



Australasian Lactation Courses NEWSLETTER 2007

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Breastfeeding is the best feeding

Australasian Lactation Courses

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**University credit
is available from
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What are the Australasian Lactation Courses?

Australasian Lactation Courses (Jen Byrne and Ellen McIntyre) have been conducting courses both internally and externally since 1989. There have had more than 2000 midwives, doctors, child health nurses and other health professionals from around the world. While Ellen McIntyre has been on leave since 2006, Jen Byrne continues to conduct these courses.

Jen is a midwife and lactation consultant. Jen teaches in midwifery at Flinders University and is mainly involved in the 3 year Bachelor of Midwifery program. Jen conducted a private practice as a lactation consultant from 1990 until insurance was unavailable in 2001. Jen has taught in the Australasian Lactation Courses both externally and internally since 1989.

We have 3 different courses, a course for health professionals who wish to either update their knowledge on breastfeeding or sit the international exam. There is an 8 hours course for helping health services prepare for BFHI, or to update staff on breastfeeding and we also have an introductory course for people who want to know more about breastfeeding.

The opportunity to undertake the International Board of Certified Lactation Consultants (IBCLC) Exam in 1988 began the impetus to offer education on breastfeeding to interested health professionals.

Many of the students in our course in 2006 gained in the high 80% for their IBCLC exam. Congratulations to them all.

**Our Web address:
www.australasianlactationcourses.com**

The advantages of breastfeeding are so incredibly persuasive, yet we are still finding our breastfeeding rates in Australia are well below the WHO recommendations.

How can we as health professionals support women to both commence breastfeeding and then to continue to breastfeed?

There is a lot of information in the media currently in relation to both obesity and breast cancer. Both these conditions can be addressed by breastfeeding. We need to lobby the Government for policies include breastfeeding in both these issues.

The IBCLC exam is held on the last Monday of July each year all over the world.

For more information, visit the IBCLC website: www.iblce.edu.au or contact

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Health Professionals who work with new mothers and babies have an obligation to have a sound knowledge base in both the art and science of breastfeeding

Lactation Course for Health Professionals

This course has been designed for midwives, doctors, child health nurses, registered nurses, enrolled or mother craft nurses working in maternity areas or in paediatrics with new or young babies, speech pathologists, physiotherapists or Australian Breastfeeding Association counsellors.

The course was developed to expand existing knowledge of these health professionals through a self directed learning package. There is an internal course offered in Adelaide, South Australia, provided there are a minimum of 10 participants.

The course, both internal and external, consists of 10 modules, covering all areas identified in the International Lactation Consultants Examination package.

Each module consists of study guide questions, multiple choice questions and case studies that give a variety of aspects for participants to respond. Students can send their responses for reviewing and feedback by either mail or on email.

Participants have 7 months to complete the course of 10 modules. The external course is taken at the participants own pace, however, we know life experiences do impact on study and extensions are readily available on request.

Around 4 or 5 hours a week is required to devote to study to enable completion in 7 months.

We have an extensive library available, however, depending on the time of year, there may be a waiting list for some books. We post one way and students post back.

The course is updated yearly taking into account new information and students feedback

It is not necessary to be sitting the exam to undertake this course. Many health professionals undertake the course who want to update their knowledge

Introductory Course

The Introductory Course on Breastfeeding is a course designed initially following requests from women who wanted to know more about breastfeeding without any or limited background maternity health knowledge. The first participant was a young journalist who was keen to understand why breastfeeding was important. Since we have had a number of participants, including enrolled nurses who would like to work in paediatrics or in nurseries, several child care workers, and a number of women who are either pregnant or have children they were unable to breastfeed for very long.

Once the introductory course is completed the participant is able to gain credit in the Lactation Course for Health Professionals if they are keen to further their knowledge.

The course is totally externalised and able to be done at the participants own pace.

I enjoyed doing the case-studies as I found I had to think about what I would do in that situation or how I would handle that problem. I think the course is really fantastic and I would recommend anyone to do it. Thank you

I was always and have been an advocate of breastfeeding. Now I know why!

I would recommend this course highly for anyone. It was also very enjoyable. I have now applied to sit the IBCLC exam (This was not an intent when I started)

Breastfeeding Management Workshop

The Breastfeeding Management Workshop is an 8 hour breastfeeding education package designed to help maternity units and community health units to provide breastfeeding education to their staff, particularly in readiness for working towards Baby Friendly Hospital Initiative accreditation.

The course can be conducted by ALC (Jen) or if there is a member of staff who has good breastfeeding knowledge, or a Lactation Consultant, then they can work from the pack-

age in offering the 8 hour session. All resources are included for the sessions including lecture notes, interactive session outlines and group discussions. The power-point presentations are included on a CD and the video is available on DVD on request.

ALC has conducted these workshops in numerous centres around Australia and many health services have purchased the package and conducted their own workshops.