

# ES06

## BREASTFEEDING ESSENTIALS FOR PHYSICIANS

DR. ANJANA SRINIVASAN MDCM, CCFP, IBCLC

### ABOUT

Breastfeeding Essentials for Physicians is a **4 HOUR** online course for physicians who support and care for families during pregnancy, birthing and the duration of breastfeeding. The in-depth content is presented across ten modules and covers essential topics for providing best-practice breastfeeding and maternity care. Upon completion of the course the participant will be well prepared for BFHI/BFI Accreditation.

Available in **English**.

### ACCREDITATION

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

- 4 AMA PRA Category 1 Credits™
- 4 Mainpro+® Credits

This Program has been certified by the College of Family Physicians of Canada and the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Connecticut Children's and Step 2 Education International Inc.

### CURRICULUM

#### MODULE 1 **The Value of Breastfeeding**

Healthy babies, Healthy mothers

#### MODULE 2 **Breastfeeding Support in the Prenatal Period**

Support in the Prenatal Period, Breastfeeding-friendly office, Support in the community, Counselling skills

#### MODULE 3 **The International Code & Relevant WHA Resolutions**

Health Professionals' Responsibilities, Responsibilities of Manufacturers, Responsibilities of Governments, Conflict of interest

#### MODULE 4 **Anatomy and Physiology of Lactation**

Basic anatomy of the breast, Blood and nerve supply, Hormones

#### MODULE 5 **Breastfeeding Support at Birth and in the Hospital**

BFI and the 10 steps, Birth and the hospitalization period: Labor and delivery, Skin-to-skin, Early contact with the breast, 24-hour rooming-in and co-sleeping, Normal breastfeeding behavior and latch, Supplementation

#### MODULE 6 **Breastfeeding and Pain**

Nipple trauma, Thrush, Vasospasm

#### MODULE 7 **Breastfeeding and Lumps**

Engorgement, Blocked ducts, Galactocoele, Mastitis, Abscess

#### MODULE 8 **Infant Issues Related to Breastfeeding**

Ankyloglossia, Infant reflux, Hyperactive milk-ejection reflex, Infant allergies

#### MODULE 9 **Milk Production Issues**

Perceived vs real low milk supply, Causes of low milk production, Management of low milk production

#### MODULE 10 **Drugs, Medication and Lactation**

Social drugs and breastfeeding, Medication and breastfeeding, Medications generally contraindicated



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## AIMS AND LEARNING OBJECTIVES

**This course allows physicians to meet the educational knowledge, skills and attitude requirements of the World Health Organization (WHO) Baby-Friendly Initiative (BFI) by:**

- Identify the evidence for initiating and supporting breastfeeding.
- Describe basic skills in breastfeeding management, including sufficient knowledge to recognize the need for referral to a lactation specialist such as an International Board Certified Lactation Consultant (IBCLC).
- Recognize and harmonize the information available to all members of the healthcare team.
- Demonstrate proficiency with the knowledge base necessary to make lasting policy and practice changes within the framework of the Baby-Friendly Initiative.

**This course is not designed to train the trainer, or to train breastfeeding or lactation counsellors.**

**On completion of this course participants will be able to:**

- Discuss with families the importance of breastfeeding and outline practices that support initiation of breastfeeding.
- Facilitate skin-to-skin contact and early initiation of breastfeeding.
- Assist a mother to learn the skills of positioning and attaching her baby.
- Recognize various breastfeeding-related problems, and help mothers find solutions to these problems.
- Implement the 10 Steps of Successful Breastfeeding and abide by the International Code for the Marketing of Breast Milk Substitutes.
- Work with co-workers to highlight barriers to breastfeeding and seek ways to overcome these barriers.

**CONFLICTS OF INTEREST** - this program has received no financial or in-kind support

### Conflict of Interest Policy

None of the members of the scientific committee have received any financial support from any organization supporting this program or any organization whose product is being discussed in this program.

This program intends to make therapeutic recommendations for the following medications that have not received regulatory approval (i.e., off-label use of medications): Domperidone and Metformin.

The activity director and all planners, do not have a financial interest/arrangement or affiliation with any organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.

## AUTHOR AND EDITORS

Dr. Anjana Srinivasan MDCM, CCFP, IBCLC; Dr. Yvonne LeFort MD FRNZCGP FCFP FABM IBCLC;  
Dr. Lisa Graves MD, CCFP ; Carole Dobrich B. Sc., RN, IBCLC

