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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 & learning<ul style="list-style-type: none">a. Non-verbal communicationb. Ask open ended questionsc. Gestures & responsesd. Reflect backe. Empathyf. Avoid judging words	<ul style="list-style-type: none">• Building confidence<ul style="list-style-type: none">a. 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.

Annexure

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	Ritika Sahotra	Nutrition Officer	CHC (TBI)	Raipur	8580497574	ritikasahotra124@gmail.com	Ritika	Ritika	Ritika
2	Anjali Mishra	Nutrition Officer	CHC Raipur	Raipur	8839754560	anjali.mishra1945@gmail.com	Ana	Ana	Ana
3	Chandra Kant	Counselor	CHC Amoda	Kanker	8827018066	CKSahukra@gmail.com	Chandra	Chandra	Chandra
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5	Radhika Sodi	Counselor	CHC Pharyagpur	Kondagaon	7974242789	—	Radhika	Radhika	Radhika
6	Udhar Singh	Counselor	CHC Geadam	Santaula	9575131574	—	Udhar	Udhar	Udhar
7	Meenendra Saha	Counselor (NCD)	Rajim	Gumtibi	7898448859	meenendrasaha86@gmail.com	Meenendra	Meenendra	Meenendra
8	Manoj Kumar	Counselor	CHC Mompur	M.M.C	9424118944	manoj12101997@gmail.com	Manoj	Manoj	Manoj
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10	Bharti Sharma	Counselor	CHC Pallari	B. Bazar	8602398105	bhartisharma@gmail.com	Bharti	Bharti	Bharti
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12	Munjabta Dewangan	FP Counselor	CHC Bramhachal	Sarangeli	7999312054	Munjabta	Munjabta	Munjabta	Munjabta
13	Chitara Khatwani	FP Counselor	CHC Jaitapur	Sakti	6268776281	ChitaraKhatwani32@gmail.com	Chitara	Chitara	Chitara
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16	Lokeshwari Sahu	RMNCH- counselor	CHC Majherdol	Dhamkari	8962581125	sahuyk02@gmail.com	Lokeshwari Sahu	Lokeshwari Sahu	Lokeshwari Sahu
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23	Maya Gupta	RMNCH counselor	CHC Balrampur	Balrampur	9174014416 7803852866	mayagupta2201902@gmail.com	Maya Gupta	Maya Gupta	Maya Gupta
24	REJITHA N-R	Nursing officer	AIIMS Raipur	KOTAHAM (KERALA STATE)	9445397568	rejitnora62@gmail.com	REJITHA N-R	REJITHA N-R	REJITHA N-R
25	Prashant Singh	Nursing officer	AIIMS Raipur	Bamajpur	9137627520	prashantsingh99433@gmail.com	Prashant Singh	Prashant Singh	Prashant Singh
26	Tikeshwar Sahu	Counselor	CHC Ara	Bijapur	7987034931		Tikeshwar Sahu	Tikeshwar Sahu	Tikeshwar Sahu
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29	Rakesh Kumar	RMNCH counselor	BMO-SUKMA	Sukma	6267773340	RakeshRakesh510@gmail.com	Rakesh Kumar	Rakesh Kumar	Rakesh Kumar
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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 – 1:30pm (Tea break will be given between 11:30-11:40 am)	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	1. Pair Practice 2. Doubt Solving & Implementation 3. Post Test 4. Feedback & Action Plan	Classroom Session

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