

Report of National Trainers Training



Venue: UCMS & GTB Hospital Delhi

Date: 18-31 August 2014

Course Director: Dr. MMA Faridi

Co- Course Director: Dr. Sangeeta Rani

National Trainers (7) : Ms. Vibharika Chandola, Ms. Prerna Bharadwaj, Ms. Aliya Tayyaba, Ms. Vandana Sharma, Ms. Meenu Kaur, Mr. Nilesh Mansingh Shinde, Dr. Sitanshu Shekhar Senapati

IYCF Counselling Specialist (23) : 13 CDPO, 8 Supervisors, 1 Staff Nurse, 1 DPO

This was 13 days training which has 2 phases. In first phase course director and co- course director trained these 7 National Trainers for first six days. This training course was started on 18th August 2014. First phase was preparatory phase which comprises of 40 theoretical sessions, 5 clinical practice sessions, 2 practice sessions. These courses also have practical demonstration and role plays. Second phase was Participatory phase. In this phase these National Trainers were trained IYCF Counselling specialist Participants. There were 23 participants who attended the IYCF Counselling Specialist Training from different state like

Haryana, Delhi, and Punjab etc. . In this phase all 7 National trainers conducted training for 7 days of 23 participants. This also comprises 40 theoretical sessions, 5 clinical practice sessions, 2 Practice Sessions including practical demonstration and role plays.

The training was started with the pre- test of participants. This training course was inaugurated by Dr. MMA Faridi HoD Paediatric Department , GTB Hospital, Delhi along with Dr. Sangeeta Rani CMO/NFSG Guru Govind Singh Hospital, Raghbir on 18th August 2014. The objective and the course content of the training were explained by Dr. MMA Faridi (Course- Director of this Training Course).

Dr. J.P. Dadhich, National Coordinator, BPNI, Delhi along with Dr. MMA Faridi HoD Paediatric Department , GTB Hospital, Delhi chaired the Valedictory function on 31st August 2014. He appreciated the efforts done by BPNI and UCMS, GTB Hospital, Delhi in conducting this structured course. He advised all the participants to draw up a plan of action for IYCF trainings or IYCF Counselling centre in their blocks/districts for their Angan Wadi Workers(AWW) and submit the same to their Director (ICDS) for approval. He suggested that the benefits of these trainings must reach up to the family level through Supervisors & AWW. At the end of the training Participation certificate were distributed to all the participants.



Taking Session on Position baby at the breast



Group exercise conducted by Trainer



Complementary Food Preparation by Participants

Pre- Post Training Assessment

To assess the improvement in the knowledge of trainees, self administered pre and post test questionnaires were designed. The pre and post test questionnaires aimed at capturing the change in knowledge levels and handling practical issues in IYCF counselling.

Assessment findings are given below in the Table:

S.NO.	Questions pertaining to	Pre Intervention N=20	Post Intervention N=20
		Correct Responses	Correct Responses
1	Knowledge about Optimal Infant and Young Child Feeding Practices	13 (65%)	15 (75%)
2	Preventable under 5 deaths due to malnutrition by appropriate feeding practices	4 (20%)	7 (35%)
2(a)	Universal EBF can prevent % of under 5 child deaths	0 (0%)	6 (30%)
3	Benefits of Breastfeeding Mother	7 (35%)	12 (60%)
4	Dangers of Pre Lacteal Feeds	11 (55%)	14 (70%)
5	Duration of Breastfeeding	16 (80%)	18 (90%)
6	Factors which hinder Oxytocin reflex	3 (15%)	15 (75%)
7	Key for enhancing breastmilk production	0 (0%)	11 (55%)
8	Sign of good attachment	1 (5%)	12 (60%)
9	Causes of sore nipples	5 (25%)	17 (85%)
10	Engorged breast treatment	10 (50%)	20 (100%)
11	Reliable sign of enough milk being received by baby	1 (5%)	5 (25%)

12	When a mother is ill	14 (70%)	19 (95%)
13	Mothers malnutrition affects breastmilk production	3 (15%)	9 (45%)
14	Size of the breast affects breast milk production	12 (60%)	15 (75%)
15	Expressed breast milk can be stored at room temperature	4 (20%)	16 (80%)
16	Questions Regarding IMS (Infant Milk Substitute) Act	7 (35%)	12.5 (62.5%)
17	Appropriate age of starting complementary foods	6 (30%)	16 (80%)
18	One year child fed in a day	0 (0%)	11 (55%)
19	Foods rich in Vitamin A	9 (45%)	17 (85%)
20	Foods for children in disease	3 (15%)	9 (45%)
21	Feeding of low birth weight babies	2 (10%)	11 (55%)
22	Percentage of HIV Transmission from mother to baby	0 (0%)	10 (50%)
23	Transmission of HIV to children reduced	1 (5%)	11 (55%)
24	Statements about human milk	4 (20%)	9 (45%)
25	Composition of breast milk	2 (10%)	9 (45%)
26	Statements about cow milk	4 (20%)	7 (35%)
27	Benefits of Breastfeeding Mother	7 (35%)	15 (75%)
28	Factors which enhance Prolactin Reflex	4 (20%)	8 (40%)
29	Factors which hinder Oxytocin reflex	5 (25%)	13 (65%)

Analysis of data showed that, after training there was a significant improvement in Knowledge about various aspects of breastfeeding and complementary feeding. Post intervention data shows that a high proportion of participants responded with correct answers as compared to pre intervention, on questions related to signs of good attachment (5% to 60 %), food for children in diseases (15% to 45 %) Key for enhancing breastmilk Production (0 to 55%) and Causes of Sore nipples (25% to 85%) etc.

Participants general comments, Suggestions regarding training

- Excellent Training.
- Training was good.
- Learn Good Counselling skills.
- IYCF Training guide must be in hindi to follow methodology, it is difficult for participants to translate during training.
- Duration of training is long it could be 5 days.
- Trainers were very good.

Glimpses from Training sessions

Training workshop at UCMS, GTB Hospital, Delhi

