Curriculum content checklist

Curriculum Mapping Pre-service Education on Essential Nutrition Actions for Maternal, Infant, and Young Child Nutrition (MIYCN) for Health Professionals undertaken in four countries of South-East Asia (Indonesia, Lao PDR, Myanmar, and Philippines) led by the Nutrition Center of the Philippines (NCP) from August to November 2018, supported by Alive & Thrive.

** Status*

For knowledge / theoretical concepts	*0 - not included*	*1 - included*
For skills:	*0 - curriculum does not include this skill*	*1 - curriculum provides demonstration of this skill*
	2 - curriculum requires students to role play or return demo	*3 - curriculum requires students to provide this service to actual patients*

Name of Institution:			
Course:			
Degree			
Topics	**Year level topic was introduced**	**Course / Subjects title**	**Status***
Knowledge of Nutrition-Specific Interventions			
Maternal Health and Nutrition			
Nutritional assessment of pregnant and lactating women (dietary assessment, mid-upper arm circumference, gestational weight gain, clinical assessment for micronutrient deficiencies)			
Iron and folic acid supplementation for pregnant and lactating women			
Vitamin A supplementation for lactating women			
Calcium supplementation for pregnant women			
Iodine supplementation for pregnant and lactating women			
Birth spacing and the lactation amenorrhea method			
Key messages in nutrition counseling for pregnant women			
- - One extra meal per day			
- - Micronutrient supplements/treatment (or protein-energy supplements for undernourished mothers)			
- - Water, sanitation, and hygiene			
Key messages in nutrition counseling for lactating women			
- - Two extra meals per day			
- - Micronutrient supplements/treatment (or protein-energy supplements for undernourished mothers)			
- - Vitamin A supplementation (from birth to 6 weeks post-delivery according to national protocol)			
- - Water, sanitation, and hygiene			
Infant and Young Child Feeding (IYCF)			
Importance of IYCF and recommended practices			
- - Importance of skin-to-skin with newborn			
- - Good positioning and attachment			
- - Early initiation of breastfeeding (give colostrum)			
- - Exclusive breastfeeding from birth up to 6 months (avoid other liquids and food, even water)			
- - Breastfeeding on demand – up to 12 times day and night			
- - Water, sanitation, and hygiene			
Physiological basis of breastfeeding			
Advantages of breastfeeding			
Disadvantages of formula/ replacement feeding			

This checklist is reproduced here with permission of Alive & Thrive and the Nutrition Center of the Philippines. It may be used for non-commercial purposes It may be used for non-commercial purposes including citation of original source. Checklist prepared 2018.

Common breast conditions			
-- inverted nipple			
-- breast engorgement			
-- mastitis and breast abscess			
Complementary feeding			
- - timing, amount, frequency, consistency			
- - risks of starting complementary feeding too early			
- - risks of starting complementary feeding too late			
- - nutritional care of infants and children with diarrhea			
Continuing support for IYCF			
Appropriate feeding in exceptionally difficult circumstances			
- - Low birth weight			
- - Severe acute malnutrition			
- - Infants of HIV-positive mothers			
- - Sick child <6 months of age			
- - Relactation			
Nutritional care and support during emergencies			
- - Establishing safe 'corners' for mothers and infants			
- - One-to-one counseling			
- - Mother-to-mother support			
- - Mental and emotional support for traumatized women having difficulty responding to their infants			
- - Ways to breastfeed infants and young children who are separated from their mothers			
- - Timely registration of newborns to support early initiation and exclusive breastfeeding			
- - Early identification and management of infants and children with acute malnutrition to prevent serious illness and death			
- - Nutritional adequacy and suitability of the general food ration for older infants and young children			
- - Ensuring and easing access to basic water and sanitation facilities, cooking, food and non-food items			
Policies and laws relevant to the protection, promotion and support of breastfeeding (i.e. EO 51, WHO International Code of Marketing BMS, 10 Steps to Successful Breastfeeding etc)			
Essential Nutrition Actions			
Prevention of vitamin A deficiency			
Prevention of iron-deficiency anemia			
Prevention of iodine deficiency			
Use of Micronutrient Powder by children 6 - 23 mo old			
VA supplementation in children <5 years			
VA supplementation in children with measles			
Daily iron supplementation in 6-23 mo old children			
Zinc supplementation for diarrhea management			
Optimal iodine nutrition in young children			
Nutritional care and support of HIV-infected 6 mo - 14 yr old children			
Diagnosis and Management of Severe Acute Malnutrition			
- - Use of Mid-upper arm circumference and/or Weight-for-Height as per WHO child growth standards			
- - Clinical nutrition assessment			
- - Outpatient management of Severe Acute Malnutrition without complications (2013 Guidelines)			
- - Inpatient care of Severe Acute Malnutrition with medical complications (2013 Guidelines)			
- - Individual monitoring and follow-up			

This checklist is reproduced here with permission of Alive & Thrive and the Nutrition Center of the Philippines. It may be used for non-commercial purposes It may be used for non-commercial purposes including citation of original source. Checklist prepared 2018.

Diagnosis and Management of Moderately Acute Malnutrition (MAM)			
Food fortification			
- - wheat / maize			
- - rice			
- - salt and condiments			
Practical Skills / Role Plays / Demonstrations / Exercises			
Communication and support skills			
- - Establishing rapport with the mother			
- - Assessing the child's growth and breastfeeding practices			
- - Analyzing the information provided			
- - Acting on the information provided by the caregiver			
- - Listening and learning skills			
- - Building confidence and giving support skills			
Maternal health assessment and counselling			
- - Assessing gestational weight gain			
- - Counseling pregnant and lactating women on a healthy, adequate diet			
IYCF demonstration			
- - How to help a mother position and attach her baby			
- - How to express breastmilk by hand			
- - How to cup feed a baby			
Assessment of IYCF practice			
- - How to take feeding history, 0 - 6 months			
- - How to take feeding history, 6 - 23 months			
Counseling			
- - Using GALIDRAA checklist (Greet, Ask, Listen, Identify, Discuss, Recommend, Agree, set follow-up Appointment)			
- - Assessing and classifying (analyzing) IYCF			
- - Measuring and assessing growth and counseling on growth and feeding			
Assessing the child's growth			
- - How to weigh a mother and baby using an electronic scale			
- - How to measure baby's length or height			
- - How to plot weight and height in a child growth chart			
- - How to interpret the results of the child's growth using the weight for age growth curve			
- - How to calculate the weight for height Z score			
- - How to interpret the weight for height Z score			
- - How to take mid-upper arm circumference			
- - How to assess for bilateral pitting (Odema)			
Nutrition program management skills for acute malnutrition, stunting, breastfeeding and other IYCF problems			
Assess the burden, prevalence, and distribution of acute malnutrition, stunting, and other IYCF problems			
Map, mobilize, and consult partners and stakeholders			
Perform bottleneck analysis for nutrition programs			
Develop a multi-sectoral plan to address malnutrition			
Develop a monitoring and evaluation plan to track IYCF and nutrition indicators			
Clinical management skills			
Management and support for infant feeding in maternity facilities (EINC and lactation management up to 3 days post-partum)			
Management of breast conditions and other breastfeeding difficulties			
- - How to manage inverted nipples			

This checklist is reproduced here with permission of Alive & Thrive and the Nutrition Center of the Philippines. It may be used for non-commercial purposes It may be used for non-commercial purposes including citation of original source. Checklist prepared 2018.

- - How to manage breast engorgement			
- - How to manage breast mastitis and breast abscess			
Diagnosis and management of Severe Acute Malnutrition			
-- Assessment			
-- Outpatient therapeutic care			
-- In patient therapeutic care			
-- Individual monitoring and follow-up			
Management of Moderate Acute Malnutrition			

This checklist was devised based on:

- Infant and young child feeding: Model chapter for textbooks for medical students and allied health professionals, WHO 2009
- Combined course on growth assessment and IYCF counseling, WHO 2012
- Essential Nutrition Actions: improving maternal, newborn, infant and young child health and nutrition, WHO 2013
- Guideline updates on HIV and infant feeding: the duration of breastfeeding and support from health services to improve feeding practices among mothers living with HIV, WHO and UNICEF 2016
- Use of multiple micronutrient powders for point-of-use fortification of foods consumed by infants and young children aged 6 to 23 months and children aged 2 to 12 years, WHO 2016
- Guideline on protecting, promoting and supporting breastfeeding in facilities providing maternity and newborn services, WHO 2017.

Note that some of these sources may have been updated or new material produced since the time when the checklist was prepared.
There may be additional topics and competencies to be added relevant to the needs of the specific setting.

This checklist is reproduced here with permission of Alive & Thrive and the Nutrition Center of the Philippines. It may be used for non-commercial purposes It may be used for non-commercial purposes including citation of original source. Checklist prepared 2018.