

Report of Middle Level Trainers Trainings on Infant and Young Child Feeding (IYCF) Counselling: The '4 in 1' course



*conducted by BPNI held at State Institute of Health
and Family Welfare, Bangalore, Karnataka*

Submitted by



**Breastfeeding Promotion Network of
India (BPNI)**

BP-33, Pitampura, Delhi-110034

Tel: +91-11-42683059, 27343608

Email: bpni@bpni.org

Website: www.bpni.org



Government of Karnataka

Submitted to



State Institute of Health and

Family Welfare,

Bengaluru, Karnataka

Capacity Building Training for Middle Level Trainers on Infant and Young Child Feeding (IYCF) Counselling: (The 4 in 1) course

1. INTRODUCTION

This is a report of the three Middle Level Trainers training on Infant and Young Child Feeding Counselling. A total of 92 participants were trained on the IYCF Counselling – The 4 in 1 course. Out of 30 DTC's (district training centres) of districts of Karnataka, 18 districts training colleges were completed with a total of 92 participants being trained from three MLT courses conducted on 14 to 20 March 2016, 29th Feb to 6th March 2016 & 25 Apr to 1st May 2016.

2. ABOUT THE TRAINING

Infant and Young Child Feeding Counselling, The “4 in 1” course is a unique course developed by BPNI which is well recognised by the government of India. This course has been prepared for different levels of functionaries. The MLT (Middle Level Trainer) course on IYCF Counselling is a seven day programme designed especially to train participants on the four important aspects of infant and young child feeding that are; Breastfeeding, Complementary feeding, HIV & Infant Feeding and Growth Monitoring. Middle Level Trainers Training Course builds the capacity of the participants to further train workers at the grassroots who are in direct contact of the mother and baby at the ground level, in a four day course. This course has been in use for 12 years in India and many other Asian Countries. The training has proved to be effective in countries like Afghanistan and Nepal who have started organizing and conducting such trainings for Frontline Workers Level using their own pool of trainers trained by BPNI.

This 7 days course is divided into two phases. During the first phase (for the first three days) the National Trainers of BPNI conduct the training using the Middle Level Trainers guide, imparting the knowledge as well the skills as a trainer simultaneously. The guide contains 27 sessions in total including theoretical, group and practical sessions. All sessions are taken by the National trainers in the first three and a half days. In the Phase-II, for the remaining 3.5 days, all the sessions are divided amongst the participants which they have to prepare and conduct according to the prescribed time table. The national trainers supervise and guide the participants during this phase and give suggestions for improvement. During the entire training period, the participants are continuously monitored and assessed by the trainers. Each participant is required to attend the complete course of 7 days period in order to be certified as a Middle Level Trainer from BPNI. The training schedule is however flexible if a need is felt by the course director. However all the sessions need to be completed.

3. PROCESS

The training was conducted at the seminar Hall at State Institute of Health and Family Welfare Bangalore. All the training material and tools were sent prior to the training to the SIHFV. The seminar hall was a well lit and organised space.

A. First phase: which is referred to as the 'Preparatory Phase', comprised of a total of 27 sessions, including theoretical sessions, clinical practices and practice sessions (In this phase, the participants were first explained about the objectives of the course, training methodology and training tools). National Trainers then prepared them about various methods to take interactive sessions like:



- **Didactic Lecture using Power point presentations:** Majority of sessions have theoretical content which was explained to the participants with the use of PowerPoint presentations.
- **Conducting skill sessions using demonstrations:** Listening & Learning Skills, Building Confidence, Positioning and Breastfeeding by working mothers etc. were few of the skills which were taught to the participants using innovative demonstrations as training techniques. These demonstrations made the topic easier to understand in an interesting way.
- **Enacting Role plays to convey important information and messages:** To convey important information and messages, trainer enacted role plays in front of the group. Such a method is useful for practicing skills like counselling and for exploring how people react in specific situations. The role-play's objective is to lead to an attitudinal change dealing with feeling and emotions. Role-plays have many advantages like: - The trainees are involved in problem solving, actively participate which stimulates interest and helps in understanding and developing behaviour of self and others.
- **Clinical Practice:** Certain practice sessions require working in the clinical settings and are conducted in hospital premises in Paediatric and Gynaecology ward and OPD. In these clinical practice sessions, participants worked with the mother-baby at bed side to learn Communication skills, assess and observe breastfeeding and complementary feeding, and take growth measurements in real situation. These Clinical practice sessions were advantageous as trainees got hands on experience on the topic which they had learnt and discussed in class by communicating and working with the mother and baby. They also gained firsthand experience of many real life situations and got ideas and confidence about how to solve them.
- **Practical Sessions:** In specially designated sessions, participants also learnt to prepare replacement feeds and complementary foods. These exercise provided them a firsthand experience of various logistic needs, time consumed etc. in preparing these feeds and the ease of breastfeeding when compared. Participants were also explained the use of the Counselling Flip Book while counselling the mother.

B. Second Phase: which is referred to as the Consolidation Phase, provided an opportunity to the Middle Level Trainers to conduct various assigned sessions under the supervision of BPNI National Trainers. Each of them led a group for Group work, Demonstration, Practice sessions and bed side Clinical practice session. Frontline Workers, who function as the family level counsellors require skills on counselling in normal as well as in difficult circumstances. The second phase of MLT training armed the Middle Level Trainers to address these specific needs of skill building in counselling of frontline workers. During their presentations skill building and refining their teaching skills were fine tuned



During the trainings, at the day's end participants were given home work of preparing breast model and coming prepared by revising the covered topics and reading the next day's topics.

Participants were given 2 clinical practical sessions at M. S. RAMIAH Medical College, each lasting for 4 hours. These sessions invoked interest as skills were practiced by them under supervision of the 4 National Trainers.

At the end of all the trainings Director SIHFW kindly graced the valedictory function. In the first training the director asked the participants and the trainers to make it mandatory for participants to prepare and present district action plan for implementation of the training to reach all the frontline workers by 4-6 months of time. Thus on the last day all the participants presented their district a action plan to conduct frontline workers training.

4. TOOLS USED DURING THE TRAINING

- 1) Breastfeeding Observation Form
- 2) Breastfeeding History Form
- 3) Dietary Recall Form
- 4) Growth Charts
- 5) Counselling Checklists
- 6) Spoon Consistency Pictorial

5. TRAINING SCHEDULE

Training No. 1

Date	Venue	No. of MLT Participants	Participants Profile	BPNI National Trainers
29/02 to 06/03 2016	SIHFW Bangalore	29	Pediatricians, Obstetricians, Deputy Directors of SIHFW, Principals of District Training Colleges, Taluka Health Educators	Dr. Mallikarjun, Dr. More, Dr K Kesavulu, Dr K V Raghunath and Dr. Banapurmath

Training No. 2

Date	Venue	No. of MLT Participants	Participants Profile	BPNI National Trainers
14/03 to 20/03 2016	SIHFW Bangalore	31	Pediatricians, Obstetricians, Deputy Directors of SIHFW, Principals of District Training Colleges, Taluka Health Educators	Dr.Mallikarjun, Dr. More, Dr K Kesavulu, Dr K V Raghunath, Dr.Banapurmath, Ms. Gouri Jagadeeshan

Training No. 3

Date	Venue	No. of MLT Participants	Participants Profile	BPNI National Trainers
25/04 to 01/05/2016	SIHFW Bangalore	32	Paediatricians, Obstetricians, Deputy Directors of SIHFW, Principals of District Training Colleges, Taluka Health Educators, district nodal officers	Dr. Mallikarjun, Dr. More, Dr K Kesavulu, Dr K V Raghunath, Dr. Banapurmath, Dr. Manjubala Dash


6. ROAD AHEAD


Out of 30 DTC's (district training centres) of districts of Karnataka, 18 districts training colleges were completed with a total of 90 participants were trained from 3 MLT courses on 14 to 20 March 2016, 29th Feb to 6th March 2016 & 25 Apr to 1st May 2016.

This programme should unfold to train all the front line workers-ASHA Workers of the respective districts to bring in the culture of optimal IYCF practices. The rest of the districts need to undergo similar training to complete all the districts of Karnataka. The health & family welfare staff who were not part of the training need to undergo IYCF training.



Annexure 1: Official Orders and Official Memorandums


STATE INSTITUTE OF HEALTH AND FAMILY WELFARE
Magadi Road, Bangalore-560 023.


Tele Fax : 080 2320 6125/6
E-mail : directorsihfw.bg@gmail.com

No: SIH/NHM/IYCF/25/2012-13 Date: 06/08/2015


To,
Dr. J.P. Dadhich,
National Co-ordinator,
BPNI, Pitampura,
New Delhi,

Sir,

Sub : TOT for IYCF (MLT)
* * * * *

It is planned to conduct 3 batches of IYCF (MLT) during 2015-16 at State Level in SIHFW. In this regard we request your help and co-ordination in ensuring quality trainings of middle level trainers from BPNI National Trainers. Early communication is expected from your side.

Thanking you,

Yours sincerely,

Director,
State Institute of Health and
Family Welfare, Bangalore-23

E:SG.doc

**State Institute of Health & Family Welfare
Magadi Road, Bangalore-560 023**



Tele Fax: 080 - 23206125/6

E-mail : directorsihfw.bg@gmail.com

No.SIH/NRHM/IYCF/25/2012-2013

Date: 11/02/2016

OFFICIAL MEMORANDUM

**Sub: Regarding the Training of Middle level trainers (MLT)
in “Infant and Young Child Feeding” (IYCF) practices.**

* * * * *

With references to the above subject, the Second Batch of training of Middle level trainers in “Infant and Young Child Feeding” (IYCF) practices with Breastfeeding Promotion Network of India (BPNI) New Delhi, is arranged at Seminar Hall-1, of State Institute of Health & Family Welfare, Magadi Road, Bangalore -560 023, from 14/03/2016 to 20/03/2016. The following Deputy Directors, Officers and Officials of the Department are deputed to attend the training without fail. The concerned controlling Officers are instructed to relieve the participants well in advance so as to attend the training, at 9.30 AM on 14/03/2016. The Participants will be paid TA/DA as per NIIFW Guidelines.

Sl.No	Name	Designation and Address
1.	Dr.Pramila	Deputy Director, SIHFW, Bengaluru.
2.	Dr. Harshavardhan	Deputy Director, SIHFW, Bengaluru
3.	Dr. Vishwanath N	Principal, HFWTC, Bengaluru
4.	Dr. Arunkumar	Epidemiologist HFWTC, Bengaluru
5.	Sri. Krishnamurthy	HEO, HFWTC, Bengaluru
6.	Smt. Sampangi	DNO, HFWTC, Bengaluru
7.	Sri. K. Krishanappa	DHEO, DHO'S Office, Bengaluru Urban District, Bengaluru.
8.	Dr. Saroja	Principal, DTC, Belagavi
9.	Dr.Jyothi	Pediatrician, Belagaum Institute of Medical Sciences, Belagavi
10.	Dr. S.S. Siddanavar	SMO, CHC, Naganur, Bylahongala, Taluk Belagavi District.
11.	Dr. Rajeshwari	Medical Officer, PHC, Gadebilu, Khanapur Taluk, Belagavi District.
12.	Sri. Agnihotri	I/C DHEO, DHO'S Office, Belagavi District, Belagavi
13.	Dr. Vijayanarsimha	Principal, DTC,Ramnagara
14.	Sri. Krishnegowda	HEO, DTC, Ramnagara

15	Smt.Shivagangambika	DNO, DTC, Ramnagara
16	Dr.Purushotham D. R.	Pediatrician/Asso Professor Kodagu Institute of Medical Sciences, Madikeri.
17	Smt. Paravathi A.A.	DNO, DTC, Madikeri
18	Sri. Kumar N.	HEO, DTC, Madikeri
19	Smt. Indira	DNO, DHO'S Office, Kodagu District
20	Sri. Puttappa	DHEO, DHO'S Office, Kodagu District
21	Dr. H. L. Mohan	Principal, DTC, Mandya
22	Dr.Somashekar	Pediatrician, CHC, Arakere, Srirangapattana Taluk, Mandya District
23	Sri. Shivananda	DHEO, DHO'S Office, Mandya District
24	Smt. Chandramma	DNO, DHO'S Office, Mandya District
25	Smt.Premalatha	DNO, DTC, Mandya.
26	Dr.Palya Mohamad Mohiddin	Principal, DTC, Tumkur
27	Dr. Bindhu Madhav	SMO, General Hospital, Kunigal, Tumkur District.
28	Dr.Ravi	MO, PHC, Kodlapura, Madhugiri Taluk
29	Dr. Mohan	MO, PHC, Siriwara, Tumkur Tq, Tumkur Dist.
30	Sri. Kulakarani	HEO, DTC, Tumkur
31	Smt. Sharadhamma	DNO, DTC, Tumkur
32	Smt. Uthpala Patil	I/C Principal, ANMTC, Tumkur



Director,
State Institute of Health &
Family Welfare, Bengaluru.

Copy: Submitted for kind information :

1. Commissioner, Health & Family Welfare Services Bengaluru.
2. Mission Director NHM, Bengaluru.
3. Director, Medical Education Bengaluru.
4. Project Director, NHM, Bengaluru.
5. Dr.J P Dadhich, National Co-Ordinator, BPNI, New Delhi for needful action.
6. Dr.C.R.Banapurmath, Professor and HOD, of Pediatrics, JJM Medical College, Davanagere & State Co- Ordinator BPNI, for needful action.

Copy to the following for action:

1. Concerned Deputy Directors, Officers and Officials.
2. Director/Dean Belgaum Institute of Medical Sciences Belagavi, and Kodagu Institute of Medical Sciences Madikeri.
3. District Health & Family Welfare Officers of Bengaluru Urban, Belagavi, Kodagu, Mandya and Tumkur District.
4. District Surgeon, District Hospital, Madikeri.
5. Principals of HFWTC Bengaluru and DTCs of Belagavi, Ramnagara, Madikeri, Mandya and Tumkur.
6. Administrative Medical Officers of General Hospital, Kunigal and CHC, Arakere, Srirangapattana Taluk.
7. Office Copy.



STATE INSTITUTE OF HEALTH AND FAMILY WELFARE,
Magadi Road, Ist Cross, Bangalore-23



Tele fax : 080 - 23206125/6

E-mail : [directorsihfw.bg@gmail](mailto:directorsihfw.bg@gmail.com)

No: SIH/NHM/IYCF/01/2016-17

Date : 02/04/2016

OFFICIAL MEMORANDUM

**Sub : Regarding the Training of Middle level trainers (MLT) in
"Infant and Young Child Feeding" (IYCF) Practices.**

*** **

With regard to the above subject, the 3rd batch of training of Middle level trainers in "Infant and Young Child Feeding" (IYCF) practices with Breastfeeding Promotion Network of India (BPNI) New Delhi, is arranged at Seminar Hall-1, State Institute of Health & Family Welfare, Magadi Road, Bangalore-560023, from 25/04/2016 to 30/04/2016. The following Officers/Officials of the Department are deputed to attend the training without fail. The concerned controlling Officers are instructed to relieve the participants well in advance so as to attend the training, at 9.30 AM on 25/04/2016.

SL.No.	Name	Designation and Address
1	Dr. Shivaraj Hede	Deputy Director, SIHFW, Bengaluru.
2	Dr. Rekha	Deputy Director, SIHFW, Bengaluru.
3	Dr. Poornima	Lecturer, HFWTC, Bengaluru.
4	Dr. Mahendra	Principal, HFWTC, Mysore.
5	Dr. Pushpa	Principal, DTC, Mysore.
6	Dr. Om Prakash Patil	Principal, HFWTC, Kalburgi.
7	Dr. Sajjanshetty	Principal, DTC, Kalburgi.
8	Dr. Vijayakumar	Principal, DTC, Chitradurga.
9	Dr. Gurumurthy.B.T	Principal, DTC, Shimoga.
10	Dr. Prakash.A	Principal, DTC, Mangalore.
11	Dr. Venkatesh.Y	Principal, DTC, Raichur.
12	Dr. Purushotham	Pediatrician, Kodagu, Institute of Medical Sceinces, Madikeri.
13	Dr. Sri Ram	Pediatrician, District Hospital Chitradurga.
14	Dr. Sunitha	Pediatrician, CHC, Holehonnur, Bhadravathi Tq.
15	Dr. Palaksha	THO, Chitradurga Tq & Dist.
16	Dr. Sudheer Padnekar	M.O, PHC Mudga, Karwar Tq, UK Dist.
17	Dr. Gagana.M.G	PHC, Hosadu, Honnawar Tq, UK Dist.
18	Dr. Archana Naik	M.O, PHC Belase, Ankola Tq, UK Dist.
19	Dr. Ramya Deepak	M.O, PHC Harapura, Sindhanur Tq, Raichur Dist.
20	Dr. Chandrashekar	M.O, PHC Hirepatnikal, Manvi Tq, Raichur Dist.
21	Dr. Karuna	M.O, PHC Roopanagudi, Ballari Tq.
22	Dr. H.M.Uma	M.O, PHC Hithala, Shikaripura Tq, Shimoga Dist.
23	Sri. Kariyanna,	HEO, DTC, Chitradurga.
24	Smt. Lalithamma	DNO, DTC, Chitradurga.
25	Sri. Manjunatha	I/C DHEO, DHO's Office, Chitradurga.

26	Smt. Mallamma	DNO, DTC, Shimoga.
27	Smt. Bhageerathamma	DNO, DHO's Office, Shimoga.
28	Smt. Shanbog.S.G	DNO, DTC, Karwar.
29	Sri. S.G.Naik,	DHEO, DHO's Office, Karwar.
30	Smt. Krishnaveni Bhat	DNO, DHO's Office, Karwar District.
31	Sri. Ramaswamy	DHEO, DHO's Office, Raichur.
32	Sri. Jagannatha	Dy HEO, DHO's Office, Raichur.



Director,
State Institute of Health &
Family Welfare, Bangalore

Copy: Submitted for kind information:

1. The Commissioner, Health & Family Welfare Services Bengaluru.
2. The Mission Director, National Health Mission, Health & Family Welfare Services, Bengaluru.
3. Project Director(RCH), National Health Mission, Health & Family Welfare Services, Bengaluru.
4. Director, Medical Education, Bengaluru.
5. Dr. J.P. Dadhich, National Co-Ordinator, BPNI, New Delhi.
6. Dr. C.R. Banapurmath, Professor and HOD of Pediatrics, JJM Medical College, Davanagere & State Co-Ordinator BPNI for needfull action.

Copy to the following for action:

1. Concerned Deputy Directors, Officers & Officials.
2. Director & Dean, Kodagu Institute of Medical Science, Kodagu.
3. District Health & FW Officers, Chitradurga/ Karwar/ Raichur/ Uttara Kannada/ Shimoga/ Ballari.
4. District Surgeon, District Hospital, Chitradurga.
5. Principals, HFWTC, Bengaluru/ Mysore/ Kalaburgi, DTC, Mysore/ Kalaburgi/ Chitradurga/ Shimoga/ Mangalore/ Raichur.
6. Office Copy.

Annexure 2: Schedule followed during training

Time	Imparting Learning Skills			How to Conduct Training of FLW			
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9:00 - 9:30	Registration	Positioning the baby at the Breast (S7-60 mins)	Growth Monitoring and Measuring (S22 – 50 mins)	Refusal to Breastfeed and Crying (S9 – 45 mins)	Positioning the baby at the Breast (S7 – 60 mins)	Growth Monitoring and Measuring (S22 – 50 mins)	Refusal to Breastfeed and Crying (S9 – 45 mins)
9:30 - 10:00	Introduction of the participants/ Trainers and the Training/ Training Material			IMS Act (S21 – 30 mins)			IMS Act (S21 – 30 mins)
10 - 10:30	Tea	Tea	Tea	Tea	Tea	Tea	Tea
10:30 - 11:30	Why Optimal Infant and Young Child Feeding (S1 – 60 mins)	Clinical Practice 1 (Practicing Listening/ Learning, Confidence Building, Giving Support, Taking Feeding History, Assessing and Observing the breastfeed and Positioning the baby at the Breast (S19 – 120 mins)	Growth Monitoring by Growth Charts and Taking Action (S23 & 24 - 60 + 60 mins)	Why Optimal Infant and Young Child Feeding (S1 – 60 mins)	Clinical Practice 3 (Practicing Listening/ Learning, Confidence Building, Giving Support, Taking Feeding History, Assessing and Observing the breastfeed and Positioning the baby at the Breast (S19 – 120 mins)	Growth Monitoring by Growth Charts and Taking Action (S23 & 24 – 60 + 60 mins)	Clinical Practice -5; Communication Skills, Taking Measurements, Plotting on the charts, Counselling for Complementary Feeding (S20 – 120 mins)
11:30 - 12:30	Production and Intake of Breastmilk (S2 – 60 mins)		Clinical Practice -2; Communication Skills, Taking Measurements, Plotting on the charts, Counselling for Complementary Feeding (S20 – 120 mins)	Production and Intake of Breastmilk (S2 – 60 mins)			
12:30 - 13:00	Assessing and Observing Breastfeeding (S3 – 60 mins)	Breast Conditions (S8 – 45 mins)	Assessing and Observing Breastfeeding (S3 – 60 mins)	Assessing and Observing Breastfeeding (S3 – 60 mins)	Breast Conditions (S8 – 45 mins)	Breast Conditions (S8 – 45 mins)	Breastfeeding by Working Mothers (S17 – 30 mins)
13:00 - 13:30		Expressing Breastmilk (S10 – 30 mins)					Expressing Breastmilk (S10 – 30 mins)
13:30 - 14:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:30 - 15:30	Listening and Learning (S4 – 60 mins)	Complementary Feeding: Foods to fill the Nutrient Gaps (S13 – 70 mins)	Not Enough Milk (S11 – 60 mins)	Listening and Learning (S4 – 60 mins)	Complementary Feeding: Foods to fill the Nutrient Gaps (S13 – 70 mins)	Not Enough Milk (S11 – 60 mins)	Institutionalizing skilled Infant and Young Child Feeding Counselling (S15- 60 mins)
15:30 - 16:00	TEA	TEA	TEA	TEA	TEA	TEA	TEA

Time	Imparting Learning Skills			How to Conduct Training of FLW			
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
16:00 - 16:30	Building Confidence, Giving Support & Checking	Feeding Techniques and Strategies (S14 – 60 mins)	Practice 2- Preparation of Replacement Feed (S27 – 60 mins)	Building Confidence, Giving Support & Checking Understanding (S5 – 60 mins)	Feeding Techniques and Strategies (S14 – 60 mins)	Practice 2- Preparation of Replacement Feed (S27 – 60 mins)	Post - Test and Valedictory Function
16:30 - 17:00	Understanding (S5 – 60 mins)		Breastfeeding in special Circumstances specially HIV & IF (S18 – 30 mins)			Breastfeeding in special Circumstances specially HIV & IF (S18 – 30 mins)	
17:00 - 17:30	Hospital Practices and Baby Friendly Hospital Initiative (S6 – 60 mins)	Practical -1; Preparation of Complementary Feeding (S26 – 60 mins)	Breastfeeding Low Birth Weight Babies and Twins (S12 – 35 mins)	Hospital Practices and Baby Friendly Hospital Initiative (S6 – 60 mins)	Practical -1; Preparation of Complementary Feeding (S26 – 60 mins)	Breastfeeding Low Birth Weight Babies and Twins (S12 – 35 mins)	
17:30 - 18:00	Trainers meeting	Trainers meeting	Trainers meeting	Trainers meeting	Trainers meeting	Trainers meeting	