



## Certificate Course in

# Maternal and Infant Nutrition

*(which is the course OBSC5001 in  
Master of Science in Obstetric and Midwifery Care)*

Date: 3 Sept 2018 – 6 Oct 2018  
Prince of Wales Hospital, Shatin

### Objectives

- ✓ To enhance and consolidate students' knowledge on maternal and infant nutrition.
- ✓ To update and broaden the visions of student on current feeding strategies from newborns to infants up to first year of life.

### After completing of this course, students are expected to

- ✓ Understand global and national recommendations for maternal nutrition and infant feeding;
- ✓ Assess maternal nutritional requirement and give advice to mothers;
- ✓ Understand special nutritive and nurturing behaviour in the childbearing and infant period;
- ✓ Explore special nutritional needs in preterm neonate;
- ✓ Initiate supportive interventions to sustain breastfeeding
- ✓ Facilitate mother to introduce new food to their infant and enhancing parenting skills;

### ✓ Organiser

Department of Obstetrics and Gynaecology,  
The Chinese University of Hong Kong



### Course Outline

Lectures mainly cover various topics in Maternal and Infant Nutrition including:

1. Nutrition assessment during pregnancy and lactation
2. Nutrition for fetus through conception to birth
3. Epigenetics and influence of maternal diet
4. Facts and myths about maternal and infant nutrition
5. Microbial changes during pregnancy and infancy
6. Diet relating problems during pregnancy
7. Political and cultural influences of maternal nutrition and infant and young child feeding
8. Global strategy of infant and young child feeding
9. Support for mothers related to optimizing infant feeding practices
10. Contemporary and cultural dilemmas in breastfeeding
11. Supportive interventions to sustain breastfeeding
12. Enteral and Parenteral nutritional support to specially needed infants
13. Preterm infant's feeding behaviour
14. Kangaroo mother care
15. Infant nutrition requirement and importance of parenting skills
16. Food allergies in newborn and infants
17. Teething and dental care

### CERPs Approved Course

Total CERPs allocated: pending

### Accreditation

- 52 **CME** points accredited by HKCOG
- 52.5 **PEM** points accredited by Dept of O&G, CUHK
- 52.5 **CNE** points accredited by Dept of O&G, CUHK

## Entry Requirement

Applicants should possess a BSc degree or relevant diploma.

## Target Participants

Doctors, Midwives or nurses, who are caring pregnant women and infants in both out-patient and in-patient setting.

## Course Design

The course is delivered through lectures and interactive case discussion with 52.5 teaching hours (for the whole course)

## Language

English

## Teaching Panel

### Overseas Speakers



#### Prof. Fiona Dykes

PhD (University of Sheffield), MA (Lancaster University), ADM, RM, RGN, FHEA  
Professor of Maternal & Infant Health  
Maternal and Infant Nutrition and Nurture Unit,  
School of Health, University of Central Lancashire,  
UK



#### Prof. Renee Flacking

RN, PhD, Associate Professor  
Department of Sport and Medicine, School of  
Health and Social Studies, Dalarna University,  
Sweden

### Local Speakers

Paediatricians and obstetricians at professoriate ranks, doctors from Department of Health, dietitians from private hospital and nursing consultant from HA hospital

## Applicant can choose to apply

### Full Certificate Course:

Certificate Course in Maternal and Infant Nutrition (WITH examination)

### Course schedule (Total 52.5 hours)

Date		Time	Venue
03-Sept-18	Mon	18:30-21:30	1E
06-Sept-18	Thur	18:30-21:30	1E
10-Sept-18	Mon	09:00-16:00	1E
11-Sept-18	Tue	08:30-13:15	PEC1
12-Sept-18	Wed	09:00-17:30	PEC1
13-Sept-18	Thur	09:00-17:15	PEC1
14-Sept-18	Fri	09:00-16:30	CSB1
17-Sept-18	Mon	18:30-21:30	1E
20-Sept-18	Thur	18:30-21:30	1E
27-Sept-18	Thur	18:30-21:30	1E
4-Oct-18	Thur	18:30-21:30	1E
6-Oct-18	Sat	08:30-13:15	1E

- **1E:** Allan Chang Seminar Room, 1/F, Blk E, PWH
- **PEC1:** Seminar Room 1, Postgraduate Education Centre (PEC), PWH
- **CSB1:** CSB Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, PWH

Tuition fee: **HKD 20,000**

**Assessment** Written examination on 18 October 2018

### Graduation Requirement

Students must fulfill all of the following criteria to be granted a

#### Certificate of Completion

- ✓ An overall attendance rate of 80% of lectures
- ✓ A passing grade of 60% on the written examination

#### Certificate of Attendance

- ✓ An overall attendance rate of 80% of lectures but does not pass the written exam

**Series 1: Course on cultural beliefs and characteristics of gut microbiota during pregnancy. Design a meal plan for a pregnant Woman**

**Course outline:**

1. Nutrition assessment and counseling of mother during pregnancy and lactation
2. Epigenetics and cultural influence of maternal diet
3. Changes in gut microbiota during pregnancy
4. Healthy eating and diet relating problems during pregnancy
5. Nutrition assessment and counseling of mother during pregnancy and lactation

**Course schedule (Total 19.5 hours)**

Date		Time	Venue
03-Sept-18	Mon	18:30-21:30	1E
11-Sept-18	Tue	08:30-13:15	PEC1
17-Sept-18	Mon	18:30-21:30	1E
20-Sept-18	Thur	18:30-21:30	1E
27-Sept-18	Thur	18:30-21:30	1E
4-Oct-18	Thur	18:30-21:30	1E
<ul style="list-style-type: none"> <li>● 1E: Allan Chang Seminar Room, 1/F, Blk E, PWH</li> <li>● PEC1: Seminar Room 1, Postgraduate Education Centre (PEC), PWH</li> </ul>			

Duration: Total 19.5 hours

Tuition fee: HKD \$7507.5

**Graduation Requirement**

Students must fulfill all of the following criteria to be granted a

**Certificate of Attendance**

- ✓ An overall attendance rate of 80% of lectures

**CERPs Approved Course**

Total CERPs allocated: **Pending**

**Accreditation**

- 19.5 CME points accredited by HKCOG (pending)
- 19.5 PEM points accredited by Dept of O&G, CUHK
- 19.5 CNE points accredited by Dept of O&G, CUHK

**Series 1(a): Course on designing a meal plan for pregnant woman**

**Course outline:**

1. Healthy eating and diet relating problems during pregnancy
2. Nutrition assessment and counseling of mother during pregnancy and lactation

**Course schedule (Total 12 hours)**

Date		Time	Venue
17-Sept-18	Mon	18:30-21:30	1E
20-Sept-18	Thur	18:30-21:30	1E
27-Sept-18	Thur	18:30-21:30	1E
4-Oct-18	Thur	18:30-21:30	1E
<ul style="list-style-type: none"> <li>● 1E: Allan Chang Seminar Room, 1/F, Blk E, PWH</li> </ul>			

Duration: Total 12 hours

Tuition fee: HKD \$4,620 **\*(For Alumni: HKD 3,465 ONLY)**

**Graduation Requirement**

Students must fulfill all of the following criteria to be granted a

**Certificate of Attendance**

- ✓ An overall attendance rate of 80% of lectures

**CERPs Approved Course**

Total CERPs allocated: **Pending**

**Accreditation**

- 12 CME points accredited by HKCOG (pending)
- 12 PEM points accredited by Dept of O&G, CUHK
- 12 CNE points accredited by Dept of O&G, CUHK

## ***Series 2- Course on clinical updates on infant feeding and nutritional support to specially needed infant***

### **Course Outline:**

1. Sustaining breastfeeding and supportive interventions for term infants
2. Development of feeding behavior
3. Kangaroo mother care
4. Enteral and Parenteral nutritional support to specially needed infants
5. Development of feeding and parenting skills
6. Teething and dental care
7. Food allergies in newborn and infants

### **Course schedule (Total 16.5 hours)**

Date		Time	Venue
06-Sept-18	Thur	18:30-21:30	1E
11-Sept-18	Tue	11:15-13:15	PEC1
13-Sept-18	Thur	09:00-17:15	PEC1
6-Oct-18	Sat	08:30-13:15	1E

- **1E:** Allan Chang Seminar Room, 1/F, Blk E, PWHI
- **PEC1:** Seminar Room 1, Postgraduate Education Centre (PEC), PWH

Duration: Total 16.5 hours

Tuition fee: HKD \$6160

### **Graduation Requirement**

Students must fulfill all of the following criteria to be granted a

#### ***Certificate of Attendance***

- ✓ An overall attendance rate of 80% of lectures

### **CERPs Approved Course**

Total CERPs allocated: **Pending**

### **Accreditation**

16.5 **CME** points accredited by HKCOG (*pending*)

16.5 **PEM** points accredited by Dept of O&G, CUHK

16.5 **CNE** points accredited by Dept of O&G, CUHK

## ***Series 2a- Kangaroo mother care workshop***

### **Course Outline:**

Hands on, interactive workshop to create awareness about KMC

### **Course schedule (Total 4 hours)**

Date		Time	Venue
13-Sept-18	Thur	13:15-17:15	PEC1

- **PEC1:** Seminar Room 1, Postgraduate Education Centre (PEC), PWH

Duration: Total 4 hours

Tuition fee: HKD \$1,540 **\*(For Alumni: HKD 1,155 ONLY)**

### **Remarks:**

Student complete the course can obtain ***The Certificate of Attendance***

### **CERPs Approved Course**

Total CERPs allocated: **Pending**

### **Accreditation**

4 **CME** points accredited by HKCOG (*pending*)

4 **PEM** points accredited by Dept of O&G, CUHK

4 **CNE** points accredited by Dept of O&G, CUHK

## Reply Slip

### Section A:

If you would like to apply our certificate course, please indicate your interested option below and return the reply slip with your particular to us.

Course	Choice (please <input checked="" type="checkbox"/> )	Amount HKD
<i>Full Certificate Course</i>		
<i>Series 1: Course on cultural beliefs and characteristics of gut microbiota during pregnancy.</i>		
<i>Series 1(a):Design a meal plan for pregnant woman</i>		
<i>Series 2: Clinical updates on infant feeding and nutritional support to specially needed infant</i>		
<i>Series 2(a):Kangaroo mother care workshop</i>		
<b>Total (HKD)</b>		

### Cost Summary (HKD)

**\*\*Special offer for Alumni – 25% off\*\***

Item	Course	Cost (HKD)	For Alumni
1.	<i>Full Certificate Course</i>	<b>20,000.0</b>	<b>NA</b>
2.	<i>Series 1: Course on cultural beliefs and characteristics of gut microbiota during pregnancy.</i>	<b>7,507.5</b>	<b>NA</b>
3.	<i>Series 1(a):Design a meal plan for pregnant woman</i>	<b>4,620.0</b>	<b>3,465.0</b>
4.	<i>Series 2: Clinical updates on infant feeding and nutritional support to specially needed infant</i>	<b>6,160.0</b>	<b>NA</b>
5.	<i>Series 2(a):Kangaroo mother care workshop</i>	<b>1,540.0</b>	<b>1,155.0</b>

**\* Alumni refer to graduates of Master of Science in Obstetric Care in 2016 and Master of Science in Obstetrics and Midwifery Care in 2018.**

### Section B: Payment Method

By Cheque (Payable to **The Chinese University of Hong Kong**)

Cheque no.: \_\_\_\_\_ Bank Name: \_\_\_\_\_

By Credit Card (in Hong Kong Dollars only)

**Visa**     **MasterCard**

Card holder's name (Block letter): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiry Date (mm/yy)

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Please charge the above credit card of amount \_\_\_\_\_

### Section C: Personal Information

Title:	Prof. <input type="checkbox"/> Dr. <input type="checkbox"/> Mr. <input type="checkbox"/> Ms. <input type="checkbox"/>
Name:	(Eng) (Chinese)
Sex:	M <input type="checkbox"/> F <input type="checkbox"/>
Hospital / Organization:	
Department:	
Address:	
Tel:	
Fax:	
Email:	

**Please return this reply slip to Miss Jade Mak via email ([jademyf@cuhk.edu.hk](mailto:jademyf@cuhk.edu.hk)), fax (2636 0008) or by post (Department of Obstetrics and Gynaecology, Block 1E, Prince of Wales Hospital, 30 Ngan Shing Street, Shatin, N.T., HK (Attn: Miss Jade Mak).**

**Application Deadline: 15 August 2018**

### Registration and Enquiry

Miss Jade MAK

Tel: 852-3505 1534 / Fax: 852-2636 0008

Email: [jademyf@cuhk.edu.hk](mailto:jademyf@cuhk.edu.hk)