

## Report on the IYCF counseling specialist course at Hyderabad

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Dear Sir,

Greetings!

The IYCF counseling specialist course organized by Fernandez Hospital in collaboration with BPNI at Gandhi medical college, Secunderabad started on 20<sup>th</sup> June and lasted till 26<sup>th</sup> June.

On the First day, the course started with inauguration. Dr.Pramod, the Head of the department of Neonatology and Dr.Srinivas Murki, Chief Neonatologist from Fernandez Hospital were present along with Dr. J.Venkateswar Rao, Head of the Department of pediatrics, Gandhi medical college. The four National Trainers were Dr.Srinivasan, Dr. Kesavulu, Dr.Raghunath and Dr. Mallikarjun. There were 24 participants (21 from Fernandez Hospital, 2 from Durushevar Hospital and one from Vatsalya Hospital, Hyderabad).

We had the introduction of all the participants followed by a session on “Why optimal infant and young child feeding by Dr. S. Srinivasan, who made it very clear that every baby has to get optimal feeding including exclusive breast feeding till completion of six months and continued till 2 years and beyond. The next session was on Production and intake of breastmilk by Dr. K. Kesavulu. Assessing a breastfeed and Observing breastfeeding was taken by Dr. H.B. Mallikarjun and Dr.Raghunath respectively. The day ended with listening and learning sessions.

**21<sup>st</sup> June:** Started with a prayer and the rapporteur. The sessions discussed were Hospital practices and BFHI, Breast conditions followed by Clinical Practice I - Listening and learning & assessing breastfeed and discussion by all the trainers. Next was Building confidence and giving support theory and practice in groups. The day ended with session on “Not enough milk” and video on breast crawl.

**22<sup>nd</sup> June:** Started with prayer and rapporteur. The sessions discussed were Breastfeeding Positioning, exercise on the breast conditions, Clinical Practice II - Building confidence, giving

support and checking & understanding the positioning of baby at the breast, Refusal to breastfeed and crying theory and exercise. The day ended with session on taking breastfeeding history and video on low birth weight babies.

**23<sup>rd</sup> June:** Started with prayer and rapporteur. The sessions discussed were Expression of breast milk, History Practice, Clinical Practice III- Taking feeding history by using counseling skills, Expression of breast milk, Complementary feeding-foods to fill the Nutrient gap, Quantity variety and frequency of complementary feeding & Feeding techniques and strategies.

**24<sup>th</sup> June:** Started with prayer and rapporteur. The sessions discussed were Growth measuring and monitoring by growth charts, Clinical Practice IV- Counseling mothers in different situations; filling dietary recall form, taking growth measurements, Overview of HIV and infant feeding, Breastfeeding option for HIV +ve mothers, Replacement feeding during first 6 months by HIV +ve mothers and Preparation of replacement feed. Dr. Evita Fernandez, the Managing Director of Fernandez Hospital along with Dr.Pramod, the Head of the Department of Neonatology, Fernandez Hospital, had a visit to the course venue and gave their comments. We had a group photograph.

**25<sup>th</sup> June:** Started with prayer and rapporteur. The sessions discussed were Monitoring by growth charts: taking action, Counseling of HIV +ve mothers for feeding options, Clinical Practice V- Complementary feeding counseling, Taking action after taking growth measurements, practice session on Counseling in HIV +ve mothers, Feeding during Illness and recovery. We were made to prepare one meal. The day ended with discussion on Feeding of LBW & sick babies.

**26<sup>th</sup> June:** Started with prayer and rapporteur. We had a session on the IMS act, which re-emphasize that there are so many negative forces come between the baby and breastfeeding. There was a class on Sustaining Optimal IYCF practices, infant feeding in emergency situation, different techniques for Re-lactation, Breast feeding by working women, setting up of IYCF Counseling centre and the use of counseling flip charts.

This was followed by the Valedictory function, which was attended by Dr.P.L. Jaya Chandra Reddy (The Joint commissioner of A.P.Vaidya vidhana parishad), Dr. J.Venkateswar Rao (The

superintendent of Gandhi Medical College), Dr. Pramod (The Head of department of Neonatology, Fernandez Hospital).

This course has given a lot of confidence and taught us many communication skills to build the confidence of the mothers. All the national trainers were so inspiring and made us feel that nothing is impossible in breast feeding. We all felt like a family getting separating on the last day. There is lot of responsibility on us from today to make sure that all the mothers should be able to breastfeed.

The trainers were excellent and very inspiring.

Thank you for readily accepting to organize at Hyderabad.

Regards

Dr.Hemasree

Local course coordinator

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# *Glimpses of the training*

