

Curriculum Vitae

Cassandra Partridge, RN, BSN, IBCLC, CHD

PROFESSIONAL PROFILE

- Maternal-Child Health Nurse with 18 years experience in hospital, community, public health and home settings
- International Board Certified Lactation Consultant
- Certified Holistic Doula/Monitrice
- Out-of-Hospital Birth Assistant/Midwife Apprentice
- Involvement in over 400 births in various roles

EDUCATION & TRAINING

Thank you to the mothers and babies I have had the privilege to work with over the years. You have been my greatest teachers. I hope that I can honor your trust by paying it forward.

THE MATRONA, Richmond, VA

Online Holistic Doula Program 2020

- Anatomy and Physiology
- Prenatal Care
- Holistic Birth
- Conflict Resolution & Mediation
- Placenta Medicine

THE CAROL GRAY CENTER FOR CST STUDIES®, Portland, OR

Subtle Hands-On Skills 2019

BREASTFEEDING MEDICINE OF NORTHEAST OHIO, South Euclid, OH

- Clinical Shadowing (Dr. Ann Witt) 2019
- Therapeutic Breast Massage in Lactation (Maya Bolman) 2019
- Mindful Latching Master Class (Tatiana Kondrashova) 2019

INTERNATIONAL LACTATION CONSULTANT ASSOCIATION, Portland, OR

“Better Together” Annual Conference 2018

SOUTH SOUND BREASTFEEDING NETWORK, Lacey, WA

- Diagnosis and Management of Tongue and Lip Tie in Breastfeeding (Dr. Bobby Ghaheri) 2017
- The Making of a Milk Factory & Recognizing When Things Are Heading South: Investigation for Low Milk Production (Lisa Marasco) 2017

EVERGREEN PERINATAL EDUCATION, Moses Lake, WA

Excellence in Care with the Ten Steps (Molly Pessl) 2016

LACTATION EDUCATION RESOURCES, Tracys Landing, MD

Lactation Consultant Training Program (Vergie Hughes) 2016

NUTRITION FIRST, Yakima, WA

Advances in Lactation Support (Marsha Walker & Melissa Cole) 2015

LOS ANGELES COUNTY PERINATAL MENTAL HEALTH TASKFORCE, Hollywood, CA
Bringing Light to Motherhood: Maternal Mental Health Advanced Certification Training for Healthcare Professionals 2014

BREASTFEED LA, Los Angeles, CA

- Building a Breastfeeding-Friendly County: Our Collective Responsibility 2014
- Breastfeeding: Essential Clinical Skills (Denise Altman) 2014
- Breastfeeding and Maternal Mental Health (Kathleen Kendall-Tackett) 2014

MOTHER-FRIENDLY CHILDBIRTH INITIATIVE SYMPOSIUM, Los Angeles, CA
Medicine and Midwifery: Bridging the Gap (Robbie Davis-Floyd) 2014

CENTER FOR REFLECTIVE PARENTING, Los Angeles, CA

Reflective Practice training, supervision and ongoing support for Program Managers/Directors of Welcome Baby Program (Bronwyn Chambers) 2013-2014

LOS ANGELES BEST BABIES NETWORK, Los Angeles, CA

Welcome Baby Program core training 2013-2014

- Perinatal Depression and PHQ-9 Scoring, Brain Development and Early Infant Development, Parent-Child and Empathetic Communication, Bonding and Attachment, Ongoing Postpartum and Newborn Care, Prenatal and Postpartum Care, Home Visitor Safety and Self Defense, Life Skills Progression, Reflective Practice, Childbirth Education, Family Violence, Motivational Interviewing

HEALTHY CHILDREN PROJECT/THE CENTER FOR BREASTFEEDING, Salinas, CA

Lactation Counselor Training Course (Karin Cadwell) 2013

THE SCIENCE OF THE MOTHER-BABY BOND WORKSHOP, Bellflower, CA

The Greatest Pregnancy Ever: Keys to the Mother Baby Bond (Laurel Wilson) 2013

ALERE

Continuing education modules 2012-2013

- Using BiliCheck, Newborn Assessment, Postpartum Assessment, Intimate Partner Violence, Hypertensive Disorders in Pregnancy, Home Visit Women's Health, Electronic Fetal Monitoring, Progestin Therapy Options & Risk of Preterm Delivery

PRENATAL & PERINATAL PSYCHOLOGY WORKSHOP, Bellflower, CA

From Womb to World: The Journey that Shapes our Life (Anna Verwaal) 2012

BINI BIRTH, Sherman Oaks, CA

- A Day at the Breech Workshop (Jane Evans) 2012
- Spinning Babies Workshop (Gail Tully) 2012

MATERNAL-CHILD HEALTH SYMPOSIUM, Los Angeles, CA

Promoting Mother-Baby Friendly Maternity Care 2012

BINI BIRTH, North Hollywood, CA

Doula Workshop (Penny Simkin) 2012

- Normal Birth
- Third & Fourth Stages of Labor: Usual Practices Under Heavy Criticism
- Traumatic Birth & PTSD
- Rebozo & Advanced Comfort Measures

DOULAS OF NORTH AMERICA, North Hollywood, CA

Doula Training (Ana Paula Markel) 2012

- Introduction to Childbirth for Doulas
- Birth Doula Workshop

NATURAL BIRTH & WOMEN'S CENTER, Sherman Oaks, CA

Advanced Doula & Midwife Assistant Training (Tonya Brooks) 2011-2012

NATIONAL CENTER FOR HOMEOPATHY, Alexandria, VA

Homeopathy & Midwifery: Introductory Course (M.J. Hanafin) 2010

ROCKBRIDGE MIDWIFERY CARE, Buena Vista, VA

Advanced Midwifery Apprenticeship (Emily Friar) 2010

- Primary midwife under supervision (NARM Portfolio Evaluation Process)
- Prenatal clinic, labor & birth, prenatal & postpartum home visits.
- Neonatal Resuscitation Program (NRP)

VIRGINIA SCHOOL OF TRADITIONAL MIDWIFERY, Chantilly, VA

NARM curriculum for Certified Professional Midwives (Peggy Franklin & Kim Pekin) 2010

INTEGRATIVE MEDICINE FOR WOMEN & CHILDREN TELESEMINAR

Winter Health, Colds & Flu (Aviva Jill Romm) 2009

BIRTHING FROM WITHIN, Silver Spring, MD

Doula Training (Virginia Bobro) 2009

- Introductory Workshop: The Art of Childbirth Mentoring
- Mentor Certification Program

BIRTH ARTS INTERNATIONAL, Philadelphia, PA

Doula Training Workshop (Beth Goldberg) 2009

HYPNOBIRTHING INSTITUTE, Haymarket, VA

HypnoBirthing Practitioner Training (Sarojini Alva) 2009

PERINATAL LOSS WORKSHOP, Richmond, VA

Miriam Maslin, member of Jewish Burial Society (Israel) 2008

- Grief counseling & gentle healing for women.
- Orthodox Jewish birth practices.

ROCKBRIDGE MIDWIFERY CARE, Buena Vista, VA

Beginning Midwifery Apprenticeship (Emily Friar) 2007

- Home birth assistance.
- Prenatal clinic, labor & birth, prenatal & postpartum home visits.

EMOTIONAL FREEDOM TECHNIQUES®

Self-Study & EFT Library (Gary Craig) 2007

SACRED PLANT TRADITIONS, Charlottesville, VA

Foundations in Herbalism (Kathleen Maier) 2006-2007

CHILDBIRTH & FAMILY EDUCATION INC, Front Royal, VA

Doula Workshop (Paulina Perez) 2006

- Evidenced-Based Labor Support Strategies & Maternal Positioning
- When Birth Causes Trauma: PTSD After Birth

NURSE HEALERS- PROFESSIONAL ASSOCIATES INTERNATIONAL, Pittsburg, PA

Advanced Learning Concepts in Therapeutic Touch (Janet Ziegler) 2006

INSTITUTE FOR REPRODUCTIVE HEALTH

Standard Days Method® (online training) 2006

UCLA EXTENSION, Los Angeles, CA

Lactation Educator Training Program 2005

- 40 hour breastfeeding course.
- Clinical internship with private practice lactation consultant.

DAY WITH A LAY MIDWIFE, Tijuana, Mexico

Clinical shadowing & assistance for prenatal visits in multiple indigent colonias (Jerry Whiting) 2003

BILLINGS OVULATION METHOD

Self-Study 2003

ACUPRESSURE

Self-Study (Debra Betts & Jeanne Elizabeth Blum) 2002

QUEEN OF THE VALLEY HOSPITAL, West Covina, CA

Labor & Delivery New Graduate Training Program (Heidi Funk) 2001

- 3 month education course.
- 6 month clinical internship.
- AWHONN Basic Fetal Monitoring
- Neonatal Resuscitation Program (NRP)

SONOMA STATE UNIVERSITY, Rohnert Park, CA

Bachelor of Science in Nursing 1999

- Graduated Magna Cum Laude.
- Department Honors.

BREASTFEEDING

Breastfed successfully for 3 years (Kathryn Oyen) 1977-1980

Thank you to my mother and La Leche League. I am grateful for the gift of life and for being given the ideal nutritional foundation for lifelong health and wellness. I hope my life's work will honor my mother's commitment to reclaiming the art of breastfeeding for herself, her family and her maternal lineage.

PROFESSIONAL EXPERIENCE

LOUDOUN HOMEBIRTH & HEALTHCARE, Purcellville, VA

Registered Nurse Birth Assistant (RNBA), 2020

- Birth assistance for certified nurse midwives offering home birth.
- Vital signs, fetal heart tones, charting, labor support, maternal and newborn assessment. Assisting with resuscitation and emergency care if indicated.
- Breastfeeding support.

MAMATRICE™, Reston, VA

Owner/Doula/Monitrice/Lactation Consultant, 2020

- Professional labor support (monitrice care) at home combining nursing, midwifery and doula skills (clinical assessment of mother and baby in early/active labor, herbal/homeopathic guidance, birth provider updates, advocacy, emotional/physical/informational support, acupressure, EFT, etc)
- Non-medical labor support (doula care) for out-of-hospital birth (home or birth center)
- Virtual labor support for hospital birth
- Lactation consultations (in home and virtual)
- Tongue/lip tie assessment and post release suck training
- Therapeutic Breast Massage in Lactation (TBML)

CAPITAL AREA PEDIATRICS, Herndon, VA

Lactation Consultant/Registered Nurse, 2019-2020

- Outpatient lactation consultations for pediatric practice.
- Assistance with ongoing development of new Lactation Service.
- Serving culturally diverse population, including Indian, Hispanic/Latino, African American, Asian, Middle Eastern and Caucasian families.

MAVEN CLINIC, New York, NY

Lactation Consultant, 2019-Present

- Telehealth for women and families.
- Virtual lactation consultations across United States.

SAMARITAN HEALTHCARE, Moses Lake, WA

Lactation Consultant/Registered Nurse, 2014-2019

- Development of Lactation Service for Samaritan Healthcare.
- Coordination of staff and provider lactation education programs.
- Leader for organization in earning Bronze and Silver recognition with Breastfeeding Friendly Washington.
- Breastfeeding education, counseling and support for postpartum women and families in the hospital.
- Lactation consultations for breastfeeding problems with mother-baby dyads (difficult latch, sore nipples, flat or inverted nipples, tongue tie, uncoordinated suck, hypoglycemia, weight loss, jaundice, late preterm, delayed lactogenesis, low milk supply, hypothyroid, engorgement, fast let down/oversupply, plugged ducts/mastitis, yeast/thrush, dairy sensitivity/allergy, nursing strike, etc).
- Post discharge phone calls and Breastfeeding Helpline.
- Development of Outpatient Lactation Clinic, with referral to appropriate resources.
- Community outreach, health fairs and annual events.
- Relationship building with WIC and Maternity Support Services.
- Serving 60% Latino migrant farm worker population, Ukranian/Russian, Japanese, Hutterite and Caucasian families.
- Co-facilitator of Moses Lake Breastfeeding Coalition.
- Facilitator of weekly Breastfeeding Support Group.

DIGNITY HEALTH - NORTHRIDGE HOSPITAL MEDICAL CENTER, Northridge, CA
WELCOME BABY PROGRAM

Program Manager, 2013-2014

- Program development, implementation and leadership for Welcome Baby Program at Northridge Hospital. Serving the Pacoima and Panorama City Best Start communities with a large Latino immigrant population.
- First 5 LA public health program with strategic partnerships between 14 area hospitals and designated Best Start communities, designed to improve maternal-child health outcomes and breastfeeding rates among minorities, immigrants and lower socioeconomic populations with health access disparities.
- Management of universal, maternal-child hospital/home visitation program and breastfeeding initiative. Prenatal and postpartum home visits up to 9 months of age.
- Supervision and mentoring of staff.
- Maternal-child home visits, newborn assessment, breastfeeding education and counseling.
- Coordination of resources with multiple social service agencies and community organizations serving low income families, including referrals to Nurse-Family Partnership.

ALERE, Irvine, CA

WOMEN'S AND CHILDREN'S HEALTH

Patient Educator/Registered Nurse, 2012-2013

- Telephonic and in home patient education and nursing care, for women with high risk OB conditions and newly discharged postpartum families.
- Prenatal visits for maternal/fetal wellbeing and prevention of preterm labor.
- Postpartum maternal/newborn assessment, including weight checks and jaundice screening with transcutaneous bilimeter.
- Breastfeeding education and counseling.

HAVEN AT HOME, Santa Clarita, CA

Birth Assistant/Registered Nurse, 2012-2013

- Birth assistance for certified nurse midwives offering home birth.
- Vital signs, fetal heart tones, charting, labor support, maternal and newborn assessment. Assisting with resuscitation and emergency care if indicated.
- Breastfeeding support.

EXCLUSIVELY RNs, Colorado Springs, CO

Registered Nurse/Telephone Triage, 2009

- Work from home OB/GYN telephone triage.
- Well-woman care, family planning, infertility, normal and high-risk pregnancies, labor and preterm labor, postpartum and breastfeeding, post-operative concerns and complications.

ROCKBRIDGE MIDWIFERY CARE, Buena Vista, VA

Birth Assistant/Registered Nurse, 2008

- Birth assistance for licensed midwives in out-of-hospital birth settings, including free-standing birth center and home birth.
- Vital signs, fetal heart tones, charting, labor support, maternal and newborn assessment. Assisting with resuscitation and emergency care if indicated.
- Breastfeeding support.

ECPI TECHNICAL COLLEGE, Roanoke, VA

Adjunct Faculty/Practical Nursing Program, 2007-2008

- Classroom and clinical instructor for LPN program.
- OB and pediatrics, leadership and management.

PIEDMONT VIRGINIA COMMUNITY COLLEGE, Charlottesville, VA

Adjunct Faculty/Nursing Program, 2007

- Clinical instructor for RN program.
- OB/maternity at UVA Medical Center.

BIRTHWAYS, Virginia & California

Owner/Doula/Registered Nurse, 2006-2012

- Doula services for childbearing women.
- 1:1 childbirth education and advocacy.
- Emotional, physical, and informational support before, during and after childbirth.
- Clinical assessment of mother and baby in early labor.
- Prenatal and postpartum home visits.
- Breastfeeding education, counseling and support.
- Baby nurse services.
- Rockbridge County Birth Circle.

VIRGINIA DEPARTMENT OF HEALTH, Lexington, VA

Public Health Nurse/Family Planning, 2005-2006

- 1:1 education and counseling on all methods of birth control including natural family planning; prevention, transmission and treatment of sexually transmitted diseases; emergency contraception; and women's health issues including breast self-exam and mammogram screening.
- Clinic nurse.
- Case management.
- Community outreach and education.
- VDH liaison with local organization for dating, domestic and sexual violence.

ST. ANNE'S MATERNITY HOME, Los Angeles, CA

Director of Health Services, 2004-2005

- Non-profit group home for pregnant, parenting and non-pregnant/non-parenting teens.
- Specializing in teen pregnancy. Assisting adolescents with histories of broken families, domestic violence, abuse, sexual assault and criminal behavior. Serving mainly Latino and African American inner city, minority populations.
- Primary oversight of Health Services Department.
- Expansion of prenatal and maternity care options for residents.
- 1:1 health teaching and health counseling.
- Assessment and management of prenatal, pediatric and general adolescent health and well-being.
- Crisis pregnancy counseling and education.

CITRUS VALLEY HEALTH PARTNERS – QUEEN OF THE VALLEY HOSPITAL, West Covina, CA FAMILY BIRTH & NEWBORN CENTER

Registered Nurse/Labor & Delivery, 2001-2003

- Nursing care for women and their babies throughout labor, delivery and immediate postpartum.
- Experience with normal and high-risk births.
- Hospital birth center with average of 350-400 births per month.
- Operating room circulation and recovery room for cesarean births.
- Antepartum care for women with high-risk pregnancies.
- Mother-baby couplet care.
- Family-centered care.
- Involved in helping to create a "comfort room" for labor & delivery unit.
- Newborn assessment and neonatal resuscitation if indicated.
- Breastfeeding support.

LICENSURE & CERTIFICATION

AMERICAN ACADEMY OF PEDIATRICS/AMERICAN HEART ASSOCIATION

Neonatal Resuscitation Program (NRP) 2020

THE MATRONA

Certified Holistic Doula (CHD) 2020

AMERICAN HEART ASSOCIATION

BLS for Healthcare Providers (CPR/AED) 2020

INTERNATIONAL BOARD OF LACTATION CONSULTANT EXAMINERS

International Board Certified Lactation Consultant (IBCLC) 2017

WASHINGTON STATE DEPARTMENT OF HEALTH

Registered Nurse License 2015

ACADEMY OF LACTATION POLICY AND PRACTICE

Certified Lactation Counselor (CLC) 2013

VIRGINIA DEPARTMENT OF HEALTH PROFESSIONS

Registered Nurse License 2005

CALIFORNIA BOARD OF REGISTERED NURSING

- Public Health Nursing (PHN) Certificate 2002
- Registered Nurse License 2001

PERSONAL

- I practice from an Integrative Model of Care.
- I have a strong interest in maternal-child and women's health.
- I am very supportive of and comfortable with natural childbirth.
- I am also supportive of a woman's right to choose how, with whom and where she gives birth (home, birth center, hospital, unassisted, midwife, doctor, natural, pain medication, epidural, VBAC, cesarean, etc).
- I enjoy providing breastfeeding education, counseling and support to women & families, and promoting early bonding/breastfeeding.
- I have a special place in my heart for first-time moms.
- I have a particular area of interest in maternal mental health, postpartum depression and family wellness.
- I consider one of my greatest strengths as being an advocate. I am passionate about educating and empowering women to make informed healthcare decisions.
- Seasoned mentor.
- Reflective communication skills.
- Non-judgmental and respectful of cultural diversity.
- Holistic, woman-centered/family-centered care philosophy.
- Empathetic, intuitive. Good listener/counselor.

The Nightingale Pledge, 2020

I solemnly pledge myself before God, in accordance with my understanding and belief system, and in the presence of this assembly, to pass my life with integrity and to practice my profession faithfully. I will abstain from all that is deleterious and mischievous, and will not take or knowingly administer any harmful drug.

I will commit myself to the provision of culturally competent and compassionate nursing care, and to the safeguarding of patients' rights. I will ensure that informed consent for medical treatment, in its many forms and as it is currently understood, be given without conflict of interest, judgment or discrimination.

I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping, and all family affairs coming to my knowledge in the practice of my calling. With wisdom will I endeavor to aid the physician in the ethical practice of medicine and devote myself to the welfare of those committed to my care.

Entrusted as a 'missioner of health' and in service to the greater good, I will dedicate myself to the promotion of human wellness, remembering always to care for myself so that I can care for others in the fulfillment of my life's work.

© 1935, 1893 Lystra Gretter (original pledge)
Revised 2020 Cassandra Partridge