

# ES02

## BREASTFEEDING ESSENTIALS PRIMARY CARE / NURSES / HCP

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### AIM

The aim of this course is to learn how the Baby-Friendly Hospital Initiative/Baby-Friendly Initiative ("BFHI"/"BFI") and the Ten Steps to Successful Breastfeeding ("10 Steps") improve outcomes for infants and their mothers/parents as well as the skills and policies necessary to implement the 10 Steps in both hospital and community settings.

### LEARNING OBJECTIVES

#### MODULE 1 **Why breastfeed? [Step 2]**

Identify the four key goals for infant feeding as per the Global Strategy on Infant and Young Child Feeding.

Understand why investing in promoting, protecting and supporting breastfeeding is so critical.

List the major macro-micronutrients and immune factors in human milk, and their function.

Identify the cost of not breastfeeding on infant health, health of the mother/lactating parent, and the economic and environmental health.

#### MODULE 2 **Protection of Breastfeeding [Domain 1, Step 1]**

Identify frameworks, policies and other regulatory tools available to promote, protect and support breastfeeding at all levels.

Understanding the principles and rationale behind these policies.

Identify the products covered by the International Code of Marketing of Breastmilk Substitutes and subsequent WHA resolutions.

Identify three ways in which a family might be harmed because a facility and/or health care provider is not following the International Code.

Understand how Health Care workers can possibly be influenced or have a conflict of interest related to the International Code.

Discuss the effects of the Baby-Friendly Initiative on infant feeding.

Identify key aspects that make a good infant feeding policy.

Understand the importance of ongoing monitoring and data collection for quality improvement.

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### LEARNING OBJECTIVES (CONTINUED)

#### MODULE 3 **Communications [Domain 2]**

- Identify communication skills of listening, learning and building confidence.
- Communicate effectively using counseling techniques.
- Demonstrate attending behavior.
- Describe ways of using non-verbal communication skills.
- Describe the use of open and closed questioning, and different types of listening skills.
- Explain how to use different skills for auditory, kinesthetic and visual learners.
- Describe how implicit bias can negatively impact health care.
- List barriers to effective communication.
- Describe what is needed to build parental confidence.

#### MODULE 4 **Prenatal Education [Domain 3, Step 3]**

- Outline the information to be given during antenatal discussions.
- Explain what antenatal preparation for breastfeeding is useful and what is not.
- Identify the parts of the breast and describe their function.
- Understand the importance of prenatal education in increasing "self-efficacy" of the birthing woman/person.
- Understand what/who are the key influencers for the pregnant woman/person related to feeding.
- Identify stages of pregnancy that offer new opportunities to inform and build skills related to breastfeeding/chestfeeding.
- Understand the use of words and the impact they have on a parent's self-confidence.
- Be prepared for the **Skills Competency** *Communicating with pregnant people about infant feeding.*

#### MODULE 5 **Birth [Domain 4, Step 4, Step 7]**

- List the three distinct phases of lactogenesis.
- List the hormones and their changes necessary for successful lactogenesis II.
- Describe how the actions during labor and birth can support early breastfeeding/chestfeeding.
- List the many important functions that skin-to-skin contact have for both the mother/birthing parent and the infant.
- Explain ways to help initiate early breastfeeding.
- List three postpartum interventions that could have a negative impact of breastfeeding /chestfeeding.
- Be prepared for the **Skills Competency** *Skin-to-skin care for all infants and parents.*

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### LEARNING OBJECTIVES (CONTINUED)

#### MODULE 6 **Breastfeeding the Infant [Domain 5, Step 5, Step 6, Step 8]**

- List the key elements of positioning the baby for comfortable and successful breastfeeding.
- Demonstrate how to help a mother/lactating parent position and latch their infant.
- Identify the functional anatomy of the breast.
- Describe how milk is transferred from the mother/lactating parent to the baby.
- Describe how 'hands-off' breastfeeding support methods can enhance confidence and explain how this method can help the infant achieve a good latch.
- Describe "responsive feeding" and explain why it is important to teach parents early feeding cues.
- List four actions parents can take to calm a crying baby.
- Describe how the laid back feeding position facilitates breastfeeding/chestfeeding.
- Describe the basic position principles for nursing an infant.
- Describe the sensation a mother/lactating parent might feel when the milk ejection reflex (MER) has been stimulated.
- Describe the two mechanisms that are required for milk transfer to occur.
- Explain the five-step process for assessing/evaluating breastfeeding/chestfeeding.
- Describe how to conduct a feeding assessment in a manner that supports the mother/lactating parent's self-confidence.
- Describe what clinical management is needed to assist in the resolution of common breastfeeding difficulties.
- List three causes of nipple pain related to breastfeeding and describe effective management strategies to resolve the issue.
- Explain why breastfeeding frequency is unique for every mother/lactating parent and infant.
- List the five important steps in the management of low milk supply.
- Be prepared for the **Skills Competencies** *Observing, assessing and assisting breastfeeding* and *Hand expressing and safe milk storage*.



## LEARNING OBJECTIVES (CONTINUED)

### MODULE 7 **Special needs and infant challenges [Domain 6, Step 5, Step 6, Step 9]**

Describe why careful observation of the 'late preterm' 'early term' baby related to feeding is important.

Explain what the term "great pretender" means when referring to the late preterm infant.

List three problems a late preterm infant might experience that could have an impact on establishing feeding.

List the signs and symptoms of hypoglycemia, how to reduce its incidence and the feeding management of the affected infant

Describe the onset of physiological jaundice in breastfed babies and the feeding management of the affected infant.

List the three principles of management and describe a feeding plan for the non-latching infant.

List three medically indicated reasons an infant may require supplementation.

List two short-term effect on the mother/lactating parent when supplements are given without a valid medical indication.

Describe how and why to effectively and clearly teach safe preparation of human milk substitutes and safe bottle feeding techniques to caregivers of infants who are being feed human milk substitutes.

Describe the common reasons for excessive crying, effective management strategies and general settling tips they would discuss with parents.

Describe the critical warning signs in the infant that would require an urgent doctor's visit or immediate transfer to hospital.

List the four steps of management for the infant who is failing to thrive.

Be prepared for the **Skills Competency** *Teaching formula preparation and feeding.*

### MODULE 8 **Maternal Challenges [Step 5]**

List the recommendations regarding breastfeeding for mothers'/lactating parents who have diabetes, are obese, have thyroid disease, are HBV, HCV or HIV positive.

List the six specific conditions that should be met if commercial infant formula is to be used as a replacement feed for the infant born to a known HIV-infected mother/birth parent.

Describe what can be done to help buffer against any negative experiences during the birth.

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### LEARNING OBJECTIVES (CONTINUED)

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#### MODULE 9 **Transition to community [Domain 7, Step 10]**

List what needs to be included in all discharge plans.

Describe the four general principles for printed materials when sourcing specific resources needed in your facility.

List four examples of community breastfeeding services and resources.

Describe ways to promote, protect and support breastfeeding in their community

List the six key actions for IYCF-E preparedness and response.

List three things that are needed to succeed with relactation.

#### MODULE 10 **Wrap Up**

Discuss the effects of the Baby-Friendly Hospital Initiative/Baby-Friendly Initiative ("BFHI"/"BFI") and the 10 Steps to Successful Breastfeeding ("10 Steps").

Describe the significant impact hospital and community health practices have on the success of breastfeeding/chestfeeding.

