



UPMC | ALTOONA

Maternal Child Symposium

November 12, 2026 • 7:30 a.m. to 4 p.m. • U.S. Hotel, Hollidaysburg

Objectives

Participants will be able to:

- Distinguish vaccine facts from common myths and utilize evidence-based information to confidently educate and counsel families about childhood vaccines
- Integrate current evidence on lactation and human milk into nursing practice by applying knowledge of its biological and therapeutic benefits, recognizing short- and long-term health outcomes for infants and women, and innovations to promote human milk as medicine
- Describe and advance the understanding and treatment of pelvic floor dysfunction through community-based therapy to reduce the stigma and average duration of symptoms for patients
- Recognize the multisystem pathophysiology and understand how varying clinical presentations can impact assessment, diagnosis, and nursing management

The American Nurses Credentialing Center (ANCC) has awarded this Continuin Nursing Education activity with 7.0 contact hours.

Program Schedule

7:30 a.m. WELCOME

8 a.m. **Vaccines: The Facts and Myths**
Nadar Younes M.D. and Brandy Webber, CRNP, FNP-C
Pediatric Healthcare Associates, Altoona

9:30 a.m. BREAK

9:45 a.m. **Human Milk and Breastfeeding: A Clinical Update**
Dr. Kelley Baumgartel, PhD, RN, FAAN
*University of Pittsburgh School of Nursing (Adjunct);
past president and co-founder, Human Milk Science
Institute and Biobank*

11:45 a.m. LUNCH

12:30 p.m. **Treatment Options for Pelvic Floor Dysfunction**
Megan O'Brian-Nicka OTR/L, MLD
*Registered occupational therapist, CrossRoads
Physical Therapy and Rehabilitation, Inc., Duncansville*

2 p.m. BREAK

2:15 p.m. **Spectrums of Preeclampsia**
Dr. Liang Bartkowiak, MD
*Obstetrics & gynecology, UPMC Magee-Womens
Specialty Services Altoona*

3:45 p.m. EVALUATION



Maternal Child Symposium • U.S. Hotel, 401 S Juniata St., Hollidaysburg, PA 16648

**Click or scan QR code
for a direct link
to register and pay.**

Registration

Cost is \$60 / \$25 (student) *RSVP by November 3.*
Includes: • Continental breakfast • Lunch and breaks

*For more
information,
please call
Michele Thompson
at 814-889-2557.*