



Certificate Course in Maternal and Infant Nutrition

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

Date: 5 Sept 2016 – 3 Oct 2016

Allan Chang Seminar Room, 1/F, Blk E, Prince of Wales Hospital, Shatin &
Rm303, Li Ka Shing Institute of Health Sciences,
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;
- ✓ Facilitate mother to introduce new food to their infant;
- ✓ Recognize pathological and congenital conditions affecting nutrition and feeding;
- ✓ Manage feeding problems

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 and counseling of mother during pregnancy and lactation
2. Epigenetics and influence of maternal diet
3. Effect of medications on fetal growth and lactation
4. Food safety and food borne illness during pregnancy
5. Political and cultural influences of maternal nutrition and infant and young child feeding
6. Global strategy of infant and young child feeding
7. Managing breastfeeding problem from both lactation consultant and clinician's perspectives
8. Support for mothers related to optimizing infant feeding practices
9. Contemporary and cultural dilemmas in breastfeeding
10. Sustaining breastfeeding and supportive interventions for term infants
11. Common concerns in breastfeeding infants
12. Enteral and Parenteral nutritional support to specially needed infants
13. Supporting the initiation and duration of breastfeeding in preterm infants
14. Development of parenting skills
15. Food allergies in newborn and infants
16. Teething and dental care
17. Problems of malnutrition and overweight
18. Inborn error metabolism diseases and its impact on infant's nutrition
19. Sourcing high quality maternal and infant papers

CERPs Approved Course

Total CERPs allocated: pending

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 setting.

Course Design

The course is delivered through lectures and interactive case discussion with 54 teaching hours (for the whole course).

Language

English

Accreditation

1 **CME** point per lecture hour accredited by HKCOG

1 **PEM** point per lecture hour accredited by Dept of O&G, CUHK

CNE points pending

Our Overseas Teaching Panel



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*

Applicant can choose to apply

Option 1 - Full certificate course: Certificate Course in Maternal and Infant Nutrition (WITH examination)

Course schedule (Total 54 hours)

Date		Time	Venue
5-Sep-2016	Mon	09:00-16:30	LiHS
6-Sep-2016	Tue	08:30-15:15	LiHS
7-Sep-2016	Wed	09:00-17:30	LiHS
8-Sep-2016	Thu	09:00-17:00	LiHS
9-Sep-2016	Fri	09:00-16:15	LiHS
12-Sep-2016	Mon	18:30-21:30	ACS
19-Sep-2016	Mon	18:30-21:30	ACS
22-Sep-2016	Thu	18:30-21:30	ACS
24-Sep-2016	Sat	09:00-17:30	ACS
26-Sep-2016	Mon	18:30-21:30	ACS
29-Sep-2016	Thu	18:30-20:30	ACS
3-Oct-2016	Mon	18:30-20:30	ACS

*ACS: Allan Chang Seminar Room, 1/F, Blk E, Prince of Wales Hospital
LiHS: Room 303, 3/F, Li Ka Shing Medical Sciences Building (LiHS), Prince of Wales Hospital*

Duration: Total 54 hours

Tuition fee: \$18,900

Assessment

MCQ examination on 17 October 2016

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 exam

Option 2 - Series 1: Course on Cultural beliefs and hospital practices on maternal diet: advice and counseling/practical tips in achieving successful breastfeeding (NO examination)

Course outline:

1. Nutrition assessment and counseling of mother during pregnancy and lactation
2. Epigenetics and cultural influence of maternal diet
3. Effect of medications on fetal growth and lactation
4. Food safety and food borne illness during pregnancy
5. Common concerns in breastfeeding infants
6. Managing breastfeeding problem from both lactation consultant and clinician's perspectives

Course schedule (Total 15.5 hours)

Date	Time	Venue	
6-Sep-2016	Tue	08:30-12:15	LiHS
12-Sep-2016	Mon	18:30-21:30	ACS
19-Sep-2016	Mon	18:30-21:30	ACS
22-Sep-2016	Thu	18:30-21:30	ACS
24-Sep-2016	Sat	14:30-17:30	ACS

ACS: Allan Chang Seminar Room, 1/F, Blk E, Prince of Wales Hospital
LiHS: Room 303, 3/F, Li Ka Shing Medical Sciences Building (LiHS), Prince of Wales Hospital

Duration: Total 15.5 hours

Tuition fee: \$5,425

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

Option 3 - Series 2: Course on Clinical update on infant feeding and nutritional support to specially needed infants (NO examination)

Course outline:

1. Global strategy of infant and young child feeding
2. Sustaining breastfeeding and supportive interventions for term infants
3. Common concerns in breastfeeding infants
4. Enteral and Parenteral nutritional support to specially needed infants
5. Supporting the initiation and duration of breastfeeding in preterm infants
6. Development of parenting skills
7. Food allergies in newborn and infants
8. Teething and dental care
9. Problems of malnutrition and overweight
10. Inborn error metabolism diseases and its impact on infant's nutrition

Course schedule (Total 21.5 hours)

Date	Time	Venue	
7-Sep-2016	Wed	09:00-15:15	LiHS
8-Sep-2016	Thu	09:00-17:00	LiHS
19-Sep-2016	Mon	18:30-21:30	ACS
24-Sep-2016	Sat	09:00-13:15	ACS
26-Sep-2016	Mon	18:30-21:30	ACS

ACS: Allan Chang Seminar Room, 1/F, Blk E, Prince of Wales Hospital
LiHS: Room 303, 3/F, Li Ka Shing Medical Sciences Building (LiHS), Prince of Wales Hospital

Duration: Total 21.5 hours

Tuition fee: \$7,525

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

Option 4 – Combination of series 1 and 2 (NO examination)

Course schedule (Total 34 hours)

Date		Time	Venue
6-Sep-2016	Tue	08:30-12:15	LiHS
7-Sep-2016	Wed	09:00-15:15	LiHS
8-Sep-2016	Thu	09:00-17:00	LiHS
12-Sep-2016	Mon	18:30-21:30	ACS
19-Sep-2016	Mon	18:30-21:30	ACS
22-Sep-2016	Thu	18:30-21:30	ACS
24-Sep-2016	Sat	09:00-17:30	ACS
26-Sep-2016	Mon	18:30-21:30	ACS

ACS: Allan Chang Seminar Room, 1/F, Blk E, Prince of Wales Hospital

LiHS: Room 303, 3/F, Li Ka Shing Medical Sciences Building (LiHS), Prince of Wales Hospital

Duration: Total 34 hours

Tuition fee: \$11,900

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

Reply Slip

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.

Option	Series	Tuition Fee (HK\$)	Your Choice (please <input checked="" type="checkbox"/>)
1	Full certificate course	\$18,900	
2	Series 1	\$5,425	
3	Series 2	\$7,525	
4	Combination of series 1&2	\$11,900	

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 Jessica Sit via email (jessicascw@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 Jessica Sit)).**

Registration and Enquiry

Miss Jessica SIT

Tel: 852-2632 1527 / Fax: 852-2636 0008

Email: jessicascw@cuhk.edu.hk