



INFANT AND YOUNG CHILD FEEDING COUNSELING:

A TRAINING COURSE

The 4 in 1 Course



(An integrated Course on Breastfeeding, Complementary feeding, Infant Feeding & HIV and Growth Monitoring Counselling)

Organised By

Infant and Young Child Feeding State Resource Centre

Postgraduate Department of Pediatrics, GMC Srinagar (J&K)

REPORT

BACKGROUND

IYCF state resource centre Postgraduate Department Of Paediatrics, National Health Mission, J&K and Breastfeeding Promotion Network of India had jointly organized this training course to develop National Trainers in IYCF counselling and IYCF Counselling Specialists for Jammu & Kashmir

Breastfeeding counselling, complementary feeding counselling, HIV and infant feeding counselling and growth monitoring are component of this training course which makes counselling specialists competent to support infant and child feeding in various situation. This course is based on counselling. It has demonstration session on various counselling skills followed by clinical practice sessions on them and written exercises for every a skill. This course has been used for 12 years in India and many Asian countries. Training has been found very effective and countries like Afghanistan, Nepal have started trainings in the country using their own trainers trained in this course. This training course was organized in Jammu & Kashmir keeping in mind that the National trainers thus developed will lead training courses in Kashmir independently. The course has 47 sessions covered in 7 days for certifying counselling specialists. The list of session are attached (Annex -1)

The course has 6 days preparation of trainers by a director who is an experienced trainer conducting training of this course independently and has worked as co-director for 2-3 courses.

This part of training i.e. preparation of Trainers comprises of training skills, knowledge on IYCF and counselling skills. During the Course, the future trainers are called '*trainees*' and after this training they will be called as 'National Trainers'.

The second part of the course is for '*participants*' who are trained by the trainees under constant supervision of director of the course for 7 days. After this course, participants develop competence of being a 'Counselling Specialist'.

Prof (DR.) K.P. Kushwaha, former Principal and Dean, Professor of Paediatrics, B R D Medical College, GORAKHPUR, India and Chief Coordinator BPNI, India was course director.

CLASSROOMS

In GB Pant Hospital a big room with a capacity of 40 participants with audiovisual, flipcharts and required furniture was used for training. There was another separate room adjacent to this room with the capacity of 20 participants with audiovisual, flipcharts and furniture facilities used for small group works and for demonstration sessions. These classrooms are situated in hospital campus. Teaching rooms had air conditioners. The chairs in classroom were arranged in semi circular rows. Rooms were comfortable.

HOSPITAL FOR CLINICAL PRACTICE

We had selected and got permission from 2 hospitals for clinical practice:

1. Lal Ded Maternity Hospital Associated Hospital of Govt. Medical College Srinagar (700 bedded)
2. GB Pant hospital - Associated hospital of GMC Srinagar Having the Postgraduate Department of Paediatrics (200 Bedded) with an OPD load of more than 900/day and inpatient 60-70/ Day, also having Level I ,II,III NICU facility)

In Lal Ded Maternity Hospital there are labour rooms, Obstetric wards, NICU with 80 beds, with Level I, II III facility.

GB Pant Hospital has Level I to III neonatal facility and at any point of time more than 100 newborns are admitted .It has a twenty bedded PICU, There are general wards, diarrhoea unit, nutritional rehabilitation centre high dependency area and an immunization centre. Some of these Children attending OPD and admitted in ward are mostly bottle

Feed/formula feed. Use of Soya formula and low lactose formula are rampantly used in children who are bottle feed and have diarrhoea.

We have 4 vehicles to transport the participants.

PREPARATION OF TRAINERS (October 26 to November 8, 2015)

The schedule for 6 days training is attached here (Annex 2)

There are 6 trainers trained during this period.

(List Annex 3)

DR. Syed Tariq

He is assistant professor in paediatrics and participated as trainer. He has deep interest and commitment for training in infant and young child feeding. He did very well during this period of training. This course was organized very well and he has Capacity to impart training therefore certificate of trainer is being given to him. He is quiet confident and will be a competent national trainer.

Dr.Umar Amin

He is lecturer in paediatrics. He underwent this training as trainer using all course material with sincerity and commitment and used the training materials thoroughly during teaching this course to participants. He could be a very competent National trainer.

Dr. Altaf

He is a young paediatrician with tremendous potential of learning and teaching. He was very eager to learn the science, skills and art of infant feeding during this training course. He is quiet confident and will be a competent national trainer.

Dr. Maria Amin

She is Lecturer in Preventive medicine. She has been confident trainee. She was good in learning counselling skills. She trained participants using counselling skills well and could be a good national trainer.

Dr. Firdous

He is a paediatrician at Health Services and has worked very hard during both parts of the course. He has developed many skills of trainers and has understood the concept of counselling well. He will be able to work in future as National trainer for this course.

Dr. Spalchen Gonbo

He is a paediatrician at Health services and was very good learner and showed keen interest in the course and developed many skills of a trainer and trained participants with good confidence well and could prove a good national trainer.

FEEDBACK FROM TRAINERS

During the preparation of training course all different types of sessions were allotted to all trainees, so they can learn the presentation sessions, demonstration of clinical skills, demonstration of counselling skills, group work, facilitating a written exercise, and leading a clinical practice (Annex 4).

For all of them the course was useful to very useful. Some of them suggested including mother's pictures in course material for counselling sessions. For all of them, it was good experience and they could learn skills of trainers and skills of counselling skill very well.

PARTICIPANTS COURSE (November 2-8, 2015)

There are 23 participants (List annex 4). They included medical officers, general doctors, and IYCF counsellors. They were very interactive and attentive in the class.

The schedule of the participant's training is attached (Annex 5)

COMPETENCY

The evaluation of participant has been done using Clinical Competency Assessment Questionnaire. All 23 participants were able to recognize and help mothers with breast conditions. They have Experience of helping mothers of sore nipples, and helping mothers with engorgement. All participants were able to mention feeding options in HIV positive mothers and were able to counsel and support mothers in safe breastfeeding options.

All were able to learn taking feeding-history, growth monitoring and Expression of breast milk.

All participants are able to counsel mothers in breastfeeding, complementary feeding, HIV and growth monitoring.

PARTICIPANTS FEEDBACK

All participants found course adequate and very useful to useful. Many participants suggested having longer and more supervised clinical practice session. For some few demonstration sessions were short. They want to learn hand on experiences on positioning and expression more both in class and clinics. One participant suggested the classroom need to be more comfortable. Most of them found it to enhance their capacity and knowledge. One participant suggested including one chapter in difficulties faced by counsellors.

PARTICIPANTS COMMITMENTS

Most of the participants has committed to work as counsellors in infant and young child feeding. The Training was improved and rearranged with the suggestions of participants for improving the course. Most of them have shown commitment to work with mothers and babies. They also want to make school education more supportive to IYCF. They also want to do advocacy with Government to protect breastfeeding by adequate and stringent legislation and to support working mothers by making work place supportive to breastfeeding. They also want to change hospital practices to baby friendly and to develop IYCF counselling centre in health facilities.

Future Road ahead

Infant and young child feeding is need of the hour and is must for every healthcare facility. since most of the babies visiting hospitals are either bottle feed or formula feed, Government of Jammu & Kashmir needs to setup IYCF counselling centres throughout state especially at all major healthcare facilities to reduce to reduce neonatal morbidity & mortality rate.

The hospitals should be baby friendly where mothers can learn breastfeeding and shall be counselled for breastfeeding problems and also cautioned about ill effects of bottle feeding and formula feeding on health of young children.

Annex 1 – Session Contents

1

INFANT AND YOUNG CHILD FEEDING COUNSELING:
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SESSION CONTENTS

Introduction

Session 1 Why optimal infant and young child feeding? (Class, 60 minutes)

Session 2 Local situation of infant and young child feeding (Class, 30 minutes)

Session 3 Production and intake of breast milk (Class, 60 minutes)

Session 4 assessing a breastfeed (Class, 60 minutes)

Session 5 observing a breastfeed (Class, 60 minutes)

Session 6 Listening & learning (Class, 60 minutes)

Session 7 Listening and learning exercises (Class, 60 minutes)

Session 8 Hospital Practices and Baby Friendly Hospital Initiative (Class and small groups, 90 minutes)

Session 9 Clinical Practice* 1 (Class and small groups, Listening and learning 120 minutes)

Assessing breastfeed

Session 10 Positioning baby at the breast (Class and small groups, 60 minutes)
(Optional video, 30 minutes)

Session 11 Building confidence, giving support and checking understanding (Groups, 60 minutes)

Session 12 Building confidence exercises (Groups, 60 minutes)

Session 13 Clinical Practice* 2 (Class and small groups,
Building confidence and giving support 120 minutes)
Positioning baby at the breast

Session 14 Breast conditions (Class, 60 minutes)

Session 15 Breast condition exercises (Groups, 30 minutes)

Session 16 Refusal to breastfeed and crying (Groups, 60 minutes)

Session 17 taking a feeding history (Groups, 60 minutes)

Session 18 History practice (Small Groups, 70minutes)

Session 19 Overview of infant feeding and HIV (Class, 60 minutes)

Session 20 Breast milk feeding options for HIV positive mothers (Groups, 60 minutes)

Session 21 Replacement feeding in the first six months (Class, 60 minutes)

Session 22 Preparation of milk feeds (Class and Small groups, 60 minutes)

Session 23 Counselling HIV positive mothers for feeding options (Demonstration, 60 minutes) and teaching replacement feeding

Session 24 Practice counselling skills in HIV positive mothers (Small groups, 75 minutes)

Session 25 Expressing breast milk (Class, 60 minutes)

Session 26 not enough milk (Class, 60 minutes)

Session 27 Refusal to breastfeed, crying and not enough milk exercises (Class, 75 minutes)

Session 28 Breastfeeding low birth weight babies and sick babies (Class and demonstration, 85 minutes)
(Optional video,30minutes)

Session 29 Increasing breast milk and relactation (Class, 60 minutes)

Session 30 Complementary feeding - foods to fill the nutrient gap (Class, 60 minutes)

Session 31 Quantity, variety and frequency of complementary feeds (Class, 60 minutes)

Session 32 Counselling practice (BF & CF) (Class, 60 minutes)

Session 33 Clinical Practice* 3 (Class and small groups, Taking a breastfeeding history; expression of breast milk; 120 minutes) Counselling mothers in different situations

Session 34 Feeding techniques, strategies and Food Hygiene (Class, 60 minutes)

Session 35 Clinical Practice* 4 (Class and small groups, Filling dietary recall form; taking measurements; 120 minutes) plotting weight on WHO growth charts; counselling mothers for continued breastfeeding in 2nd year

Session 36 Feeding during illness and recovery (Class, 45 minutes)

Session 37 Sustaining optimal infant and young child feeding (Class, 60 minutes)

Session 38 Clinical Practice* 5 (Class and small groups, Assessing nutrition by WHO growth charts; counselling 120 minutes) for Complementary feeding

Session 39 Nutrition of lactating mothers and their health and fertility (Class, 60 minutes)

Session 40 Breastfeeding by working mothers (Groups, 60 minutes)

Session 41 Regulating marketing of breast milk substitutes- (Class and small groups, Infant Milk Substitute Act and cable TV Act (India) & 60 minutes)International Code of marketing breast milk substitutes

Session 42 infant feeding in emergency situation (Class, 30 minutes)

Session 43 Setting up Infant & Young Child Feeding Counselling (Groups, 60 minutes) Centre and their Future Commitments

Session 44 Growth Monitoring and Measuring (Class, 50 minutes)

Session 45 Growth Monitoring by Growth charts (Class, 60 minutes)

Session 46 Measuring Growth: Taking Action (Class, 60 minutes)

Session 47 Counselling mother with the help of Counselling Flip Chart (Class, 30 minutes)

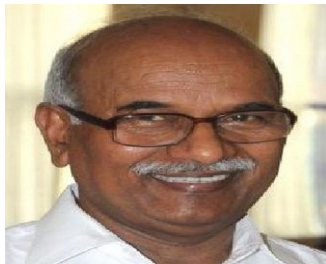


Annexe 2

TRAINING SCHEDULE OF INFANT AND YOUNG CHILD FEEDING COUNSELING: A TRAINING COURSE (THE 4 IN 1)




IYCF STATE RESOURCE CENTRE, GB PANT HOSPITAL SRINAGAR


TRAINING OF TRAINERS

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
09.00-10.00	Introduction of trainees and introduction to the course material and training skills	Listening and learning practice(KP) Preparation of clinical practice I-Altaf	Positioning baby at the breast(KP) Preparation of clinical practice II----Omar& Tariq	Expression of breast milk(KP) Preparation of clinical practice III----- Firdous	Hospital practice and BFHI---Maria Preparation for clinical practice IV----Maria	Counselling HIV+ve mothers for feeding options and teaching replacement feeding Preparation for clinical practice V----Pal
10.00- 10.30 TEA						
10.30-12.00	Visit to hospital-place of clinical practice Introduction of the training skills	Clinical practice I (obs ward)----Maria	Clinical practice II (obs ward)	Clinical practice III (obs ward+NICU)	Clinical practice IV (OBS ward +NICU& ped ward)	Clinical practice V
12.00-13.00	Why optimal infant and young child feeding	Listening and learning exercise----Maria & Firdous	Building confidence exercise----Pal	History practice....Altaf	Overview of infant feeding & HIV +ve(KP)	Growth monitoring
13.00-14.00	LUNCH					
14.00-15.00	Production and intake of breast milk	Building confidence, giving support and checking understanding(KP)	Taking breastfeeding history---Tariq	Complementary feeding---foods to fill the nutrient gap(KP)	Breast milk feeding options for HIV +ve mothers ----Firdous	Monitoring growth, weight & length/height Taking action
15.00-16.00	Assessing a breastfeed	Breast condition ---Pal	Refusal to breastfeed and crying ---Altaf	Quantity variety and frequency of complimentary feeds----Maria	Replacement feeding in the first six months by HIV---Omar	Preparation of milk feeds
16.00-16.30 TEA						
16.30-17.30	Observing breastfeeding	Breast condition exercise---Tariq	Not enough milk---Maria	Feeding technique strategies---Omar	Counselling practice in HIV +ve mothers---Tariq	Not enough milk,BF refusal Crying exercise
17.30-18.00	Nutrition of lactating mothers and their fertility---Omar	Breastfeeding by working mother	Feeding low birth weight babies(KP)	Feeding during illness and recovery---Tariq	IMS Act/CODE---Altaf	Increase breast milk and lactation
18.00-18.30	Trainees Meeting					





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