

Krishna Vishwa Vidyapeeth (Deemed to be University)

Krishna Institute of Nursing Sciences, Karad



Syllabus

Postgraduate Diploma in Breastfeeding Counsellor.

Choice Based Credit System (C.B.C.S.)

Program code: 4504

Course code: 4504-11



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.

INDEX

SR. NO	CONTENT	PAGE NO
1.	Programe Overview	1
2.	Introduction	2
3.	Course Objectives	2
4.	Course Distribution	3
5.	Course content	4
6.	Reference Book	5

Philosophy

Krishna Vishwa Vidyapeeth (Deemed to be University), Krishna Institute of Nursing Sciences, Karad 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.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: 18 wks / semester

Number of Weeks per Semester for instruction: 18 weeks (30hrs/week x 18 weeks=540hours)

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

Theory -5 hrs /week 5X18= 90 hrs

Clinical -25hrs/week 25X18= 450hrs / Semester

Total Theory + Clinical hrs = 540 hrs

2nd Semester:

Theory -5 hrs /week 5X18= 90 hrs

Clinical -25hrs/week 25X18= 450hrs / Semester

Total Theory + Clinical hrs = 540 hrs

Course of Studies

	Semester	Theory	Practical	Grand Total
Postgraduate Diploma In Breastfeeding Counselor	First Semester	90 Hrs.	450 Hrs.	540hrs
	Second Semester	90 Hrs.	450 Hrs.	540hrs
	Total	180	900	1080 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	240 hrs
2.	Postnatal ward	4week	4week	8week	240 hrs
3.	NICU	4week	4week	8week	240 hrs
4.	Paediatric OPD	2weeks	2weeks	4weeks	120 hrs
5.	Gynaec OPD-Hirkani Kaksh	4weeks	4weeks	8weeks	240 hrs
	Total	18 weeks	18weeks	36 weeks	540 hrs / semester

Grading of Performance**A. Clinical Assignments:**

Sr.No	SKILL STATIONS – PRACTICAL REDEMONSTRATIONS
1.	Baby crawl, Latch
2.	KMC
3.	Breast feeding techniques
4.	Breast Care Expressing Breast milk
5.	Management of Breast Problems
6.	Different Techniques of Feeding
7.	Panel Discussion
8.	Guidance & Counseling the mother & relatives
9.	Health Teaching-2
10.	Poster Exhibition

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

1st Semester

	Total hrs	540 hrs	Credit points 26
Core	Theory hrs core subjects	75	5
	Practical core hrs	10	5
	Clinical core hrs	350	12
Elective	Subject specific		
	Theory (s)	15	1
	clinical	90	3
	Generic		
	Theory	15	1
	Clinical	90	3
Total		540	26

2nd Semester

	Total hrs	540 hrs	Credit points 26
Core	Theory hrs core subjects	75	5
	Practical core hrs	10	5
	Clinical core hrs	350	12
Elective	Subject specific		
	Theory (s)	15	1
	clinical	90	3
	Generic		
	Theory	15	1
	Clinical	90	3
Total		540	26

Examination Scheme - Choice Based Credit System

Courses Of Instruction

Semester	Type		Course No.	Courses/ Subjects	Theory (hrs.)	Lab (hrs.)	Clinical (hrs.)	Total (hrs.)
I			1	Communication skill & Human Relations	15			15
			2	Guidance and counseling	15			15
			3	Breast Feeding-care of breast	15	-	-	15
			4	Breast Feeding techniques	15			15
			5	Expressing Breast milk	15	-	-	15
			6	Clinical core hrs		10		10
			7	Clinical posting			350	350
	E	Subject	5	Clinical Posting at	8	45	-	29

	L E C T V E	Specific		Hirakani kaksh preparing report				
			6	Home visit, counseling, and prepare report	7	45	-	32
		Generic	7	Human values	7	45	-	27
			8	Yoga Meditation	8	45	-	34
				Total hrs	90	90	350	450+90=540

Semes ter	Type		Course No.	Courses/ Subjects	Theory (hrs.)	Lab (hrs.)	Clinical (hrs.)	Total (hrs.)
II	Core		1	Baby crying	15			15
			2	Kangaroo Mother Care	15			15
			3	Feeding Technique	15			15
			4	Counseling Practice	15	-	-	15
			5	Guidance- Sustaining Breastfeeding	15	-	-	15
			6	Clinical core hrs		10		10
			7	Clinical posting			350	350
	E L E C T I V E	Subject Specifi c	5	Observation for complications of breast feeding before and after counseling at PNC ward	8	45	-	29
			6	Clinical posting in NICU for observing BF & KMC	7	45	-	32
		Generic	9	Personality Development	7	45	-	27
			10	Home Economics	8	45	-	34
				Total hrs	90	90	350	450+90=540

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.

Total Theory Hrs:150

Elective Theory Hours-30

Total – 180 Hrs.

Total Practical Hrs:900 Hrs

Semester- 1

Unit	Hours	Learning Objectives	Content	Teaching Learning Activities	Assessment Methods
I	20	At the end of unit student are able to <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.	Communication skill & Human Relations: <ul style="list-style-type: none">• Review of communication process, elements ,Channels.• Facilitators. Barriers• Methods of overcoming. Techniques.• Importance of communication skills for Breast Feeding Counselor• Human relations in context of nursing• 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	20	At the end of unit student are able to <ul style="list-style-type: none">• Understand and describe purpose, need and scope of	Guidance and Counseling: <ul style="list-style-type: none">• Definition, meaning, purpose, scope & need. Of counseling	<ul style="list-style-type: none">• Role play on• Counseling• Practice	<ul style="list-style-type: none">• Practice• Demos MCQ• BAQ

		counseling to mothers. Know and explain the principles of counseling <ul style="list-style-type: none"> • Acquire skill of counseling • Identify the mothers who need counseling and counsel the mother. 	for mothers <ul style="list-style-type: none"> • 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 Problem solving approaches for mother <ul style="list-style-type: none"> • Steps of counseling 	sessions	<ul style="list-style-type: none"> • 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 	Breast Feeding <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. 	Breast Feeding-Techniques <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"> • Redemonstration • 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

VI	8	<ul style="list-style-type: none"> • Demonstrate skill of assessment of complications of breast feeding and management of the problems. 	-Breast Feeding Problems -Management of Breast Feeding Problems		<ul style="list-style-type: none"> • SAQ • LAQ
VII	7	<ul style="list-style-type: none"> • Observe breast feeding of babies admitted in NICU ,Observe and teach mother KMC Practices 	-Breast feeding preterm and LBW Babies -KMC	Discussion	LAQ
VIII	7	<ul style="list-style-type: none"> • Acquire skill of understanding of human values 	-Human values	Discussion	<ul style="list-style-type: none"> • SAQ
IX	8	<ul style="list-style-type: none"> • Acquire skill to demonstrate Yoga Meditation to mothers for health well being 	Relaxation Techniques -Yoga Meditation	Discussion	LAQ
SEMISTER- II					
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	20	<ul style="list-style-type: none"> • Participants practice the counseling skills • Listening and learning', and Building 	COUNSELLING PRACTICE <ul style="list-style-type: none"> • History taking • Counseling the 	<ul style="list-style-type: none"> • Counseling session 	SAQ

		confidence and giving support'; and combining them with the skill of 'Taking a breastfeeding history'	mother & relatives <ul style="list-style-type: none"> • Family Support for BF • Maintenance of Maternal Health/Health check up • Maternal Mental Health 		
IV	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 	• Discussion	SAQ
V	15	<ul style="list-style-type: none"> • Teach health care professionals about importance of human values 	Human Values	Discussion	
Subject Specific Elective Select one out of two					
VI	8	<ul style="list-style-type: none"> • Observation for complications of breast feeding before and after counseling at PNC ward 	-Causes of breast feeding problems -Management	Lecture Cum Discussion	
VII	7	<ul style="list-style-type: none"> • Demonstrate skill of breast feeding techniques for mother with preterm and LBW babies & Teach mother KMC. 	Breast feeding techniques in mother with preterm ,LBW Babies	Lecture Cum Discussion	
Subject Specific Generic Select one out of two					
VIII	7	<ul style="list-style-type: none"> • To develop skill in self presentation 	Personality Development	Lecture Cum Discussion	
IX	8	<ul style="list-style-type: none"> • To manage economic conditions in view of BF practices 	Home Economics	Lecture Cum Discussion	

SKILL STATIONS – PRACTICAL

Skill Stations will be set up for training candidates.

Sr.No	SKILL STATIONS – PRACTICAL
1.	Baby crawl, Latch - 2HR
2.	KMC- 4HR
3.	Breast feeding techniques- 4HR
4.	Breast Care Expressing Breast milk- 2HR
5.	Management of Breast Problems- 2HR
6.	Different Techniques of Oral Feeding- 2HR
7.	Baby Crying – 2HR
8	Guidance & Counseling the mother & relatives- 2HR

Reference Book :

- 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 SYSTEAM

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:

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

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:

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

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						