

INSTITUTE OF ADVANCED NURSING STUDIES

Basic Breastfeeding Course (Class 82)

Day 1 – 2 March 2021 (Tue),

Day 2 – 9 March 2021 (Tue),

Day 3 – 16 March 2021 (Tue) AM/PM,

Day 4 – 23 March 2021 (Tue) AM/PM

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

1. To provide nurses with update knowledge in breastfeeding and to strengthen their ability to care for breastfeeding clients and family
2. To cultivate the 'Baby Friendly Hospital Initiative' among nurses in HA hospitals

INTENDED LEARNING OUTCOMES

After completion of the course, the participants will be able to:

1. Acquire the update knowledge in breastfeeding and skills of breastfeeding counseling
2. Demonstrate the breastfeeding counselling skills helping the mothers to breastfeed
3. Understand the requirement of "Baby Friendly Hospital Initiative"

DESIGN OF THE COURSE

A. Theoretical Input : 2 Full-days and 2 half days (Tuesday)

Day 1 – 2 March 2021 (Tue) 9:00 am – 5:00 pm

Day 2 – 9 March 2021 (Tue) 9:00 am – 5:00 pm

Day 3 – 16 March 2021 AM/PM (Group A) AM 09:00-12:15, (Group B) PM 14:00-17:15

Day 4 - 23 March 2021 AM/PM (Group A) AM 09:00-12:15, (Group B) PM 14:00-17:15

B. Supervised Clinical Practice in Obstetric/ Paediatric Departments/Units approved by IANS: 3 hours

Arrangement of the 3-hour supervised clinical practice will be made between individual course participant and clinical mentor within a pre-set period after completion of the theoretical input and passed the electronic Assessment Module for Basic Breastfeeding Course at eLC. (Class 82 : To be completed before 6 June 2021)

DATE / TIME / VENUE

A. Theoretical Input

| | Day 1 | Day 2 | Day 3 & 4 (Half-day) | |
|--------------|-----------------------------------|-----------------------------------|--|--|
| Date | 2 March 2021 (Tuesday) | 9 March 2021 (Tuesday) | Group A (AM) | Group B (PM) |
| | | | 16 March 2021 (Tuesday) 23 March 2021 (Tuesday) | 16 March 2021 (Tuesday) 23 March 2021 (Tuesday) |
| Time | 09:00 – 17:00 | 09:00 – 17:00 | 09:00 – 12:15 | 14:00 – 17:15 |
| Venue | Teaching Learning Mode | | Identical sessions (skill practice) | |
| | On-line platform (via zoom) | | Room G09, G08AB, G04 G/F, Block M, KH | Room G09, G08AB, G04 G/F, Block M, KH |

B. 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

ASSESSMENT

Course participants are required to ***complete and pass the e-assessment Module for Basic Breastfeeding Course within the period of program start and end date.*** The electronic certificate result should be submitted to clinical mentor before the arrangement of 3-hour supervised clinical practice.

TARGET PARTICIPANT & CLASS SIZE

55 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 and Departments e.g. CNS, AED whose work is related to mother-baby care.

PROGRAM COMMITTEE (as at 22 Jan 2020)

| | | | |
|------|------|---|-------------------------------|
| HAHO | IAN | Ms Cynthia WONG, Head of IANS Ms Ivy FUNG, Manager (Nursing) Ms Elaine MAU Manager(Nursing) | |
| HKEC | PYN | Ms LEUNG Wai Ling, DOM (O&G) Ms YIP Man Yin, MC (O&G) | Ms CHAN Lai Kuen, DOM (Paed) |
| HKWC | QMH | Ms CHAN Kit Ching, DOM (O&G) | Ms Ronnie Cheng, DOM (Paed) |
| KCC | HKCH | Ms Jeanny CHEUNG, DOM(Paed) | |
| | KWH | Ms CHUNG Shui Fun Clara, DOM(O&G) | Ms LAU Sau Yee, DOM (Paed) |
| | QEH | Ms TSANG Siu Ling, DOM (O&G) Ms Christine LAM, NC (Breastfeeding) | Ms YEUNG York Mui, DOM (Paed) |
| KEC | UCH | Ms LAI Sui Yi, DOM (O&G) | Ms MA Po King, DOM (P&AM) |
| KWC | PMH | Ms LEUNG Pui Han, DOM (O&G) Ms HO Lai Fong, MC (O&G) | Ms Tany KWONG, DOM (Paed) |
| NTEC | PWH | Ms Macy CHAU, DOM (O&G) | Ms Ada CHAN, DOM (Paed) |
| NTWC | TMH | Ms Vera YIM, DOM (O&G) Ms SIU Sau Mei, Esther, MC (O&G) | Ms Vivian CHANG, DOM (P&AM) |

PROGRAM DIRECTOR

Ms Elaine MAU
Manager (Nursing), Institute of Advanced Nursing Studies, HA
(Tel: 2300 7736; email: bmlfe01@ha.org.hk)

SPEAKERS

| | |
|----------------------|---------------------------------------|
| Ms. Christine LAM | Nurse Consultant (Breastfeeding), QEH |
| Ms. LI Yuk Chun Dora | Nursing Officer (O&G), PWH |
| Ms. TSE Lai Nga | Advanced Practice Nurse (Paed), UCH |
| Ms. LAI On Ki | Advanced Practice Nurse (O&G), PMH |
| Ms. LOK Yan Yan | Advanced Practice Nurse (O&G), TMH |

LANGUAGE MEDIUM

English and supplemented by Cantonese

TEACHING & LEARNING STRATEGIES

Whole day On-line platform (via zoom)

- Lecture
- Powerpoint Slides, Video Show
- Discussion

Half-day Interactive Workshops (small groups)

- Video Show
- Demonstration and practice
- Group Discussion & Experience Sharing
- Role Play

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 assessment.

CNE POINTS

This course is equivalent to 21 CNE/ 20.5 PEM points

Contact hours:

- Theoretical input : 19.5 hours (CNE/PEM points : 19.5)
- Supervised Clinical practice : 3 hours (CNE points : 1.5 / PEM points : 1)

Timetable of Basic Breastfeeding Course

(Day 1 & Day 2 : 09:00 – 17:00)

| Date/Time/Venue | 09:00 – 10:00 | 10:00 – 10:45 | | 11:00 – 12:00 | 12:00 – 13:00 | | 14:00 – 15:00 | 15:00 – 15:45 | | 16:00 – 17:00 |
|---|---|---|----------------------------------|--|---|----------------------------------|--|--|----------------------------------|---|
| Day 1 2 March 2021 (Tuesday) <i>(On-line Platform)</i> | <u>09:00-09:10</u> Course Introduction <u>09:10-09:20</u> Refocusing Breastfeeding Christine Lam | <u>09:20-10:45</u> <ul style="list-style-type: none"> Local BF situation Importance of BF & Risk of Artificial feeding (Step 3) Tse Lai Nga | B R E A K | Applied Anatomy <ul style="list-style-type: none"> Physiology of lactation & Infant suckling Lai On Ki | Assessing and Observing a breastfeed Lok Yan Yan | L U N C H | Breast examination Breast condition + exercise Tse Lai Nga | Promotion & health practice that assist BF + Responsive Feeding (Step 3, 6-9) Lok Yan Yan | B R E A K | Birthing practice & mother-friendly childbirth <u>(SSC video)</u> (Step 4) Lai On Ki |
| Day 2 9 March 2021 (Tuesday) <i>(On-line Platform)</i> | <ul style="list-style-type: none"> Not enough milk Increase breastmilk Lok Yan Yan | <u>10:00-11:00</u> Refusal to Breastfeed Crying baby Tse Lai Nga | | <u>11:15-12:15</u> <ul style="list-style-type: none"> BF when mother is ill Medication & mother's milk HIV & B/F Lai On Ki | <u>12:15-13:15</u> Neonatal Issues <ul style="list-style-type: none"> Neonatal jaundice Premature & LBW Tse Lai Nga | | <u>14:15-15:00</u> <ul style="list-style-type: none"> Dietary Concern BF & working Contraception Lok Yan Yan | Sustaining Breastfeeding + <ul style="list-style-type: none"> Local resources (Step 10) Lai On Ki | | <ul style="list-style-type: none"> International marketing code of BMS Support to A/F mothers Tse Lai Nga |

Timetable of Basic Breastfeeding Course

(Day 3 & Day 4 – Am & Pm are identical sessions for Group A & B)

| <i>Divided into small group for teaching</i> | Group A (AM sessions) | | | | Group B (PM Sessions) | | | |
|---|--|--|--|--|--|--|--|--|
| Date/ Time/ Venue | 09:00 – 10:00 | 10:00 – 11:00 | 11:00 – 12:00 | 12:00 – 12:15 | 14:00 – 15:00 | 15:00 – 16:00 | 16:00 – 17:00 | 17:00 – 17:15 |
| Day 3 (Half-day) 16 March 2021 (AM / PM) (Tuesday) <i>Identical sessions</i> (skill practice) | Positioning a baby in breastfeeding + <u>Small Group Practice</u> (Step 5) Lai On Ki | Supervision / counselling in breastfeeding Listening & learning + <u>exercise</u> Tse Lai Nga | Building confidence & giving support + <u>exercise</u> Lok Yan Yan | Discussion All Trainers | Positioning a baby in breastfeeding + <u>Small Group Practice</u> (Step 5) Tse Lai Nga | Supervision / counselling in breastfeeding Listening & learning + <u>exercise</u> Lok Yan Yan | Building confidence & giving support + <u>exercise</u> Lai On Ki | Discussion All Trainers |
| Day 4 (Half-day) 23 March 2021 (AM / PM) (Tuesday) <i>Identical sessions</i> (skill practice) | Expression of breast milk & other feeding alternatives <u>(Cup feeding video – Breast is best)</u> Tse Lai Nga | <u>10:00-10:45</u> Taking a breastfeeding history + <u>small group Practice</u> Lai On Ki | <u>10:45-11:30</u> Counseling BF mothers <u>(practice with stories e.g. crying baby, BF refusal or not enough milk)</u> Lok Yan Yan | <u>11:30-12:15</u> Integrated practice that makes hospital baby friendly <u>Group Exercise</u> Discussion & Conclusion Dora Li | Expression of breast milk & other feeding alternatives <u>(Cup feeding video – Breast is best)</u> Lok Yan Yan | Taking a breastfeeding history + <u>small group Practice</u> Tse Lai Nga | Counseling BF mothers <u>(practice with stories e.g. crying baby, BF refusal or not enough milk)</u> Lai On Ki | Integrated practice that makes hospital baby friendly <u>Group Exercise</u> Discussion & Conclusion Christine Lam |

Course e-Evaluation

The course evaluation form can be accessed by the following two methods :

access the link :

1. <https://forms.gle/nyN6aaCiq2yHQfHy6> or 2) scan the QR code image below with your smartphone :

