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Three Days Residential Training

On

Infant and Young Child Feeding (IYCF)

14th to 16th September 2023

State Centre of Excellence for Nutrition Interventions (SCoE4N)

All India Institute of Medical Sciences, Raipur, Chhattisgarh

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Introduction

Aim & Objective of the Training- To create a pool of master trainers in the state on Infant and Young Child Feeding (IYCF)

Trainers:

1. Dr Alok Singh, Pediatrician, SCoE4N
2. Dr Nagma Nigar Shah, State IYCF Coordinator, SCoE4N
3. Ms Dhaleshwari, Lactation Counselor, SCoE4N
4. Dr Geetu Harit, IMSAM Project Coordinator, SCoE4N
5. Mr Vishnu Pandey, State Admin Coordinator

Participants (Attendance Sheet is attached in Annexure 1):

1. Counselors from 26 districts of Chhattisgarh,
2. 2 staff nurses from each NICU and PNC ward AIIMS Raipur

Agenda of the training is as follows: (Detailed day wise agenda is attached in Annexure 2):

- 10 steps of breastfeeding
- Antenatal Counselling
- Position and attachment during breastfeeding
- Initiation in Normal and LSCS Delivery
- 4 D immunization Clinic
- Understanding growth charts
- BFHI
- Hands on practice

The training was organized in collaboration with SCOE4N, NHM & UNICEF.

Day:1

Date: 14th September 2023

Place: Hotel Gagan Regency, Raipur

Time: 9:30 AM to 4:30 PM

1. Welcome address & overview of training program.

Dr. Nagma gave the welcome address. She shared the overview of training, as she conveyed the aims and objectives of the training. A round of introduction was done by the trainers followed by the participants. Participants were asked to fill the pretest form. Data from the NFHS-5 was discussed to present the overall picture of IYCF Practices which set the context of the training.



2. Training Session

Dr Nagma started with the technical presentation. Discussion was done on causes of infant and child mortality. Relation between the early initiation & exclusive breastfeeding and the reduction of death rates was discussed in details. She discussed the agenda and session plan of the 3 days training. She explained the forms and documents provided in the registration kit. The kit contained the following sheets:

- Pre and post test forms
- Diet Audit sheet
- Food groups

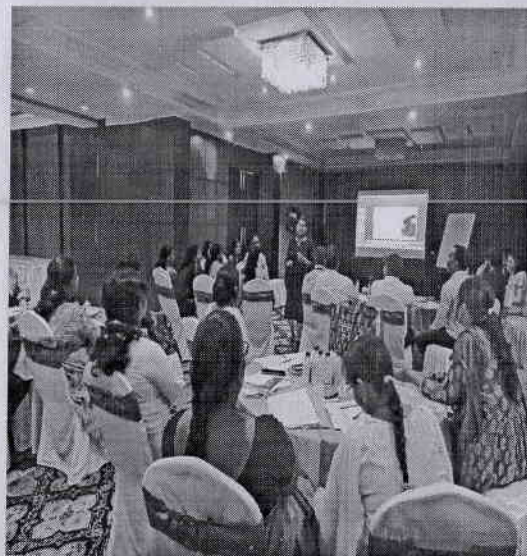
- New BFHI assessment summary
- 10 steps of breastfeeding
- Growth charts
- Feedback form

Following the introductory session, a detailed discussion was done on the major recommendations on IYCF and the benefits of breastfeeding. Discussion was done on breast crawl with a video aid.

The session was followed by the WHO's 10 steps to successful breastfeeding, the revised Baby Friendly Hospital initiative guidelines.

- Step 1: Facility Policy
- Step 2: Staff Competency
- Step 3: Antenatal Information
- Step 4: Immediate Post Natal care
- Step 5: Support with breastfeeding
- Step 6: Supplementation
- Step 7: Adequacy of breast milk
- Step 8: Rooming in
- Step 9: Feeding bottles, teats and pacifiers
- Step 10: Care at discharge

Following the above session Dr Geetu took a session on breastfeeding of preterm and low birth weight babies. Ms Dhaleshwari discussed about the adequacy of breast milk, positions and correct attachment for breastfeeding. Dr Alok explained various breast conditions and problems. He then had an interactive session on myths related to breastfeeding.



LUNCH

In the next session the concept of 4 D clinic was discussed, which encompassed the following:

1. Diet and growth monitoring
2. Development
3. Drug
4. Dose

Following this discussion diet audit sheet was explained to the participants. Different food groups were discussed in detail. Participants were informed about the minimum diet diversity and minimum meal frequency essential during complementary feeding. Dr Aparna Deshpande, Nutrition Specialist, UNICEF addressed the participants with brief discussion on the need of work on IYCF.



End of Day 1

Day: 2

Date: 15th September 2023

Place: Hotel Gagan Regency, Raipur

Time: 9:30 AM to 4:30 PM

1. Recap

Trainers presented a recap of the previous day sessions. Three groups were made for the handson sessions.

2. Training Session

Mr Vishnu took the technical session on counseling. The process of counseling was explained theoretically using the points mentioned in Table no. 1. After discussion, some demonstrations were also made to explain the processes.

Table No. 1: Steps of Counseling

<ul style="list-style-type: none">● Listening & learninga. Non-verbal communicationb. Ask open ended questionsc. Gestures & responsesd. Reflect backe. Empathyf. Avoid judging words	<ul style="list-style-type: none">● Building confidencea. Accept neutrallyb. Praisec. Practice helpd. Relevant informatione. Simple languagef. Suggestion
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Trainers elaborated on IYCF counseling during ANC visits. They emphasized involvement of family members in the counseling sessions. Trainers used the questions “who, when, where and what” to explain about the entire counseling process and content. Role play was done



LUNCH

Post lunch all the three groups visited PNC wards and NRC at the District Hospital, Kalibadi, Raipur. Each group was led by one trainer. Trainers demonstrated different positions for breastfeeding, milk expression and massage techniques. Participants got the chance to interact with pregnant woman and lactating mothers and get a hands-on practice.



End of day 2

Day: 3

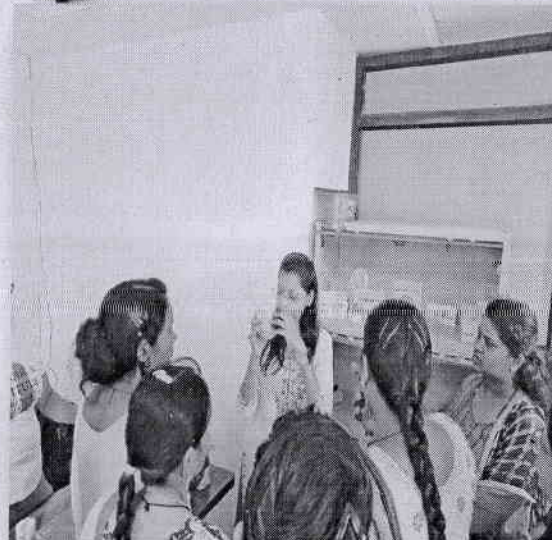
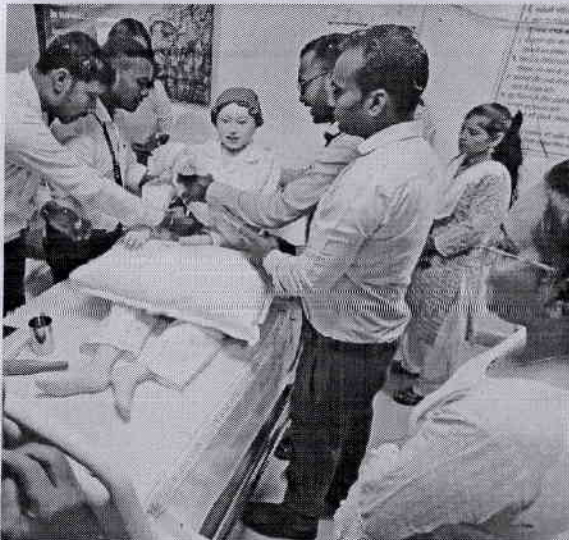
Date: 16th September 2023

Place: Hotel Gagan Regency, Raipur

Time: 9:00 AM to 4:30 PM

1. Training Session

Participants gathered at the IYCF Skills lab at AIIMS Medical College building. Participants practiced breastfeeding positions with mannequins at the lab. Use of models and various equipments were demonstrated to the participants. After the demonstrations participants were divided into groups.



These groups were taken to Pediatric OPD and immunization clinic. Participants filled the diet audit sheet in pair of two. Later the groups were taken to ANC clinic. Participants practiced group counseling at the ANC clinic. Counseling messages included the topics about the importance of breastfeeding, early initiation of breastfeeding, position of breastfeeding and basics of child care. Participants got to interact with the pregnant women and address their queries.



LUNCH

Growth charts were discussed. Participants were asked to give inference on the charts displayed. Later clarifications were made by the trainers.

Post test and feedback forms were submitted by all the participants.

Vote of thanks was given and training was closed

Way Forward:

- a. Participants who are trained are expected to act as master trainers for their respective districts and conduct cascade training in the field.
- b. Counselors are supposed to identify avenues where counseling on breastfeeding can be done.
- c. Counselors are supposed to visit PNC ward and support lactating mothers in proper positions and latching during breastfeeding.
- d. SCoE4N team will provide tele-mentoring support to these counselors.

Annexures

Annexure 1: Attendance Sheet

IYCF TRAINING PROGRAM (RMNCH COUNSELORS)

14th to 16th September 2023

ATTENDANCE SHEET

S.No.	Name of participant	Designation	Place of posting DH/CHC/other	District	Phone No	Email address	Sign (Day 1)	Sign (Day 2)	Sign (Day 3)
1	Rohini Sankar	Nurse	(TBI) AIIMS RAIPUR	Raipur	8580497571	ruhikasankar@aiimsraipur.org	Rohini	Rohini	Rohini
2	Manjula Mishra	Nurse	AIIMS Raipur	Raipur	8839754560	manjula.mishra@aiimsraipur.org	Manjula	Manjula	Manjula
3	Chandrakant Sahu	Counselor	CHC Anuda	Kanker	827018066	chandrakantsahu@gmail.com	Chandrakant	Chandrakant	Chandrakant
4	Laxmi Dewangan	Counselor	CHC Gadhiyari	Raipur	8770507299	-	Laxmi	Laxmi	Laxmi
5	Radhika Sodi	Counselor	CHC Pharasgan	Kondagan	7974242789	-	Radhika	Radhika	Radhika
6	Ulasharming	Counselor	CHC Geedan	Santewada	9575131574	-	Ulasharming	Ulasharming	Ulasharming
7	Meenendra Sahu	Counselor (NCD)	Rajma	Gunyahid	7898448851	meenendrasahu86@gmail.com	Meenendra	Meenendra	Meenendra
8	Manoj Kumar	Counselor	CHC Manpar	M.M.C	9424118944	manoj12101997@gmail.com	Manoj	Manoj	Manoj
9	Paishra Parkra	Counselor	DH. Bilapur	DH. Bilapur	9630208171	-	Paishra	Paishra	Paishra
10	Bharti Sharma	Counselor	CHC Pallari	B. Bazar	8602399105	bhartisharma@gmail.com	Bharti	Bharti	Bharti
11	Vinita Dair	Counselor	CHC Chhanghat	Raigarh	9229209083	vinita731@gmail.com	Vinita	Vinita	Vinita
12	Manjula Dewangan	FP Counselor	CHC Baramahal	Sasarpah	7999312054	Manjula	Manjula	Manjula	Manjula
13	Chitara Devi	FP Counselor	CHC Sasarpah	Sakti	6268776281	chitara@gmail.com	Chitara	Chitara	Chitara
14	Arun Kohari	Counselor (NCD)	CHC-Tomra mungeli	Mungeli	9755238252	arunkohari94@gmail.com	Arun	Arun	Arun
15	Aruni Prachein	RMNCH Counselor	CHC-S-Tomra	Kabindham	7772934739	aruniprachein@gmail.com	Aruni	Aruni	Aruni

16	Lakshwar Salu	RMNCH-Counselor	CHC Majerla	Dhamkari	8962581125	sahuyk
17	Prateek Singh	Counselor NHM	CHC Lakhanpur	Farguja	9928181557	prateek
18	Surya Kumar	Counselor NHM	CHC Bors	Durg	8982990622	Skumar
19	Anil K. Sonwane	Counselor RMNCHA	CHC Bihampur	Surajpur	7999375515	ANIL @ CR
20	ESH HUMARSAH	ICTC Counselor	CHC Khairagarh	Khairagarh	9129863273	eshkum
21	Tikeshwar Salu	ICTC Counselor	CHC Khairagarh	Khairagarh	7974386960	Tikeshwar @ gmc
22	Rohina Bhagat	RMNCH-Cou.	CHC Sontid	Koria	8349073600	rohinso
23	Maya Gupta	RMNCH-Counselor	CHC Balrampur	Balrampur	9174014416 7803852866	mayas @ gmc
24	SEJITHA N-R	Nursing Officer	ALLMS Raipur (NICU)	KOTTAYAM (KERALA STATE)	9445391568	sejith
25	Poojima Singh	Nursing Officer	ALLMS Raipur (NICU)	Bengaluru	9131627520	poojima @
26	TIKESHWAR RAO	COUNSELLOR	CHC Awaraj	Bilaspur	7987034981	
27	TARUN KUMAR	COUNSELLOR	CHC PANDRA	GPM	9685491763	thakr
28	Yasundhara Dehaini	COUNSELLOR	CHC Pathalganj	Jashpur	6266184794	vdai
29	Rakesh Kumar	RMNCH Counselor	BMO-Sukma	Sukma	6267773300	Rakhe @
30	Wishu Babhusant	ICTC Counselor	OPD SGR	SGR	8770618817	Wishu

Annexure 2: Agenda of training

IYCF TRAINING (RMNCH Counselors) AGENDA (14-16 Sep 2023)

Time	Topic	Type of Session
Day 1 (14/09/23)		
09:30 – 10:00 am	Introduction & Pretest	Classroom Session
10:00 – 1:30 pm <i>(Tea break will be given between 11:30-11:40 am)</i>	<ol style="list-style-type: none"> 1. BFHI (Basics of IYCF) 2. Antenatal Counseling 3. Initiation in Normal and LS/CS Delivery 4. No Milk/ Less Milk 5. Position & Attachment on breast 6. Breast and Nipple Problems 7. Adequacy of breast milk 8. Low Birth Weight/ Preterm Babies 9. Myths 	Classroom Session
01:30 – 02:15 pm	Lunch	
02:15 – 03:30 pm	4 D immunization Clinic (Basics of complementary feeding/ Diet Audit)	Classroom Session
03:30 – 04:30 pm	Demo and Practice of Antenatal Counseling	Group/ Classroom Session
Day 2 (15/09/23)		
09:30 – 11:15 am	Rapid Counseling with role play	Classroom Session
11:15-11:30 am	Tea break	
11:30 – 01:00 pm	Practical use of growth charts Practice Session	Classroom Session
01:00 – 01:45	Lunch	
01:45 – 04:30 pm	Hands on training in ward	3-4 Groups (Rotation in PNC, SNCU, OT/LR) at District Hospital, MCH Wing
Day 3 (16/09/23)		
09:30 – 01:30 pm	Hands on training in all wards (Demo by delegates)	IYCF Skill lab visit Pediatric & Antenatal OPD at AIIMS Raipur
01:30 – 02:30 PM	Lunch	
02:30 – 04:00 pm	<ol style="list-style-type: none"> 1. Pair Practice 2. Doubt Solving & Implementation 3. Post Test 4. Feedback & Action Plan 	Classroom Session



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07-10-2023

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