

II International T-O-T on IYCF Counseling
15th – 28th January 2007
UCMS & GTB Hospital, Delhi
Collaboration: Breastfeeding Promotion Network of India
Sponsors: UNICEF, WABA, IBFAN

REPORT

The Second International T-O-T in Infant and Young Child Feeding Counseling was successfully organized from 15th January 2007 to 28th January 2007 at UCMS & GTB Hospital Delhi by Dr MMA Faridi. Dr MMA Faridi was Course Director. Dr Anita Gupta, Dr Dheeraj Shah and Dr Kiran Guleria complemented Dr MMA Faridi in the clinical practices sessions. Eight master trainees and 43 Infant and Young Child Feeding Counseling Specialist trainees participated in the T-O-T (annex-1).

The master trainees were from Indonesia, Nepal and Indian states of Delhi, Uttaranchal, Punjab & Haryana. Seven of them were medical doctors in Pediatrics, Obst. & Gynecology and Community Medicine. A lone master trainee was a nurse. The infant and young child feeding counseling specialists were from Indonesia, Nepal, and Indian States of Delhi, UP, Haryana, Karnataka, and Madhya Pradesh. The infant and young child feeding counseling trainees comprised of medical officer, nurses, medical post graduate students, PhD scholars in nutrition, NGO's working in the field of child nutrition (World Vision), faculty of medical colleges and PPTCT counselor.

The T-O-T was organized in two phases. First phase of T-O-T lasted from January 15th to 20th 2007. The first phase was inaugurated by officiating Principal Dr S.K.Bhargav and Additional Medical Superintendent Dr N.K.Sinha with the lightening of lamp on 15th January 2007. On this occasion Dr Tarsem Jindal, Chief Coordinator, BPNI and Dr Arun Gupta National Coordinator, IBFAN Asia-Pacific were also present.

The master trainees were prepared to become master trainers of infant and young child feeding counseling during the first phase according to a very exhaustive schedule (annex-2). On 21st January 2007 the Course Director along with eight master trainees discussed training schedule of infant and young child feeding counseling for specialist trainees in the second phase.

The second phase (Jan22-28, 2007) was started with the inauguration on 22nd January 2007 by the Dr Arvind Saili, President of National Neonatology Forum of India by lightening of the lamp. The Principal UCMS, Dr K.K.Sharma welcomed the participants and other guests on this occasion. Dr Arun Gupta emphasised that infant and young child feeding counseling should be an integral part of all maternal and child health care programmes. Dr MMA Faridi described the process of T-O-T in infant and young child feeding counseling. The second phase of the training was conducted according to a very exhaustive timetable from 9 am to 6:30 pm. The training continued on Republic Day, 26th January, and on Sunday, 28th January 2007 (annex-3).

The entire training was conducted through training tools, developed by BPNI, IBFAN, WABA and UNICEF which included Trainers guide, Participants manual, counseling flip chart, power point presentation, peer counseling session, demonstration role play, written exercises, video clips and practical side clinical practices.

The program started every day at 9 o'clock sharp by a prayer, which was conducted by one of the trainees. It was followed by a quick recap by any one participant. All sessions and lunch and teas breaks were dot on time. This was the high light of this training. At the end of the day from 6:30pm to 7:30 pm the trainers meeting was held every day except on 28th January 2007. In the trainers meeting appraisal of the days training and skill augmentation was done and plan for the next day was prepared.

It was very satisfying that all the master trainees as well as infant and young child feeding counseling specialists were punctual, tried to learn skills and exhibited a desire to practice these skills in their day to day patient care management. On the last day, on 28th January 2007, one and a half hour was spent with the master trainees and infant and young child feeding counseling specialist trainees to discuss how to establish infant and young child feeding counseling center. They were taken around the infant and young child feeding counseling center of the GTB Hospital and were given hand out on the subject.

The training ended with a valedictory function in the afternoon of 28th January 2007. Dr Tarsem Jindal distributed the certificate to all participants and master trainers of infant and young child feeding counseling specialists trainees. The participants and infant and young child feeding counseling specialist were also given postal and E-mail addresses of all master trainers as well as a group photo of all participants.

I take this opportunity to thank authorities of UCMS & GTB hospital, secretarial assistant Ms Himani Shadani, all sister incharges and staff nurses of Department of Pediatrics, Obstetrics and Gynecology, PA to Head of Department of Pediatrics Ms Lata Chaturvedi, Mr. Bhushan and my all Residents in Pediatrics.

(Dr MMA Faridi)
Prof & Head
Department of Pediatrics
&
Course Director
IYCF Counseling

II International T-O-T on IYCF Counseling
Phase I [15th-20th January 2007]
UCMS & GTB Hospital, Delhi

Name of Master Trainees

1. Dr Krishna Sangwan
2. Dr Erlyn Sulistyaningsih
3. Dr Vartika Saxena
4. Dr Praveen Kumar
5. Dr Simmi Oberoi
6. Dr Laxman Shrestha
7. Dr Chander kant
8. Dr Shanta Gopalakrishnan

UCMS & GTB Hospital, Delhi
List of Participants

1. Ms. Vanessa Dickey
2. Ms. Masnur Esterida Cornelia
3. Dr Meena Singh
4. Dr Anurag Aggarwal
5. Dr Ruchi Gupta
6. Ms. Aashima Garg
7. Dr Pragti Chhabra
8. Dr Sumaira Khalil
9. Dr Rahul Patil
10. Dr Neera Singh
11. Dr Krishna Badal
12. Dr Shiva Kumar Shrestha
13. Dr Ali Jafar Abedi
14. Dr Sandhya Mansia
15. Dr Seema Mukherjee
16. Dr Kumud Bala
17. Dr Neelam Kumari
18. Dr Sadhna Gupta
19. Dr Mansa Saxena
20. Dr Reenu Yadav
21. Dr Sandhya Singh
22. Mrs. Suneeta Koli
23. Dr Suman Rath
24. Ms. Sunita Ramtake
25. Dr Kamal Singh
26. Ms. Sobhana Ranjan
27. Mr. Divakar Nayak S
28. Ms. Silvy Chandran
29. Dr Deepak Sharma
30. Dr Indu Sarna
31. Dr M. Shazib Faridi
32. Mrs. Vijanti Sharma
33. Dr K.P.S.Kainth
34. Dr Meena Bisht
35. Dr Sangeeta Rani
36. Dr Veenu Aggarwal
37. Dr Harsh Kumari
38. Dr Verinder Kaur
39. Dr Nandini Sain
40. Dr Ritu Chopra
41. Dr Sushma Jain
42. Ms. Arpita Masih
43. Mr. Sadhan Pramanik

(Dr Neelam Kumari & Dr K.P.S.Kainth was present only on 22nd January 2007.)

(Annex-3)

Infant and Young Child Feeding Counseling: A training course (The 3 in 1 Course)
 (Integrated course on breastfeeding, complementary feeding & infant feeding & HIV counseling)
 Phase II [22nd-28th January 2007]

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9-10.30 AM	Inauguration Registration Introduction of Participants	Listening and learning exercises 7 C Preparation for clinical practice I I	Breastfeeding Positioning 10 D/E/F/G Preparation of clinical practice II G	Breast conditions 14 B Preparation clinical practice III H	Hospital practices BFHI 8 C Preparation of clinical practice IV E	Counseling HIV +ve mothers for feeding options 23 D Preparation of clinical practice V F	IMS Act 41 H Sustaining optimal infant and young child feeding 37 C
10.30-11	Inauguration	Tea					
11-12	Local situation of infant and young child feeding 2 A	Clinical Practice I Listening and learning, assessing breastfeed	Clinical Practice II Building confidence, positioning baby at the breast	Clinical Practice III Taking feeding history	Clinical Practice IV Counseling mothers in different situations and filling dietary recall form	Clinical Practice V Complementary feeding	Women nutrition, health and fertility 39 G Women and work 40 F
12-1	Why optimal infant and young child feeding 1 D						
1-2	Lunch						
2-3	How breastfeeding work 3 G	Building confidence 11 I	Expression of breast milk 25 C/G	Complementary feeding- foods to fill the Nutrient gap 30 H	Overview of HIV and infant feeding 19 G	Preparation of milk feeds 22 H	Infant feeding in emergency situation 42 B
3-4	Assessing a breastfeed 4 H	Building confidence and giving support exercises 12 D	Increasing breastmilk and relactation 29 E	Quantity variety and frequency of complementary feeding 31 E	Breastfeeding option for HIV +ve mothers 20 F	Feeding during illness and recovery 36 B	Setting up of IYCF counseling center and future commitments J
4-4.30	Tea						
4.30-5.30	Observing breastfeeding 5 F	Not enough milk 26 H	Not enough milk refusal to breastfeed and crying exercises 27 I	Feeding techniques and strategies 34 D	Replacement feeding during first 6 months by HIV +ve mothers 21 I	History Practices 18 I	Presentation of individual plan and Valedictory function
5.30-6.30	Listening and Learning 6 B	Refusal to breastfeed and crying 16 B	Taking a feeding history 17 C	Breast conditions exercises 15 E	Counseling practice in HIV +ve mothers 24 F	Feeding LBW and sick babies 28 C	
6.30-7	Trainers meeting A	Trainers meeting D	Trainers meeting B	Trainers meeting C	Trainers meeting F	Trainers meeting I	