

MINISTRY OF HEALTH

**CONTINUOUS TRAINING PROGRAM
ON INFANT AND YOUNG CHILD FEEDING**
Manuals for Health Workers on maternal and child health care
at all levels

Hanoi, January 2015

INTRODUCTION

The United Nations Children’s Fund (UNICEF) and the World Health Organization (WHO) jointly developed the Global Strategy for Infant and Young Child Feeding in 2002 in order to emphasize the significant impacts of optimal feeding practices on the nutritional status, growth and development, and survival of infants and young children. Contents of this training course are developed based on conclusions and recommendations of leading nutritional experts, aiming at protecting, promoting and supporting exclusive breastfeeding (EBF) in the first six months of life, appropriate complementary feeding (CF) and continued breastfeeding (BF) up to two years of age or beyond.

In reality, many infants and young children are nourished inappropriately. Many mothers, though making a good BF start, still introduce CF to their children too early, or stop breastfeeding after a few weeks of delivery or breastfeed their children improperly. Some other children grow well in their first six months as they are breastfed, but after that, complementary feeding is introduced too late or inappropriately. Consequently, they become malnourished, especially stunted, which affects both the physical and intellectual development of children. This has become an increasing concern in many countries.

The main reason for children malnutrition is not the lack of foods but the lack of knowledge on optimal BF and CF practices. People’s knowledge on infant and young child feeding is strongly affected by their common beliefs, community norms and health workers’ advices. Sometimes, advertisements by children food manufacturers are also an influential factor to the public and health worker’s nutrition practices. Health workers encounter many challenges in persuading mothers to change their nutrition practices and behaviors because the recommendations they provide are contrary to common practices and knowledge of the public. Therefore, it is important to provide training and updates on infant and young child feeding (IYCF) knowledge and skills for health workers to help them attain fundamental skills on BF and appropriate CF counseling and support. This will contribute to achieving the stunting reduction goal for children under five years in the national nutrition strategy for the period of 2011 - 2020, with a vision toward 2030.

The IYCF training program and materials are issued by the Ministry of Health to meet the training needs of health workers in maternal and child care at all levels. At the completion of this training course, health workers will be able to provide counseling and support to mothers, caregivers, families and community on optimal feeding practices for children aged 0-24 months.

The training program is developed based on the IYCF training materials designed by WHO, UNICEF, the Alive & Thrive (A&T) project, and adapted to the Viet Nam’s contexts. The training contents include 40 sessions, including 25 theory sessions, and 15 are practical sessions; and are organized in a five-day training course. Training contents focus on the two main IYCF components, i.e. BF and CF, as recommended by WHO.

Training manuals attached to the training program include a Trainee’s Handbook, a Trainer’s Manual and a set of VCDs. These manuals provide IYCF knowledge and skills according to

WHO's recommendations and Vietnam's context. Appendices include information for reference, illustrations and existing documents related to IYCF.

During the development of the training program and manuals, the author group reviewed, received, edited, added and finalized them based on valuable comments and feedback from the Professional Certification Committee, the National Institute of Nutrition (NIN), obstetrics and pediatrics experts, specialists from WHO, UNICEF, representatives of health workers in maternal and child health care at all levels across the nation, and with technical and financial support from A&T.

The IYCF training program and manuals were certified and approved by the Ministry of Health (MOH) for the first time on December 05th, 2014 in the Decree No.5063/QĐ-BYT for the unified use in training for health staff working in maternal and child health care at all levels. MOH welcome ideas from organizations and individuals to further improve the documents.

On this occasion, the Maternal and Child Health Department, MOH would like to express our gratitude to A&T, WHO, and UNICEF for their close collaboration in protecting, caring and improving the health and nutritional status of mothers and children in general, and for their technical and financial support to finalize the IYCF training program and manuals.

THANK YOU!

TRAINING PROGRAM

1. General Goal:

To provide fundamental up-to-date knowledge and skills on IYCF to health staff working in maternal and child health care sector at all levels so that they are able to effectively counsel and support mothers, caregivers, families and communities to adopt good IYCF practices for children aged 0 - 24 months according to WHO recommendations; to counsel and support HIV-infected mothers in making appropriate feeding decisions in the first two years of life.

2. Specific Objectives:

2.1. Knowledge:

1. To be able to present fundamental and up-to-date knowledge on BF according to WHO recommendations.
2. To be able to present fundamental and up-to-date knowledge on CF according to WHO recommendations.
3. To be able to present fundamental and up-to-date knowledge and methods to feed children of HIV-infected mothers in the first two years of life.
4. To be able to present key points of existing International and Vietnam's regulations related to IYCF.

2.2. Skills:

1. To be able to provide counseling on IYCF for mothers, caregivers, families and communities according to WHO recommendations and Vietnam's context.
2. To be able to instruct mothers and caregivers, families and communities to adequately and appropriately adopt IYCF practices for children aged 0 – 24 months that suit Vietnam's context.
3. To be able to counsel and instruct HIV-infected mothers to feed their children appropriately in the first two years of life.

2.3. Attitude:

1. To regularly update knowledge on IYCF according to WHO recommendations and Vietnam's context.
2. To persist in provide counseling and support for mothers, caregivers, families and communities to successfully adopt IYCF practices according to WHO recommendations and Vietnam's context.

3. Amount of knowledge and training duration

3.1. Amount of knowledge: 40 periods, 25 of which are theory periods and 15 are practice periods (excluding opening, closing and training evaluation).

3.2. Training duration: 5 days, 8 periods/ day, 50 minutes/ 1 period.

4. Program agenda

NO.	SESSION/ TOPIC	OBJECTIVES	DURATION (SESSION)		
			Total	Theory	Practice
1	Overview of Infant and Young Child Feeding	<ol style="list-style-type: none"> To be able to point out the significance of IYCF To be able to point out the objectives and main contents of the Global Strategy on IYCF 	1	1	0
2	Importance of Breastfeeding	<ol style="list-style-type: none"> To be able to point out six benefits of BF To be able to explain BF recommendations To be able to list out 10 disadvantages of feeding children with breast milk substitutes 	2	2	0
3	Breast Milk Production	<ol style="list-style-type: none"> To be able to describe the anatomy and functions of the breast. To be able to describe hormonal control of breast milk production and ejection To be able to explain the meanings of factors affecting breast milk production 	2	2	0
4	Positioning and Attachment	<ol style="list-style-type: none"> To be able to describe good positioning and attachment To be able to use the Breastfeed Observation Job Aid to observe and assess a breastfeed To practice helping a mother breastfeed her baby properly based on real situations 	3	1	2
5	Expressing and Storing Breast Milk	<ol style="list-style-type: none"> To be able to describe seven cases when breast milk expression is needed To be able to show mothers how to prepare and practice expressing breast milk by hand and by a breast pump To be able to show mothers how to store and feed her baby with expressed breast milk 	1	1	0

NO.	SESSION/ TOPIC	OBJECTIVES	DURATION (SESSION)		
			Total	Theory	Practice
6	Practicing Ten Steps for Successful Breastfeeding at Health Facilities	<ol style="list-style-type: none"> To be able to list out the ten steps for successful BF To be able to describe IYCF practices in the ten steps for successful BF 	1	1	0
7	Common Breastfeeding Difficulties	<ol style="list-style-type: none"> To be able to give instruction to mothers about BF in cases of insufficient milk, crying babies, and breast refusal To be able to handle with the common breast' conditions. 	4	4	0
8	Breastfeeding Low Birth Weight Babies	<ol style="list-style-type: none"> To be able to show mothers how to breastfeed low birth weight babies To be able to estimate the amount of milk needed for low birth weight babies when they cannot breastfeed 	1	1	0
9	Nutrition and Health Care for Pregnant Women and Lactating Mothers	<ol style="list-style-type: none"> To be able to point out the importance of nutrition care for pregnant women and lactating mothers To be able to give instruction to mothers about the appropriate dietary and health care during pregnancy and lactation 	1	1	0
10	International Code and Vietnam's Regulations on the Trade in of Nutritious Products for Infants and Young Children	<ol style="list-style-type: none"> To be able to describe different advertising forms of milk companies To be able to point out the main points of the International Code and Vietnam's regulations on the marketing of breast milk substitutes 	1	1	0
11	Inter-personal Counseling Skills	<ol style="list-style-type: none"> To be able to describe six skills of listening and learning To be able to describe six skills of building confidence and giving support To be able to apply interpersonal counseling skills to provide counseling on IYCF to mothers and caregivers. 	3	1	2

NO.	SESSION/ TOPIC	OBJECTIVES	DURATION (SESSION)		
			Total	Theory	Practice
12	Individual and Group Counseling Steps	<ol style="list-style-type: none"> To be able to describe six steps of individual and group counseling on IYCF To be able to provide individual and group counseling sessions on IYCF based on the six steps 	2	0	2
13	Field Practice at Hospitals on Counseling and Giving Instructions on Breastfeeding	<ol style="list-style-type: none"> To be able to use appropriate counseling skills to counsel mothers on IYCF. To be able to assess a breastfeed using the Breastfeed Observation Job Aid. To illustrate how to support mothers with good positioning and attachment. 	4	0	4
14	Importance of Complementary Feeding	<ol style="list-style-type: none"> To be able to explain the importance of appropriate CF To be able to describe 10 CF principles To be able to point out the risks of too early or too late CF 	1	1	0
15	Complementary Foods	<ol style="list-style-type: none"> To be able to list out four main food groups of CF To be able to explain the importance of giving children diverse foods, food rich in iron and Vitamin A 	1	1	0
16	Quantity and Quality of Complementary Feeding	<ol style="list-style-type: none"> To be able to present the number of CF meals and amount of complementary foods that is appropriate to each age group To be able to explain the reasons why children need to be fed with thick foods and describe how to increase the density of complementary foods To be able to give instruction to mothers and caregivers on good feeding techniques To be able to give instruction to mothers and caregivers on ensuring food safety and hygiene in CF 	4	4	0

NO.	SESSION/ TOPIC	OBJECTIVES	DURATION (SESSION)		
			Total	Theory	Practice
17	Fussy Eating and Refusal to Eat in Children	<ol style="list-style-type: none"> To be able to identify the problems of fussy eating and refusal to eat and the reasons why To be able to give instructions to mothers and caregivers on prevention of and nutrition care for children with fussy eating and refusal to eat 	1	1	0
18	In-classroom Practice: Counseling and Giving Instructions on Complementary Feeding	<ol style="list-style-type: none"> To be able to practice counseling for mothers, caregivers and families on appropriate CF for young children To be able to give instructions to mothers on how to prepare a bowl of appropriate complementary foods for young children 	4	0	4
19	Feeding Children during Illness and Recovery and Children with HIV-infected Mothers	<ol style="list-style-type: none"> To be able to give instructions to families and community on child feeding during illness and recovery To be able to give instructions to families and community on feeding children with HIV-infected mothers 	1	1	0
20	Assessing Nutritional Status of Children	<ol style="list-style-type: none"> To be able to state the definition of nutritional status To be able to categorize and assess nutritional status using the anthropometric method To be able to perform well the techniques of measuring children's height and weight, measuring arm circumference To be able to use growth charts to counsel mothers on how to assess a child's nutritional status 	2	1	1
Tổng số tiết			40	25	15

5. Instructions for organizing the training program

5.1. Participants:

Health staff (Doctors, Nurses, Midwives, Pediatricians and Obstetricians) working in maternal and child health care and nutrition counseling at all levels (national, provincial, district, and commune). Maximum 30 trainees/ class.

5.2. Criteria for trainers

- Pediatricians, Obstetricians, and Nutritionists working in maternal and child health care and nutrition counseling at National and Provincial levels (Health personnel training facilities, Hospitals, Health Centers, Maternal and Child Health and Nutrition Counseling Centers).
- Have experience in training on child nutrition

5.3. Criteria for training facilities

- Have at least 2/3 health staff meeting criteria for trainers to facilitate the training course as the facility's official staff.
- Meet all requirements in infrastructure and equipment, basic training facilities, and practicing tools that meet the training objectives.
- Have facilities for field practice that meet the training objectives.

5.4. Training manuals, reference materials, and further readings

Key training manuals:

The Infant and Young Child Feeding manuals for health staff working in maternal and child health care at all levels, certified and approved by the Ministry of Health (MOH) on December 05th, 2014 in the Decision No.5063/QĐ-BYT.

5.5. Teaching/ learning methodology:

- Use constructive teaching/ learning methods, based on trainees' needs, choose and combine different appropriate methods to achieve the training objectives and practical context.
- Several key methods to use in the training course include: Presentation with illustration, Problem-presenting, Problem-solving, Brainstorming, Studying materials, Case-studying, Group discussion, Role-playing, Demonstration, Practicing, Teaching/ learning on procedure, Clinical teaching.

5.6. Teaching/learning facilities and materials

- Teaching/learning facilities and materials are selected based on the specific training objectives and contents of each session and based on the practical context.
- Several teaching/learning facilities and materials to be used in the training course include:
 - Boards, markers, A0 papers, projector, slides;
 - Case studies for illustration, role-playing, excercises, technical procedures, checklist, marking scale based on the specific training objectives;

- Other handouts (depending on training objectives and conditions);
- Teaching/learning facilities and materials based on topics:
 - Equipment and materials to practice BF;
 - Equipment and foods to practice CF;
 - Tools and materials to practice Assessing the Nutritional Status of children (Weight scale, three-piece height board, arm circumference measuring tool).

(For further details, refer to the Trainer's Manual on IYCF).

5.7. Evaluation:

- Pre- and post-test question bank:
 - include questions after each session in the key training manuals of the course;
 - Combine with questions, case studies that are updated and added by trainers during the training process based on practical experience and lessons learnt.
- Examination paper, test: use the pre- and post-test question bank to design the examination paper and test to meet the training objectives.
- Evaluation method and form: select in accordance with the training objectives to be evaluated (Theory, practice)
- Quick knowledge assessment during the training process through post-tests and case study results;
- Skill assessment using checklists and score cards in role-playing practice sessions.
- Evaluation score/ timing:
 - Regular evaluation score: use the quick assessment results during the training process: case study results during practice sessions, post-test results.
 - End-of-course training evaluation score: an overall examination paper
- Evaluation result: is the average score of the regular evaluation score and the end-of-course training evaluation score.

5.8. Certification:

- Trainees are provided with certificates when they meet the following requirements:
 - Evaluation result for the whole training course is not below 5 points;
 - Participating in no less than 70% of the training duration, with trainer's permission for the absence time./.

