

# MA03

## MAINTAINING BABY-FRIENDLY FOR NURSES AND MIDWIVES

CAROLE DOBRICH, B.SC, RN, IBCLC

### ABOUT

MA03 is a **4-hour** course for Nurses, Midwives and health care professionals requiring continued education.

This course will cover topics that will help you in your daily work practice, whether you work in the hospital or community setting.

It is also suitable for staff requiring education updates prior to BFHI/BFI accreditation or re-accreditation, as well as for new staff who have previously completed their initial BFHI/BFI education to bring them in line with other staff.

It is a beneficial course for health professionals requiring annual BFHI continued education.

### ACCREDITATION

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

- 4 CERPs (3L & 1E) approved by the International Board of Lactation Consultant Examiners (IBLCE)
- 4 Pre-exam IBLCE Education hrs.
- 4 Contact Hours (CHs/CEs)

### CURRICULUM

#### MODULE 1 Introduction

Continued Education for Health professionals; Short Video: Step 2 and BFHI Competency Tool Kit

#### MODULE 2 Protection of Breastfeeding [Domain 1]

The International Code and subsequent relevant WHA resolutions; National implementation of the International Code; A Code History Timeline; Marketing - the role of the International Code; Products covered by the International Code; Health care workers and the Code; Marketing is NOT education

#### MODULE 3 Understanding the importance of skin-to-skin

Immediately following birth; Delayed cord clamping; Research findings; Infant innate behaviours; 9 instinctive stages; Skin-to-skin and the role of the Health Worker; Addressing barriers to skin-to-skin; The Loving Relationship; Bonding; Skills Competency

#### MODULE 4 Postnatal Interventions

Separation of dyad; Effect on oxytocin; Birth is a sensitive period; The chemistry of feeding; Effect on breastfeeding; Washing dyad; Suctioning of the newborn

#### MODULE 5 Special needs and infant challenges [Domain 6]

Challenges; Identified during pregnancy; Identified during birthing; Identified postpartum; When a referral is needed; The 'late preterm' 'early term' baby; Postpartum Care; Lactation Management; Ankyloglossia; assessment; clinical management

#### MODULE 6 Managing common difficulties

Engorgement; Hyperlactation; Signs and Symptoms; Clinical management

#### MODULE 7 Supplementation

Infant Indications; Maternal Indications; How much supplement should be given? How should this supplement be given? What effect do supplements have? Feeding-line device at the breast or chest; Cup feeding; Finger feeding

#### MODULE 8 Closing session

Assessment; Certificate



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### LEARNING OBJECTIVES

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#### **MODULE 1 Introduction**

Explain the changes that have occurred with Step 2 of BFHI/BFI related to competencies.

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

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.

#### **MODULE 3 Understanding the importance of skin-to-skin**

List the many important functions that skin-to-skin contact have for both the mother/birthing parent and the infant.

Describe the nine instinctive stages an infant will pass through after birth when placed in skin-to-skin.

#### **MODULE 4 Postnatal Interventions**

Describe how the actions following birth can support early infant feeding. Explain ways to help initiate early breastfeeding.

List three postpartum interventions that could have a negative impact of breastfeeding.

#### **MODULE 5 Special needs and infant challenges [Domain 6]**

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

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

List four issues that may impact breastfeeding an infant with ankyloglossia.

#### **MODULE 6 Managing common difficulties**

Describe what clinical managements are needed to assist in the resolution of breastfeeding difficulties related to engorgement and hyperlactation.

#### **MODULE 7 Supplementation**

List three medically indicated reasons an infant may require supplementation.

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

List three alternative feeding methods that can support breastfeeding while supplementing.

#### **MODULE 8 Closing session**

Complete Assessment; Collect Certificate.

### AUTHOR AND REVIEWERS

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