

# MA02

## MAINTAINING BABY-FRIENDLY FOR NURSES AND MIDWIVES

### ABOUT

MA02 is a condensed **4-hour** course for hospital and/or community-based health professionals requiring annual maintenance education.

This course is also suitable for staff requiring a **refresher course** prior to BFI accreditation or re-accreditation, as well as **new hires** who have previously completed their initial BFI Education to bring them in line with other staff.

The package includes a lecture by a world-renowned expert and formal course content in Theoretical and Clinical Skills that will help maintain best-practice knowledge and skills in Maternal Child Health.

Available in **English**.

### CURRICULUM

#### INTRODUCTION

##### **Short Video: Infant Feeding: Natural and Normal**

Value of breastfeeding; Risks for non-breastfeeding parents; Supporting families within the scope of the role

#### LECTURE (1 hr)

##### **Breastfeeding the Late Preterm Infant by Dr. Kathleen Marinelli**

#### THEORY (1.5 hrs)

##### MODULE 1 **Communication and Counseling**

Counselling vs. advice; Verbal and non-verbal communication; Asking questions

##### MODULE 2 **Pregnancy, Birth and Breastfeeding**

Antenatal breastfeeding education; Birthing - labor interventions; The first hours and Immediately following birth; The first breastfeed

##### MODULE 3 **Maternal Issues Postpartum and Beyond**

Engorgement; Mastitis; Abscess

##### MODULE 4 **Infant feeding in Emergencies**

Feeding in emergencies for breastfed and artificially fed infants; Relactation





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### ACCREDITATION

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

- 4 L-CERPs awarded by the International Board of Lactation Consultant Examiners.
- 4 hours pre-exam education (IBLCE)
- 4 Contact Hours (CHs) (USA Nurses)

### CURRICULUM (CONTINUED)

#### **CLINICAL** (1.5 hrs)

#### MODULE 5 **Positioning Principles**

Positioning Principles - Biological nurturing position, Cross cradle, Underarm, Cradle, Side lying; The Principles of positioning; Baby-led positioning and latching

#### MODULE 6 **Assessing breastfeeding**

The five-step process - Information gathering and planning, Feeding observation, Strategies for improvement, Developing an action plan, Communicating results.

#### MODULE 7 **Practical skills**

Baby-friendly Step 5 and Point 4; Hand expressing; Pumping; Breastmilk storage, Using expressed breastmilk; Infant feeding when separated from parents

#### MODULE 8 **Breastfeeding messages**

How often should a baby breastfeed?; Is the baby getting enough breastmilk?; Can mothers produce enough milk for multiples?



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### AIMS AND LEARNING OBJECTIVES

#### LECTURE

##### LECTURE: **Breastfeeding the Late Preterm Infant**

List 3 characteristics of the late preterm infant

Describe and anticipate 2 common perinatal issues and postpartum problems, as they relate to breastfeeding

Excel at appropriate discharge planning and anticipate administrative issues with these babies

#### THEORY

##### MODULE 1: **Communication and Counseling**

Identify communication skills of listening, learning and building confidence

##### MODULE 2: **Pregnancy, Birth and breastfeeding**

Discuss the importance and management of breastfeeding with pregnant women and their families

Describe how the actions during labor and birth can support early breastfeeding

List 4 birth practices that help the birthing parent feel competent, in control, supported, and ready to interact with their newborn

List 4 ways skin-to-skin helps an infant to adapt to extra uterine life more quickly

Explain ways to help initiate early breastfeeding

##### MODULE 3: **Maternal issues postpartum and beyond**

Describe 2 ways how to prevent engorgement

List 3 treatment strategies for engorgement

Describe 2 ways how to prevent mastitis

List 4 predisposing risk factors for mastitis

List 2 treatment strategies for mastitis

##### MODULE 4: **Infant feeding in emergencies**

During emergencies list 4 food security concerns for IYCF

List 3 situations where emergency nutrition requirements can be anticipated

Name 3 key messages related to relactation



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### AIMS AND LEARNING OBJECTIVES (CONTINUED)

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#### CLINICAL

##### MODULE 5: **Positioning Principles**

- List 3 key elements of positioning the baby for comfortable and successful breastfeeding
- Describe how biological nurturing position facilitates breastfeeding

##### MODULE 6: **Assessing breastfeeding**

- Describe what to look for when assessing a breastfeed
- Demonstrate how to help a mother position and latch her baby

##### MODULE 7: **Practical skills**

- List three reasons why hand expressing may be preferred by some mothers'/lactating people over pumping milk.
- Be prepared for the Skills Competency Observing, assessing and assisting breastfeeding.
- Be prepared for the Skills Competency Hand expressing and safe milk storage.

##### MODULE 8: **Breastfeeding messages**

- Describe how to explain to a parent a baby showing feeding cues signs
- List 3 key elements that must be shared with parents so they know their infant is breastfeeding effectively
- List 3 key elements to help a mother/lactating parent to successful breastfeeding multiples

