



SOUTIEN POUR  
L'ANALYSE ET LA RECHERCHE  
EN AFRIQUE

## **Trip Report**

# **Workshop on Integrating Breastfeeding and Child Feeding Issues into Pre-Service Training Curricula for University Medical Schools, Nursing and Nutrition Training Institutions in East, Central, and Southern Africa**

*Nairobi, Kenya: April 8-13, 1995*

**Ellen G. Piwoz, Sc.D.**  
SARA Nutrition Advisor



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Appendix A—List of Participants

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## **Abbreviations**

CRHCS/ECSA	Commonwealth Regional Health Community Secretariat for East, Central, and Southern Africa
EPB	Expanded Promotion of Breastfeeding Program
EEC	European Economic Community
HHRAA	Health and Human Resources Analysis for Africa
HIV	Human Immunodeficiency Virus
LMC	Lactation Management Curriculum
SARA	Support for Analysis and Research in Africa
UNICEF	United Nations Children's Fund
USAID	United States Agency for International Development
WHO	World Health Organization

## **Background**

At the request of the Africa Bureau of the U.S. Agency for International Development (USAID), Ellen Piwoz attended the "Workshop on Integrating Breastfeeding and Child Feeding Issues into Pre-service Training Curricula for University Medical Schools, and Nursing and Nutrition Training Institutions in East, Central, and Southern Africa," held from April 9-13, 1995, at the Jacaranda Hotel in Nairobi, Kenya. The workshop was jointly organized by the Commonwealth Regional Health Community Secretariat (CRHCS/ECSA), the University of Nairobi, and Wellstart International. The Africa Bureau, through the Health and Human Resources Analysis for Africa (HHRAA) Project, provided funding to the Expanded Promotion of Breastfeeding Project (EPB) at Wellstart/Washington, which in turn entered into an agreement with CRHCS/ECSA for workshop implementation and report writing.

The specific objectives of Dr. Piwoz's visit were to: 1) attend the workshop as a resource person, 2) participate in discussions concerning workshop follow-up, and 3) identify innovative training programs in the region that could be involved in future CRHCS/ECSA activities to strengthen capacity-building in nutrition with SARA support.

The Support for Analysis and Research in Africa (SARA) component of HHRAA also supported the attendance of Dr. Michael Latham at the workshop. Dr. Latham gave a keynote address, facilitated workshop plenary sessions, and participated in small group discussions. His address and reflections on workshop activities are contained in a separate report.

## **Workshop Implementation**

### *Participants*

The workshop was attended by 39 Chairpersons from Medical Schools' Departments of Community Health, Pediatrics, and Obstetrics/Gynecology and Chairpersons from Nursing and Nutrition training institutions in nine countries in the ECSA region (Botswana, Kenya, Malawi, Seychelles, Swaziland, Tanzania, Uganda, Zambia, Zimbabwe) and in Cameroon. In addition, there were seven representatives from the Commonwealth Secretariat, two representatives from the University of Nairobi, four representatives from Wellstart International (Washington/EPB and San Diego offices), and two representatives from WHO (Nutrition and Control of Diarrheal Diseases Programmes) at the meeting.

Appendix A contains a list of workshop participants. This was the third annual meeting of Medical School Chairpersons and the first meeting to include Department Heads from Schools of Nursing and Nutrition.

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## ***Workshop Implementation***

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### ***Goals and Organization***

The goals of the workshop were to strengthen pre-service training in breastfeeding, child feeding, and infant and maternal nutrition by examining existing curriculum and identifying ways to update, integrate, and coordinate training across Departments and Schools. These goals were met through plenary sessions describing new information on breast feeding and lactation management, and through small group discussion and working sessions.

Prior to the workshop, participants completed detailed assessments of existing 1) breastfeeding and infant feeding practices, 2) lactation management and nutrition-related courses, and 3) programs and policies affecting breastfeeding and infant feeding in their countries. Participants were also asked to bring written curricula to the meeting.

Workshop organizers provided participants with 1) reference materials (books, journal articles), and 2) sample curriculum development materials (including the Lactation Management Training Curriculum developed by Wellstart International/San Diego, the Kenyatta Hospital Lactation Management Curriculum, and materials developed by Dr. Felicity King for WHO and UNICEF).

The country assessments and additional materials provided by the organizers were used during small group exercises to 1) identify teaching and learning objectives, 2) discuss new teaching methods and course requirements, 3) identify ways that lactation management, breastfeeding, and other nutrition issues could be integrated into existing course offerings, and 4) develop plans for implementing curriculum changes.

In addition to the above, the workshop included several presentations to inform participants about the role of breastfeeding and infant feeding in child survival, the WHO breastfeeding and infant feeding database, the Wellstart/EPB breastfeeding and HIV database, and the results of Kenyan research related to breastfeeding practices and child spacing, and breastfeeding and HIV transmission. The latter presentation generated considerable controversy and concern, which will be discussed later in this trip report. A site visit to the Kenyatta National Hospital Lactation Management Unit and training course was also arranged.

The workshop agenda is found in Appendix B.

### **A Summary of Workshop Results**

Although the structure of Medical, Nursing, and Nutrition education varies among countries, the Chairpersons identified common weaknesses in existing pre-service training programs. These include: 1) lack of written curricula, 2) insufficient coor-

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## *Results of Discussions on Innovative Training Programs*

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dination between departments and schools, and 3) insufficient attention to maternal nutrition, practical aspects of lactation management, and approaches to overcoming weaning-related problems. Participants also recognized the need to improve the training of “front-line workers” so that they have updated information and skills for managing breastfeeding and nutrition-related problems in the communities where they work.

Participants felt that breastfeeding and nutrition-related subjects were widely taught in the pre-service settings represented at the meeting, but the material was not well-integrated at all levels of the education process. For example, course work in basic sciences such as physiology and immunology rarely covered breast physiology or the immunologic benefits of breastmilk for newborns and infants. Such integration would insure that breastfeeding topics are presented to students throughout their education and that strengthened training would not necessarily require additional course hours and expenses. In addition, poor coordination among departments and schools has, in some cases, resulted in duplication and inconsistencies in the material presented.

In light of these considerations, participants gave highest priority to the need for integration, harmonization, and coordination of lactation management, child feeding, and nutrition-related curricula in their follow-up action plans.

### **Results of Discussions on Innovative Training Programs**

Several unique training programs were identified during workshop sessions and informal discussions. Programs and activities that could benefit from future CRHCS/ECSA and SARA Project assistance in the area of capacity building are described below.

1. **The Malawi Medical College** has a living-by-learning program where first and second year medical students live in rural communities and conduct qualitative research on the agricultural and nutrition-related practices. This program is intended to sensitize medical students to the harsh realities facing the populations they serve, and to engender greater understanding of the nutritional situation in these communities. The Medical College is new and no program evaluations have been done to date.
2. **The University of Zimbabwe** offers a Bachelor of Science in nutrition and is the home of the region's six-week course in Maternal and Child Nutrition. In addition to these activities, the Nursing School offers an innovative masters program for nurses working at the community level. This program is intended to improve nurses, program-management skills and to teach them about policy-making and advocacy. The program is unique because it teaches “front line workers” about policy advocacy.

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## *Workshop Conclusions and Follow-up*

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3. **Modular nutrition courses** are being prepared with support from the Danish and Dutch governments through the European Economic Community (EEC) in collaboration with several African universities (including Muhimbili University in Tanzania, the University of Zimbabwe, and others in West Africa). The modules are intended for both pre-service and in-service training. So far, a module on food security has been developed and pretested. A second module on nutritional epidemiology has been developed and pretesting is planned. The refined protocol for child feeding being prepared by SARA could possibly serve as a module in this series. Collaboration with the EEC and participating universities should be explored.
4. **The Applied Nutrition Program** at the University of Nairobi School of Agriculture offers a two-year Masters' program for students from the region. Faculty at the school are engaged in a number of community and policy-oriented research projects in the Nairobi area. The program has received substantial financial support from the German government. The faculty is well trained and have been actively involved in technical assistance projects throughout the region. Collaboration in operations research, workshop organization, and intra-regional technical assistance should be explored with this institution.

## **Workshop Conclusions and Follow-up**

### *Conclusions*

A consensus statement was drafted on the last day of the workshop. This statement underscored the participants' support for strengthening the integration of breastfeeding and related subjects into pre-service training, and for increasing coordination among departments and schools in the curriculum integration and improvement process. The statement stressed the importance of updating and improving pre-service training in order to avoid costly and repetitive in-service training courses. Participants recommended that future meetings continue to include Chairpersons from Nursing and Nutrition training institutions.

During concluding statements, the Chairpersons identified a number of issues in need of further research. These include (but are not limited to): 1) research on the reasons for short periods of exclusive breastfeeding and obstacles to lengthening exclusive breastfeeding durations; 2) research on weaning practices and how they can be improved in the community by front line workers; and 3) further research on the relationship between breastfeeding and HIV.

The last research recommendation stemmed from a presentation by Dr. Ruth Nduati describing research she is conducting at the University of Nairobi. This

study is a clinical trial among HIV positive women who have been randomly assigned to either breastfeeding or formula feeding groups. As described during the presentation, mothers in the formula feeding group are given free supplies of milk and are instructed and assisted with its proper preparation. Breastmilk samples are being obtained and analyzed during multiple time periods to identify the presence, concentration, and statistical determinants of HIV-infected cells. Children are being followed to determine their HIV status at 2 years of age.

Although this research is not yet complete, Dr. Nduati and her collaborators have already obtained interesting results. For example, more than half of the HIV-infected mothers who are breastfeeding have HIV-infected breastmilk cells; the number of cells present is greater in milk collected between 8 and 90 days following birth compared to milk collected in the first 7 days of life; and women who are deficient in vitamin A (serum retinol < 20 micrograms per deciliter) are 20 times more likely to have a high concentration of infected cells than other women. On the basis of these preliminary findings and a review of the literature on HIV and breastmilk, Dr. Nduati concludes that formula feeding is advised for infants of HIV-infected mothers, especially after 6 months of age. During the presentation, Dr. Nduati offered several additional recommendations, including universal HIV-testing for pregnant women, that were intended to provoke discussion among the participants.

Unfortunately, however, the time available was insufficient to fully discuss the financial and ethical implications the recommendations presented. As a result, the workshop's take-home messages on the state-of-the-art and recommendations concerning HIV and breastfeeding were unclear. The discussion surrounding Dr. Nduati's presentation, however, brought to light the need to bring experts in breastfeeding and nutrition together with experts on HIV to discuss issues that intersect both areas of research. The need to bring program managers and policy makers together to discuss the medical, social, and ethical implications of the HIV epidemic and how to respond was also raised.

### *Follow-up Activities*

At the end of the meeting, the workshop organizers and resource persons met to discuss report preparation and follow-up activities. During this meeting, it was explained that short-term technical assistance could be available for workshop follow-up activities, at the country level by Wellstart/EPB, and at the regional level by the SARA Project.

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## *Follow-up Activities*

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On the basis of these discussions, the following activities and time-table were agreed upon:

In April 1995:

1. Wellstart will tabulate the results of the post-workshop evaluation and forward the findings to CRHCS/ECSA (by the end of the month).

In May:

2. The workshop proceedings will be drafted by CRHCS/ECSA and sent to the other organizers (by mid-May). The organizers will have two weeks to send comments on the draft to CRHCS/ECSA.
3. CRHCS/ECSA will identify a list of specific follow-up actions, based on the workshop action plans and other requests made during the meeting, and will circulate the list among country focal persons for their comments and post-workshop responses.
4. CRHCS/ECSA will submit to Wellstart/EPB an accounting of funds to date, and an additional budget (if necessary) for the production and dissemination of the workshop proceedings.
5. Wellstart will make arrangements for additional funding for the proceedings, if necessary.
6. CRHCS/ECSA will prepare a proposal outlining workshop follow-up activities, based on the proceedings and the list circulated among participants, and will send this to Wellstart/EPB and SARA.

Specific activities already mentioned for follow-up include 1) preparation of a technical paper that summarizes the pre-workshop country curriculum assessments, and 2) locating funds to organize a small meeting on breastfeeding and HIV.

7. SARA and Wellstart will meet to discuss the process for implementing workshop follow-up priorities.

In June:

8. CRHCS/ECSA will finalize the proceedings and produce them.

In July:

9. CRHCS/ECSA will disseminate the final proceedings to participants, organizers, and relevant AID missions.

In October:

10. Participants will be contacted to assess progress in implementing action plans and objectives.

In April 1996:

11. Participants will reassess the status of pre-service training in lactation management, breastfeeding, child feeding, and related nutrition issues.

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*Appendix A: List of Participants*

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**WORKSHOP ON INTEGRATING BREASTFEEDING AND CHILD FEEDING ISSUES  
INTO PRE-SERVICE CURRICULA OF UNIVERSITY MEDICAL SCHOOLS,  
NURSING AND NUTRITION TRAINING INSTITUTIONS IN ECSA**

**APRIL 9 - 13, 1995, NAIROBI, KENYA**

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*Appendix B: Workshop Agenda*

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***Programme***

***Workshop on Integrating Breastfeeding and Child Feeding Issues into Pre-Service Training Curricula for University Medical Schools, Nursing and Nutrition Training Institutions in ECSA***

***Jacaranda Hotel, Nairobi, Kenya***

***April 9 - 13, 1995***

**Overall Workshop Chairperson**  
Prof. Francis Onyango

**Organizing Committee**

1. **CRECS**

Prof. Kihumbu Thairu, Regional Secretary  
Prof. Stephen Kinoti, Coordinator Health Research  
Dr. Winnie Mpanju-Shumbusho, Assistant Coordinator Health Research,  
Reproductive Health Research Programme  
Mr. Lawrence Gikaru, Assistant Coordinator, Information Dissemination  
Ms. Catherine Siandwazi, Coordinator Food & Nutrition  
Mrs. Margareth Phiri, Coordinator, Nursing Affairs  
Mr. Samuel Manduku, Executive Secretary, ECNSA College of Nursing

2. **Wellstart International**

Dr. Audrey Naylor, President and Chief Executive Officer  
Ms. Gail Woodward Lopez, Academic Services Coordinator  
Ms. Elizabeth Creer, Clinical Faculty  
Ms. Janine Schooley, Associate Director  
Dr. Katherine Krasovec, Senior Advisor for Africa

3. **University of Nairobi**

Prof. Francis Onyango, Professor and Head of Department of  
Paediatrics & Child Health  
Prof. Rachel Musoke, Professor of Paediatrics & Child Health.

4. **Support for Analysis and Research for Africa (SARA) Project**

Dr. Suzanne Prysor-Jones, Director  
Dr. Ellen Piwoz, Nutrition Adviser

## PROGRAMME

*Day 1: Sunday April 9 1995*

<b>Time</b>	<b>Event</b>	<b>Facilitators</b>
08.30-06.00	Participants Registration	Ms Mackey Manga Ms Jesca Muhando
09.00-10.00	Orientation of Facilitators, Resource Persons and Rapporteurs:	Prof. Stephen Kinoti Dr. Winnie Mpanji-Shumbusho Ms. Gail Woodward-Lopez
10.00-10.30	Tea/coffee	
<b>Preparatory session:</b> Moderator: Prof. Stephen Kinoti Rapporteurs: Dr. S. Massawe Dr. Kose Kambarami		
10.30-11.00	Brief Report on Implementation of 2nd Chairpersons Meeting Recommendations	Dr. Winnie Mpanji-Shumbusho
11.00 - 11.30	Plenary: Guidelines for Country Presentations on Current Curricula Status in ECSA.	Prof. Stephen Kinoti
11.30-01.00	Country Group Work: Harmonization of Country Reports on Current Curriculum Status in ECSA.	CRHCS/WSI
01.00-02.00	Lunch	
02.00-05.00	Plenary: Presentation of Country Reports on Current Curriculum Status in ECSA by the Country Coordinators.	
05.00-07.00	Meeting of Preparatory Session Rapporteurs to synthesize materials from Country presentations.	
05.00-07.00	Meeting of Facilitators, Resource Persons & Rapporteurs to review day 1 activities and prepare for day 2.	

**Day 2: Monday April 10, 1995**

**Session 1 Opening Ceremony** Chairman: Prof. Stephen Kinoti  
 MC Dr. Winnie Mpanju-Shumbusho  
 Rapporteur: Mr. Lawrence Gikaru

<b>Time</b>	<b>Event</b>	<b>Speaker</b>
8.30	Guests seated	
8.45 - 9.00	Welcome Address	Prof. P. Odhiambo Dean, Faculty of Medicine
9.00 - 9.10	Overview of the East, Central and Southern Africa Health Community Mandates	Prof. K. Thairu Regional Secretary, CRHCS
9.10 - 9.20	Remarks by USAID-REDS()	Ms. Joan La Posa, Representative
9.20 - 9.40	Opening Address by the Guest of Honour	Hon. Joshua Angatia Minister of Health, Kenya
9.40 - 9.50	Breastfeeding and Child Feeding in the Context of Child Nutrition in ECSA	Ms. Catherine Siandwazi, Coordinator, Food & Nutrition, CRHCS
9.50 - 10.00	Breastfeeding in a Rural Setting in Kenya: Implications for Child Spacing	Prof. J.K. Mati, Head KEMRI Reproductive Health Unit
10.00 - 10.20	The Role of Breastfeeding in Child Survival and Development in Sub-Saharan Africa	Prof. Michael Latham, Professor of International Nutrition Cornell University
10.20 - 10.40	Training in Lactation Management for Better Health	Ms. Elizabeth Creer, Representative, Wellstart International
10.40 - 10.45	Vote of Thanks	Dr. Winnie Mpanju-Shumbusho, Assistant Coordinator, Health Research (RHRP) CRHCS
10.45 - 11.15	Tea/Coffee Break	

**Session 2: Plenary Moderator** Prof. Francis Onyango

Rapporteur(s) Dr. C. Zunguza  
Dr. J. Karanja

<b>Time</b>	<b>Event</b>	<b>Speaker(s)/Facilitator(s)</b>
11.15 - 12.15	Overview of Workshop Objectives and Methodology	Prof. Stephen Kinoti Prof. Rachel Musoke Dr. Katherine Krasovcc
12.15 - 12.30	Brcastfeeding and HIV Infection	
12.30 - 1.00	Presentation and Discussion on Status of Pre-Service Training Curricula in Breastfeeding Child Feeding and Maternal Nutrition in ECSCA	Rapporteur(s) of April 9th Country Presentations
1.00 - 2.00	Lunch	
2.00 - 3.30	Guided tour of Wellstart Lactation Management Curriculum (LMC) (how developed, how to use, review of content)	Ms Gail Woodward-Lopez, Ms. Elizabeth Creer
3.30 - 4.30	Analysis and Discussion of ECSCA curricula in Lactation Management, Child Feeding and Maternal Nutrition issues.	Prof. Francis Onyango Prof. Rachel Musoke
4.30 - 4.45	Tea/Coffee	
4.45 - 5.00	Pass out Exercise on how to use LMC	Ms. Gail Woodward-Lopez Ms. Elizabeth Creer
5.00 - 6.00	Curriculum Exercise	UoN, CRHICS, WSI
6.00 - 7.00	Meeting of Facilitators, Resource Persons and Rapporteurs to review day 1 activities and prepare for day 2	
7.00	Cultural Evening/Reception	

**Day 2: Tuesday April 11, 1995**

**Session 3: Plenary** Moderator: Prof. Peter Odhiambo  
Rapporteur(s): Dr. Yusuf Ahmed  
Ms. Dorothy Namuchimba

<b>Time</b>	<b>Event</b>	<b>Facilitators(s)</b>
08.30 - 9.00	Revisit Curriculum exercise	Ms. Elizabeth Croer Ms. Gail Woodward-Lopez
09.00 - 10.00	Teaching and Evaluation Strategies for Curriculum Plans	Prof. Rachel Musoke Ms. Gail Woodward-Lopez
10.00 - 10.15	Global Nutrition Database on Breastfeeding Prevalence and Duration	Dr. Randa Saadeh
10.15 - 10.30	Training in Breastfeeding Counselling	Dr. Felicity Savage
10.30 - 11.30	Integration Strategies	Ms. Gail Woodward-Lopez Prof. Rachel Musoke, Dr. Winnie Mpanju-Shumbushu
11.30 - 11.45	Tea/Coffee Break	
11.45 - 12.30	Orientation to Curriculum Plan Assignment	Prof. Francis Onyango, Dr. Audrey Naylor
12.30 - 1.30	Lunch	
01.30 - 6.00	Small Group Work on Curriculum Plans	CRHCS; WSI, UoN
06.00 - 07.00	Meeting of Facilitators, Resource Persons and Rapporteurs to review day 2 and prepare for day 3	

**Day 3: Wednesday April 12, 1995**

**Session 4: Plenary** Moderator: Prof. Laban Mtimavalye  
Rapporteur(s): Dr. Abel Msengi  
Dr. Sheila Tlou

<b>Time</b>	<b>Event</b>	<b>Facilitator(s)</b>
8.30 - 10.30	Reports and Discussion on Curriculum Plans	Rapporteurs of Group Work on Curriculum Plans
10.30 - 11.00	Tea/Coffee Break	
11.00 - 12.00	Development of Training Sites and Environment	Dr. Audrey Naylor Prof. Rachel Musoke
12.00 - 01.00	Lunch	
1.15	Depart Jacaranda Hotel for Kenyatta National Hospital	Prof. Rachel Musoke
1.30 - 2.45	Site Visit to Kenyatta National Hospital Lactation Management Unit (Observe Course in progress)	
<b>Session 5: Plenary</b>		
	Moderator:	Dr. Audrey Naylor
	Rapporteur(s):	Prof. C. Nduigwa Dr. G. Msamanga
3.15 - 4.15	Examples of Strategies for Action Plans towards Integration of Breastfeeding and Child Feeding Issues into Pre-Service Curricula.	Prof. Rachel Musoke Ms. Cecil Woodward-Lopez
4.15 - 4.30	Tea/Coffee Break	
4.30 - 5.00	Small Group Work on Action Plans for Intergration of Breastfeeding and Child Feeding Issues into Pre-Service Training Curricula	UoN, CRHCS, WSI
6.00 - 6.30	Breastfeeding and HIV	Dr. Ruth Nduati, Dr. Katherine Krause
6.30 - 7.00	Meeting of Facilitators, Resource Persons and Rapporteurs to review activities of day 3 and prepare for day 4.	
7.00	Social outing to "The Carnivore"	

**Day 4: Thursday April 13, 1995**

**8.30 - 12.30 Small Group Work on Action Plans towards  
Integration of Breastfeeding and Child Feeding  
Issues into pre-Service Training Curricula**

**12.30 - 1.30 Lunch**

**Session 6: Plenary** Moderator: Prof. K. Thairu  
Rapporteur(s): Prof. S. Kinoti  
Ms S. Mbabali

**1.30 - 4.00 Presentation of Action Plans**

**Rapporteurs of  
Group Work on  
Action Plans**

**4.00 - 4.15 Tea/Coffee Break**

**4.15 - 5.00 Where do we go from here?  
(Follow-up issues)**

**Rapporteurs of  
Session 6 Plenary  
CRHCS, WSI, USAID,  
UNICEF, WIIO**

**5.00 - 5.30 Closing**

**Prof. Kihumbu Thairu  
Dr. Audrey Naylor**

**5.30 - 8.00 Meeting of Facilitators and Resource  
Persons to discuss follow up actions**

**Friday April 14, 1995: Participants Departure**

**8.00 - 10.00: Meeting of Facilitators, Resource Persons and overall Rapporteur  
to discuss follow up Actions.**

**CRHCS = Commonwealth Regional Health Community Secretariat  
UoN = University of Nairobi  
WSI = Wellstart International**

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