

# ES01

## BREASTFEEDING ESSENTIALS PRIMARY CARE / NURSES

DENISE FISHER, AM, MMP, BN & CAROLE DOBRICH, BS, RN, IBCLC, ANLC

### ABOUT

Breastfeeding Essentials is a **20 HOUR** online course for primary carers, like nurses and direct care staff, who care for families during pregnancy, birthing and for the duration of Breastfeeding.

The participant learns how to apply each of the 10 Steps to Successful Breastfeeding, or the 7-Point Plan for the Protection, Promotion and Support of Breastfeeding in community settings. The curriculum is based on the WHO/UNICEF requirements for Baby-friendly Hospital Initiative® (BFHI) accreditation.

Available in **English** and **French**.

### CURRICULUM

#### MODULE 1 **Why breastfeeding is important** (2 hrs)

Biochemistry; Immunology; Effect of breastmilk substitutes on infants

#### MODULE 2 **Communication Skills** (2 hrs)

Non-verbal communication; Listening skills; Building confidence

#### MODULE 3 **Pregnancy Care** (2 hrs)

Making the infant feeding decision; Contraindications to breastfeeding; Barriers to breastfeeding; Physical preparation

#### MODULE 4 **The Birth Experience** (2 hrs)

The first hours; Effect of labor interventions on breastfeeding; Effect of early postnatal interventions on breastfeeding

#### MODULE 5 **Breastfeeding the Baby** (2.5 hrs)

When to breastfeed; Hands-off guidance; Positioning to facilitate latching; Assessing breastfeeding; Breastmilk transfer; Assessing a breastfeed

#### MODULE 6 **A Time to Learn** (2.5 hrs)

Principles of adult learning; Practical skills: hand expressing, pumping, storing & using breastmilk; when parents/infants are separated; Infant cues to breastfeed; Complementary foods & weaning; Normal growth / weight gain; Rooming-in; Sleeping & waking patterns; Maternal self-confidence; Discharge planning; danger signs, follow-up, contraception, referral to community support



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### ACCREDITATION

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

- 19 L CERPs, 1 E CERP awarded by the International Board of Lactation Consultant Examiners.
- 20 hours pre-exam education (IBLCE)
- 20 Contact Hours (CHs) (USA Nurses)
- 20 CPD points (Australian Nurses and Midwives)

### AUTHORS

Breastfeeding Essentials was written by Denise Fisher, AM, MMP, BN, edited and maintained by Carole Dobrich, BS, RN, IBCLC, ANLC

### CURRICULUM (CONTINUED)

#### MODULE 7 **Infant Challenges** (2.5 hrs)

The late preterm infant; The non-latching infant; Hypoglycaemia; Jaundice; Effect of supplements; The crying baby; Inadequate weight gain; Alternative feeding methods; Safe preparation of breastmilk substitutes; Safe bottle-feeding

#### MODULE 8 **Maternal Challenges** (2.5 hrs)

Prevention, pathophysiology and management of: engorgement; Nipple issues: inverted, infections, damage; Blocked ducts; Mastitis; Abscess; Breastmilk supply issues; Medical issues: diabetes, obesity, thyroid disease, hepatitis, HIV; Surgical issues: breast surgery. medication use

#### MODULE 9 **Promoting, Protecting and Supporting Breastfeeding** (2 hrs)

The WHO Code on the Marketing of Breastmilk Substitutes: what is covered, health unit and staff responsibilities; The Baby Friendly Initiative and its effects; Infant and Young Child Feeding; Local initiatives; Infant feeding in emergencies