperson of Nomenclature Committee 1991-1992
Lactation Consultants Association of Greater Washington - 1988 to present, President - 1988-90
Childbirth with Preparation Association - 1977 to present, President 1981-83, Instructor trainer 1980-1986
International Childbirth Education Association - 1977 to 1985
Human Milk Banking Association of North America - 1986 to 1997, Vice-chairperson 1987-89, Chairperson 1989-91
Childbirth Education Association
Professional Advisory Board 1987-1995, Board of Directors 1990-1992
Sigma Theta Tau - 1988 to 1998
ASPO - 1994 to 2004
Douglas of North America - 1995 to 2005