

ABOUT

MA02 is a condensed **4-hour** course for hospital and/or community-based health professionals requiring annual maintenance education.

This course is suitable for staff requiring a **refresher course** prior to BFI accreditation or **maintenance education** for re-accreditation. It is also suitable for **new staff** members who are needing to update their previous BFI Education.

The package includes a lecture by a world-renowned expert and formal course content in Theoretical and Clinical Skills that will help maintain best-practice knowledge and skills in Maternal Child Health.

ACCREDITATION

On successful completion participants will receive a certificate with the following educational points noted:

- 4 L-CERPs approved by the International Board of Lactation Consultant Examiners (IBLCE)
- 4 Pre-exam Education hrs (IBLCE)
- 4 Contact Hours (CHs)
- 4 Continued Education hrs (CEs)

CURRICULUM

INTRODUCTION

Short Video: Infant Feeding: Natural and Normal

Value of breastfeeding; Risks for non-breastfeeding parents; Supporting families within the scope of the role

LECTURE (1 hr)

Breastfeeding the Late Preterm and Early Term Infant

THEORY (1.5 hrs)

MODULE 1 Communication and Counseling

Counselling vs. advice; Verbal and non-verbal communication; Asking questions

MODULE 2 Pregnancy, Birth and Breastfeeding

Antenatal breastfeeding education; Birthing - labor interventions; The first hours and Immediately following birth; The first breastfeed

MODULE 3 Maternal Issues Postpartum and Beyond

Engorgement; Mastitis; Abscess

MODULE 4 Infant feeding in Emergencies

Feeding in emergencies for breastfed and commercial formula fed infants; relactation

CLINICAL (1.5 hrs)

MODULE 5 Positioning Principles

Positioning Principles - Biological nurturing position, Cross cradle, Underarm, Cradle, Side lying; The Principles of positioning; Baby-led positioning and latching

MODULE 6 Assessing breastfeeding

The five-step process - Information gathering and planning, Feeding observation, Strategies for improvement, Developing an action plan, Communicating results.

MODULE 7 Practical skills

Baby-friendly Step 5 and Point 4; Hand expressing; Pumping; Breastmilk storage, Using expressed breastmilk; Infant feeding when separated from parents

MODULE 8 Breastfeeding messages

How often should a baby breastfeed?; is the baby getting enough breastmilk?; can mothers produce enough milk for multiples?

AIMS AND LEARNING OBJECTIVES

LECTURE

LECTURE: **Breastfeeding the Late Preterm Infant**

List 3 characteristics of the late preterm infant; Describe and anticipate 2 common perinatal issues and postpartum problems, as they relate to breastfeeding; Excel at appropriate discharge planning and anticipate administrative issues with these babies.

THEORY

MODULE 1: **Communication and Counseling**

Identify communication skills of listening, learning and building confidence

MODULE 2: **Pregnancy, Birth and breastfeeding**

Discuss the importance and management of Breastfeeding with pregnant women and their families

Describe how the actions during labor and birth can support early breastfeeding

List 4 birth practices that help the birthing parent feel competent, in control, supported, and ready to interact with their newborn

List 4 ways skin-to-skin helps an infant to adapt to extra uterine life more quickly

Explain ways to help initiate early breastfeeding

MODULE 3: **Maternal issues postpartum & beyond**

Describe 2 ways how to prevent engorgement List 3 treatment strategies for engorgement Describe 2 ways how to prevent mastitis

List 4 predisposing risk factors for mastitis List 2 treatment strategies for mastitis

MODULE 4: **Infant feeding in emergencies**

During emergencies list 4 food security concerns for IYCF

List 3 situations where emergency nutrition requirements can be anticipated

Name 3 key messages related to relaxation

CLINICAL

MODULE 5: **Positioning Principles**

List 3 key elements of positioning the baby for comfortable and successful breastfeeding

Describe how biological nurturing position facilitates breastfeeding

MODULE 6: **Assessing breastfeeding**

Describe what to look for when assessing a breastfeed

Demonstrate how to help a mother position and latch her baby

MODULE 7: **Practical skills**

List three reasons why hand expressing may be preferred by some mothers'/lactating people over pumping milk

Be prepared for the Skills Competency Observing, assessing and assisting breastfeeding

Be prepared for the Skills Competency Hand expressing and safe milk storage

MODULE 8: **Breastfeeding messages**

Describe how to explain to a parent a baby showing feeding cues signs

List 3 key elements that must be shared with parents so they know their infant is breastfeeding effectively

List 3 key elements to help a mother/lactating parent to successful breastfeeding multiples