

2019

Infant and Young Child Feeding
Counselling and Lactation
Management

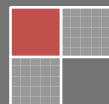
The '4 in 1' Training course
Jodhpur

17-30 June 2019

REPORT

Dr K P Kushwaha (Course Director)
Dr Anurag Singh and Dr Arti Maria (Co-
Course Director)

Breast Feeding Promotion Network Of
India (BPNI), UNICEF India
UNICEF Rajasthan and
Department Of Paediatrics,
Dr S N Medical College JODHPUR (RAJASTHAN)



A REPORT ON CAPACITY BUILDING OF NATIONAL TRAINERS

A Capacity Building training course of national trainers on Infant and young child feeding counselling and lactation management, using BPNI/IBFAN Asia '4 in 1' training program was held at Hotel Shriram Empire, Jodhpur under aegis of BPNI, New Delhi, UNICEF India and Regional Centre Of Excellence, supported by UNICEF Rajasthan, Department of Paediatrics, Dr. S.N Medical College, Jodhpur (Rajasthan), from 17th – 30th June 2019. Dr Komal Kushwaha, Chief Coordinator BPNI was the Course Director along with Dr. Anurag Singh as Co- Course Director .

The duration of training was 14 days. Six trainees were identified by UNICEF and RCOE Jodhpur in consultation with and following the norms of BPNI. In the first six days ie preparation of trainers, these trainees received training on training skills and were made familiar with the training material under constant guidance and supervision of the Course Directors. They were given practical demonstrations of all skills that were to be utilized during the second week of training. A kit, especially prepared by BPNI for this purpose, comprising of models, utensils, handouts, schedules, forms, picture booklets for counselling, charts etc that would be useful for further trainings and counselling sessions were distributed to all trainees. Optimum use of teaching aids for each session was discussed with them. The six trainees received individual feedback in the trainers meet at the end of each days session. Preparation for next days session were also discussed during the training meet. There was one day of preparation of sessions after preparation of trainer's week. On the eighth day 24 counselling specialist joined the group who received seven days training, which was provided by

the six trainees selected earlier for the national training, under the constant supervision of the Course Directors.

This process enabled the six trainees to hone their training skills, get updated with the latest guidelines on the subject and fill in the gaps that they might have developed over a period since their last training on IYCF. The individual feedback provided by Dr Kushwaha at the end of each day was instrumental in sharpening the training skills of the six participants.

List of trainees ; the National Trainers Training were :

1. Ms. Aditi Chauhan Mukherji
2. Dr. Rakesh Jora
3. Dr. Suresh Verma
4. Dr Sandeep Chaudhary
5. Dr. Shyama Chaudhary
6. Dr Lalit Mali

These all 6 National Trainers will be able to conduct:

- The 7 Day IYCF Counseling – A Training Course: The 4 in 1 Course to develop Infant and Young Child Feeding Counseling Specialist.
- A 7 Day Course on IYCF for developing Middle Level Trainers for Frontline workers.
- 4 Days IYCF Training Course for frontline workers/ family counselors
- 5 Day Training Course Infant feeding and HIV Counseling for PPTCT Counselors/ Doctors/Nurses
- Able to set up an IYCF Counseling Centre

Venue

The venue for training was Hotel Shriram Empire which is within 1.5 Km of Umed Hospital and MDM Hospital, which are attached to Dr S N Medical College, Jodhpur and where the participants were taken for the clinical sessions.

There are 11 post natal wards, one antenatal Ward and two post-operative wards in Umed Hospital (attached to Dr S N Medical College) where around 60-80 deliveries take place each day. Similarly MDM hospital is also attached to Dr S N Medical College and has around 30-40 deliveries per day. It also has a Nutrition Rehabilitation Centre. Both hospitals have a large proportion of Paediatrics and Gynae OPD and around 850 dedicated Paediatric beds for indoor patients.

FORMAT OF TRAINING:

Lectures, Classroom teaching was made interesting and interactive through Role Plays, Flip Charts, and Presentations.

Counselling Session were conducted among the participants to enhance the Counselling Skills and later with the children and their mothers in Umaid Hospital and MDM hospital.



Learning through Role Play



Learning through practicing Counseling Sessions



**FEEDBACK SESSION FROM DR KOMAL KHUSHWAHA AFTER THE
DAY'S TRAINING**



Clinical practice

in Umed hospital Jodhpur



COUNSELING OF MOTHERS FOR COMPLEMENTARY FEEDING



immediate

skin to skin demonstration

INITIATION OF SKIN TO SKIN FEEDING PRACTICE IN LABOUR ROOM



6 National Trainers along with Course Director Dr. Komal Khushwaha and Dr. Anurag Singh, and Dr Arti Mariya, HOD Neonatology Department RML Hospital, New Delhi.



IVCF Counselling & Lactation Management

(The 4 in 1 training course)

24-30 June 2019

out of 27

| S.No. | Name | Pre-test | Post-test | Change in % |
|-------|-------------------------|----------|-----------|-------------|
| 1. | Praveena Dave | 0 | 23 | 85% |
| 2. | Meenakshi Patel | 0 | 27 | 100% |
| 3. | Rakha Bohra | 0 | 27 | 100% |
| 4. | Snehata Choudhary | 0 | 22 | 100% |
| 5. | Dayaram Bhati | 0 | 23 | 85% |
| 6. | Mamta Sharma | 19 | 23 | 15% |
| 7. | Neetu Rajak | 0 | 23 | 85% |
| 8. | Purnima Sharma | 0 | 16 | 59% |
| 9. | Raj Kumar Dabi | 5 1/2 | 25 | 70% |
| 10. | Alka Jhajharia | 0 | 18 | 66% |
| 11. | Maneesha Roat | 0 | 23 | 85% |
| 12. | Chandrika Meena | 0 | 12 | 44% |
| 13. | Maandatta Singh Rathore | 0 | 25 | 92% |
| 14. | Vrinda Sharma | 14 1/2 | 25 | 40% |
| 15. | Margaret Martin | 15 1/2 | 27 | 40% |
| 16. | Dr Namita Bhandari | 19 1/2 | 27 | 25% |
| 17. | Shiv Raj Singh | 18 | 26 | 29% |
| 18. | Dr. Sheetal Shekhawat | 17 | 26 | 35% |
| 19. | Kavita Baiswa | 0 | 17 | 62% |
| 20. | Dr Preeti Lodha | 0 | 26 | 96% |
| 21. | Kumari Agarwal | 0 | 23 | 85% |
| 22. | Bhagwan Sahai Yadav | 5 | 17 | 44% |
| 23. | Priya Gautam | 6 1/2 | 23 | 59% |
| 24. | Priscilla Blesson | 19 1/2 | 27 | 25% |

Pre and post test

results



DR ANURAG SINGH ADDRESSING THE CLOSING SESSION OF TRAINING



6 NATIONAL TRAINERS WITH THEIR CERTIFICATE OF PARTICIPATION
AT THE LAST DAY OF TRAINING



Dr. S.S Rathore, Principal Dr S.N Medical College and Ms. Minakshi Singh and Ms. Vanita Datta from UNICEF Jaipur were the Guest of Honor. They all commended the laudable work done by Dr. Anurag Singh for conducting the 14 Day training successfully.

COUNSELING SPECIALIST

24 persons were identified for training as the counseling specialists. The Trainees included members of UNICEF, RCOE Jodhpur & Udaipur, Doctors, Staff Nurses, Nutrition Specialists, Social Workers from Rajasthan.

These 24 participants were divided into 2 groups for Classroom teaching and further divided into 6 groups of 4 participants each for Hospital visits and Counselling Sessions.

The participants were put through a Pre / post Test. Some of the of trainees even showed an improvement of 100%.

These Counseling Specialists will be able to provide:

- Individual or group counseling on Breast feeding, Complementary Feeding, HIV and Infant feeding.
- Initiate setting up an Infant and young child feeding centre
- Provide referral level support
- Advocacy on IYCF
- Monitor IYCF Program and IMS Act.

REPORT OF COMMITMENTS BY VARIOUS STAKEHOLDERS AT JODHPUR

CHANGES THAT HEALTH WORKERS/ PARTICIPANTS COULD MAKE THEMSELVES JODHPUR

- Counseling of nursing mothers and ante-natal mothers using appropriate IEC material like IYCF counseling charts and flip books.
- Complementary feeding Consistency display.
- Appropriate IEC material for breast feeding and complementary feeding in maternal and child wards and MTCs.
- Demonstrate responsive feeding to the mothers.
- Demonstrate proper consistency of the complementary feeds.
- Share and propagate culturally appropriate recipes made with locally available foods
- Recipes from the recipe book can be used and propagated/ shared with the mother
- Help them to plan the child's daily diet by providing them enough food options which includes foods from all the groups, is economic and easily available.
- Emphasize cultural foods being practiced and highlight their nutritional value. Suggest changes if required to improve its nutritive value.

- Pictorial handouts and IEC material that can be given to the mothers and advise them about the household measures.
- To have proper IEC material for feeding mothers with HIV infection.
- Emphasize cultural foods being practiced and highlight their nutritional value. Suggest changes if required to improve its nutritive value.
- Pictorial handouts and IEC material that can be given to the mothers and advise them about the household measures.
- To have proper IEC material for feeding mothers with HIV infection.
- Health workers to touch at least one mother conveying correct guidelines about IYCF practices

JAIPUR

- Will focus on first thousand days – Creating awareness on Maternal Nutrition. Weighting pregnant women at each ANC and tracking the total weight using MCP card and will support in strengthening MCHN Day, PMMSA, CBE and PAM. Antenatal Counseling should also focus on the benefits of EIBF and BF, advantage of early initiation and correct sucking position in one to one session or in groups(Community level)
- Will try to form core group/ mother groups or SHG of pregnant and lactating mothers to teach importance of

Exclusive breastfeeding and Timely initiation of Age Appropriate Complementary feeding(community level).

- Will teach mothers to learn techniques like expressing breastmilk.
- Will help mother and family members on how to prepare complementary foods from locally available ingredients
- Will help working women to continue BF when they join work
- Will support training, supportive supervision and handholding for the staff of (RCoE and TAD) or other partners on IYCF
- Will take help faith leader, PRI, TBA and other community worker for breastfeeding promotion

UDAIPUR

- Will utilize and practice the skills learned here at our workplace and also bring change in our behavior
- Provide proper counseling to beneficiaries/clients using the appropriate tools received at training
- Develop mothers group/lactation support groups (at least one group) of around 10 mothers in next 4 months
- Nurses deputed in wards/LRs will also provide hands on training/orientation to other co-workers/colleagues.
- Antenatal counseling to all pregnant women of selected SC area by Coordinators

- ASHA, AWW and SWACH Karmi orientation at selected blocks/sectors on IYCF
- Coordinators will advocate EIBF, EBF, timely start of CF and age appropriate CF at all platforms (sector, block level meetings, during supervision/monitoring visits to delivery points & MCHN sessions etc.)
- Coordinators will take at least one counseling session personally at MTCs about IYCF.

CHANGES THAT NEED ADMINISTRATIVE HELP

JODHPUR

- Breast feeding rooms (Amrit kaksh) with appropriate utensils and equipments.
- LED displaying all messages preferably in local acceptable language.
- Immunization days – counselling sessions.
- Capacity building of existing staff.
- Identification of mothers with feeding issues and directing them to BF counsellors.
- Collection of data and success stories regarding the same.
- Data analysis on these issues.

JAIPUR

- Advocacy at all level and will support for budgeting and will help in all the possible way in term of protocol and guideline
- Will support in improving Home visit/ sector meeting and counselling the family members how to support EBF and EBM. And if on replacement feeding – then how to prepare and complementary feeding (demonstration centre)
- Researchers and education department and health department and NGO with common interest will called together to form forum that will be work together on their own strength.
- Make breast feeding clinic more attractive with informative with local language IEC especially at waiting room
- Advocacy at Family planning and healthy timing and spacing of pregnancy
- Will update reporting indicators that align with RCH register
- Media can be used as an platform for creating awareness on IYCF
- The course of MBBS, Nursing and other nutrition counsellor course should have compulsory course and internship and even degree course should be in place. The modules should align with the state guideline on IYCF
- Baby friendly hospital Initiative should be compulsory to all mother and child Hospital, labor rooms , if certify should be monitored with ten steps and half yearly the staff must undergo practical and theoretically test

- Recognizing office who has breastfeeding friendly environment who follow the guideline
- The protocol and guidelines should be state specific and lactation counsellor post should be government post with essential qualification prescribed. The ratio of patient with counsellor should be in a specific ratio.
- IMS act must be compulsory at all Mother and child hospital.

UDAIPUR

- Develop Baby Friendly ward/PHC/CHC (Delivery point). For this need to arrange all logistics, instruments, devices IEC materials etc.
- Refresher orientation of Yashodas on breastfeeding and their regular supportive supervision to ensure EIBF, EBF and support to mothers.

Evaluation of the course

Training course has been rated very high and informative. Few participants were finding English difficult to understand. There were suggestions to increase the duration of the course.

Clinical skill competency and future commitments of the participants

Most of participants and trainers score high in assessment of clinical skill competency. They are able to counsel mothers in different situations. They committed to counsel mothers at their work place, train frontline workers and middle level trainers and faculty. They need logistic support to open IYCF counseling centers.

State should initiate a plan to train all hospital workers to make hospitals baby friendly and to monitor IMS act. Trainers are ready to train frontline workers. State should roll out training of all front line workers for 4 days throughout state utilizing training materials from BPNI, Delhi.

List of trainers and Participants have been submitted to BPNI office

K P Kushwaha