

Unit Outline (Higher Education)

Institute / School: Institute of Health and Wellbeing

Unit Title: Introduction To Infant Feeding

Unit ID: HEALN6104

Credit Points: 30.00

Prerequisite(s): Nil

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED: 060303

Description of the Unit:

This course is designed to provide an introduction for nurses and other allied health staff to infant feeding. In contemporary Australian health care, multidisciplinary health practitioners are integral participants in the education and support of infant feeding choices, an important aspect of public and primary health care. The focus will be on improving competence and confidence in the provision of breastfeeding advice, and the promotion, support and protection of breastfeeding, as well as the development of comprehensive assessment skills. The role and use of breast milk substitutes in infant feeding will be critically examined, as will the role of health practitioners in supporting women's informed choice in infant feeding. The role of the multidisciplinary health care providers as advocates for breastfeeding within the context of primary healthcare and public health policy will also be explored. The course will be underpinned by a philosophy of family-centred care: embedding in students a commitment to working in partnership with women, families and communities throughout the infant feeding journey

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience

Placement Component: Yes - days

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of

supplementary assessment.

Course Level:

| Level of Unit in Course | AQF Level of Course | | | | | |
|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------------------|--------------------------|
| | 5 | 6 | 7 | 8 | 9 | 10 |
| Introductory | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Intermediate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Advanced | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Learning Outcomes:

Knowledge:

- K1.** Describe the anatomy and physiology of breast development and lactation, including establishment, maintenance and suppression
- K2.** Demonstrate comprehensive understanding of the indication for and use of infant formula, including correct reconstitution and administration to infants and children
- K3.** Discuss the legal, ethical and professional standards and frameworks for clinicians working with infants, women and families
- K4.** Relate the pharmacokinetics, pharmacodynamics and quality use of medications to the context of breast milk feeding
- K5.** Identify the importance of maternal choice in relation to infant feeding practices
- K6.** Explore the cultural significance of breastfeeding and nutrition, including among Australia's First Peoples and in culturally diverse populations

Skills:

- S1.** Develop skills necessary to conduct feeding assessments for infants receiving breastmilk with or without breastmilk substitutes
- S2.** Identify strategies to manage infant feeding issues in the postpartum period
- S3.** Demonstrate family-centred care through effective communication, clinical decision-making and problem solving skills throughout the infant feeding continuum

Application of knowledge and skills:

- A1.** Employ reflective practice skills and implement evidence-based care for infants, women and their families throughout the infant feeding continuum
- A2.** Provide contemporary infant feeding education to facilitate informed choices by women and families for their unique circumstances
- A3.** Critique the importance of breastfeeding in public health and identify strategies that promote breastfeeding as a healthy choice.

Unit Content:

The WHO/UNICEF Ten Steps to Successful Breastfeeding (2006); WHO/UNICEF Baby-friendly Hospital Initiative (2009); WHO International Code of Marketing of Breast-milk Substitutes (1981); Australian National Breastfeeding Strategy: 2019 and Beyond (2019); 2010 Australian National Infant Feeding Survey (2010); NHMRC Infant Feeding Guidelines: Information for health workers (2012); ANMAC Midwife Accreditation Standards (2021); NMBA Midwife Standards for Practice (2018); NMBA Code of Conduct for the Midwife (2018), Code of Ethics for the Midwife (2014), NMBA Registered Nurse Standards for Practice (2016); NMBA Code of Conduct for nurses (2018) and Code of Ethics for nurses (2012) have substantially informed the syllabus/content

of this course Anatomy of the female breast Breast development through the lifespan, from embryo to menopause Lactation physiology Anatomy of the oral cavity of the infant Innate neonatal reflexes Infant microbiome Nutritive vs non-nutritive sucking Benefits of breastfeeding for mother, baby and the community Breastfeeding as health promotion Working with the mother-baby dyad Antenatal preparation for breastfeeding Initiating breastfeeding Importance of skin-to-skin contact and kangaroo care Positioning and attachment Normal newborn feeding behaviour Maintaining choice in infant feeding Referral pathways Alternate infant feeding methods including Pharmacology in the breastfeeding relationship Common maternal breastfeeding challenges Common infant breastfeeding difficulties Safe sleeping Dummies and pacifiers Contraception and family planning Legal and ethical considerations in infant feeding including policy and guidance documents and framework

Learning Task and Assessment:

| Learning Outcomes Assessed | Assessment Tasks | Assessment Type | Weighting |
|--------------------------------|--|--|-----------|
| K1, K2, K3, K4 | Theoretical concepts of the anatomy and physiology of human lactation | Online Activities | 20-40% |
| K1, K3, K5, S3, A1, A3 | Discussion and demonstration of health promotion concepts in an infant feeding context | Health promotion activity - Written assessment | 20-40% |
| K5, K6, S1, S2, S3, A1, A2, A3 | Discussion and demonstration of health promotion concepts in an infant feeding context | Health promotion activity - Audio-visual presentation | 30-50% |

Adopted Reference Style:

APA ()

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)