

Putting knowledge into practice

Mon Feb 18

Sun Mar 24

(same content repeated)

9am - 5pm

Dublin

Course aim:

At the end of this day participants should be able to:

1. Show the difference between discussing factual information and telling a woman what she should do;
2. Discuss what practices around labour and birth and feeding frequency support successful breastfeeding;
3. Take a breastfeeding history and explain key points to watch for;
4. Assess a breastfeed and determine if any assistance is needed;
5. Discuss planning care, follow-up and when is referral indicated;
6. Describe steps in assisting a mother to acquire skills of breastfeeding, using principles of adult learning.

Who should attend:

This day is useful for continuing education of health workers including PHNs, GP practice nurses, hospital midwives and paediatric nurses, GPs, dietitians, lactation consultants, community breastfeeding counsellors.

Course outline: (7 education hours)

Topics include:

- Antenatal discussion skills and language
- Implementing supportive practices: birth, feeding frequency
- Taking a history and signs to watch for
- Assessing a feed
- Is there a problem? Care planning, when to follow-up or refer
- Assisting mothers to acquire skills, adult learning
- Case studies

The course team are all International Board Certified Lactation Consultants with additional qualifications and work experience in nutrition, health promotion, child health, midwifery, research, community development, and adult education.

Lactation Studies Theme Day Series

Focused on applying research based information to practice. Other topics in this series are: Mother Wellness when Breastfeeding, Putting Theory into Practice, and Milk Supply. Theme Days include topics from the IBCLC exam blueprint.

For more information and booking visit the Training Courses page at
www.bestservices.ie or
email: contact@bestservices.ie or
Phone: 091 527511

