

ES03

BREASTFEEDING ESSENTIALS FOR DOCTORS

DR WENDY BRODRIBB, AM, MBBS, IBCLC, PHD

ABOUT

Breastfeeding Essentials for Doctors is for the professional development and education of Doctors and Physicians supporting women during pregnancy, birthing and for the duration of Breastfeeding. This **4 HOUR** course has been presented in a case-study format that carefully covers all of the important topics required to prepare the participant for Baby-friendly accreditation.

Available in **English**.

ACCREDITATION

On successful completion participants will receive a certificate with the following educational points noted:

- 4 AMA PRA Category 1 Credits™
- 4 Contact Hours (CHs) awarded by the California Board of Registered Nursing

CURRICULUM

MODULE 1 **Provide information and assess breastfeeding women**

Discuss the impact doctors can have on breastfeeding initiation and duration.

Explain the evidence-based differences in maternal and infant outcomes that occur with breastfeeding vs formula feeding and why these differences occur.

Apply knowledge of breast anatomy and physiology to identify women who may have difficulty lactating.

Discuss the nutritional properties of human milk.

Identify and assess conditions that may contraindicate breastfeeding.

Discuss six concerns mothers may have with breastfeeding and strategies they may use to overcome these concerns.

Assess the risk of a maternal medication for an infant who is being breastfed.

Locate reputable information regarding a specific drug and its use during lactation.

Provide advice related to the Lactational Amenorrhoea Method of contraception.



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AIM

The aim of the course is to improve the breastfeeding assistance provided to women by medical professionals in a manner that is consistent and evidence-based, and to provide the consistent, convenient, cost-effective, high-quality staff education required by hospitals seeking Baby-friendly Hospitals Initiative® accreditation.

LEARNING OBJECTIVES

On successful completion of this course participants will be able to provide relevant information to, and appropriately assess breastfeeding women; manage the normal breastfeeding dyad and; manage abnormal situations for the breastfeeding dyad.

CURRICULUM (CONTINUED)

MODULE 2 **Manage the normal breastfeeding dyad**

By following the Ten Steps to Successful Breastfeeding, plan appropriate breastfeeding related management of a well mother and infant in the first three days postpartum.

Assess whether an infant less than two weeks of age is receiving sufficient breastmilk.

Describe changes in normal breastfeeding behaviors (including feeding and elimination patterns) from birth to one month.

Assess correct positioning and attachment.

Use and interpret appropriate infant growth charts.

Discuss the rationale for the timely introduction of complementary foods.

Explain the recommendations related to weaning.

MODULE 3 **Manage abnormal situations for the breastfeeding dyad**

Assess the effect on breastfeeding of: near-term birth; pain relief used in labor; poor latch; and hypoglycaemia.

Differentiate between normal breast fullness and engorgement and plan appropriate treatment.

Discuss the causes of jaundice in the neonatal period and their relationship with breastfeeding.

Distinguish between causes of delayed lactogenesis and low milk supply and plan appropriate management/treatment of a woman with a low milk supply.

Discriminate between the common causes of sore and cracked nipples within the first week, and at one month.

Plan appropriate management/treatment for a woman with: infected nipples; vasospasm; or dermatological conditions affecting the nipple.

Identify causes of and diagnose mastitis and breast abscess and plan appropriate treatment of a woman with mastitis or breast abscess.