

ES06 NZ

BREASTFEEDING ESSENTIALS FOR NZ PHYSICIANS

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ABOUT

Breastfeeding Essentials for Physicians is a **6 HOUR** online course for physicians who support and care for families during pregnancy, birthing and the duration of breastfeeding. The in-depth content is presented across ten modules and covers essential topics for providing best-practice breastfeeding and maternity care. Upon completion the participant will be well prepared for Baby-friendly Hospital Accreditation®.

Available in **English**.

ACCREDITATION

On successful completion participants will receive a certificate noting their participation in a 6-hour course.

CURRICULUM

MODULE 1 **The Value of Breastfeeding**

Healthy babies, Healthy mothers

MODULE 2 **Breastfeeding Support in the Prenatal Period**

Support in the Prenatal Period, Breastfeeding-friendly office, Support in the community, Counselling skills

MODULE 3 **The International Code and Relevant WHA Resolutions**

Health Professionals' Responsibilities, Responsibilities of Manufacturers, Responsibilities of Governments, Conflict of interest

MODULE 4 **Anatomy and Physiology of Lactation**

Basic anatomy of the breast, Blood and nerve supply, Hormones

MODULE 5 **Breastfeeding Support at Birth and in the Hospital**

BFI and the 10 steps, Birth and the hospitalization period: Labor and delivery, Skin-to-skin, Early contact with the breast, 24-hour rooming-in and co-sleeping, Normal breastfeeding behavior and latch, Supplementation, Breastmilk expression

MODULE 6 **Breastfeeding and Pain**

Nipple trauma, Thrush, Vasospasm, Dermatological conditions

MODULE 7 **Breastfeeding and Lumps**

Engorgement, Blocked ducts, Galactocele, Mastitis, Abscess

MODULE 8 **Infant Issues Related to Breastfeeding**

Ankyloglossia, Infant reflux, Hyperactive milk-ejection reflex, Infant allergies

MODULE 9 **Milk Production Issues**

Perceived vs real low milk supply, Causes of low milk production, Management of low milk production

MODULE 10 **Drugs, Medication and Lactation**

Social drugs and breastfeeding, Medication and breastfeeding, Medications generally contraindicated, Breastfeeding and radio-imaging, Breastfeeding and environmental contaminants