Analysing expected learning outcomes and curriculum for Infant and Young Child Feeding (IYCF)

Name of Institution:

Name of person completing form:

Course:

Position:

Date form completed:

Complete a separate sheet for General Nurse, Child Health Nurse, Midwifery, Community Health Worker, Health Education, Health Extension Officer, and Medicine Courses

Communication and counselling skills, ethics, professional practice, reflective practice, and evidence-based care, health promotion etc may be included in other modules for health care providers and can be linked with Infant and Young Child Feeding (IYCF) examples and practices in the curriculum. In addition, IYCF information and practices can be linked with many modules, for example, a topic on safe birth practices may include immediate skin to skin for warmth and could be developed to include early baby to breast, or a topic on child growth could be expanded to include malnutrition.

If an expected competency is not relevant to your students put a dash or draw a line across those columns (do not leave blank).

Expected Competency *If "no" or "unsure" please comment*	**On completion of their training the graduate will be able to:** *(mark as yes/no/ unsure)*	**Content for this is included in the curriculum (theory)** *(yes/no/unsure) if yes, in what subject?*	**Practice for this is included in the curriculum (practicum)** *(yes/no/ unsure) if yes, in what practicum?*	**Included in Textbooks and learning materials** *(yes/no/ unsure)*	**Ease of inclusion if not already included.** *Code as: 1: Easy, not a problem to include or expand 2: Possible to include/expand though some challenges to overcome 3: Very difficult to include (State what is difficulty))*	**Is technical assistance needed to develop content or other aspects?** *(If yes, describe needs)*
General nutrition knowledge						
Explain the role of food in growth, repair, energy and protection and the principles of healthy eating.						
Outline the link between nutritional status and water, sanitation, and hygiene (WASH) principles						

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Maternal Nutrition Knowledge						
List key nutrition information to be discussed with pre-pregnant, pregnant, or lactating women (nutritional requirements, healthy eating for herself, supplements)						
List nutrition related points to include in an assessment of pregnant and lactating women (BMI, MUAC, gestational weight gain, clinical assessment for micronutrient deficiencies)						
Outline how under-nutrition and over-nutrition (obesity) can affect health and well-being in pregnancy, labour and birth, lactation; and how nutritional status can affect the foetus and infant.						
Describe what information to discuss with a pregnant woman who is also breastfeeding a young child.						
List nutritional care and support needed during emergencies for pregnant or lactating women						
Explain nutritional needs during labour and how these needs can be met in various circumstances.						
Maternal Nutrition Skills						
Demonstrate carrying out a nutrition assessment of a pregnant or lactating woman.						
Discuss with a pregnant or lactating woman what she is eating, and counsel based on her individual needs.						

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Antenatal Care Knowledge						
Outline why breastfeeding is important for child, mother, family, and wider community						
List the risks of not breastfeeding to the child, mother, family, and wider community.						
Explain what are the labour and birth practices that support breastfeeding						
Antenatal Care Skills						
Discuss with a pregnant woman (and husband) their thoughts on infant feeding, provide information and anticipatory guidance based on the family's individual needs.						
Early Postnatal Knowledge						
Explain how milk is produced and how milk is transferred to the baby and what might hinder production and/or milk transfer.						
Describe the points to include when assessing a breastfeed						
Explain the value of breastfeeding supportive practices in establishing breastfeeding (skin to skin contact, early initiation of breastfeeding, mother and baby together, exclusive breastfeeding, recognising and responding to infant cues, avoiding pacifiers and artificial teats), and ways to reduce barriers to these supportive practices occurring.						
Explain the principles and techniques of milk expression						

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Outline possible challenges to breastfeeding and ways of addressing these when the mother has a medical condition (including post c-section, medications, HIV, chronic and acute illness) or mental health concerns.						
Outline possible challenges and ways of addressing these when an infant is low birth weight, preterm, special needs, sucking issues, or multiple birth.						
Describe the identification and care for breastfeeding related conditions (sore nipples, sore breasts) and low milk supply.						
Describe the identification and care if an infant is not growing adequately (milk supply, milk transfer, additional feeding, illness)						
List the steps in cup feeding an infant.						
Outline use of lactation aids available in PNG.						
Explain the reasons that replacement feeding might be used and AFASs criteria.						
List sources of IYCF support in the local community						
Outline the principles of birth spacing and the lactation amenorrhea method						
Early Postnatal Skills						
Assist a mother to acquire the knowledge and skills of breastfeeding (positioning, attachment, responsive feeding, signs of milk transfer, frequency of feeding) with both a full-term infant and an infant needing special care						

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Observe a feed, listen, and assess if breastfeeding is going well; counsel appropriately.						
Assist a mother to acquire the skill of hand expression of her milk						
Assist a mother to acquire the skill of cup feeding her infant						
Counsel a mother (or other caregiver) on replacement feeding decisions.						
If an infant is being replacement feed, instruct the caregiver in suitable milks, how to prepare and how to give replacement feeds.						
Older infant and young child nutrition knowledge						
Outline why IYCF is important for child, mother, family and wider community						
Explain the indicators for IYC growth and development						
List what to observe, ask, measure when carrying out an assessment for an infant and for a young child						
Outline ways to address growth concerns related to nutrition (low weight, stunting, sub-acute malnutrition)						
Outline the key aspects of complementary feeding: timing, amount, frequency, and consistency, and diversity, risks of starting complementary feeding too early or too late.						
Describe the concept of responsive feeding and care and why it is important for a child's health and well-being.						

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List common foods sources that can be suggested to provide diet diversity for a young child including how these are prepared locally.						
Explain nutrition and feeding related concerns and care when an infant and young child is ill (including with diarrhoea, fever, loss of appetite, sore mouth, respiratory issues, and others)						
Outline the indications of infant and young child malnutrition distinguishing between sub-acute, moderate, and severe malnutrition, and outline treatment pathways for each.						
Describe issues to be considered related to IYCF in times of emergencies.						
Describe when relactation and induced lactation may be relevant and how to assist a woman in this situation.						
Describe issues to be discussed with a mother who will be separated from her infant and young child so that she can sustain breastfeeding (workplace supports, milk expression, storage and feeding, sustaining bonding)						
Older infant and young child nutrition skills						
Demonstrate taking a feeding history and growth assessment (including use of growth chart) with a child 6-23 months old, and counsel appropriately, showing effective communication skills based on the family's individual needs.						
Discuss sustaining breastfeeding with a mother who will be separated from her child for work or another situation.						

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Attitudes and behaviours						
Abide in their work by the International Code of Marketing of Breastmilk Substitutes and related national legislation						
Respect the woman's experiences and beliefs about feeding and caring for her child and works with the mother to make informed decisions and carry these out.						
Explore social, cultural, economic, and psychological influences on maternal, infant, and young child feeding and food security						
Outline policies, guidelines, and legislation relevant to protecting IYCF						
Discuss how can work collaboratively with others to protect, promote and support IYCF, and pathways of referral when needed.						
Discuss local and national trends in IYCF indicators, barriers and supports.						
List accurate available sources for information on ICYF for parents and for own continuing education.						

Add more topics if needed and comment on these.

Any other comments on your curriculum:

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Teaching and Learning Resources

Mark Yes or No	*Lecturers/ Tutors use this*	*Students use this*	*Don't know / Unsure*
NDOH, Infant and Young Child Feeding Policy 2014			
NDOH, Severe Acute Malnutrition: A guideline to the treatment protocol 2018			
UNICEF Community Infant and Young Child Feeding Counselling Package, 2012			
WHO IYCF Model Chapter for Textbooks for medical students and allied health professionals, 2009			
WHO Combined course on growth assessment and IYCF counselling, 2012			
UNICEF & WHO: Infant young child feeding counselling: An integrated course (2009)			
WHO Complementary Feeding Counselling Course (2004)			
UNICEF & WHO: Breastfeeding Promotion and Support in a Baby-Friendly Hospital, a 20-hour course for staff. (2009)			
WHO Essential Nutrition Actions: improving maternal, newborn, infant and young child health and nutrition, 2013			
WHO Guideline Updates on HIV and Infant Feeding, 2016			
WHO Protecting, promoting and supporting breastfeeding in facilities providing maternity & newborn services 2017			
WHO Guiding Principles for complementary feeding of the breastfed child 2003			
WHO Guiding Principles for complementary feeding of the non-breastfed child 2005			
List other main texts related to IYCF:			

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This analysis tool was devised based on:

- Community Infant and Young Child Feeding (C-IYCF) Counselling Package, UNICEF 2013
- Baby-friendly Hospital Initiative. Step Two of the external assessment tools (WHO/UNICEF 2009)
- The International Confederation of Midwives (ICM) Essential Competencies for Midwifery Practice (2018)
- the International Lactation Consultant Association (ILCA) / International Board of Lactation Consultant Examiners (IBLCE). Clinical Competencies for the Practice of International Board Certified Lactation Consultants (2018)
- Academy of Breastfeeding Medicine, Statement Educational Objectives and Skills for the Physician with Respect to Breastfeeding (2018).
- key policies and protocols for MIYCF and care including the country's National IYCF Policy 2014
- and informed by research of others including the curriculum review project of Alive and Thrive undertaken in four countries of South-East Asia.

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

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