

BREAST FEEDING: ADVOCACY & PRACTICE COURSE

November 21 – December 4, 2010

A REPORT

Background

A workshop on 'Breastfeeding –Advocacy and Practice Course' was organized by BRD Medical College, Gorakhpur in collaboration with Breastfeeding Promotion Network of India (BPNI) during Nov 21 to Dec 4, 2010 in Medical College Campus, Gorakhpur. It was the first regional course of its kind conducted in India. It was based on the experiences gained during 'London Breastfeeding: Practice and Policy Course' run at the Centre for International Child Health, London, UK, jointly supported by WHO's Department of Child and Adolescent Health and Development, and the nutrition section of UNICEF.

Aims and Objectives of the Workshop

The workshop was organized with the following objectives.

1. To extend and update participants' technical knowledge of lactation and the evidence base of international policy recommendations on infant and young child feeding.
2. To develop participants' capacity for implementation of policies and strategies for improvement of infant feeding in the South Asian countries.
3. To enhance participants' practical skills for working with mothers and babies by acting as resource personnel, and by becoming the 'focal points' on infant feeding equipped with knowledge & capacity of training others on breast feeding.

The Participants

A contingent of 18 participants coming from Uttar Pradesh, Madhya Pradesh, West Bengal and Andhra Pradesh of India and from Bangladesh were enrolled for the Breast Feeding –Advocacy and Practice Course. There were physicians, nutritionists and people working with various National/International agencies/NGOs among the enrolled delegates. All of them came to this course with a motto to develop skills and knowledge on human lactation and networks among them to improve their work, practice and exploration of infant feeding in future.

* List of participants is attached (Annexure I).

The Resource Persons/Trainers

Dr Felicity Savage and **Dr Sandra Lang** were the two resource persons (Trainers) of the Course. **Dr Savage** is a senior Pediatrician concerned with community and child health.

She has worked for a total of 18 years in Zambia, Indonesia and Kenya, as well as for WHO, specializing in the promotion of breast feeding and has been conducting various breast feeding courses in several countries. Dr Savage is Chairperson of the Steering Committee of the World Alliance for Breast feeding Action (WABA).

Dr Sandra Lang is a Senior Teaching Fellow in CIHD, and a midwifery and education consultant specializing in lactation and newborn care. She has worked with UNICEF, WHO, WABA and other NGOs on infant feeding projects in many countries, especially in countries of South East Asia and the Western Pacific regions.

Dr.R.K.Anand and **Dr.K.P.Kushwaha** both took two sessions each during the course.

Course Methodology

Attempts were made to make friendly environment among all participants and the resource persons, and to encourage teamwork for getting a better response and outcome of the training programme. The training method included:

- Lectures
- Group discussions
- Pair practice
- Group recalls
- Small group discussion
- Role play

The course comprised lectures regarding theory and scientific rationale of the subject. Consequently, more emphasis was given on presentations by participants and their group discussions. It is a known fact that the participants in any workshop could learn in a better way when they get actively involved with all dedications and engaging themselves with the subject matter of the course programme.

Each day began with a recap session aimed at reviewing the topics covered on the previous day, followed by lectures of the trainers and group discussion with the delegates. A daily experience share session was also there by participants in which they had to discuss about the breast feeding status and related topics in their region. The participants had the opportunity of going on four clinical placements to visit hospital and community based health facilities. This practice enabled them to implement the communication skills they had learnt in the classroom.

The participants had to submit a daily evaluation questionnaire form at the end of each day in order to get their feedback.

*Schedule of the training is enclosed (Annexure II).

Course Contents

The lectures covered almost all the topics related to breastfeeding as given herein below.

1. Infant and Young Child Feeding: A global overview
2. Impact of delivery practices on the success of breastfeeding
3. Breastfeeding and health 1 and 2
4. Immunology of breastfeeding
5. Initiation of breastfeeding- skin to skin contact and role of colostrum
6. Anatomy and physiology of lactation
7. Attachment and positioning
8. Expression and breast milk storage
9. Counseling for breastfeeding support 1 and 2
10. Breast conditions 1 and 2
11. Milk supply
12. Relactation
13. Breastfeeding the special care baby
14. Alternative methods of infant feeding
15. Kangaroo mother care
16. Maternal health, nutrition and medication
17. Sustaining exclusive breast feeding
18. Antenatal education
19. Transforming health colleagues into breast feeding counselors (Dr.R.K.Anand)
20. Code of marketing of Breast milk Substitutes (Dr.R.K.Anand)
21. Working mothers (Dr.K.P.Kushwaha)
22. The Gorakhpur model of care (Dr.K.P.Kushwaha)

Course Materials

Hard and soft copies of each and every lecture were provided to all participants. This included the course references from many different sources. In addition to these, all participants were provided with four video DVDs on breastfeeding education.

Outcome

Optimal infant feeding practices can improve the health, growth, development and even survival of infants and young children. This course updated and equipped the participants with skills and knowledge for the co-ordination of action on breast feeding, training other health staff and acting as a resource personnel or focal points on infant feeding.

After completing the course, the participants

- Became competent enough to apply current scientific and technical knowledge of the physiology of lactation and infant nutrition to the practical management of breast feeding and related aspects of infant and young child feeding.

- Became familiar with the evidence base and purpose of recognized recommendations for optimal infant feeding and international programs, strategies and initiatives for their implementation, including baby friendly initiatives.
- Got acquainted with basic communication skills for supporting mothers in their chosen method of infant feeding.
- Developed knowledge how to obtain further information on infant feeding issues, and become familiar with techniques for teaching and training others.

Participants' point of views

- ❖ Excellent experience meeting such experienced and motivated group.
- ❖ Wonderful experience! It's a privilege to get trained by such esteemed trainers.
- ❖ Most of the discussion going on hospital based experiences; it will be good to think about dealing with the community.
- ❖ It will be good to limit the question-answer session to 5-10 minutes at the end of each lecture and hence to avoid unnecessary interruption.

PARTICIPANTS' FEEDBACK

- (1) 77.8% of participants were of the opinion that the course had fully met with their expectations.
- (2) How has the course increased their knowledge, understanding or skills about:
- 66.6% said that their knowledge about technical and scientific aspects of infant feeding in emergencies was increased a lot by this course.
 - 72.2% said that their knowledge about practical aspects of supporting infant feeding in emergencies was increased a lot by this course.
 - 61% people were of the opinion that their knowledge about how to respond to donations of BMS and complementary foods was increased a lot by this course.
 - 61% said that their knowledge about designing, planning and implementing response to IFE was increased a lot by this course.
- (3) How would they rate each of the following aspects of the course:
- Content of the course- 77.8% rated it to be very good.
 - Division of time between topics and activities, including time for group work- 55.6% rated it to be good.
 - Quality of course handouts, USB resource- 66.7% rated it to be good.
- (4) Overall what were the good things about the course?
- 43% said it to be the course content.
 - 28% said it to be the method of training and good attitude of trainers.
 - 16% said it to be the presentation and clinical practice.
 - 13% said it to be the opportunity to have good interaction with all the participants and lively discussion among them.
- (5) What could be improved?
44.4% gave no response.
16.7% said that duration of clinical practice session could be increased.
Others' comments-
- avoid so many slide presentations
 - Division between already trained medical personnel and younger less exposed people
 - Slide quality
 - Period of training made shorter.

(6) Were there any additional topics which they think should have been included, or topics which they would have liked less of:

77% gave no comments.

23% of the participants asked for additional topics like-

- Community practice skill by visiting local area
- Lactation failure and how to relactate
- Human milk banks
- Community activities, skill

(7) All of the participants were of the opinion that there was sufficient opportunity for them to contribute their own experience and expertise.

(8) Did they think that attending the course will change the way they worked in relation to infant feeding?

89% agreed that it will make a change by:

- Changed initiation, training of juniors
- By more advocacy and research
- Convergence with other government officials, NGOs and medical practitioners
- Helping in improving delivery practices
- By incorporating the knowledge gained here in their existing training programs

(9) 89% of the participants said that overall the course had been very useful to them.

(10) CLINICAL PRACTICE

a) What did they enjoy most about them?

- There was an immediate positive response from mothers to techniques of breast feeding
- Seeing the change in practice
- Kangaroo mother care
- Talking to the mothers
- Expression of breast milk
- Counseling of mothers

- Newborn feeding
 - Ease, variety of experience and good exposure
- b) 77.8% people accepted that there was enough clinical practice.
- c) All of them were of view that they had sufficient preparation.
89% said they had sufficient supervision.
83% said that they had enough opportunity to work with individual mothers and babies.
- d) How could clinical sessions be improved?
- 33% said that the sessions needed more time.
 - 67% gave no comments.

ACCOMODATION AND TRAINING FACILITIES

- (11) None of the participants had any kind of problem with their accommodation.
- (12) All of them found the transport facility to be satisfactory.
- (13) All of them said that the food provided during the course was good.
- (14) 90% said that the teaching facilities were good, while 10% said it was excellent.
- (15) All of the participants accepted that enough help was provided by the department staff during the whole period of the course.

Breastfeeding Advocacy & Practice Course: November 21st-4th December 2010
BRD Medical College, Gorakhpur, India

WEEK 1

Time	Arrival Sunday 21/11	Day1 Monday 22/11	Day 2 Tuesday 23/11	Day 3 Wednesday 24/11	Day 4 Thursday 25/11	Day 5 Friday 26/11	Day 6 Saturday 27/11
08.30		Infant and Young Child Feeding: A global overview	Recap	Recap	Recap	Recap	
09.00	Dolls and breasts	FS	Official welcome and opening	Breastfeeding & Health 2	Breast conditions 1	Experience Share 5	Breastfeeding the Special Care baby
09.30		The breastfeeding situation in India KPK		FS	FS	SL	Refusal to breastfeed SL
10.30		Break					
11.00		Impact of delivery practices on the success of breastfeeding	Initiation of breastfeeding: Skin-to-skin contact and role of colostrum SL	Expression and breastmilk storage SL	Counselling for breastfeeding support 2	Breast Conditions 2	The Gorakhpur Model of care
12.00		SL	Anatomy and Physiology of lactation FS	Counselling for breastfeeding support 1 FS/SL	FS/SL		KPK Open Forum: Neonatal Care
13.00		Lunch			Experience share 3	Experience Share 6	
14.00		Immunology of breastfeeding	Attachment FS	CLINICAL PRACTICE 1	CLINICAL PRACTICE 2	Milk supply	Open Forum: Delivery room practices
15.00	Registration	FS	Slide clinic and Video			FS	
15.30	Introductions and welcome	Break					
16.00		Breastfeeding & Health 1 (group work)	Positioning			Relactation	Open Forum: The first hour Other issues
16.30	Introduction to course	FS	FS/SL	CP Debrief	CP Debrief	SL	
17.30			Experience share 1	Experience share 2	Experience share 4	Experience share 7	
18.00				<i>Give out Breast milk composition paper</i>			

SL Sandra Lang FS Felicity Savage KPK Dr KP Kushwaha

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WEEK2





Time	Day 7 Monday 29/11	Day 8 Tuesday 30/11	Day 9 Wednesday 1/12	Day 10 Thursday 2/12	Day 11 Friday 3/12	Day 12 Saturday 4/12
08.30	Recap	Recap	Recap	Recap	Recap	Recap
09.00	Experience Share 8	Experience share 10	Experience share 11	Experience share 12	Experience share 14	Experience share 15
09.30	CLINICAL PRACTICE 3	Overview of HIV and infant feeding	Breastmilk composition	Changing Colleagues into Breastfeeding advocates	BFHI revised and revisited	Infant Feeding in Emergencies
		SL	FS	Raj Anand	SL	FS
10.30						
11.00	De brief	Sustaining exclusive breastfeeding	BMC continued	Working mothers	The Code of Marketing of Breastmilk substitutes	Action plans
12.00		Antenatal preparation				Feedback Action plans
12.30	VIDEO	SL		SL/FS/KPK	Raj Anand	
13.00	Lunch					
14.00	Alternative methods of infant feeding	Maternal nutrition, fertility and health	Introduction to complementary feeding and readiness for food	CLINICAL PRACTICE 4	Community support for breastfeeding mothers	Evaluation, certificates and closure
15.00	SL	FS	FS		FS	
15.30	Break					
16.00	Kangaroo mother care	Hypoglycaemia	VIDEO	De brief	Code continued	
	SL					
17.30	Experience share 9	VIDEO		Experience share 13		
				PARTY	Optional evening for unanswered questions	






Breastfeeding: Advocacy & Practice Course

1st Course: 21st Nov– 4th Dec 2010





Department of Pediatrics, BRD Medical College, Gorakhpur

Participants Details

S N		Name & Profession	Organization	Address	Email & Cell
1.		Dr. Brij Bhushan Gupta, Private Practitioner & National Trainer	BPNI	Baxipur, Opp. MSI College, Gorakhpur-273001 UP, India	bbgupta.gkp@gmail.com +919336416744
2.		Dr. Bhoopendra Shurma, Lecturer	Department of Pediatrics, BRD Medical College, Gorakhpur-273013, UP, India	Department of Pediatrics, BRD Medical College, Gorakhpur-273013, UP, India	drbhoopy@rediffmail.com +919415282191
3.		Dr. Arvind Kumar Singh Lecturer (SPM)	Department of SPM, BRD Medical College, Gorakhpur-273013, UP, India	C/119/845, Jatepur South, Gorakhpur-273001, UP, India	lamarvind2000@gmail.com +919412705129
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14.		Ms. Shrin Afroz, Nutritionist	Helen Keller International, Bangladesh	House # 10F, Road # 82, Gulshan-2, Dhaka-1212, Bangladesh	safroz@hki.org 01712-089387

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