

IYCF-E Training Report (as part of CMAM training)

25-26 August 2016

Maiduguri, Nigeria

Training conducted by Anne Marie Kueter, TRRT IYCF-E



Objectives of the training

- To refresh participants knowledge on IYCF
- To understand IYCF in emergencies (IYCF-E) and how this differs from IYCF in development settings
- To understand how to conduct a basic breastfeeding assessment
- To be able to deliver basic first aid for breastfeeding
- To understand the best options for non-breastfed children
- To understand the National Code of Marketing of Breastmilk Substitutes
- To be able to use needs assessment tools for IYCF-E
- To develop ideas for the implementation of IYCF-E activities in the Borno projects

Participants

A total of 43 participants were trained, 23 male and 20 female. The majority of participants were new CMAM staff from government and IMC, in addition several participants from NRC attended.

Training Agenda

Day 1	
Time	Topic
09.00-09.30	Ground rules, Objectives, Expectations, Pre-Test
09.30-10.30	IYCF Refresher (Importance of IYCF and Recommended Practices)
10.30-11.00	Myths and misconceptions
11.00-11.15	BREAK
11.15-12.15	Link between IYCF and IYCF-E
11.45-13.00	Assessment of a mother baby pair
13.00-14.00	LUNCH
14.00-15.00	Breastfeeding First Aid and Counselling Techniques (moved to day 2, due to poor time keeping of participants)
15.00-15.45	Code of Marketing of Breastmilk Substitutes (moved to day 2 due to poor time keeping of participants)
15.45-16.00	BREAK
16.00-16.15	Overview of Policy and Guidelines Nigeria
16.15-16.30	Recap of Day 1

Day 2	
Time	Topic
09.00-09.30	Counselling Techniques
09.30-10.00	Breastfeeding First Aid
10.00-10.30	Code of Marketing of Breastmilk Substitutes
10.30-10.45	BREAK
10.45-12.00	Feeding of Special Groups (non-breastfed and HIV)
12.00-13.00	Needs Assessments and Key Indicators (cancelled due to lack of time)
13.00-14.00	LUNCH
14.00-15.30	IYCF-E Interventions and Integration into CMAM
15.30-15.45	BREAK
15.45-16.30	Recap of Day 2, Evaluation, and Post-Test

Pre-Test/Post-Test Results

A total of 31 participants completed the pre-test, with an average score of 4.7 and a total of 38 participants completed the post-test with an average score of 5.3.

In retrospect it is thought that the questions on the pre and post-test were too difficult for most of the participants, with too much focus on IYCF-E and not enough focus on the basic of IYCF. This is thought to be the reason that the score of the test did not increase significantly.

Challenges

- Poor time keeping from the participant's side.
- Due to time lost because of poor time keeping in combination with preferred training hours of 09.00-16.30 over 08.30-17.00 it was not possible to complete all topics on the initial agenda. The topic on needs assessments was cancelled.

- Majority of participants had never received any training on IYCF before, this made it more difficult to talk about IYCF-E because there was a need to focus more on the basics of IYCF.
- The group of participants was too big to easily facilitate the training and keep everyone engaged.

Evaluation

1) What did you like about the training?

- The training was very interesting
- I acquired more skills and knowledge about breastfeeding after delivery and skin to skin contact
- Learnt a lot and also happy that we got breakfast, lunch, and drinks
- The trainer was very friendly to us
- The trainer has done well, if we have any question or comment we are free to ask
- The training was simple and understandable
- Methodology is encouraging
- Videos were very practical
- I liked how it was practical and engaged all participants in class activities
- I was very comfortable with the facilitator, that makes I understood 95% of the presentations
- Group work, presentation method, videos
- The trainer trained us in a polite manner
- I like the way you communicate to us and the way you improve our knowledge on breastfeeding
- The training was lively and the roles we played together with groups presentations made it fabulous
- I like the way the training has been organised, the presentation, discussion, demonstration and many more

2) What was the most important thing you learned during the training?

- I learned how to breastfeed the child and about skin to skin contact
- Learned about IYCF
- I learned more about exclusive breastfeeding and complementary feeding
- I learned that a mother can breastfeed when she is HIV positive
- I learned that exclusive breastfeeding is important
- Everything was important but especially counselling technique, breastfeeding first aid and IYCF-E understanding
- Breastfeeding technique
- Expressing breastmilk
- IYCF-E
- Learning about myths and misconceptions
- Code of BMS
- Importance of early initiation, risk factors associated with breastmilk substitutes

- Impact of exclusive breastfeeding compared to artificial feeding and I learned about breastfeeding positions
- Have to change mothers behaviour on exclusive breastfeeding and complementary feeding

3) Is there something you did not like about the training?

- Lack of handouts
- Distraction of people going and coming in, no time keeping

4) How can the trainer improve the training?

- More handouts
- Including health education
- Monitoring and supervision form
- Having more activities in the training because it stimulates and challenges learning from each other
- Strictly adhere to agenda and timing
- More time for practical aspects or video
- Key points of training in local language
- Giving more examples and asking more questions

5) Other comments

- Trainer is thanked for her patience and understanding with regards to the participants level of education