International Baby Food Action Network (IBFAN) Asia Pacific

2nd International Training Course

Capacity Building Program for Developing National Trainers on

Infant and Young Child Feeding Counseling – A Training Course
The ‘3 in 1 course’
(integrated course on breastfeeding, complementary feeding and infant feeding & HIV)

15th January – 28th January 2007
New Delhi, India

Organised by

BPNI/IBFAN Asia Pacific

In collaboration with
UNICEF India, University College of Medical Sciences (UCMS) and GTB Hospital Delhi
Why this course is needed?
The Global Strategy for Infant and Young Child Feeding, adopted by the World Health Assembly in 2002, recognizes that over two-third of 10.9 million under-five child deaths in the world occur during the first year of life and are often associated with inappropriate feeding practices. Yet, only one third of world’s infants are optimally fed. The UNICEF’s 2006 “Progress for children – A report card on nutrition” identifies nutrition as the foundation of survival and development and also emphasizes that improving nutrition is crucial towards meeting the Millennium Development Goals.

The Lancet series on child survival in (Jones et al., 2003) emphatically demonstrated that exclusive breastfeeding is the single most effective intervention to prevent childhood deaths. These observations have recently been substantiated by the Lancet series on neonatal health. A more recent study from Ghana (Edmond et al. Pediatrics 2006) indicates that promotion of early initiation of breastfeeding has the potential to make a major contribution towards child survival; 22% of all neonatal deaths could be saved if all women started breastfeeding within the first hour after birth.

The Innocenti Declaration on Infant and Young Child Feeding, 2005 and the World Health Assembly (WHA) resolution 59.21 of May 2006 calls upon Member States to renew their commitment to policies and programmes related to implementation of the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions and to the revitalization of the Baby-Friendly Hospital Initiative to protect, promote and support breastfeeding.

To be successful in breastfeeding, women need practical help and support from all quarters especially health care providers. This means, women need accurate information about optimal infant and young child feeding and timely counseling. Health workers need to build mother’s confidence to increase breastmilk flow from the mother to the baby, when she has a feeling of ‘not enough milk’, assist her to initiate breastfeeding within one hour, assist her in proper sucking position to allow effective sucking, which will help in preventing breast problems like sore nipples and engorgement, solve problems if they do arise, answer any questions if mothers have, counsel mothers and families on adequate and appropriate complementary feeding, and finally be able to counsel HIV positive mothers about infant feeding options and support their choice.

Unfortunately, most health care providers and frontline workers have barely acquired these skills in counseling and management of breastfeeding, as little time is assigned to it in their curricula. Commercial pressures add to this problem in a significant manner. It is imperative to train all care providers to impart skills to counsel mothers on optimal feeding practices. And with HIV spreading fast, and the knowledge that HIV can be transmitted through breastfeeding, it becomes critical to help women to decide the best possible option for infant feeding. Recent assessments of the status of Global Strategy for Infant and Young Child Feeding reveals that countries lack national capacity to take forward this skill building component of IYCF counseling.

This world class-course integrates all the three elements of breastfeeding, complementary feeding and HIV and infant feeding. This is a tailor-made course to fulfill the needs of the health care providers and train them in required skills in counseling and management of breastfeeding.

Objectives
The course will build national teams in countries to address the need of skill building of all health care workers in IYCF counseling. These trainers will be able to lead training/capacity building initiatives locally.
What is 3 in 1 course?
The WHO and UNICEF have provided following three training courses related to infant and young child feeding; and all these are completed in 11 days.
1. “Breastfeeding Counselling - A Training Course” (Duration: 5 days)
2. “HIV and Infant Feeding Counselling - A Training Course” (Duration: 3 days)
3. “Complementary Feeding Counselling: A Training Course” (Duration: 3 days)

The courses on ‘Complementary Feeding’ and ‘HIV and Infant feeding’ require that participants must complete the 5-day ‘Breastfeeding Counseling’ course as a prerequisite. The WHO/UNICEF’s *Global Strategy* and UN’s Guidelines on HIV and Infant Feeding identify the need for combining these 3 courses. Governments in the region also felt that it is too time consuming and impractical to call health workers three times.

BPNI / IBFAN Asia Pacific organized several courses on the subject and in 2004 took lead in combining 2 courses ‘Breastfeeding’ and ‘HIV and Infant Feeding’. Further in 2004 and 2005 BPNI / IBFAN Asia Pacific in collaboration with UNICEF-India and World Alliance for Breastfeeding Action (WABA) put all the three courses into one leading to development of ‘3 in 1’ training course “Infant and Young Child Feeding Counseling: A Training Course”. This is completed in 7 days. The course is unique and is first effort of its kind by the region and has been successfully tested in three States of India and at the 1st International Course attended by Laos PDR, Nepal and Bhutan in January 2006 at New Delhi.

Methodology:
The 3 in 1 training course is unique experience not only for the technical content and its updated ness, it is a world class course for imparting clinical and counselling skills to enable participants in helping mothers and babies to succeed in optimal infant and young child feeding practices. The course is conducted in highly participatory manner conducive to adult learning. It has classroom sessions, lectures, discussions, demonstrations, exercises, role-plays, group work and hospital practices etc. (See Annex-1 for complete list).

The course has 43 sessions some of them are theory and classroom teaching, with proper illustrations through slides and projections, to make the content clear to the participants. Other sessions are of clinical practices and working with mothers and babies in the maternity wards or OPDs for actually practicing the learned skills. In different clinical practice sessions: participants observe and assess breastfeeding using listening and learning skills.

Building confidence, giving support to mother where required and checking the understanding of mothers are also practiced. Building confidence of the mother is one of the keys to success of lactation, therefore participants are given hands on experience of using this skill and build women’s confidence in themselves to improve lactation performance. Finally it helps them to assist mothers to position their baby at the breast well and correct it if feeding session was not going on well. They are also involved in teaching mothers how to express breastmilk through this approach to enhance oxytocin reflex. Taking history of breastfeeding using the listening and learning skills and building confidence of mother is also practiced by these participants under supervision of course director and trainers.

The participants practice counseling in different breast conditions and use of dietary recall form of the baby. One session is also devoted on complementary feeding where they discuss appropriate complementary feeding with the mothers and make them able to decide what’s the best food for the babies. Finally they also learn providing different infant feeding options for mother who may be HIV positive, and to support the decision of mothers.
Learning to organize the course nationally:
Full course for being national trainers lasts for 13 days and with 2 additional days of training he/she can become a Course Director.
In order to learn the basics of organizing these courses back in their countries the core trainer requires another 2 additional days after finishing the course to learn how to organize these courses back home. Through interactive sessions with course director the participants learn the process of organizing the course, when to send invitations, identifying the course trainers, course directors, making the training schedules, linking with health facility to organize clinical practice and making other logistic arrangements, duplication of materials, administration, and managing funds etc.

Developing national trainers and duration of training
Several core national level trainers are needed to conduct national level training. Training will be provided in the following three steps:

• It requires 6 days for initial preparation of trainers, which is guided by a Course Director. During these six days trainers acquire training skills in particular and become familiar with the course materials. Finally they learn how to conduct different kinds of sessions. e.g role plays, exercises, working groups, demonstrations etc.
• These trainers then conduct 7- day training course counseling (43 sessions) to teach 24 participants to develop BPNI/IBFAN certified “Infant and Young Child Feeding Counselors”. The 7-day course enables health workers to develop clinical and interpersonal skills needed to support breastfeeding mothers.

What is a national team and the criteria for selection?
A national team should have 5 persons, one of them to be trained as national trainer 4 persons to become BPNI/IBFAN certified “Infant and Young Child Feeding Specialists/Counselors”. Back home this team should first make the course available in local language as well as adapt it to local circumstances. The national trainer, who also learns organizing the course plays the role of a course director and should lead a similar course. Four participants who become BPNI/IBFAN certified “Infant and Young Child Feeding Specialists/Counselors” can ably assist and later act as trainers after completing the courses locally.

Criteria for selecting a national trainer: He/she should be a senior level health and nutrition faculty member, who is committed and available future training courses.

At the end of the training course, he/she will be able to;

1) Develop aptitude for organizing Infant and Young Child Feeding Counseling training course.
2) Develop expertise of training health workers/NGOs in acquiring counseling skills for breastfeeding, complementary feeding and HIV & infant feeding and develop “Infant and Young Child Feeding Specialists/Counselors”.
3) Develop skills to counsel mothers/families for breastfeeding, complementary feeding and HIV & infant feeding.

Criteria for selecting participants to be “Infant and Young Child Feeding Specialists/Counselors”: They should be medical officers/Nurses /nutrition or other health professionals who are involved in care of mothers and children.

At the end of the training course, they will be able to;

1) Initiate setting up a breastfeeding support centre;
2) Counsel mothers and care givers to practice optimal infant and young child feeding as per guidelines of the Global Strategy for Infant and Young Child Feeding;
3) Provide individual counseling on breastfeeding, complementary feeding HIV and Infant Feeding;
4) Provide referral level support for problem solving at the hospital and manage difficulties in breastfeeding and infant and young child feeding;
5) Empower HIV +ve mothers/family to choose and practice exclusively the most suitable feeding option for her infant;
6) Provide technical support help change practices in hospitals;
7) Protect breastfeeding using International Code of Marketing of Breastmilk Substitutes / and or national legislations enabled as a follow up;
8) Help in organizing national training courses;
9) Monitoring IYCF the programmes in the country.

Language
The course is conducted in English

What are the course materials?
The 3 in 1 course has following materials provided to a trainer after 13 day training:-
1. Trainer’s Guide
2. Participant’s Manual
3. CD-ROM with all Overhead transparencies
4. Book of overhead figures
5. Answer Sheets
6. Forms, checklist s and story cards
7. Counseling guide for infant feeding options in PPTCT programme

How to do it?
Those interested may contact IBFAN Asia Pacific, who has the capacity to conduct this world-class training course. We encourage national governments, UNICEF and WHO country offices, and other agencies working on child health and development issues to consider this capacity building initiative to strengthen implementation of the Global Strategy for Infant and Young Child Feeding by sponsoring national teams.

Course fees
International Participants
US$ 2400 for a training ‘team’ of ‘5 persons’. It includes course materials, boarding / lodging for 1 person for 14 days & 4 persons for 7 days. It does not include travel costs or per diem.

For more information, please contact
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Annex-1

The course content covers the following topics

1. Why optimal infant and young child feeding
2. Local situation of infant and young child feeding
3. Production and intake of breastmilk
4. Assessing a breastfeed
5. Observing a breastfeed
6. Listening & learning
7. Listening and learning exercises
8. Hospital practices and baby friendly hospital initiative
9. Clinical Practice 1
   - Listening and learning
   - Assessing breastfeed
10. Positioning baby at the breast
11. Building confidence, giving support and checking understanding
12. Building confidence exercises
13. Clinical Practice 2
   - Building confidence, giving support and checking understanding
   - Positioning baby at the breast
14. Breast conditions
15. Breast condition exercises
16. Refusal to breastfeed and crying
17. Taking a feeding history
18. History practice
19. Overview of infant feeding and HIV
20. Breastmilk feeding options for HIV positive mothers
21. Replacement feeding in the first six months by HIV positive mothers
22. Preparation of milk feeds
23. Counselling HIV positive mothers for feeding options and teaching replacement feeding
24. Practice counseling skills in HIV positive mothers
25. Expressing breastmilk
26. Not enough milk
27. Refusal to breastfeed, crying and not enough milk exercises
28. Breastfeeding low birth weight babies and sick babies
29. Increasing breastmilk and relactation
30. Complementary feeding - foods to fill the nutrient gap
31. Quantity, variety and frequency of complementary feeds
32. Counselling practice (BF & CF)
33. Clinical Practice 3
   - Taking feeding history
34. Feeding techniques, strategies and Food Hygiene
35. Clinical Practice 4
   - Counseling mothers in different situations and Filling dietary recall form
36. Feeding during illness and recovery
37. Sustaining optimal infant and young child feeding
38. Clinical Practice 5
   - Complementary feeding
39. Women nutrition, health and fertility
40. Women and work
41. Commercial promotion of breastmilk substitutes
42. Infant feeding in emergency situation (Additional Sessions)