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## Midwives' Association *of* Washington State



MAWS Conference eAlert

May 3, 2015

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### **MAWS 2015 Spring Conference**

*Clinical Excellence in Midwifery*

Tuesday, June 2nd- 7:30am (doors open)  
The Mountaineers-Seattle Program Center  
7700 Sand Point Way NE  
Seattle, WA 98115



**Benjamin Danielson, MD**

**"Listening: The Best Skill for Clinical Excellence"**

Along with two sisters, he was raised by an amazing single mom who instilled in him an appreciation for the value of education and a desire to be a contributing member of the community. In college he decided being a doctor was a good melding of scientific and human service interests. After finishing his undergraduate studies in Boston, Dr Danielson's medical education, residency and career have all been spent in Seattle. Dr Danielson has been the medical director of the Odessa Brown Children's Clinic since 1999. He works along side dedicated, talented staff who strive to uphold the clinic's enduring tradition of growing wellness through quality care with dignity, community engagement, honoring culture and sustaining trust. He also works on the inpatient service at Seattle Children's Hospital. In addition, he is on the county's board of health, the state's health exchange board, various boards of philanthropic organizations, and works with several community groups. Dr. Danielson believes that an opportunity to serve an individual or a community is a cherished privilege. He also ascribes to the truism that health is more than healthcare and that any healthcare provider who strives to improve health must be active beyond the realm of their medical practice.

**Heidi Koss, MA, LMHC**

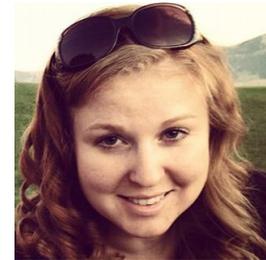
**"Mood Disorders and SSRI's"**

Heidi Koss is a psychotherapist in private practice in Kirkland, WA. She specializes in pregnancy and postpartum mood disorders (PPMD), birth trauma, sexual abuse, trauma and parent adjustment issues. Heidi is a WA State Coordinator for Postpartum Support International [www.postpartum.net](http://www.postpartum.net), and served for over 18 years on the Board of Directors of Postpartum Support International of Washington (PSI of WA, [www.ppm-support.com](http://www.ppm-support.com)). She also served as past board member for PATTCh - the Prevention and Treatment of Traumatic Childbirth, [www.pattch.org](http://www.pattch.org), as well as co-founder of the Northwest Association for Postpartum Support (NAPS, [www.napsdoula.com](http://www.napsdoula.com)), a postpartum doula organization serving the Puget Sound in Washington State. Prior to her psychotherapy career, Heidi was a Postpartum Doula and Certified Lactation Educator for 12 years. Heidi is also the proud mother of two daughters.



**Tara Cardinal, CNM, ARNP and Marnie Raelene, MSM student**  
**"Midwifery Care for Early Pregnancy Loss: Optimizing Client-Centered Counseling and Management"**

Tara Cardinal provides women's health care services across the lifespan in South Seattle at her independent practice: Radiance Women's Wellness. Since 2012 when she graduated with her Master in Nursing degree from the University of Washington, she has been a member of Training, Education and Advocacy in Miscarriage Management (TEAMM) where she is a trainer and consultant. **Marnie Raelene** is currently a Bastyr midwifery student very close to graduating. Before midwifery school she



worked in a women's health clinic helping to support women through pregnancy loss.



**Kristina Chamberlain, CNM, ARNP, IBCLC**  
**"How Does PCOS Affect Lactation?"**

Kristina Chamberlain is a Certified Nurse-Midwife/Women's Health Nurse Practitioner and International Board Certified Lactation Consultant. She is the owner of Eastside Women's Health and Lactation where she provides gynecological care, pelvic floor therapy, and breastfeeding medicine and lactation support to women in the Seattle area. She is also a member of the adjunct faculty of the Midwifery Department at Bastyr University. A graduate of the University of Washington's midwifery program, Kristina has worked with women and babies for over 10 years. She recently published her first book; *I Can Breastfeed, Visualizing Your Way to Breastfeeding Success*.

**Jessica Edens, MSM Student**

**"Laryngeal Mask Airway for Neonatal Resuscitation: Knowledge, Attitudes, and Practices of Washington State Licensed Midwives"**

My name is Jessica Edens and I am about to graduate from the Midwifery program at Bastyr University. I was born and raised in North Carolina. I received my Bachelor's of Arts in Psychology in 2011 from The University of North Carolina at Chapel Hill. While studying, I became interested in women's rights which led me to working with survivors of sexual assault. Through this work and a random invitation to a viewing of *The Business of Being Born* I became fascinated with birth, particularly out-of-hospital birth. North Carolina is unfortunately hostile to Certified Professional Midwives and out-of-hospital birth. I knew I would have to move out of state to fulfill my dreams. After a semester abroad in The Netherlands I graduated from UNC, took a few additional prerequisites at a community college and applied to Bastyr. My dream came true the day I was accepted! I willingly said goodbye to my childhood home and moved to Seattle. During my first NRP training I became interested in intubation and why LMs are not trained to perform the skill. After discussing this with a few LMs and doing my own research, I found that the skill of intubation is

difficult and should not be performed by those who do not regularly practice. Eventually I came across the LMA and decided to look into its possible place in the out-of-hospital birth setting. Two years later, my research is complete and will be presented at the MAWS conference on June 2 as well as at Bastyr University on June 19. Currently I live in Kirkland with my partner, Chelsey. When I'm not at clinic and births I love to cook, travel, and enjoy the delicious and varied culinary scene the PNW has to offer.



**Helen Chu, MD**  
**"Update on Infectious Diseases"**

Dr. Chu is an acting instructor in the Division of Allergy & Infectious Diseases in the Department of Medicine at the University of Washington. She is board certified in internal medicine and infectious diseases. Her research is focused on maternal vaccines, in particular vaccines against influenza and respiratory syncytial virus. She studies the virologic and immunologic correlates of protection from respiratory viral infections in mothers and infants in rural Nepal and performs clinical trials of vaccine candidates in both domestic and international sites. Dr. Chu earned her B.A. from Cornell University and her M.D. from Duke University. She completed her internal medicine training at Harvard University and infectious disease fellowship and M.P.H. at the UW.

**Kristina Wendorf**  
**"Newborn Hearing Screens- One Family's Journey"**

Kristina and her husband Jason are the parents of one girl and three boys. Their oldest son Kai was diagnosed with a moderate bilateral sensorineural hearing loss at four months. Kristina has a BA Degree in Elementary Ed. and has held various teaching positions within the public school system for seven years. She currently works with Washington State Hands and Voices providing unbiased emotional support and resources to other families whose child has been identified as deaf or hard of hearing. "We are incredibly thankful for the people we have met throughout our journey and look forward to being a support to others in their journey". Additionally Kristina provides volunteer classroom help on a weekly basis for all four of her children. Kristina and her family live in King County.



**Lauren Sacco, BSN, RN**  
**"To Cool?"**

I received my ADN from Lake Washington Technical College in 2007 and immediately began working in the Neonatal Intensive Care Unit (NICU) here in Washington. I graduated from the University of Washington Bothell campus with my Bachelor's Degree in Nursing in 2010. I continued to work in the NICU while I completed my DNP/NNP program. I then graduated from the Doctor of Nursing Practice (DNP) Neonatal Nurse Practitioner (NNP) program in 2013. My capstone work was on hypoxic ischemic encephalopathy (HIE) and therapeutic cooling, focusing on amplitude-integrated encephalography and nursing education. I am currently working as an NNP with the Seattle Children's NNP/PA group.

**Additional Sessions:**

**Martin Walker, MD**  
**"Smokin' Mamas: More on Marijuana Use in Pregnancy and Lactation"**

*Lovely breakfast, lunch and snacks included with registration--come early!*

[Click here for more details and to register.](#) (Click the arrows at the bottom of the registration page for fees. Registration is available at the door, but only a limited number of lunch entrees are available without pre-registration.)

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Any questions? Please write to Amanda at [info@washingtonmidwives.org](mailto:info@washingtonmidwives.org)