

**Lactation Management and LAM Training of Trainers Course
JORDAN**

BREASTFEEDING and LAM TRAINING COURSE

The Physician and Nurse Trainers Workshop Manual:

This manual is adopted by the staff of the National Training and Technical Support Center for Breastfeeding in Egypt to be used to instruct physician trainers in lactation management and breastfeeding support skills. In addition to that, the LINKAGES LAM generic module has been used to strengthen the physician and nurse trainer's knowledge and skills in relation to LAM. The Training of Trainers (TOT) Workshop lasts for two weeks. The main objectives of the workshop are to:

1. Prepare an effective cadre of physician trainers who are well equipped with knowledge and skills to provide quality lactation management services.
2. Prepare an effective cadre of physician trainers who are well-equipped with knowledge and skills to provide proper counseling on LAM.
3. Prepare an effective cadre of physician trainers who are well equipped with knowledge and skills to provide a strong grounding in the scientific concepts of lactation management LAM.

Lactation Management and Breastfeeding Support for Physician and Nurses Trainers SYLLABUS

Course Description:

The two-week course is designed to train physician and nurse trainers in the provision of effective breastfeeding services. This competency-based training course emphasizes both technical working knowledge of breastfeeding technology as well as teaching skills necessary for training health care providers. The course focuses on teaching practical skills relevant to breastfeeding and LAM, (e.g., breastfeeding case management, counseling and clinical support procedures, and LAM). This course utilizes a hands-on training approach to help participants learn skills related to breastfeeding.

Course Duration:

2 weeks (6 days/week X 7.5 hours/day)

Language of Instruction:

English/Arabic

Number of Participants:

10 participants

Course Objectives:

By the end of the workshop, the participants will be able to:

1. Provide an overview of breastfeeding issues in Jordan.
2. Explain the "International Code of Breast Milk Substitutes".
3. Explain the BFHI
4. Maintain breastfeeding standards in Jordanian hospitals by following the ten steps for successful breastfeeding.
5. Explore the policy of MOH in relation to breastfeeding
6. Describe the biology of lactation.
7. Discuss the dynamic nature of human milk.
8. Demonstrate proper counseling skills for lactating mothers.
9. Demonstrate skills in counseling mothers about appropriate breastfeeding practices.
10. Demonstrate skills in counseling pregnant women about breastfeeding in an antenatal clinic.
11. Assess a breastfeed
12. Manage a selected number of breast and nipple problems that may impact breastfeeding.
13. Demonstrate skills in managing selected breast problems (e.g., obstructed lactiferous duct, mastitis, and breast abscess).
14. Advise mothers about methods of expressing, storing, and feeding expressed breast milk to their babies.
15. Explain the different techniques for handling mothers with special medical and obstetrical conditions.
16. Discuss methods used to help a mother increase her milk supply.
17. Manage cases of mothers who would like to "relactate" and cases of "reluctant nursers."
18. Encourage breastfeeding for infants with special conditions.
19. Promote breastfeeding for a low birth weight infant.
20. Counsel mothers about appropriate nutrition during lactation.
21. Assess an infant's growth pattern by using a growth chart.
22. Explain LAM
23. Demonstrate competency in managing LAM through case studies and during clinical practicum
24. Manage mothers using LAM

25. Counsel mothers and clients in relation to LAM
26. Explain the principles of adult learning
27. Explain important issues related to the training of adult learners
28. Discuss different the types of teaching methods

Clinical Objectives

1. Practice effective breastfeeding and LAM counseling
2. Take a breastfeeding history
3. Assess a breastfeed
4. Help the mother as needed
5. Teach a mother techniques of positioning during breastfeeding
6. Teach a mother techniques for hand expression of breast milk (when applicable)

Training Objectives

1. Discuss the principles of adult learning and their applications in training events
2. Discuss the different training techniques appropriate for adult learning
3. Demonstrate competency in managing clients needs and problems in relation to breastfeeding and LAM
4. Demonstrate competency in presenting different case studies related to breastfeeding and LAM
5. Demonstrate competency in conducting a micro teaching session related to breastfeeding or LAM

Evaluation plan:

A pre- post-test will be used to assess participants' progress. Each participant has to demonstrate competency in counseling and managing at least 10 breastfeeding and LAM cases. The following scale will be used in evaluating participants' performance:

➤ post-test on BF	25%
➤ post-test on LAM	25%
➤ Case studies	25%
➤ Topic presentation	25%
<hr/>	
TOTAL	100%

Each trainer will prepare 10 case studies through the second week of the practical sessions (at least two cases /day). Each trainer will prepare and present one case study daily. Selection of a variety of cases is strongly recommended.

At the clinical site, all practical sessions will be observed and evaluated by peer. A total of at least 10 evaluation chick lists should be completed.

Each trainer will prepare and conduct a micro teaching session on one of the topics related to the BF and LAM manuals prepared for the training of health care providers.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Breastfeeding in Jordan: An Overview

Session Objective: Provide an overview of breastfeeding issues in Jordan.

Enabling Objectives	Content	Time	Training Methods	Audio-Visuals	Evidence of Mastery
Discuss the status of breastfeeding in Jordan	<ul style="list-style-type: none"> - Breastfeeding studies in Jordan: - Findings of JPFHS - Findings of the qualitative study - Cultural beliefs and values supportive of breastfeeding - Support from the Holy Koran - Traditional beliefs about breastfeeding 	30 min	Discussion Presentation	Cards Transparencies	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Appreciate the supportive nature of the Jordanian breastfeeding culture.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: International code of Breast Milk Substitutes and National Policy

Session Objective: Explain the International code of breastfeeding Substitutes and national policy

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Identify importance of having a marketing code for breast milk substitutes	<p>Introduction: Reasons for decline in breastfeeding:</p> <ul style="list-style-type: none"> - Social factors - Practices in health facilities - Advertising and promotion - Why a marketing code? 	120 min	Discussion Presentation	Transparencies Cards	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Explain the need for establishing a code to protect breastfeeding
2. Discuss the International Code of Breast milk Substitutes	<p>Description of the code:</p> <ul style="list-style-type: none"> - Definition. Aim and Scope - Historical background - Summary of the international code provisions 	10 min	Discussion Presentation	Transparencies Cards	<ul style="list-style-type: none"> • List the Aim , Scope and Summary of the international code

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: International Code of Breast Milk Substitutes and National Policy

Session Objective: Explain the International code of breastfeeding Substitutes and national policy

Enabling Objectives	Content	Time	Training Methods	Audio visuals	Evidence of Mastery
1. Identify the importance and background of the ten steps of successful breastfeeding	Introduction: The reasons for using the ten steps: - Transform hospitals into Baby and mother friendly places - End of the practice of distribution of baby formula	10 min	Discussion Group work Presentation	Transparencies Cards	By the end of the session, the participants will be able to: • List the items of the ten steps to successful breastfeeding
2. Discuss the items of the ten steps to successful breastfeeding	Ten steps to successful breastfeeding Ten steps to successful breastfeeding	10 min	Discussion Group work Presentation	Transparencies	• Explain each item of the ten steps.
3. Describe the national policy for breastfeeding and BFHI in Jordan	National policy for breastfeeding – BFHI in Jordan	10 min.	Discussion Presentation	Transparencies	• Explain the national policy for breastfeeding

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Biology of Lactation

Session Objective: Describe the biology of lactation

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Review the anatomy of the breast.	<ul style="list-style-type: none"> • Major anatomical structures of the breast • Supporting structure and fat tissues • Mammary secreting tissues and ductual structures • Nipple and areola • Neuro circulatory and lymphatic element • Microscopic anatomy of the breast 	60 min	Presentation Discussion	Transparencies Handouts Slides	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Identify different anatomical structures of the breast.
2. Explain the physiology of lactation.	<p>Hormonal influence of lactation:</p> <ul style="list-style-type: none"> • Prolactin • Oxytocin • Human Placental lactogen • Glucocorticoids • Thyroids stimulating hormone • Prolactin inhibiting factor <p>Maintenance of established lactation.</p>		Presentation Discussion	Flipchart Slides Transparencies	<ul style="list-style-type: none"> • Discuss the physiology of successful lactation.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Dynamic Nature of Human Milk

Session Objective: Discuss the dynamic nature of human milk.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Discuss the biochemical composition of breast milk.	Colostrum Transitional milk Mature milk constituents <ul style="list-style-type: none"> • Water • Lipids • Proteins • Carbohydrates • Vitamins • Minerals • Enzymes 	60 min	Presentation Discussion	Slides Transparencies	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> • Describe the biochemistry of breast milk.
2. Explain the immunologic aspects of human milk	Immunology of human milk: <ul style="list-style-type: none"> • Cells • Immunoglobulins • Non-antibody antibacterial protection • Enzymes • Anti-allergic • Properties 		Presentation Discussion	Slides	<ul style="list-style-type: none"> • Describe the immunological properties of human milk.
3. Review the benefits of breastfeeding to infant and mother.	Benefits to babies: <ul style="list-style-type: none"> • Complete food • Easily available • Easily digested • Hygienic • Protects against illness • Emotional bond Benefits to mother: <ul style="list-style-type: none"> • Decreases postpartum blood loss • Early uterine involution • Helps in child spacing • Decreases the incidences of breast and ovarian cancer • Increase economic benefits to family 		Presentation Discussion	Transparencies Flipchart	<ul style="list-style-type: none"> • Enumerate the benefits of breastfeeding to infant and mother

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Benefits of Breastfeeding

Session Objective: Identify Benefits of Breastfeeding

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
Explain the rational for promoting breastfeeding	<ul style="list-style-type: none"> - Benefits to infants - Benefits to mothers - Benefits to society 	120 min	<ul style="list-style-type: none"> -Discussion - Group work - Presentation 	Transparencies Cards	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Identify maternal /infants benefits of breastfeeding

Lactation Management and LAM Training of Trainers Course

Course Title: Lactation Management and Breastfeeding Support for Physician Service providers

Session Title: Assessing a Breastfeed.

Session Objective: Assess a breastfeed.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Demonstrate competency in assessing a breastfeed.	<p>Observe mother's condition</p> <ul style="list-style-type: none"> - Age - General health - Nutrition - Socioeconomic status - Feels happy - Looks comfortable <p>How a mother holds the baby</p> <ul style="list-style-type: none"> - Baby is close to mother - Facing the breast - Loosely held - Turned away - Confidently - Nervously <p>Observe baby's condition</p> <ul style="list-style-type: none"> - General health - Nutrition and - Alertness 	40 min	Discussion Presentation	Transparencies	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Assess a breastfeed.

	<p>How does the baby respond?</p> <ul style="list-style-type: none"> - Rooting for the breast - Turning away - Calm - Crying - Refusing the breast <p>How does the mother put her baby on the breast?</p> <ul style="list-style-type: none"> - Push her nipple into the mother put her baby on the breast? - Lean forward - Bringing her baby to her breast <p>How does the mother hold the breast?</p> <ul style="list-style-type: none"> - Close to the areola - Scissors hold & supporting whole breast 				
	<p>Signs of food attachment Signs of poor attachment Signs of effective suckling:</p> <ul style="list-style-type: none"> - Slow deep sucks - Loud swallowing sound <p>End of breastfeed:</p> <ul style="list-style-type: none"> - Baby satisfied - Baby releasing breast himself/herself <p>Condition of the mother's breast:</p> <ul style="list-style-type: none"> - Size - Shape - Nipples - Full before and soft after feeds 				
<p>2. Explain the breast observation form.</p>	<ul style="list-style-type: none"> • Body position • Responses • Emotional bonding • Anatomy • Suckling • Rim spent suckling 	<p>20 min</p>	<p>Discussion Role Playing</p>	<p>Handouts</p>	<ul style="list-style-type: none"> • Effectively use the breastfeeding observation form.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Counseling Skills in Breastfeeding

Session Objective: Demonstrate proper counseling skills for lactating mothers

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Define the term 'counseling.'	Introduction Definition of counseling	15 min	Presentation Discussion	Transparencies	<ul style="list-style-type: none"> Define the term 'counseling.'
2. Explain the purpose of counseling in breastfeeding	Purpose of counseling <ul style="list-style-type: none"> To influence prenatal decision making Provide practical information Provide on-going support 	15 min	Discussion	Transparencies	<ul style="list-style-type: none"> Recognize the need to counsel breastfeeding mothers.
3. Identify the Characteristics of an effective counseling session	Characteristics of an effective counseling session: <ul style="list-style-type: none"> Unhurried Private Uninterrupted Ask open-ended questions Client makes her decisions 	20 min	Group exercises Discussion	Transparencies Handouts	<ul style="list-style-type: none"> List characteristic s of effective counseling.
4. Demonstrate the skills of an effective counseling session	Counseling skills Listening and learning skills: <ul style="list-style-type: none"> Ask open-ended questions Use helpful non-verbal communication Use responses and gestures to reflect on what a mother says Empathize-show that you are interested Avoid being judgmental Building confidence: <ul style="list-style-type: none"> Accept what a mother thinks and feels Recognize and praise what a mother and a baby are doing correctly Give practical tips Give relevant information Use simple language Make one or two suggestions, not commands 	30 min	Presentation Discussion Role-play Case studies	Transparencies Hand out	<ul style="list-style-type: none"> Apply the principles of effective counseling.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Antenatal Counseling for Breastfeeding

Session Objective: Demonstrate skills in counseling pregnant women about breastfeeding in an antenatal clinic.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
<p>1. Explain the different ways of preparing a pregnant woman psychologically for breastfeeding</p>	<p>Introduction Psychological Preparation:</p> <ul style="list-style-type: none"> - Believe that she can breastfeed - Know that breast milk is all that a baby needs - Know that breast size and shape doesn't influence amount - Learn about the expected physiological changes of her breasts: - Breast enlarged in size, harder than normal and a little tender <p>Nipples become larger and red when erect</p> <ul style="list-style-type: none"> - The skin over the breasts may produce striae - After first 3 months breasts start to secrete a clear fluid - By the end of pregnancy there will be colostrum <p>Know something about how the baby will behave and what the mother has to do.</p>	<p>20 min</p>	<p>Presentation Discussion</p>	<p>Flipchart</p>	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Enumerate the reasons for preparing pregnant women psychologically for breastfeeding.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Antenatal Counseling for Breastfeeding

Session Objective: Demonstrate skills in counseling pregnant women about breastfeeding in an antenatal clinic.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
2. Identify pregnant women who are at-risk for breastfeeding difficulties.	Identify pregnant at-risk women who may have problems breastfeeding <ul style="list-style-type: none"> • History taking • Breast examination 	10 min	Group Discussion	Transparencies Handouts	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> • Recognize the symptoms of at-risk pregnant women who may experience breastfeeding difficulties.
3. Demonstrate skills in preparing pregnant women psychologically for breastfeeding	Prenatal education include: <ul style="list-style-type: none"> • Optimal breastfeeding behaviors • Briefly explain how to breastfeed • Nutrition education • Personal hygiene Antenatal counseling and education <ul style="list-style-type: none"> - Psychological preparation - Giving important and relevant information 	60 min	Group Discussion Role playing Case studies	Transparencies Handouts	<ul style="list-style-type: none"> • Apply the principles of counseling and prenatal education to pregnant women
4. Discuss cultural misconceptions regarding breastfeeding.	Breastfeeding misconceptions <ul style="list-style-type: none"> - Cultural Misconception during pregnancy - Stopping breastfeeding with pregnancy. 	10 min	Group Discussion	Handout	<ul style="list-style-type: none"> • Respond to the most common misconceptions of breastfeeding in Jordan.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Basics of Breastfeeding Practices.

Session Objective: Demonstrate skills in counseling about appropriate breastfeeding practices.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. List basic practices of breastfeeding.	Introduction: <ul style="list-style-type: none"> Basics of breastfeeding practices 	10 min	Presentation	Flipchart	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> Identify appropriate Breastfeeding practices.
2. Discuss basics of breastfeeding practices.	Early initiation of first feed <ul style="list-style-type: none"> Avoiding prelacteal feeds Exclusive Breastfeeding: On demand feeding Night feeding Duration and frequency of feeds Feeding from one or both breasts 	10 min	Presentation Discussion	Flipchart Slides	<ul style="list-style-type: none"> Explain basics of breastfeeding practices.
3. Demonstrate skills in counseling mothers about good positioning and attachment.	<ul style="list-style-type: none"> Positioning the baby to breastfeed. Attaching the baby to the breast. 	10 min	Demonstration	Slides Doll Breast model	<ul style="list-style-type: none"> Demonstrate competency in counseling mothers about appropriate practices of breastfeeding.
4. Describe breastfeeding positions for lactating mothers	<ul style="list-style-type: none"> Cradle position. Football position Side lying position Supine position 	90 min	Presentation Demonstration on models	Transparencies Models	<ul style="list-style-type: none"> Counsel mothers about the different positions for breastfeeding.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Insufficient Milk

Session Objective: Discuss methods used to help a mother increase her milk supply.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Discuss the reasons a baby may not get enough milk.	<p>Insufficient milk supply can be classified as:</p> <ul style="list-style-type: none"> - Perceived milk insufficiency - True milk insufficiency <p>Causes of poor milk production</p> <ul style="list-style-type: none"> - Conditions present in a baby such as illness and congenital abnormalities - Conditions present in mother such as: <ul style="list-style-type: none"> ▪ Illness ▪ Fatigue ▪ Psychological inhibition ▪ Lack of confidence ▪ Smoking <p>Breastfeeding techniques such as:</p> <ul style="list-style-type: none"> - Delayed initiation - Infrequent feeds - Scheduled feedings - Use of bottles and pacifiers 	20 min	Presentation Discussion	Flip chart Transparencies	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Identify causes of poor milk production.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Insufficient Milk

Session Objective: Discuss methods used to help a mother increase her milk supply.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
2. Determine if a baby is getting enough breast milk.	Adequate breast milk intake - Baby will urinate 6-or more times/day - Weight gain 120-200 gm/week - Baby's growth curve is within normal - Baby will pass stool frequently at least 6 times in 24 hours in the first few weeks of life Signs of milk removal -Breast is full before feeding and softer afterwards -Sensation of let down reflex -Audible swallowing -Milk visible in baby's mouth Adequate breast milk intake -Breastfeeding 8-12 times/24 hours -Effective nursing 10-2- minutes on each side.	0 min	Presentation	Transparencies	<ul style="list-style-type: none"> • Demonstrate competency in assessing if a baby is getting enough milk.
3. Discuss the management of an insufficient milk supply.	Guidelines for helping mother to increase her milk supply - Increase mother's confidence - Relaxation techniques - Rest - Good positioning and attachment - Frequent breastfeeding - Encourage mother to eat a balanced diet - Milk expression - Preparation of the breast before feeding - Use of drug	20 min	Presentation Discussion	Flip chart Transparencies	<ul style="list-style-type: none"> • Explain the management of low milk production.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Breastfeeding Problems

Session Objective: Manage cases of mothers who would like to “relactate” and cases of “reluctant nurser”.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Discuss situations in which mothers may want to relactate.	Indications of relactation <ul style="list-style-type: none"> - Delayed initiation of breastfeeding due to maternal or fetal illness - After weaning - Change from bottle to breastfeeding - Part of rehydration therapy 	10 min	Presentation	Flip chart Transparencies	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> • Identify the indications of relactation.
2. Identify the requirements of relactation.	Successful relation needs: <ul style="list-style-type: none"> - Build mothers’ confidence - Good suckling reflex of the baby - Advise mothers to eat well 	10 min			<ul style="list-style-type: none"> • Counsel a relactating mother regarding diet, confidence, and baby’s suckling reflex.
3. Explain the steps for relactation.	Steps for relactation <ul style="list-style-type: none"> - Rest - Put the baby to the breast every 2 hours - Good positioning and attachment - Stimulate let down reflex - Avoid artificial nipples - Milk expression following each - Reduce the amount of supplement gradually 	10 min	Presentation Case study	Flip chart Transparencies	<ul style="list-style-type: none"> • Demonstrate competency in advising mothers about proper techniques for relactation.

Lactation Management and LAM Training of Trainers Course

Course Title: Lactation Management and Breastfeeding Support for Physician Service Providers

Session Title: Breast Problems

Session Objective: Manage a selected number of breast and nipple problems that impact breastfeed.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Identify common breast problems that impact breastfeeding	Inverted nipple Sore nipple Breast engorgement Candidiasis Obstructed lactiferous duct Mastitis Breast abscess	5 min	Discussion Presentation	Transparencies	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> List the early breast problems that can affect breastfeeding.
2. Manage the problem of an inverted nipple.	Diagnosis: -Pressing the areola -Clinical picture Treatment: -Manual stretch -Plastic syringe	10 min	Discussion Presentation	Slides Transparencies	<ul style="list-style-type: none"> Explain the management of a case of an inverted nipple.
3. Manage cases of engorged breasts.	Causes: -Incorrect feeding practices -Incorrect attachment	10 min	Discussion Presentation	Slides Transparencies	<ul style="list-style-type: none"> Demonstrate competency in managing engorged breasts.
4. Discuss the problem of sore nipples	Causes: -Incorrect attachment Frequent use of soap Fungal infection Treatment: -Breast milk How to prevent sore nipples: -Good attachment of -Early treatment of candidacies and thrush.	10 min 5 min	Discussion Presentation	Slides Transparencies	<ul style="list-style-type: none"> Manage a case of sore nipples.
5. Manage candidial infection of the nipple	Signs of candidacies Signs of thrush infection Treatment of candidacies and thrush		Discussion Presentation	Slides Transparencies	<ul style="list-style-type: none"> Discuss the management of candidial infection of the nipple.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Breast Problems

Session Objective: Manage a selected number of breast and nipple problems that may impact breastfeed.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
6. Discuss causes, symptoms and the management of an obstructed lactiferous duct.	Causes <ul style="list-style-type: none"> - Milk slasis - Continuous pressure - Incomplete drainage Symptoms <ul style="list-style-type: none"> - Lumps - White dot on nipple Management <ul style="list-style-type: none"> - Obstructed duct - Recurrent cases 	10 min	Discussion Presentation	Transparencies Slides	<ul style="list-style-type: none"> • Explain the causes, symptoms, and management of an obstructed lactiferous duct.
7. Discuss causes, symptoms and the management of mastitis	Causes <ul style="list-style-type: none"> - Predisposing factors - Causative organism - Portal of entry Symptoms <ul style="list-style-type: none"> - Systematic - Localized 	10 min	Discussion Presentation	Transparencies Slides	<ul style="list-style-type: none"> • Explain the causes, symptoms, and management of mastitis
8. Discuss causes, symptoms and the management of Breast Abscess	Causes Treatment <ul style="list-style-type: none"> - Surgical drainage - Antibiotics - Rest - Continue breastfeeding 	10 min	Discussion Presentation	Transparencies Slides	<ul style="list-style-type: none"> • Explain the causes, and management of Breast Abscess

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Breast Problems

Session Objective: Manage a selected number of breast and nipple problems that may impact breastfeed.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
9. Demonstrate skills in managing some breast problems.	Case studies Management <ul style="list-style-type: none"> - Continue breastfeeding - Proper positioning - Warm packs - Bed rest - Proper treatment of nipple cracks or fissures - Antibiotics 	20 min	Case studies	Slides	<ul style="list-style-type: none"> • Manage a selected number of breastfeeding problems.
10. Discuss causes, symptoms and the management of breast abscess	Causes Management <ul style="list-style-type: none"> - Surgical drainage - Antibiotics - Rest - Continue breastfeeding 		Discussion Presentation	Transparencies Slides	<ul style="list-style-type: none"> • Explain the causes, and management of breast abscess

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Special Maternal Conditions

Session Objective: Explain the different techniques for handling mothers with special medical and obstetrical conditions.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Identify causes that prevent early initiation of breastfeeding in mothers who deliver by cesarean section.	Causes - Maternal causes - Baby causes - Operative causes	10 min	Discussion Presentation	Flip chart Transparencies	By the end of the session, the participants will be able to: • Explain the causes for delaying initiation of breastfeeding in mothers who deliver by cesarean section.
2. Describe breastfeeding positions for mothers who deliver by cesarean section.	Cradle position. Football position Side lying position Supine position	10 min	Presentation Demonstration on models	Transparencies Models	• Counsel mothers about the different positions for breastfeeding.
3. Discuss the effects of maternal medication on babies and lactation.	- Factors which influence choice of a drug for a breastfeeding woman - Factors which minimize the effect of a drug on breast milk.	30 min	Presentation Discussion	Transparencies	• List 3 methods to minimize infant intake of drugs in breast milk.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Medical Barriers to Breastfeeding

Session Objective: Discuss major medical barriers to exclusive breastfeeding.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
Describe the issues of risks versus benefits when considering contraindications to breastfeeding.	Breastfeeding women who suffer from: <ul style="list-style-type: none"> - AIDS - Herpes Simples - Galactosemia - Hepatitis - Toxemia - Epilepsy - Psychiatric problems - D.M - Urinary tract infections 	70 min	Discussion Presentation	Boards Handouts	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> • Recognize that galactosemia is the only contraindication to breastfeeding.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Breastfeeding Expression and Milk Storage

Session Objective: Advise mothers about methods of expressing, storing and feeding expressed breast milk to their babies.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Explain the rationale for milk expression.	- Infant-mother separation - Insufficient milk supply - Engorgement	5 min	Discussion Presentation	Flipchart Transparencies	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> List different reasons for milk expression.
2. Discuss options for working mothers to continue exclusive breastfeeding.	- Change infant schedule - Nurseries at workplace - Go home to feed infant - Teach mothers to express breast milk	5 min	Brainstorming	Flipchart Presentation	<ul style="list-style-type: none"> Advise mothers about options available to them to continue exclusive breastfeeding
3. Discuss different methods of milk expression.	- Hand expression - Pump expression - Manual - Battery operated - Electric	5 min	Presentation Demonstration on models	Models Transparencies	<ul style="list-style-type: none"> Explain proper techniques of milk expression.
4. Demonstrate steps used for breast milk hand expression using models.	Demonstration - Supervision of participants while performing steps of hand expression on models (Using a check-list)	15 min	Coaching	Models Handout (check-list)	<ul style="list-style-type: none"> Perform steps of hand expression on models properly.
5. Explain the modes of action of different kinds of pumps.	Types of pumps - Manual pumps - Battery operated pumps - Electric pumps	15 min	Demonstration on models Transparencies	Models of pumps Transparencies	<ul style="list-style-type: none"> Differentiate between the method of action for different kinds of pumps.
6. Identify different methods of storing expressed milk.	Storage of expressed milk - Room - Refrigerator	10 min	Presentation	Transparencies Handout	<ul style="list-style-type: none"> List different ways of milk storage.
7. Explain various options for feeding expressed milk to babies.	Feeding options - Dropper - Cup feeding - Cup and spoon	5 min	Presentation Demonstration on models	Transparencies Models	<ul style="list-style-type: none"> Recommend the use of cups for feeding expressed breast milk.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Special Infant Conditions

Session Objective: Encourage breastfeeding for infants with special conditions.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Manage full-term infants with medical problems.	Advantages of breast milk for an infant who suffers from: <ul style="list-style-type: none"> - Acute respiratory illness - Distress and hypoxia - Gastrointestinal diseases 	15 min	Group Discussion Presentation	Transparencies Slides	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> • List the advantages of breast milk in feeding infants with medical problems.
2. Manage an infant with jaundice.	Characteristics of breastfeeding jaundice. <ul style="list-style-type: none"> - Early - Transient - Rarely exceeds 17 mg/dL Characteristics of breast milk jaundice <ul style="list-style-type: none"> - Late - Persists from 3w-3m - Diagnosed by exclusion Management of breastfeeding jaundice <ul style="list-style-type: none"> - Frequent breastfeeding - Express milk and offer to the baby - Monitor fecal volume Management of breast milk jaundice <ul style="list-style-type: none"> - Interrupt breastfeeding if bilirubin level exceeds 20mg/dL - Phototherapy - Exchange transfusion 	25 min	Group Discussion Case study	Transparencies	<ul style="list-style-type: none"> • Discuss the management of jaundice in breastfeed infants

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Special Infant Conditions

Session Objective: Encourage breastfeeding for infants with special conditions.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
	<p>When to investigate a case of jaundice prior to 36 h. of age</p> <ul style="list-style-type: none"> - Clinical jaundice persisting more than 8 days in full term baby - Direct serum bilirubin over 1.5-2 mg/dL 				<p>By the end of the session, the participants will be able to:</p>
3. Manage cases of multiple births	<p>Special positions of feeding twin.</p> <ul style="list-style-type: none"> - Football position - Crossed position. 	10 min	<ul style="list-style-type: none"> -Group discussion -Presentation 	Transparencies	<ul style="list-style-type: none"> • Identify special positions for feeding twins.
4. Demonstrate different methods for feeding infants with cleft lip and cleft palate	<p>Methods of feeding an infant with cleft lip and cleft palate</p> <ul style="list-style-type: none"> - Breastfeeding - Use of breast shield - Expression and feeding of breast milk 	10 min			<ul style="list-style-type: none"> • Recognize different methods for feeding an infant with a cleft lip and/or palate.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Low Birth Weight Baby

Session Objective: Promote breastfeeding for low birth weight infants.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Recognize the advantages of human milk for a low birth weight infant	Advantages human milk for low birth weight infants: <ul style="list-style-type: none"> - Presence of physiological amino acids - Low renal solute load - Presence of active enzymes - Antinfection properties - Psychological benefits for both mother and infant 	15 min	Discussion Presentation	Flipcharts	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • Enumerate the advantages of breast-milk for a low birth weight infant
2. Discuss the difference between term and pre-term milk	Characteristics of pre-term milk and its suitability to pre-term infant: <ul style="list-style-type: none"> - Higher in protein content their term milk - Volume of fat - Higher energy - Antimicrobial properties 	15 min	Discussion Presentation	Transparencies	<ul style="list-style-type: none"> • Identify the importance of pre-term milk for feeding pre-term infant.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Low Birth Weight Baby

Session Objective: Promote breastfeeding for low birth weight infants.

Enabling Objectives	Content	Time	Training Methods	Audio-Visuals	Evidence of Mastery
3. Discuss feeding techniques of a low birth weight infant.	<ul style="list-style-type: none"> - Mode of feeding depends on gestational age: - 35 weeks or more breastfeeding - 32-35 weeks breastfeeding or fed on breast milk. - Less than 32 weeks - Parental nutrition advantages - Intra-gastric feeds - Combined enteral and parental 	10 min	Discussion Presentation	Transparencies Flipcharts	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • List different techniques of feeding low birth weight infants.
4. Discuss the importance of supplementation of mother's milk delivered to a low birth weight infant.	<p>Supplementation to low birth weight infant:</p> <ul style="list-style-type: none"> - Calcium - Phosphorus - Iron 	15 min	Discussion Presentation	Transparencies Flipcharts	<ul style="list-style-type: none"> • Recognize the importance of supplementation of mother's milk with minerals.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Low Birth Weight Baby

Session Objective: Promote breastfeeding for low birth weight infants.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
5. Discuss feeding techniques of a low birth weight infant.	<ul style="list-style-type: none"> - Mode of feeding depends on gestational age: - 35 weeks or more breastfeeding - 32-35 weeks breastfeeding or fed on breast milk. - Less than 32 weeks - Parental nutrition advantages - Intra-gastric feeds - Combined enteral and parental 		Discussion Presentation	Transparencies Flipcharts	<p>By the end of the session, the participants will be able to:</p> <ul style="list-style-type: none"> • List different techniques of feeding low birth weight infants.
6. Discuss the importance of supplementation of mother's milk delivered to a low birth weight infant.	<p>Supplementation to low birth weight infant:</p> <ul style="list-style-type: none"> - Calcium - Phosphorus - Iron 		Discussion Presentation	Transparencies Flipcharts	<ul style="list-style-type: none"> • Recognize the importance of supplementation of mother's milk with minerals.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Maternal Nutrition

Session Objective: Counsels mothers about appropriate nutrition during lactation.

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Explain the criteria for assessing maternal nutrition during lactation	Criteria for assessing of maternal nutrition condition: <ul style="list-style-type: none"> - Weight gain during pregnancy - Weight loss after delivery 	20 min	Discussion Presentation	Transparencies	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> • Recognize average maternal weight gain during pregnancy and delivery.
2. Discuss the relationship between milk volume and maternal nutrition.	Effect of maternal nutrition on: <ul style="list-style-type: none"> - Lactation - Milk volume and milk composition - Baby health 	20 min	Discussion Presentation	Transparencies Slides	<ul style="list-style-type: none"> • Determine that mothers can lactate their babies effectively whatever their nutritional status is.
3. Explain dietary and nutrition-related guidance that should be offered to all lactating women.	Impact of lactation on maternal nutritional needs: <ul style="list-style-type: none"> - Calories - Fluid - Ptn, CHO,Pat - Vitamins and minerals. 	10 min	Discussion Presentation	Transparencies	<ul style="list-style-type: none"> • Discuss the nutritional needs of lactating mothers.
4. Discuss “anemia” in lactation.	<ul style="list-style-type: none"> • Risk of anemia in lactation • Iron needs for lactating women • Women at high risk of anemia • Bad nutritional habits aggravating anemia 	10 min	Discussion Presentation	Transparencies	<ul style="list-style-type: none"> • Manage anemic mothers during lactation.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Growth Monitoring

Session Objective: Assess an infant's growth pattern by using a growth chart

Enabling Objectives	Content	Time	Training Methods	Audio-Visuals	Evidence of Mastery
1. Identify difference between "growth" and "development."	Definitions of "growth" and "development". Measurements of growth: - Body weight - Height - Head and - Chest circumference, etc.	5 min	Presentation	Flipcharts Transparencies	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> Differentiate between "growth" and development."
2. Evaluate normal growth patterns	How to weigh a child accurately? - How to interpret the growth line? - Use the growth chart	10 min	Presentation Discussion	Flipcharts Transparencies Handout	<ul style="list-style-type: none"> Identify different patterns of growth by using different growth charts.
3. Identify a slow-weight-gaining infant.	Characteristics of a slow weight-gaining infant: - Health - Shows slow but steady growth - Good muscle tone Causes: - Familial - Genetic - The breastfeeding process	10 min	Presentation Discussion	Flipcharts Transparencies	<ul style="list-style-type: none"> Recognize characteristics of a slow weight-gaining infant.

Lactation Management and LAM Training of Trainers Course

Course Title: Breastfeeding and LAM Training Course

Session Title: Training methodology

Session Objective: Explain selected techniques in promoting successful training adult learners

Enabling Objectives	Content	Time	Training Methods	Audiovisuals	Evidence of Mastery
1. Explain the principles of adult learning	- What is adult learning? - Principles of adult learning	30 min	Presentation Discussion	Flipcharts Transparencies	By the end of the session, the participants will be able to: <ul style="list-style-type: none"> Explain the principles of adult learning
2. Explain important issues related to the training of adult learners	- The adult medical learner - Developing a medical training event suitable for adult learners - The role of medical trainer - Evaluating the result	60 min	Presentation Discussion	Flipcharts Transparencies Handout	<ul style="list-style-type: none"> Recognize the importance of preparing and conducting adult learning sessions
3. Discuss different the types of teaching methods	Interactive training model Selecting teaching methods	60 min	Presentation Discussion	Flipcharts Transparencies	<ul style="list-style-type: none"> Discuss the different types of teaching methods
4. Explain some helpful hints about conducting classroom dynamics	- The adult medical learner - Developing a medical training event suitable for adult learners - The role of medical trainer - Evaluating the result	30 min	Presentation Discussion	Flipcharts Transparencies Handout	<ul style="list-style-type: none"> Discuss important issues affecting successful classroom dynamics

Pre/ Post-Test

1. Signs of a good attachment include all of the following **EXCEPT**:
 - a. the chin of the baby touches the breast.
 - b. baby's cheek pulled in during suckling.
 - c. more areola is seen above baby's mouth.
 - d. baby's lower lip turned outwards.

2. The following conditions interfere with breastfeeding:
 - a. small sized breast
 - b. large sized breast
 - c. flat nipple
 - d. none of the above

3. The most appropriate method of treatment of a cracked nipple is:
 - a. apply local anaesthetic creams on the nipple
 - b. apply drops of mother's hind milk on the nipple
 - c. wash the nipples with soap and water
 - d. apply antibiotic cream on the nipple

4. Breastmilk is deficient in:
 - a. iron
 - b. vitamin C
 - c. vitamin A
 - d. none of the above

5. The following factors should be considered in selecting a drug for a breastfeeding woman:
 - a. age of the infant
 - b. possible interference with lactation
 - c. all of the above
 - d. none of the above

6. Breastmilk volume is highly affected by:
 - a. maternal general condition and nutritional status
 - b. maternal intake of a high caloric diet (to help milk formation)
 - c. regular, effective suckling at the breast

- d. high protein diet
7. Breastfeeding reduces the infant's risk of:
- a. dental problems
 - b. diabetes
 - c. otitis media
 - d. all of the above
8. Pre term milk is rich in:
- a. lactose
 - b. total proteins
 - c. calcium
 - d. phosphorus
9. Indicators for adequate milk intake:
- a. baby urinates 6 or more times per day
 - b. baby has as many as 4-8 bowel movements per day
 - c. baby's growth curve is within normal limits
 - d. all of the above
10. Poor weight gain in an exclusively breastfed infant (less than 6 months) is most often caused by:
- a. low fat content of milk
 - b. inappropriate feeding routine
 - c. poor maternal nutrition
 - d. infant's need for vitamin supplement
-