

Announcement

1st International Training Course

*National Level Capacity Building
For developing national trainers*

on

**Infant and Young Child Feeding Counseling - A Training course
The '3 in 1 course'**

(Integrated course on breastfeeding, complementary feeding and infant feeding & HIV)

15th January - 31st January 2006
New Delhi, India



Organised by



BPNI / IBFAN Asia Pacific

In collaboration with

University College of Medical Sciences (UCMS) and GTB Hospital Delhi

Why this course is needed?

Well over two-thirds of 10.9 million under-five child deaths in the world are often associated with inappropriate feeding practices and occur during the first year of life. Yet, only one third of world's infants are optimally fed.

To be successful in breastfeeding, women need practical help and support from all quarters especially health care providers. This means, women need accurate information about optimal infant and young child feeding and timely counseling. Health workers need to build mother's confidence to increase breastmilk flow from the mother to the baby, when she has a 'feeling' of '*not enough milk*', assist her to initiate breastfeeding within one hour, assist her in proper sucking position to allow effective sucking, which will help in preventing breast problems like sore nipples and engorgement, solve problems if they do arise, answer any questions if mothers have, counsel mothers and families on adequate and appropriate complementary feeding, and finally be able to counsel HIV positive mothers about infant feeding options and support their choice.

Unfortunately, most health care providers and frontline workers have barely acquired these 'skills' in counseling and management of breastfeeding. Such a need led to the development of several at least three skill-training courses in breastfeeding, complementary feeding and HIV and Infant Feeding by WHO and UNICEF.

Inadequate knowledge and skills of these workers complicates the situation. Little time is assigned to it in their curricula. Commercial pressures add to this problem in a significant manner. It is imperative to train all care providers to impart skills to counsel mothers on Infant and Young Child Feeding. And with HIV spreading fast, and the knowledge that HIV can be transmitted through breastfeeding, it becomes critical to help women to decide the best possible option for infant feeding.

Recent assessment of several countries led to an observation that they lack National capacity to take forward this skill building component of IYCF counseling.

Objective of the International Course

The course is being organized with the objective of building national capacity to address the skill building of all health care workers for counseling on IYCF in Asia Pacific countries. The course will lead to creating '**national teams**' of trainers who are able to lead training/capacity building initiatives locally. Similarly it could also create teams that could lead initiatives in the States of India.

What is 3 in 1 course?

The WHO and UNICEF have provided following three training courses related to infant and young child feeding; and all these are completed in 11 days.

1. "Breastfeeding Counselling - A Training Course" (Duration: 5 days)
2. "HIV and Infant Feeding Counselling - A Training Course" (Duration: 3 days)
3. "Complementary Feeding Counselling: A Training Course" (Duration: 3 days)

The courses on 'Complementary Feeding' and 'HIV and Infant feeding' require that participants must complete the 5 -day 'Breastfeeding Counseling' course as a prerequisite. The WHO/UNICEF's Global Strategy and UN's Guidelines on HIV and Infant Feeding identify the need for combining these 3 courses. Governments in the region also felt that it is too time consuming and impractical to call health workers three times.

BPNI / IBFAN Asia Pacific organized several courses on the subject and in 2004 took lead in combining 2 courses 'Breastfeeding' and 'HIV and Infant Feeding'. Further in 2004 and 2005 BPNI / IBFAN Asia Pacific in collaboration with UNICEF-India and World Alliance for Breastfeeding Action (WABA) put all the three courses into one leading to development of '**3 in 1**' training course "Infant and Young Child Feeding Counseling: A Training Course". The course is unique and is first effort of its kind by the region and has been successfully tested in two states of India. The course enables health workers to develop clinical and interpersonal skills needed to support breastfeeding mothers.

Developing National Trainers

You need several **core** national level trainers to conduct national level training. It requires 6 days of training for initial preparation of trainers, and it is guided by a **course director**. These trainers then conduct 7- day training course having 43 sessions for 24 participants, thus completing full course for being trainers, lasting for 13 days. During the first six 6 days trainers become familiar with the course materials, and learn how to conduct different kinds of sessions and during next 7 days they actually impart training to health workers. The course is conducted in highly participatory manner conducive to adult learning. It has classroom sessions, lectures, discussions, demonstrations, exercises, role plays, group work and hospital practices etc.

The core trainer requires another 2 additional days after finishing the course to learn how to organise these courses back home.

What is the National Team and criteria for selection?

It consists of five persons, one to be the **Core Trainer**, who arrives earlier. Later four persons come for one week and undergo the course as participants. Back home this team should first make the course available in local language adapting it to local circumstances. The core trainer, then should lead a similar course with the help of six trainers (4 from this course and 2 additional) and this way he/she can act as course director for the country.

Core Trainer: He/she should be a senior level health and nutrition faculty member, who is committed and available future training courses.

Participants: They should be medical officers/ other health professionals who are involved in care of mothers and children

Language: All should be able to communicate in English.

What are the 3 in 1 course materials

The 3 in 1 course has following materials:-

1. Director's Guide
2. Trainer's Guide
3. Participant's Manual
4. Overhead Transparencies
5. Book of Overhead Figures
6. Answer Sheets
7. Forms, List, Checklist and Story cards
8. Counseling guide for infant feeding options in PPTCT programme

This material is also available on CD-ROM however , these are shared with those who complete the training course.

The course content covers the following topics

1. Why optimal infant and young child feeding
2. Local situation of infant and young child feeding
3. How breastfeeding works
4. Assessing a breastfeed
5. Observing a breastfeed
6. Listening & learning
7. Listening and learning exercises
8. Hospital practices and baby friendly hospital initiative
9. Clinical Practice 1
 - o Listening and learning
 - o Assessing breastfeed
10. Positioning baby at the breast
11. Building confidence, giving support and checking understanding
12. Building confidence exercises

13. Clinical Practice 2
 - Building confidence, giving support and checking understanding
 - Positioning baby at the breast
14. Breast conditions
15. Breast condition exercises
16. Refusal to breastfeed and crying
17. Taking a feeding history
18. History practice
19. Overview of infant feeding and HIV
20. Breastmilk feeding options for HIV positive mothers
21. Replacement feeding in the first six months by HIV positive mothers
22. Preparation of milk feeds
23. Counselling HIV positive mothers for feeding options and teaching replacement feeding
24. Practice counseling skills in HIV positive mothers
25. Expressing breastmilk
26. Not enough milk
27. Refusal to breastfeed, crying and not enough milk exercises
28. Breastfeeding low birth weight babies and sick babies
29. Increasing breastmilk and relactation
30. Complementary feeding - foods to fill the nutrient gap
31. Quantity, variety and frequency of complementary feeds
32. Counselling practice (BF & CF)
33. Clinical Practice 3
 - Taking feeding history
34. Feeding techniques, strategies and Food Hygiene
35. Clinical Practice 4
 - Counseling mothers in different situations and Filling dietary recall form
36. Feeding during illness and recovery
37. Sustaining optimal infant and young child feeding
38. Clinical Practice 5
 - Complementary feeding
39. Women nutrition, health and fertility
40. Women and work
41. Commercial promotion of breastmilk substitutes
42. Infant feeding in emergency situation (Additional Sessions)
43. Assessing practices of participants and their future commitments

How to do it?

Those interested in having this course may contact BPNI / IBFAN Asia Pacific, who have the capacity to conduct this world class training course. We encourage National Governments, UNICEF and WHO country offices, and other agencies working on child health and development issues to consider this capacity building initiative to strengthen implementation of the Global Strategy for Infant and Young Child Feeding.

Course Fees

US\$ 2400 for a training 'team' of '5 persons' (includes boarding / lodging and course materials. It does not include travel costs or per diem)

For more information, please contact

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