

INSTITUTE OF ADVANCED NURSING STUDIES

Basic Breastfeeding Course (2024/2025)

Class 98: 23/01/2025 – 13/04/2025

The Nursing Council of Hong Kong has approved the Hospital Authority as a provider of Continuing Nursing Education (CNE) since 2005.

AIMS OF THE COURSE

- To develop nurses' knowledge, skill and competence, in using effective counselling skill to build up mother's confidence, and giving consistent messages to protect, promote and support breastfeeding in the facilities where they work.
- To enhance nurses' understanding of the importance of the Ten Steps to Successful Breastfeeding and collaboration to support the "Baby-Friendly Hospital Initiative" in HA hospitals.

INTENDED LEARNING OUTCOMES

On completion of the course, participants should be able to:

- acquire the update knowledge in basic breastfeeding and steps to support successful breastfeeding,
- assess breastfeeding mothers and their newborn babies,
- provide assistance to help a mother and her baby with breastfeeding,
- identify and manage common breastfeeding difficulties, and
- to talk with mothers with counselling skills in the antenatal, postnatal and neonatal periods, and support them in their infant feeding decisions.

DESIGN OF THE COURSE

A. Theoretical Input: 2 whole-day Workshops and Online Training Modules

	Duration	Remarks
Online Training Module I	2 weeks	<i>Pre-reading material (Should complete at own time, place and pace before Workshop – I)</i>
Workshop – I	One whole day	Face-to-face
Online Training Module II	2 weeks	<i>Pre-reading material (Should complete at own time, place and pace before Workshop – II)</i>
Workshop – II	One whole day	Face-to-face
Online assessment	2 weeks	<i>Participant should get passed in the electronic Assessment Module for Basic Breastfeeding Course at eLC.</i>

B. Supervised Clinical Practice (CP) in Obstetric/Paediatric Dept./Units approved by IANS: **3 hours**

- The 3-hour supervised CP will be arranged within the pre-set period of 5 weeks.

SCHEDULED CLASSES

	Online Training Module I	Workshop – I	Online Training Module II	Workshop – II	Submit eCert. of eAssessment Module	3-hour CP arranged within 5 weeks	Program End date
	(Own Time)	0900 -1730	(Own Time)	0900 -1730	Before 23:59		
Class 98	23/01/25→ 05/02/24	06 / 02 / 2025 (Thur)	07/02/25→ 19/02/25	20 / 02 / 2025 (Thur)	06 / 03 / 2025	10/03/25→ 13/04/25	13/04/2025

VENUE for Supervised Clinical Practice:

- HKEC Pamela Youde Nethersole Eastern Hospital
- HKWC Queen Mary Hospital & Tsan Yuk Hospital
- KCC Kwong Wah Hospital
Queen Elizabeth Hospital
- KEC United Christian Hospital
- KWC Princess Margaret Hospital
- NTEC Prince of Wales Hospital
- NTWC Tuen Mun Hospital

PROGRAM COMMITTEE (as at 21 Mar 2024)

HAHO	IAN	Ms. Selina NG, Dep. Head (IAN)	Ms. Elaine MAU, Manager (Nursing)
HKEC	PYNEH	Ms. NG Ngan Chi, DOM (O&G) Ms. YIP Man Yin, MC (O&G)	Ms. Yvonne S Y YU, DOM (Paed)
HKWC	QMH	Ms. CHAN Hei Kiu, DOM (O&G) Ms. YEUNG Lee Man, MC (O&G)	Ms. Maisie KAN, DOM (Paed)
KCC	HKCH	Ms. Pinky WONG, DOM(Paed)	
	KWH	Ms. CHUNG Shui Fun Clara, DOM(O&G)	Ms. LAU Sau Yee, DOM (Paed)
	QEH	Ms. CHAN Chao Ngan, DOM (O&G) Ms. WONG Sze Ki, NC (Breastfeeding)	Ms. YEUNG York Mui, DOM (Paed)
KEC	UCH	Ms. WAN Oi Man, DOM (O&G) Ms. LEUNG Shuk Kwan, MC(O&G)	Ms. MA Po King, DOM (P&AM)
KWC	PMH	Ms. LEUNG Pui Han, DOM (O&G) Ms. Josephine LEUNG, MC(O&G)	Ms. Bonnie LEE DOM (P&AM)
NTEC	PWH	Ms. SIU Ka Yi, DOM(O&G) Ms. NG So Man, NC/MC(O&G)	Ms. CHAN Yuk Ming Ada, DOM (Paed)
NTWC	TMH	Ms. Amy TSANG, DOM (O&G) Ms. Sinley LAI, MC(O&G)	Ms. Gigi LEE, DOM (P&AM)

COURSE DIRECTOR

Ms. Elaine MAU Manager (Nursing), Institute of Advanced Nursing Studies, HA
(Tel: 2300 7473; email: elaine.mau@ha.org.hk)

ADMINISTRATION SUPPORT

Mr. Simon YEUNG EA I (Nursing), Institute of Advanced Nursing Studies, HA
(Tel: 2300 6806; email: ymc947@ha.org.hk)

SPEAKERS

Class 98	Ms. YIP Man Yin, MC, O&G, PYNEH/HKEC (Key Trainer) Ms. HO Lai Fong (APN, O&G, QMH) Ms. SIU Mui Kwan, Carol (ANC, Paed, KWH) Ms. YIP Yuk Man (APN, Paed, PMH)
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ASSESSMENT (Theory)

- Course participants are required to ***complete and pass the e-assessment Module for Basic Breastfeeding Course*** within the 2 weeks after Workshop II.
- The ***electronic certificate*** (pdf format) should be submitted to Program Director on or before 23:59 hours of the 14th day after Workshop II.

TARGET PARTICIPANT & CLASS SIZE

30 - 40 Nurses of all ranks

ENTRY REQUIREMENTS

- Nurses enrolled/ registered with the Nursing Council of Hong Kong
- Priority will be given to nurses currently working in Obstetric Departments/Units, Neonatal Intensive Care Units / Paediatric Departments and Departments e.g. CNS, AED whose work is related to mother-baby care.

LANGUAGE MEDIUM

English and supplemented by Cantonese

TEACHING & LEARNING STRATEGIES

- Lecture & Demonstration
- Group Discussion & Experience Sharing
- Role Play
- Video & Slide Show
- Interactive Workshops
- Supervised Clinical Practice

AWARD OF CERTIFICATE

An electronic **Certificate of Achievement** will be awarded to those who have completed the course and passed the required assessments.

CNE POINTS

This course is equivalent to 22.5 CNE / CEM points

Contact hours:

	<u>Duration</u>	<u>CNE points</u>	<u>CEM points</u>
[1] Theoretical input -			
• Online Training Module I & II	7 hours	7	7
• Workshop I & II	14 hours	14	14
[2] Supervised Clinical practice	3 hours	1.5	1.5
		22.5	22.5

Basic Breastfeeding Course 2024-2025

Schedule

Online Training Module I	Pre-reading before Workshop I BBC01 - Importance of BF & risk of artificial feeding (1.5 hours) BBC02 - Applied anatomy: Physiology of lactation and infant suckling (1hour) BBC03 - Birthing practice & mother-friendly childbirth (+ SSC video) (1hour)										
Workshop I Room G09, Block M, Kowloon Hospital	09:00 – 10:15	10:00 – 10:45	15 min	11:00 – 12:00	12:00 – 13:00	60 min LUNCH	14:00 – 14:45	14:45 – 15:30	15 min	15:45 – 16:45	16:45 – 17:30
	<u>09:00-09:10</u> Course introduction <u>09:10-10:00</u> Refocusing breastfeeding Local BF situation	Assessing and observing a breastfeed		Positioning a baby in breastfeeding + <u>Small Group Practice</u> (Step 5)	Promotion & health practice that assists breastfeeding Responsive Feeding (Step 3, 6-9)		Supervision / counselling in breastfeeding Listening & learning + exercise	Building confidence & giving support + exercise		Breast condition + exercise	Not enough milk Increase breastmilk
Online Training Module II	Pre-reading before Workshop II BBC04 - BF when mother is ill, medication and mother’s milk, HIV and BF (1 hour) BBC05 - Neonatal issues: neonatal jaundice, premature and LBW (1 hour) BBC06 - Dietary concern, BF & work, contraception (45 mins) BBC07 - Support to AF Mothers (15 mins) & Sustaining breastfeeding, local resources (30 mins)										
Workshop II Room G09, Block M, Kowloon Hospital	09:00 – 10:00	10:00 – 11:00	15 min	11:15 – 12:30	60 min LUNCH	13:30 – 14:30	14:30 – 15:30	15 min	15:45 – 16:30	16:30 – 17:30	
	Breastmilk Bank Initiatives	Refusal to breastfeed Crying baby		Breast examination Expression of breastmilk & other feeding alternatives (Cup feeding video)		Taking a breastfeeding history + <u>Small Group Practice</u>	Counseling BF mothers + <u>Small Group Practice</u>		International code of Marketing of Breastmilk Substitute	Integrated practice that makes hospital baby friendly <u>Group Exercise</u> Discussion & Conclusion	
e-assessment	<ul style="list-style-type: none">Complete and pass the e-assessment Module for Basic Breastfeeding Course at eLC within the 2 weeksSubmit e-Certificate to Course Director (c.c. Admin. Support) via email on or before 23:59 hours of the 14th day after Workshop II. # Without an e-Certificate received by IANS, the 3-hour supervised clinical practice could NOT proceed.										

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