

ANNA CADWELL BLAIR

PROFESSIONAL BACKGROUND

Education:

2001 Ph.D., Health Communication, Union Institute & University. Dissertation: *Sore Nipples and Breastfeeding: Assessment of the Relationship between Positioning and Pain*

1998 M.A., Organizational Behavior with a focus on collaborative processes, Vermont College at Norwich University, Montpelier, Vermont. Thesis: *Collaboration and Motivation: Understanding the Connection*

1994 B.A., Journalism and Geography, University of Massachusetts at Amherst

Current Practice:

2003-present Program Advisor & Core Faculty, BS and MA Programs, Union Institute & University, Vermont and Florida Academic Centers. Advise learners in the BS in Maternal Child Health, Lactation Consulting and in the MA in Health and Wellness Program. Teach courses on a variety of topics related to Health and Wellness and Maternal and Child Health, including Disciplinary Foundations in Health and Wellness, Advanced Research Methods / Final Document Proposal, Cultural and Social Issues in Health Care, Birth and Breastfeeding, and Infant Growth and Development.

1994-present Director of the Breastfeeding and Parent Program, Researcher, Lead Faculty and Grant Coordinator, Healthy Children Project, East Sandwich, Massachusetts. Counsel mothers in clinic setting as well as home visits and on the Cape and Islands Breastfeeding Warmline, coordinate grants to fund services, outreach and promotion of services to health care providers and community. Offer classes on parenting styles using the Myers-Briggs Type Indicator. Certified Baby-Signs Instructor. Design and implement public relations strategies and publications. Design curriculum and train health care staff on collaboration, teamwork, ethics, lactation counseling, and evidence-based clinical practices. Coordinate international research studies on maternal and child health topics.

Professional Experience:

1996-2000 Co-coordinator, GLOPAR task force, working in close collaboration with WABA, UNICEF and the World Health Organization

1997- 2000, Work Place Consulting Group, Consultant: team building, leadership development, team spirit, objective setting, developing mission statements, project implementation, group diagnostics, Myers-Briggs Type Indicator administration and counseling

Certifications and Training:

Internationally Board Certified Lactation Consultant (IBCLC)
Certified Lactation Counselor (CLC), Healthy Children Project
Perinatal Epidemiology, New England Epidemiology Institute

Epidemiology, New England Epidemiology Institute
CAPT and CPP Certified Myers-Briggs Type Indicator Administrator
Managing Future Search Conferences
Self-Organizing Systems
Creative Collaboration
Professional Association of Dive Instructors, Open Water Scuba Instructor

SCHOLARLY ACTIVITIES

Scholarship of Discovery:

Selected Presentations & Publications

Cadwell, K., Turner-Maffei, C., and Blair, A. *100 Questions and Answers about Breastfeeding*. Sudbury, MA: Jones and Bartlett Publishers, Inc., 2008.

Blair, A., Cadwell, K., Turner-Maffei, C., and Brimdyr, K.: The relationship between positioning, the breastfeeding dynamic, the latching process and pain in breastfeeding mothers with sore nipples. *Breastfeeding Review* 11(2):5-10, 2003.

Cadwell, K., Turner-Maffei, C., Blair, A., Brimdyr, K., and McInerney, Z. Pain reduction and treatment of sore nipples in nursing mothers. *J Perinatal Ed* 13(1):29-34, 2004.

Cadwell, K., Turner-Maffei, C., Blair, A., O'Connor, B. *Maternal and Infant Physical Assessment for Breastfeeding and Human Lactation*. Sudbury, MA: Jones & Bartlett Publishers, 2002; Second Edition in 2007.

Healthy Children Project. *Latch-On Assessment Tool (LAT)*. East Sandwich, MA: Healthy Children Project, 2000.

Blair, A. "10 Tips for Morning Sickness," *Cape Cod Parent and Child Newspaper*, November 2002-January 2003.

Blair, A. "Preparing for Twins," Family Health Chat, *Cape Cod Parent and Child Newspaper*, November 2002-January 2003.

Blair, A. "When Someone You Care About Has A Miscarriage," Family Health Chat, *Cape Cod Parent and Child Newspaper*, August-October 2002.

Blair, A., and Blair, E. "The ABC's of Breastfeeding," Family Health Chat, *Cape Cod Parent and Child Newspaper*, April-July 2002.

"Positioning, Latch and Sore Nipples." International Conference on the Theory and Practice of Human Lactation Research and Breastfeeding Management, January 16-20, 2002, Orlando, Florida.

Blair, A. and Turner-Maffei, C. 2002. "Toward Evidence Based Breastfeeding Practices," in *Reclaiming Breastfeeding in the United States* (K. Cadwell, editor). Sudbury, MA: Jones and Bartlett Publishers, Inc.

Cadwell, K., Turner-Maffei, C., O'Connor, B., and Blair, A. 2002. *Maternal and Infant Assessment for Breastfeeding and Human Lactation: A Guide for the Practitioner*. Sudbury MA: Jones and Bartlett Publishers, Inc.

"Women's Ways of Knowing." Unlocking the Mysteries of Breastfeeding Conference. St. John's Medical Center. September 28, 2001, Springfield, Illinois.

"Sore Nipples and Breastfeeding: A Comparison of Three Treatment Modalities," September 13, 2001, Breastfeeding: Ancient Art, Modern Miracle, Australian Breastfeeding Association, Brisbane, Australia.

"Growing a Breastfeeding Friendly Community," September 11-12, 2001, Australian Breastfeeding Association, Brisbane, Australia.

A Guide to Breastfeeding Your Special Care Baby (editor), published through a community grant from the March of Dimes and Healthy Children, East Sandwich, Massachusetts, 2001.

"Sore Nipples and Breastfeeding: A Comparison of Three Treatment Modalities," presented at the Symposium on Breastfeeding Policy and Practice, Healthy Children, Reykjavik, Iceland, March 20-21, 2001.

"Evidence Based Practice," The International Conference of the Theory and Practice of Human Lactation Research and Breastfeeding Management, Pre-Conference, January 11, 2001.

"Sore Nipples and Breastfeeding: A Comparison of Three Treatment Modalities," The International Conference of the Theory and Practice of Human Lactation Research and Breastfeeding Management, Core Conference, January 12, 2001.

Lactation Management and Latvia. 2001. Published by the Healthy Children 2000 Project, East Sandwich, MA.

Working Together: Communication and Teamwork Strategies for Health Professionals, Healthy Children 2000, Cape Cod Academy, Osterville, Massachusetts, June 10-14, 2000.

Quality Improvement and the Baby-Friendly Hospital Initiative: a proposed project for Latvia, Healthy Children 2000, Latvian Committee for UNICEF, Latvian Sickness Fund, Latvian Center for Medical Statistics, Association of Midwives of Latvia, Ministry of Health and Welfare, National Center for Health Promotion, WHO, Riga Maternity Hospital and health care practitioners of Latvia, June 8-16, 2000.

A Breastfeeding Support Program from Conception to Reality: The Breastfeeding Warmline, a Pre-Conference Workshop at the International Conference on the Theory and Practice of Human Lactation Research and Breastfeeding Management, January 12-16, 2000.

Reclaiming Breastfeeding in the United States, a Pre-Conference Workshop at the International Conference on the Theory and Practice of Human Lactation Research and Breastfeeding Management, January 12-16, 2000.

STRENGTHS

Excellent group process work skills especially when viewpoints diverge
Excellent speaking skills, including television experience
Well-organized and responsive presentation and consultation skills in a variety of formats tailored to specific needs
Experienced editor and communications coordinator
Knowledgeable about breastfeeding counseling, promotion, and practice
Experienced researcher, counselor, and educator

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