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NABH/NABL ACCREDITED HOSPITAL AND LABORATORY

DR. D. Y. PATIL VIDYAPEETH, PUNE

(Deemed To Be University)

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Ref. No. DYPMC. Paed/ /2024

Date: 19/11/2024

Report on Hands-on Training for Certificate Course in Lactation Counselling (18th - 23rd November 2024)

Yashoda' Advanced Human Milk Bank & Comprehensive Lactation Management Training and Research Centre (CLMTRC), Department of Pediatrics, Dr. D.Y. Patil Medical College, Hospital & Research Centre, Pimpri, Pune-18, Hands-on Training for the Certificate Course in Lactation Counselling was conducted from 18th November 2024 to 23rd November 2024 at the This training was part of the ongoing certificate course launched on 1st March 2024,, aimed to provide participants with essential practical skills for effective lactation counseling. The program emphasized the importance of hands-on experience, allowing trainees to apply theoretical knowledge to real-world breastfeeding challenges, such as latch techniques, milk supply issues, and nipple pain. By engaging in interactive scenarios, participants gained confidence, developed communication and problem-solving skills, and received immediate feedback to enhance their competency. The diverse group of 8 participants, including doctors, nurses, and paediatric residents, benefited from building professional relationships and developing empathy, cultural competency, and the ability to support new mothers in their breastfeeding journey.

Day 1 - 18th November 2024

The first day began with an introduction of students and faculty members, conducted by Dr. Shailaja Mane, Professor and Head of Pediatrics, Founder, and Director of YHMB, and an International Board-Certified Lactation Consultant (IBCLC). Dr. Shailaja Mane introduced the training program, followed by insights from other key faculty members, including Dr. Vineeta Pande, Professor and HOU of Pediatrics, and IBCLC. and Dr. Pramila Menon, Associate Professor of Pediatrics and IBCLC.

Following the introductions, Dr. Pramila Menon delivered a lecture on the *Introduction to the Mother & Child Card*, a counseling tool for breastfeeding and complementary feeding within the first 1000 days of a child's life, with a focus on Early Childhood Development (ECD).

In the afternoon, Dr. Pallavi Tupkar, Lactation Counsellor at YHMB, conducted practical sessions on *Proper Attachment, Positioning of the Baby, and Latching Score* in the Postnatal Care (PNC) ward, providing participants with hands-on experience.

Day 2 - 19th November 2024

On the second day, the program focused on specialized areas of lactation and neonatal care. Dr. Pooja Padbidri, Neonatal Physiotherapist and IBCLC, presented a session on *Oral Motor Stimulation (OMS)*, followed by a Case Study of NICU practices.

Dr. Simin Irani, Senior Consultant at UNICEF, led a workshop on *Kangaroo Mother Care (KMC)*, discussing its basics, benefits, and monitoring techniques. Dr. Shailaja Mane shared practical insights into implementing KMC in clinical settings, while Dr. Pramila Menon emphasized KMC monitoring for successful outcomes.

After lunch, Dr. Vidya Gaikwad, Professor and HOU of Obstetrics & Gynaecology (OBGY), conducted a session on *Antenatal Counselling for Breastfeeding* in the OBGY OPD, followed by Dr. Pallavi Tupkar's session on *Breastfeeding in Difficult Situations* in the PNC ward.

Day 3 - 21st November 2024

The third day began with Dr. Shilpa Kshirsagar, Associate Professor of OBGY and IBCLC, covering *Breast Crawl and Early Initiation of Breastfeeding* in the Labour Room.

This was followed by Dr. Pallavi Tupkar's practical sessions on *Colostrum Collection with Syringe, Breastfeeding Positions, Engorgement Relief, and Expression Techniques* in the PNC ward.

In the afternoon, Dr. Shraddha Salunkhe, Professor of Paediatrics and IBCLC, discussed the operations of a *Well Baby Clinic* and an *Immunization Clinic*, focusing on growth monitoring and challenges post-discharge. Dr. Sajani led a session on interpreting *Growth Charts* in the Pediatrics OPD.

Later, Dr. Shilpa Kshirsagar conducted a *Panel Discussion on Troubleshooting in Breastfeeding* with the delegates, followed by *Skill Demonstrations by Delegates*, observed by Dr. Pallavi Tupkar.

Day 4 - 22nd November 2024

The fourth day focused on clinical and practical sessions. Dr. Sudhir Malwade, NICU In-Charge and Professor of Paediatrics, led a *NICU Round*, followed by Dr. Pallavi Tupkar's discussion on *NICU Protocols for Feeding* and the importance of follow-up care for feeding issues in high-risk OPDs.

Students presented *Case Studies*, which were observed and reviewed by Dr. Pallavi Tupkar. followed by Dr. Shraddha Salunkhe conducted a *Practical Exam* for the students, In the afternoon, Dr. Pallavi Tupkar conducted a *Written Exam* for the students.

Day 5 - 23rd November 2024

On the final day, the training focused on the operations and protocols of a *Milk Bank*, Dr. Pallavi Tupkar led a practical session on a *Visit to the Milk Bank*, covering milk collection protocols, milk processing, data collection, and the use of breast pumps.

The training concluded with a *Feedback & Valedictory Session*, conducted by Dr. Shailaja Mane. During this session, participants provided feedback on the program, and certificates were distributed. Dr. Shailaja Mane offered guidance, encouraging participants to continue refining their practical skills and knowledge. She emphasized the importance of mentorship, hands-on practice, and applying the techniques learned throughout the course, especially when working with mothers and babies. She encouraged participants to reflect on their challenges, seek continuous learning, and stay updated with the latest research in lactation counseling.

Conclusion

The Hands-on Training for the Certificate Course in Lactation Counselling was a comprehensive and well-structured program that provided participants with both theoretical knowledge and practical skills on various aspects of lactation management. The trainees gained invaluable experience in breastfeeding support, counseling techniques, neonatal care, KMC, and milk bank operations. The program was successful, well-received by the participants, and effectively prepared them to serve mothers and children with improved competence in their lactation counseling roles. The rich content and interactive learning experiences were appreciated by all attendees.





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