



20hr Breastfeeding Course for Health Care Professionals – Practical Module

This one day practical module supplements key information from the RNAO E-learning Breastfeeding Course through interactive activities and discussion.

Based on the WHO/UNICEF 20hr Lactation Management Course

Adapted by the BFI Strategy for Ontario and SMDHU.

Objectives:

- Participants will be able to identify breastfeeding as a global health issue.
- Participants will have knowledge of the Baby Friendly Initiative (BFI), be able to give examples from the ten steps to successful breastfeeding in order to provide a foundation for policy and practice changes.
- Participants will be able to understand and discuss the reasons for the International Code of Marketing of Breast-milk Substitutes.
- Participants will obtain the necessary knowledge and skills to assist mothers in attaining their personal breastfeeding goals.

Course Details

Fall 2017 course

Schedule: Thursday, November 30th, 2017

Time: 8:15 am to 4:45 pm

Course Fee: \$10.00 per participant

Course facilitators: Lucy Bray, RN, BScN, IBCLC, &
Babbette Westcarr-Dziviy, RN, BScN
Simcoe Muskoka District
Health Unit

Location: 15 Sperling Drive, Barrie, ON

Registration

Contact: Jennifer Niven

1 (877) 721-7520 ext. 7245

Participants are required to have completed the RNAO E-learning Breastfeeding Course prior to this day. To create an account and register, visit <http://elearning.rnao.ca/>.

Please bring a copy of your RNAO course completion certificate.

A certificate will be provided to participants who have attended the course.

All participants of the course will be required to independently commit to seeking out and completing a 3 hour supervised clinical component on their own as part of the course, if they have not done so already.

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Agenda

TOPIC	ISSUES COVERED
Registration, Welcome	
Global Strategy and Baby-Friendly Initiative	Describe the aims of the Baby-Friendly Initiative (BFI).
The International Code of Marketing of Breast-milk Substitutes	Discuss the effect of marketing on infant feeding practices.
Importance of Breastfeeding and Breastmilk	Describe the importance of breastfeeding for mothers and infants.
Promoting Breastfeeding During Pregnancy	Discuss essential components of prenatal counseling about infant feeding. Identify factors influencing infant feeding decisions.
Hospital Practices: Impact on Breastfeeding	Describe practices that support early breastfeeding: mother-baby dyad care; skin-to-skin contact; cue based feeding; unrestricted breastfeeding; hand expression.
Initiating Breastfeeding	Describe infant feeding cues, effective positioning and latching of the breastfeeding dyad, signs of milk transfer.
Breast and Nipple Conditions	Describe prevention and management of some common breastfeeding concerns.
Visit from Breastfeeding Mothers	Reflect on mothers' experiences with birth and breastfeeding practices.
Supplemental Feedings	List the risks of unnecessary supplements. Discuss medical indications for supplementation. Discuss strategies to maintain lactation during separation of mother and infant.
Preparing a Mother for Discharge	Describe discharge preparation, follow-up and support for mothers.
Wrap-up and Evaluation	