



DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

2020/22

# CERTIFICATE COURSE IN MATERNAL AND INFANT NUTRITION 03/09 – 12/10/2020 (WEBINAR LECTURE)

Same as the course of OBSC5001  
MSc in Obstetric and Midwifery Care

## AIMS

- Provide a basic concept on human gut microbiome and its impact on maternal and infant metabolism and overall health
- Update knowledge on food factors
- Revisit, reflect skills in supporting women with lactating problems
- Update knowledge in identifying infants with nutrition problems relating to feeding, birth defects and inborn error metabolism

## INTENDED LEARNING OUTCOMES

- Describe the composition of human microbiome
- Understand the effect of antibiotics, probiotics and prebiotics on the developing infant gut microbiota
- Design a meal plan for pregnant and lactating women
- Differentiate breast pain, plugging and mastitis and give relevant support to women by both physical means and psychological coping strategies
- Advise mother the nutritional concerns to both normal infants and those with problems of birth defects and inborn error metabolism
- Identify types of tongue tie and describe the management and supporting strategies to lactating mothers

## CERPS APPROVED COURSES (Pending approval)

## ACCREDITATION

40 CNE points accredited by CUOG  
40 PEM points accredited by CUOG

## LANGUAGE

English

## TUITION FEE

HKD15,924

## APPLICATION DEADLINE

31 Aug 2020

## COURSE DESCRIPTION

This 40-hour programme is designed for nurses and midwives who care preconceptual, pregnant, postpartum and breastfeeding women, newborns and infants during their first 1000 days of life. The course is divided into four parts that each focus on different core concepts relating to maternal and infant health

**PART 1** Overview of human gut microbiome and how it composites and affect human beings

**PART 2** Advise an appropriate meal plan to pregnant and lactating women through informed knowledge of different food factors

**PART 3** Review on supporting skills to women undergoing breast surgery. Discuss coping strategies and bioethics concerns for women with lactating problems

**PART 4** Identify infants with growth and survival threats related to nutrition and inborn error metabolism. Introduction of tongue-tied assessment, diagnosis and management in newborns. Address specific lactation skills in supporting these dyads

## ENTRY REQUIREMENT

Applicants should possess a BSc degree or relevant diploma

## TARGET PARTICIPANTS

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

## COURSE DESIGN

The course is delivered through lectures and interactive case discussion with 40 teaching hours for the whole course

## CONTACT

Miss Joey Sio | 3505 2580 | waiisio@cuhk.edu.hk  
Department of Obstetrics and Gynaecology  
1/F, Special Block E, Prince of Wales Hospital, Shatin  
<http://www.obg.cuhk.edu.hk>

## OVERSEAS SPEAKERS



**Ms. Bianca BALASSINO**  
IBCLC  
Perinatal Psychologist  
Maternal Child Health Specialist,  
Brazil



**Ms. Melissa COLE**  
MS  
IBCLC  
RLC  
USA



**Dr. Alexandra GLASS**  
MD, IBCLC, OBGYN,  
Vice President  
BDL Lactation Consultant  
Association  
Germany



**Dr. Katrina B MITCHELL**  
MD, IBCLC, FACS,  
Fellowship-Trained Breast Surgical  
Oncologist, Assistant Professor of  
Surgery University of New Mexico,  
USA



**Ms. Christine STARICKA**  
IBCLC  
California  
USA



**Dr. Natalie SHENKER**  
BM BCh(Oxon), PhD (Imp),  
Cofounder of Human Milk  
Foundation  
UK



**Dr. Shu-Fang WANG**  
PhD, RN, IBCLC  
President  
Chinese Lactation Consultant  
Association  
Taiwan

## REMARKS

- Student who successfully completes all the course requirements may be eligible to apply the course exemption for OBSC5001 of MSc in Obstetric and Midwifery Care

## LOCAL SPEAKERS

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

## COURSE SCHEDULE

Date	Day	Time
3 Sep	Thu	18:30 – 21:30
8 Sep	Tue	17:30 – 21:30
10 Sep	Thu	18:30 – 21:30
14 Sep	Mon	17:30 – 21:30
17 Sep	Thu	17:30 – 21:30
19 Sep	Sat	08:30 – 13:00
21 Sep	Mon	08:30 – 12:45
24 Sep	Thu	18:30 – 21:30
28 Sep	Mon	17:15 – 21:30
30 Sep	Wed	18:30 – 21:30
5 Oct	Mon	17:30 – 21:30
12 Oct	Mon	16:30 – 19:30 (Exam)

## TEACHING FORMAT

## ZOOM Live Webinar

### ASSESSMENT

- Examination (MCQ) on 12 Oct 2020

### CERTIFICATE OF COMPLETION

- At least 80% of overall attendance
- A passing grade of 60% on the written examination

### CERTIFICATE OF ATTENDANCE

- At least 80% of attendance but does not pass the written examination

### ONLINE REGISTRATION

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=9897351>

