

Krishna Institute Of Medical Sciences Deemed To Be University

Krishna Institute of Nursing Sciences, Karad

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PROGRAMME NAME: Postgraduate Diploma In Breastfeeding Counselor

CHOICE BASED CREDIT SYSTEM (C.B.C.S.)

1year program Syllabus

Program code: 4504 Course code: 4504-11

Course-paper-I



Krishna Institute of Medical Sciences Deemed to be University, Karad

**KRISHNA INSTITUTE OF MEDICAL SCIENCES “DEEMED TO BE”
UNIVERSITY, KARAD**

Krishna Institute of Nursing Sciences, Karad

POSTGRADUATE DIPLOMA IN BREASTFEEDING COUNSELOR

SYLLABUS



Preface

Many mothers experience breastfeeding problems in the early days after having a baby. Breastfeeding (Lactation) Counsellors have the opportunity to make a real difference to the families they work with. Breastfeeding counsellor training will enable student to assist mothers to overcome breast feeding difficulties & help a parent and baby gain the benefits of breastfeeding.

Much of student work as a Breastfeeding Counsellor will be listening to the post natal mothers and truly supporting them. Student will develop strong communication skills, learning the important skills of reflective practice and effective and active listening. During this training program, student will develop strong skills in using the counselling process to help clients feel supported and heard. This course will benefit out going students to work as a breast feeding counselor.

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Philosophy

Krishna Institute of Medical Sciences Deemed to be University believes that Graduate nurses need to train as breast feeding counselor to provide information and demonstrate breastfeeding techniques to postnatal mother . Breastfeeding plays a crucial role in the health, growth and development of babies and has benefits for the mother too. Women may need some help to successfully feed their babies. They need support and reassurance as they learn this skill. Training help student to develop strong communication skills, learning the important skills of reflective practice and effective and active listening. So as to work confidently as a breast feeding counselor in the world.

Aim

Prepare Nursing graduates to work as a breastfeeding counsellor by acquiring knowledge, counselling skill and demonstrate breastfeeding techniques to postnatal mother by providing encouragement, guidance and continuous support to the post natal mothers.

Objectives

General Objective -

At the end of the course the graduate nursing students should able to develop knowledge and skills as a breastfeeding counsellor.

Specific Objectives:

At the end of the course the student should able to,

1. Develop communication and guidance skill in area of breast feeding practices.
2. Communicate the advantages and benefits of breastfeeding for both mother and baby.
3. Demonstrate how to breastfeed a baby, including positioning and attachment.
4. Assess actual and potential difficulties and how to work with women on ways to overcome them.
5. Explain the opportunities for HIV-infected mothers to breast feed and improve HIV-free survival of their baby.

Admission Requirements

- Students with Basic BSc.N. / Post Basic BSc.N. (Degrees)
- Registered with state nursing council.
- Possess a minimum of one year experience as a staff nurse.

Entrance / Selection test

Selection of the candidates should be based on the merit of the entrance examination held by University.

Duration

Duration of the course - one year

Intake Capacity : 05

Attendance

A candidate has to secure 100% attendance in overall.

Fee

As per University policy.

Faculty :

Mrs.Rajashri B.Karale- Course Convener ,Associate Professor. KINS, Karad

DR.Prakash Naregal- Associate Professor .KINS ,Karad

Mrs.Ujwala Chopade - Assistant Professor. KINS, Karad

Mrs.Sheetal Kadam- Assistant Professor. KINS, Karad

Program pattern- Commencement of Semester

- First Semester: 1st August
- Second Semester: 1st February

Course Duration: one year

Total Weeks per Semester: 20 wks / semester

Number of Weeks per Semester for instruction: 20 weeks (30hrs/week x 20 weeks=600 hours)

Hours Distribution- Theory and Practical**1st Semester :**

Theory - 5 hrs /week = 105 hrs

Clinical -25hrs/week = 450hrs

Total Theory + Clinical hrs = 555 hrs

2nd Semester:

Theory -5 hrs /week = 105 hrs

Clinical -25hrs/week = 450hrs

Total Theory + Clinical hrs = 555 hrs

Course of Studies

Postgraduate Diploma In Breastfeeding Counsellor

Semester	Theory	Practical	Grand Total
First Semester	105 Hrs.	450 Hrs.	555hrs
Second Semester	105 Hrs.	450 Hrs.	555hrs
Total	210	900	1110 hrs

Clinical Experience

Areas of clinical experience

Sr. no	Area of posting	First Semester	Second Semester	Grand Total	Total Hrs / semester
1.	Labour room	4 week	4 week	8week	200
2.	Postnatal ward	4week	4week	8week	200
3.	NICU	4week	4week	8week	200
4.	Paediatric OPD	2weeks	2weeks	4weeks	100
5.	Gynaec OPD-Hirkani Kaksh	4weeks	4weeks	8weeks	200
	Total	18weeks	18weeks	36 weeks	900hrs

Course Instruction
1st Semester

Sr. NO	Content	Number of Hours	Credits.
A	Core Subject		
	a.Theory		
1	Communication skill & Human Relations	15	1
2	Guidance and counseling	15	1
3	Breast Feeding- care of breast	15	1
4	Breast Feeding techniques	15	1
5	Expressing Breast milk	15	1
	b.Practical /clinical Posting	360	12
1	Communication skill & Human Relations Baby crawl, Latch		
2	Guidance and counseling		
3	Breast Feeding- care of breast Expressing Breast milk Health Teaching		
4	Breast Feeding Different techniques of feeding Panel Discussion Poster exhibition		
B	Ability Enhancement Elective (Any One)		
a.	Theory		
1.	Brest feeding Techniques	30	2
2	Home visit technique & counseling		
b.	Practical / Clinical Posting		
1.	Clinical Posting at Brest feeding room preparing report	90	3
2.	Home visit, counseling, and prepare report		
	Total	555	22

Semester -2

Sr. NO	Name of semester	Number of Hours	credits.
A	Core Theory		
	a. Theory		
1	Baby crying	15	1
2	Kangaroo Mother Care	15	1
3	Feeding Technique	15	1
4	Counseling Techniques	15	1
5	Guidance- Sustaining Breastfeeding	15	1
	b.Practical /clinical Posting		
1	Baby crying,Management of breast problems	90	3
2	Kangaroo Mother Care Health Teaching	90	3
3	Home Feeding Technique	90	3
4	Counseling Techniques mother,relatives Guidance- Sustaining Breastfeeding	90	3
B	Generic Elective -(Any One)		
a.	Theory		
1.	Health Economics	30	2
2.	Stress Management		
b.	Practical /clinical Posting		
1.	Health economics practice	90	3
2.	Stress Management practice		
	Total	555	22

POSTGRADUATE DIPLOMA IN BREASTFEEDING COUNSELOR

SYLLABUS

COURSE DESCRIPTION:

The course is designed to prepare nurses (Basic BSc.Nursing / Post Basic BSc.Nursing) with specialized knowledge, skills and attitude in providing necessary guidance and counselling to lactating mothers, demonstrate skill breast feeding techniques and management of feeding problems.

Semester- 1

A- Core Syllabus

a- Theory

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	15	<p>At the end of unit student are able to</p> <ul style="list-style-type: none"> • Understand and describe process, elements and channels of communication. • Identify barriers of communication. • Represent the effective techniques of communication with mothers and relatives. 	<p>Communication skill & Human Relations: Related to breast feeding</p> <ul style="list-style-type: none"> • Review of communication process, elements ,Channels with mothers and relatives • Facilitators. Barriers • Methods of overcoming. Techniques. • Importance of communication skills for Breast Feeding Counselor • Human relations in context of counseling nursing mothers • Interpersonal Relationship with mothers and families 	<ul style="list-style-type: none"> • Discussion • Practice sessions 	<ul style="list-style-type: none"> • Practice Demos • MCQ • BAQ • SAQ • LAQ

II	15	<p>At the end of unit student are able to</p> <ul style="list-style-type: none"> • Understand and describe purpose, need and scope of counseling to mothers. Know and explain the principles of counseling • Acquire skill of counseling • Identify the mothers who need counseling and counsel the mother. 	<p>Guidance and Counseling:</p> <ul style="list-style-type: none"> • Definition, meaning, purpose, scope & need. Of counseling for mothers • Basic Principles counseling. • Types of Approaches to counseling. • Role and preparation of counseling services. • Attributes and Psychomotors of breast feeding counselor. • Tools for collecting information <p>Problem solving approaches for mother</p> <ul style="list-style-type: none"> • Steps of counseling 	<p>Role play on</p> <ul style="list-style-type: none"> • Counseling • Practice sessions 	<ul style="list-style-type: none"> • Practice • Demos MCQ • BAQ • SAQ • LAQ
III	15	<ul style="list-style-type: none"> • Explain concept of exclusive breast feeding. • List Constituents of Breast Milk • Identify Role of nurse in teaching breast feeding 	<p>Breast Feeding</p> <ul style="list-style-type: none"> • 10steps,WABA,Breast Feeding Week,Policies • Care of breast • Breast Feeding • Exclusive Breast Feeding • Constituents of Breast Milk • Benefits 	<ul style="list-style-type: none"> • Discussion 	<ul style="list-style-type: none"> • MCQ • BAQ • SAQ • LAQ
IV	15	<ul style="list-style-type: none"> • Teach mother different breast feeding techniques. 	<p>Breast Feeding-Techniques</p> <ul style="list-style-type: none"> • Baby Crawl • Latch • Different Techniques 	<ul style="list-style-type: none"> • Discussion • Demonstration 	<ul style="list-style-type: none"> • Re-demonstration • SAQ

V	15	<ul style="list-style-type: none"> Explain when it is useful for a mother to express breastmilk Help a mother to stimulate her oxytocin reflex; Teach a mother an effective technique for hand expression 	Expressing Breastmilk <ul style="list-style-type: none"> Reason Oxytocin reflex Hand Expression Other techniques Common Breast Problems and Management 	<ul style="list-style-type: none"> Discussion Demonstration 	<ul style="list-style-type: none"> MCQ BAQ SAQ LAQ
b.- Practical- Students will demonstrate breast feeding techniques & breast feeding counseling skill after clinical experience in various areas .					
B-Ability enhancement –Elective 1. Breast feeding technique a. Theory					
VI	30	<ul style="list-style-type: none"> Demonstrate skill of assessment of complications of breast feeding and management of the problems. Observe breast feeding of babies admitted in NICU ,Observe and teach mother KMC Practices 	Breast Feeding Room <ul style="list-style-type: none"> -Breast Feeding Problems -Management of Breast Feeding Problems -Breast feeding preterm and LBW Babies -KMC 		<ul style="list-style-type: none"> SAQ LAQ
b.- Practical- Students will demonstrate breast feeding technique skill after clinical experience in breast feeding room ,					
2. Home visit & counseling technique b. Theory					
VII	30	<ul style="list-style-type: none"> Acquire skill of understanding of human values Acquire skill to demonstrate Yoga Meditation to mothers for health well being 	Home visit, counseling mothers/Relatives <ul style="list-style-type: none"> -Human values -Counselling Techniques - - Relaxation Techniques -Yoga Meditation 	Discussion	<ul style="list-style-type: none"> SAQ
b.- Practical- Students will demonstrate home visit technique & counseling skill after community experience,					

SEMISTER- II**A- Core Syllabus****a. Theory**

I	15	<ul style="list-style-type: none"> List different reasons why babies may cry; - Help families with babies who cry a lot to continue exclusive breastfeeding And not to start unnecessary complementary feeds. 	Baby crying <ul style="list-style-type: none"> Maternal Reasons, symptoms & Management Common baby problem & management Monitoring of BF Daily Observation mother and baby 	<ul style="list-style-type: none"> Discussion Demonstration 	<ul style="list-style-type: none"> MCQ BAQ SAQ
II	15	<ul style="list-style-type: none"> Acquire knowledge and skill in guiding postnatal mothers in providing KMC. 	Kangaroo Mother Care <ul style="list-style-type: none"> Concept of KMC Benefits Techniques Preparation of mother Preparation of family member 	<ul style="list-style-type: none"> Discussion Demonstration Counseling session 	<ul style="list-style-type: none"> Practice Demos
III	15	<ul style="list-style-type: none"> Acquire knowledge and skill of Feeding technique 	Feeding technique at home <ul style="list-style-type: none"> -Different feeding techniques -Management of feeding Problems -Diet -Assessment of Feeding Technique -Follow up -Home Visit 	<ul style="list-style-type: none"> Discussion Demonstration Counseling session 	<ul style="list-style-type: none"> Practice Demos
IV	15	<ul style="list-style-type: none"> Participants practice the counseling skills Listening and learning', and Building confidence and giving support'; and combining them with the skill of 'Taking a breastfeeding history' 	Guidance And Counseling Practice <ul style="list-style-type: none"> History taking Counseling the mother & relatives Family Support for BF Maintenance of 	<ul style="list-style-type: none"> Counseling session 	<ul style="list-style-type: none"> SAQ

			Maternal Health/Health check up <ul style="list-style-type: none"> • Maternal Mental Health 		
V	15	<ul style="list-style-type: none"> • Help mothers to continue to breastfeed for up to 2 years or beyond; • Support breastfeeding when they see mothers and babies for other reasons. 	Sustaining Breastfeeding <ul style="list-style-type: none"> • Guiding the mother & relatives • Family Planning-spacing • Care of baby • Immunization • Follow up 	<ul style="list-style-type: none"> • Discussion 	SAQ
b.- Practical- Students will demonstrate breast counseling counseling skill after clinical experience in various areas .					
B. Generic Elective -Select one out of two					
a. Theory					
1.Stress Management					
I	30	-Able to manage stress in personal and professional life -	Stress Management <ul style="list-style-type: none"> • Introduction, Meaning, Definition, Causes, sources, Signs & symptoms of Stress. • Stress Model • Managing Stress- Concept, Benefits • Managing Stress at Individual level • Models of Stress Management 	Lecture Activity	Short Answers
b.Practical of stress management. Students will demonstrate techniques of stress management after observing experiment by resource person.					

2. Health Economics

a. Theory

II	30	Able to develop plan for health economics and implement for individual and family	<p>Health Economics</p> <ul style="list-style-type: none"> • Introduction, Definition, Importance of Health Economics • Essentials of health economics • Developing plan for health economics • Presentation of health economics plan • Problem solving skills for health economics • Health economics implementation skill 	Lecture and discussion	-Short answer
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b. Practical of Health Economics. Students will demonstrate techniques of Health Economics after observing experiment / demonstrations by resource person.

References:

- 1.WHO breastfeeding counseling- A Traing course –Trainers guide
- 2.Counselling for Maternal and Newborn Health Care: A Handbook for Building Skills ,World Health Organization 2013

EXAMINATION SCHEME

CHOICE BASED CREDIT SYSTEM

Theory and practical examinations are at the end of the semester at University Level:

Theory Internal Assessment = 25 Marks

Practical Internal Assessment = 25 Marks

End semester University examination:

Question Paper Pattern:

Theory: 75 Marks

Answer all the questions.

I. Multiple Choice Question (MCQ) = $15 \times 1 = 15$

II. Short Answers (Answers 4 out of 6) = $4 \times 5 = 20$

III. Essay question : $20 \times 1 = 20$

IV. Long Answers (Answer 2 out of 3) = $2 \times 10 = 20$

Total = 75 Marks

Practical:

Oral Examination: 25 Marks

Practical Examination 50 Marks

Total Marks : 75.

Total exam marks for end semester are 100 marks theory and 100 marks practical.

1. Promotion and award of grades

A student shall be declared PASS and eligible for getting he/she secures at least 50% marks in that particular course including internal assessment..

2. Carry forward of marks

In case a student fails to secure the minimum 50% in any Theory or Practical course as specified ,then he/she shall reappear for the end semester examination of that course. However his/her marks of the Internal Assessment shall be carried over and he/she shall be entitled for grade obtained by him/her on passing.

3. Improvement of internal assessment

A student shall have the opportunity to improve his/her performance only once in the Sessional exam component of the internal assessment. The re-conduct of the Sessional exam shall be completed before the commencement of next end semester theory examinations.

Grading of performances

Letter grades and grade points allocations:

Based on the performances, each student shall be awarded a final letter grade at the end of the semester for each course. The letter grades and their corresponding grade points are given in table I

Table –I Letter grades and grade points equivalent to Percentage of marks and performances

Percentage of Marks Obtained	Letter Grade	Grade Point	Performance
90.00 – 100	O	10	Outstanding
80.00 – 89.99	A	9	Excellent
70.00 – 79.99	B	8	Good
60.00 – 69.99	C	7	Fair
50.00 – 59.99	D	6	Average
Less than 50	F	0	Fail
Absent	AB	0	Fail

A learner who remains absent for any end semester examination shall be assigned a letter grade of AB and a corresponding grade point of zero. He/she should reappear for the said evaluation/examination in due course.

18. The Semester grade point average (SGPA)

The performance of a student in a semester is indicated by a number called ‘Semester Grade Point Average’ (SGPA). The SGPA is the weighted average of the grade points obtained in all the courses by the student during the semester. For example, if a student takes five courses(Theory/Practical) in a semester with credits C1, C2, C3, C4 and C5 and the student’s grade points in these courses are G1, G2, G3, G4 and G5, respectively, and then students’ SGPA is equal to:

$$SGPA = \frac{C_1G_1 + C_2G_2 + C_3G_3 + C_4G_4 + C_5G_5}{C_1 + C_2 + C_3 + C_4 + C_5}$$

The SGPA is calculated to two decimal points. It should be noted that, the SGPA for any semester shall take into consideration the F and ABS grade awarded in that semester. For example if a learner has a F or ABS grade in course 4, the SGPA shall then be computed as:

$$SGPA = \frac{C_1G_1 + C_2G_2 + C_3G_3 + C_4 * ZERO + C_5G_5}{C_1 + C_2 + C_3 + C_4 + C_5}$$

Cumulative Grade Point Average (CGPA)

The CGPA is calculated with the SGPA of II semesters to two decimal points and is indicated in final grade report card/final transcript showing the grades of II semesters and their courses. The CGPA shall reflect the failed status in case of F grade(s),till the course(s) is/are passed. When the course(s)is/are passed by obtaining a pass grade on subsequent

examination(s) the CGPA shall only reflect the new grade and not the fail grades earned earlier. The CGPA is calculated as:

$$\text{CGPA} = \frac{C_1S_1 + C_2S_2 + C_3S_3 + C_4S_4 + C_5S_5 + C_6S_6 + C_7S_7 + C_8S_8}{C_1 + C_2 + C_3 + C_4 + C_5 + C_6 + C_7 + C_8}$$

where C₁, C₂, is the total number of credits for semester I,II,III,.... and S₁,S₂,is the SGPA of semester I,II,III,.... .

19. Declaration of class

The class shall be awarded on the basis of CGPA as follows:

First Class with Distinction= CGPA of. 7.50 and above

First Class= CGPA of 6.00 to 7.49

Second Class= CGPA of 5.00 to 5.99

20. Award of Ranks

Ranks and Medals shall be awarded on the basis of final CGPA.

21. Award of degree

Candidates who fulfill the requirements mentioned above shall be eligible for award of degree during the ensuing convocation.

Final Mark list Of University Examination

Sr. No.	Semester	Internal Assessment		End Semester Examination		Total	
		Theory 25 marks	Practical 25marks	Theory 75 marks	Practical 75 marks	Theory 100 marks	Practical 100 marks
1	Semester I						
2	Semester II						
