



**GODAVARI FOUNDATION 'S**  
**GODAVARI COLLEGE**  
**OF NURSING,**  
**JALGAON.**

**ADD ON**  
**COURSE**  
**LACTATION**  
**COUNSELLOR**  
**PROGRAM**







# GODAVARI FOUNDATIONS GODAVARI COLLEGE OF NURSING, JALGAON



## ADD ON COURSE ON



## LACTATION COUNSELOR PROGRAM

### Course Description

This course is designed as interactive continuing education programme to initiate early breast feeding and designed to provide the knowledge and skills essential to establish successful lactation among mothers.

Learners interact with faculty who are nurse midwives and expert in the area of Lactation Counseling and breastfeeding management. Also considered and practiced in the course are counseling skills and related competencies. This course is offered in a face-to-face format two times in a year.

**Duration of the Course:** 20 Hours

**Periodicity of the Course:** April, May, June and July

**Class Schedule:** Every Saturday 2 pm to 5 pm

**Eligibility:** PBB.sc 1<sup>st</sup> year and 2<sup>nd</sup> year

**Intake:** 119

**Course Fees:** Free

**Attendance Criteria:** 80 % Attendance is compulsory

**to get the certificate**

### Objectives of the Course

- To understand the breast anatomy & physiology
- To understand the infant oral anatomy & physiology
- To Identify & manages cultural aspects of breast feeding
- To Develop skill & confidence regarding breastfeeding among mothers
- To Demonstrate competence in caring for women with breastfeeding
- To demonstrate competence in caring for feeding during high risk cases.

### Scheme of Examination

Assignment	10
Practical Skills	10
Total	20



PRINCIPAL  
GODAVARI COLLEGE OF NURSING  
JALGAON



# **SYLLABUS FOR ADDON COURSE/ELECTIVE COURSE: LACTATION COUNSELOR PROGRAM**

## **Course Description**

This course is designed as interactive continuing education programme to initiate early breast feeding and designed to provide the knowledge and skills essential to establish successful lactation among mothers.

Learners interact with faculty who are nurse midwives and expert in the area of Lactation Counseling and breast feeding management. Also considered and practiced in the course are counseling skills and related competencies. This course is offered in a face-to-face format two times in a year.

## **Objectives**

At the end of the course the nurses will be able to:

1. Describe the breast anatomy & physiology
2. Describe the infant oral anatomy & physiology
3. Identify & manage cultural aspects of breast feeding
4. Develop skill & confidence regarding breast feeding among mothers
5. Demonstrate competence in caring for women with breast feeding
6. Demonstrate competence in caring for feeding during high risk cases.



## CourseContent

**Batch: BSc. Nursing IV year**

**Theory: 10 hours  
Practical: 10 hours  
Total: 20 hours**

UNIT	HOURS		CONTENT	TEACHING LEARNING ACTIVITIES
	T	P		
Unit I	02	00	<b>Anatomy and physiology:</b> <ul style="list-style-type: none"> <li>• Anatomy and physiology of Breast</li> <li>• Infant Oral Anatomy.</li> </ul>	Lecture & discussion Charts.
Unit II	01	00	<b>Cultural aspects:</b> <ul style="list-style-type: none"> <li>• Cultural impact</li> <li>• Misconceptions of breastfeeding.</li> </ul>	Lecture & discussion Charts.
Unit III	03	03	<b>Breastfeeding:</b> <ul style="list-style-type: none"> <li>• Composition of Human milk</li> <li>• Nutrition during Lactation</li> <li>• Initiating Breastfeeding: Facilitators and Barriers</li> <li>• Essentials of Positioning &amp; Latch-on</li> <li>• Techniques of Breastfeeding.</li> <li>• Advantages of Breastfeeding.</li> <li>• Mummifying the newborn.</li> </ul>	Lecture & discussion. Charts. Demonstration



			<ul style="list-style-type: none"> <li>• Drugs and the Breastfeeding Mother</li> <li>• Breastfeeding and Weaning</li> </ul>	
Unit IV	02	04	<b>Feeding during high risk newborn:</b> <ul style="list-style-type: none"> <li>• Breastfeeding Multiples</li> <li>• Allergies in the breastfeeding infant</li> <li>• Breastfeeding the Infant with Medical Challenges</li> <li>• Breastfeeding the Premature Infant</li> <li>• Breast Pumps and Manual Expression.</li> <li>• Formula feeding</li> </ul>	Lecture & discussion. Charts. Demonstration
Unit V	02	03	<b>Feeding during high risk newborn:</b> <ul style="list-style-type: none"> <li>• Infectious Disease in the Breastfeeding Mother</li> <li>• Maternal Disease in Lactation</li> <li>• Engorgement and Mastitis</li> <li>• Sexuality and the Breastfeeding Family</li> </ul>	
<b>Total</b>				<b>20hr</b>





### Instruction for course completion

1. The student's attendance must not be less than 80% of the theory and practical hours.
2. The students must upgrade the required skills to be revised through this course

### Method of evaluation

- Theoretical content will be evaluated by written examinations and class participation
- Clinical skills will be recorded and documented, the clinical skills will be evaluated for the final grade.
- Grades will be assigned based on scores. Exams are worth 50 marks. Clinical instructor grades the papers, but the points determine the grade in the entire course.
- **Scheme of Examination:**

Assignment	10
Practical skills	10
Total	20



  
**PRINCIPAL**  
GODAVARI COLLEGE OF NURSING  
JALGAON