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Department of Pediatrics, AIIMS, Raipur

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Outward No. 16 Date 5/2/24 Sign.

Three Days Residential Training

On

Infant and Young Child Feeding (IYCF)

17th to 19th January 2024

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. Ms Chetna Sahu, Nursing Tutor, College of Nursing, AIIMS Raipur
2. Dr Ravikiran Shinde, Medical Officer (Pediatrican), District Hospital, Dhamtari
3. Dr Nagma Nigar Shah, State IYCF Coordinator, SCoE4N
4. Ms Dhaleshwari, Lactation Counselor, SCoE4N
5. Dr Geetu Harit, IMSAM Project Coordinator, SCoE4N
6. Mr Vishnu Pandey, State Admin Coordinator

Participants: (Attendance Sheet is attached in Annexure 1):

1. Staff Nurses from 26 districts of Chhattisgarh
2. Counselors from 4 districts of Chhattisgarh
3. Nursing and MPH students, AIIMS Raipur
4. Senior Resident from Department of Obstetrics & Gynecology, AIIMS Raipur

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

- IYCF Guidelines
- Position and attachment during breastfeeding
- Kangaroo Mother Care (KMC)
- WHO 10 steps of successful breastfeeding
- Antenatal Counselling
- Diet audit & growth charts
- Hands on practice

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

Day:1

Date: 17th January 2024

Place: Hotel Sarovar Portico, 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.



2. Training Session

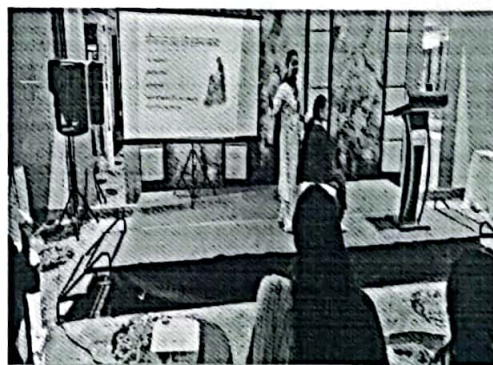
Mr Vishnu started the session with a quick discussion on SCoE4N, functioning of the project, malnutrition scenario and C-SAM program. MAA program and its components were briefly taught by Dr Geetu. Then Dr Nagma started with the presentation on NFHS data to present the overall picture of IYCF Practices which set the context of the training. 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
- New BFHI assessment summary
- 10 steps of breastfeeding

- Growth charts
- Feedback form

Following the above session Dr Ravikiran took session on Basics of IYCF (recommendations), advantages of colostrums and breastfeeding followed by session on breastfeeding in low birth weight and preterm babies. Discussion was done on breast crawl with a video aid.

After this session Mrs Chetna Sahu discussed in detail about KMC, she used props to explain the clothing needed for KMC. She took another detailed session on attachment and different positions for breastfeeding. Dr Geetu took a session on common breast conditions and nipple related problems followed by session on milk expression. Breast model was used to show the steps. One volunteer was involved to demonstrate back massage technique for milk expression.



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Following this discussion diet audit sheet was explained to the participants. Different food groups were discussed in detail. Characteristics of complementary foods were discussed through "FATVAH" F = Frequency, A = Amount, T = Thickness (consistency), V = Variety (different kinds of foods), A = Active/responsive feeding, and H = Hygiene (FATVAH).

Participants were informed about the minimum diet diversity and minimum meal frequency essential during complementary feeding. Examples were discussed with participants. Discussion on maternal nutrition was also made by Dr Nagma and the day was wrapped up.

End of Day 1

Day: 2

Date: 18th January 2024

Place: Hotel Sarovar Portico, Raipur

Time: 9:30 AM to 4:30 PM

1. Recap

Volunteers from among the participants were called to present recap of the previous day sessions. 5 of them came forward to do so. Trainers added further to the recap.



Training Session

Dr Nagma discussed about adequacy of breast milk and what are the credible indicators that ensures adequacy of breast milk. and breastfeeding during special conditions. Brief discussion was done on WHO recommendation that HIV infected mothers should exclusively breastfeed their infants, unless replacement feeding is Acceptable, Feasible, Affordable, Sustainable and Safe (AFASS). Dr Geetu 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 |
|---|--|

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 using story which revealed the correct way of counseling and how to identify issues with breastfeeding.

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Mrs Chetna Sahu took session on basic child care. She discussed how to identify hunger cues and how to wake a baby for breastfeeding. While discussing these topics common myths were also discussed. This 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

Ms Dhaleshwari and Geetu took session on Growth Charts. Participants were asked to give inference on the charts displayed. Later clarifications were made by the trainers.



Visit to District Hospital, Kalibadi, Raipur did not happen due to some issues with the transportation.

End of day 2

Day: 3

Date: 19th January 2024

Place: Hotel Sarovar Portico, Raipur

Time: 9:30 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.

Participants were taken to PNC ward to observe breastfeeding and get hands on practice of correct attachment, position and milk expression.



After the practice session, participants were taken to SMART Unit, where they got to interact with Dr Anil Kumar Goel, Programme Director (SCoE4N), Professor and Head, Department of Pediatrics. AIIMS Raipur, C.G.

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- Post test and feedback forms were submitted by all the participants. Average score of pre test was 10.5 whereas for post test it came out as 13.
- Vote of thanks was given and training was closed.

Way Forward:

• Participants who are trained are expected to act as master trainers for their respective districts and conduct cascade training in the field.

• Staff Nurses are expected to support mothers in early initiation of breast feeding and enable families to continue exclusive breastfeeding.

• Counselors are supposed to visit PNC ward and counsel lactating mothers and their families.

• SCoE4N team will include the newly trained counselors in the ongoing Tele-mentoring.

• In coming times Staff Nurses will play role in BFHI accreditation of the health facilities.

Annexure

Annexure 1: Attendance Sheet

17/01/2024 - 19/01/2024

3-Days TOT on IVCF
17th to 19th January 2024

ATTENDANCE SHEET

S.No.	Name of participant	Designation	Place of posting	District	Phone No	Email address	17 th	18 th	19 th
1	Chandrasekhar	Counselor	D.H. Srinivas	Bastar	8109304405	chandrasekhar@nic.in			
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17/1/24 - 19/1/24

ATTENDANCE SHEET

S.No.	Name of participant	Designation	Place of posting	District	Phone No	Email address	17 th	18 th	19 th
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17/11/21-19/11/24

						17/11	18/11	19/11
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47	Kausthavi	S/S	DH-balod	balod	7			
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Annexure 2: Agenda of training

**IYCF TRAINING
AGENDA (17-19 January 2024)**

Time	Topic	Type of Session
Day 1 (17/01/24)		
09:30 – 10:00 am	Introduction & Pretest	Classroom Session
10:00 – 1:30pm <i>(Tea break will be given between 11:30-11:40 am)</i>	<ol style="list-style-type: none"> 1. Scenario of child malnutrition & feeding practices 2. About MAA program 3. Basics of IYCF 4. Initiation in Normal and LS/CS Delivery 5. Breastfeeding in Low Birth Weight/ Preterm Babies 6. Kangaroo Mother Care 7. Issue of No Milk/ Less Milk (Adequacy of breast milk) 8. Position & Attachment on breast 9. Breast and Nipple Problems 10. Milk Expression 	Classroom Session
01:30 – 02:15 pm	Lunch	
02:15 – 03:30 pm	Basics of complementary feeding (4 D immunization Clinic)	Classroom Session
03:30 – 04:30 pm	Diet Audit	Group/ Classroom Session
Day 2 (18/01/24)		
09:30 – 01:00 pm <i>(Tea break will be given between 11:15-11:30 am)</i>	<ol style="list-style-type: none"> 1. BFHI 2. Basic child care 3. Antenatal Counseling 4. Rapid Counseling with role play 5. Assessment of breastfeeding 6. Growth charts 	Classroom Session
01:45 – 04:30 pm	Hands on training in ward (District Hospital)	3-4 Groups (Rotation in PNC, SNCU, OT/LR) at District Hospital, MCH Wing
Day 3 (19/01/24)		
10:30 – 01:00 pm	Hands on training in wards	IYCF Skill lab visit Pediatric & Antenatal OPD at AIIMS Raipur
01:30 – 02:15 pm	Lunch	
02:15 – 04:00 pm	<ol style="list-style-type: none"> 1. Pair Practice (Through stories) 2. Doubt Solving & Implementation 3. Post Test 4. Feedback & Action Plan 	Classroom Session

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2/1/24