

Online Breastfeeding Education Courses

FOR HEALTH PROFESSIONALS

Especially designed for:

- LACTATION CONSULTANTS
- COMMUNITY HEALTH NURSES
- MIDWIVES
- NURSES
- DOCTORS
- BABY FRIENDLY INITIATIVE
STAFF EDUCATION
- CERPs AND CE_s



*Health*e-learning

www.health-e-learning.com

Welcome to Health e-learning

Health e-Learning was established by a small group of passionate professionals to provide a range of Breastfeeding Education courses to lactation consultants, child health nurses, midwives, nurses, doctors and other health professionals.

Our courses are AARC approved, receive CERPs from the International Board of Lactation Consultant Examiners (IBLCE) and Contact Hours for ANCC (through Virginia Nurses Association). They are the ideal preparation for those seeking qualifications as a Lactation Consultant.

Each course is written and reviewed on a regular basis for accuracy by leading lactation professionals and academics.

Our online courses have been specifically developed to work around your family and work commitments. All you need is a computer and an Internet connection! Once enrolled you will have access to course content (including the assessments), which you complete online in your own time. You will also be able to download your Certificate once you've passed the assessment.

This unique system means you can study at a time that suits you, and we have assisted thousands of students from the United States, United Kingdom, Australia, New Zealand, Europe and beyond attain their qualifications and re-qualifications as Lactation Consultants.

Staff Education For Baby Friendly BREASTFEEDING ESSENTIALS PROGRAM

Health e-Learning offers a consistent, convenient, cost effective, high quality online staff education program called "Breastfeeding Essentials" to Hospitals and Health Groups needing staff education for accreditation or re-accreditation for Baby Friendly status.

The program is comprised of three courses:

- Breastfeeding Essentials (suitable for initial education) – 18 hours study
- Essentials Update (suitable for advanced staff or re-accreditation) – 12 hours study
- Breastfeeding Essentials for Doctors (suitable for doctors) – 5 hours study

Features of the program are:

- Caters for 10 – 10,000 participants (in multiple locations if required) in any of the three courses.
- No hospital technology setup required (just internet access)
- All training statistics recorded for BFI auditing
- Consistent information across all staff
- Participant certificates issued (including CERPs and CEs)
- Add any number of additional participants at any time
- Staff can access program from home, work or public Internet facility

"We looked at the idea of running workshops, in-services, workbooks and other options but when we saw Breastfeeding Essentials it was all there... the interactions, the references, the assessment... and it was flexible for our nursing staff and available 24 hours a day. We had over 100 staff including 66 midwives who successfully completed the course over a 6 month period."

Ruth Cantrill (BFHI Coordinator for Redland Hospital, Australia)

"The Breastfeeding Essentials online training has exceeded all of our expectations! The training has encouraged healthy discussion between staff members and has given staff confidence. So many times I have heard comments of 'now I understand why this is happening' or 'now I know how and why to respond to a situation!'"

Debbie Wright (BFHI Coordinator for Taranaki Health Board, New Zealand)



Online Breastfeeding Education Courses

BreastEd COURSES

The BreastEd Series consists of 10 online courses covering all the major aspects of human lactation.

BreastEd has been approved by Accreditation and Approval Review Committee (AARC) on Education in Human Lactation and Breastfeeding as a quality course suitable for preparation for the IBLCE Examination.

12 L-CERPs and 12 Contact Hours (ANCC) per course.

BE01: Breastmilk: Composition and Function

This course has been developed for health professionals to enhance their knowledge of the composition of breastmilk and their appreciation of the importance of breastmilk for all children.

BE02: Anatomy and Physiology of the Lactating Breast

The aim of this course is for participants to have an accurate understanding of breast anatomy and, in particular, lactation physiology, so that they can base their breastfeeding management advice on sound principles.

BE03: Positioning and Latch of the Baby to the Breast

On completion of this course participants will have a thorough knowledge of the physics of suckling, and be able to recognize and teach good positioning and latch to mothers.

BE04: Breastfeeding Initiation and the First Week

This course is designed for the practitioner who cares for mother prenatally and the mother and baby in the first week postpartum. It covers how best to encourage women to breastfeed, the birthing factors that work against the successful initiation of breastfeeding, and how to facilitate the best environment for mother and baby. You will also learn about the common problems encountered in the first week and how to prevent and manage them.

BE05: Communication and Education

This course has been developed for health professionals caring for mothers and children to improve their knowledge and skills in communication, counselling and education, including how to plan and deliver educational sessions.

BE06: Breastmilk, Breastfeeding and the Preterm Baby

Students will have an understanding of the effects of preterm birth on breastmilk composition, the importance of breastmilk for preterm infants, and how to facilitate breastmilk feeding and eventually breastfeeding on successful completion of this course.

BE07: Breastfeeding After the First Week

The aim of this course is to assist the health professional to recognize and facilitate the normal progress of breastfeeding from the first postnatal week until beyond weaning, and to prevent problems related to breastfeeding, recognize them when they do occur and manage them effectively.

BE08: Breastmilk, Lactation and Medications

This course assists the student to understand how medications, social drugs and environmental contaminants can enter breastmilk and how they might counsel the mother about their affects on the breastfeeding baby.

BE09: Other Factors Affecting the Breastfeeding Dyad

The topics in this course are as varied as the effect of lactation on libido and fertility, breastfeeding an adopted baby, breastfeeding with an acute or chronic medical condition, breastfeeding twins or more, or a baby with neurological or oro-motor disabilities, and various other topics. The effect on the baby, mother or lactation will be discussed and management aims and treatment discussed where indicated.

BE10: The Politics of Breastfeeding

The aim of this course is to give you an understanding of how infant feeding choice is influenced by attitudes of individuals and communities, and how these are in turn molded by industry and politics for financial gain at the expense of the mother and baby. Global, national and local initiatives to support, promote and protect breastfeeding are discussed.

ADVANCED PRACTICE FOR LACTATION CONSULTANTS

This series of courses will examine a clinical issue of relevance for the advanced practitioner. A deeper understanding of the implications of cause, diagnosis, management and outcome will assist clinical practice.

AP01 Breastfeeding and the Baby with Cleft Lip and/or Palate.

This course covers detailed information about clefts: their formation, incidence, other difficulties faced by the baby and surgery details. It has been developed for the advanced practitioner as it aims to impart a deep understanding of the significance of these birth defects to enable application of this knowledge to the implications of the condition on feeding challenges and breastfeeding options.

4.25 CERPs/ CE

See website for more titles.

BREASTFEEDING FOUNDATIONS FOR DOCTORS

Breastfeeding Foundations for Doctors has been developed by a doctor for doctors seeing mothers prenatally, in the hospital situation and in the community. All common issues are addressed.

BREASTFEEDING FOUNDATIONS FOR NURSES & MIDWIVES

Breastfeeding Foundation for Nurses & Midwives is a professional development educational course on lactation and breastfeeding management for health professionals supporting women during pregnancy, birthing and for the duration of breastfeeding. The course covers the 10 Steps to Successful Breastfeeding, and the 7-Point Plan for the Protection, Promotion and Support of Breastfeeding in community settings.

18 CERPs/ CE

ETHICS FOR LACTATION CONSULTANTS

Ethics introduces students to the theories of ethics, and gives them a thorough understanding of their responsibilities in relation to the IBLCE Code of Ethics and the International Code of Marketing of Breast-milk Substitutes (WHO Code). It is accredited to provide 5 E CERPs.

EXPERTS-IN-LACTATION LECTURES

Experts-in-Lactation Lectures are audio-visual presentations on a range of lactation topics by Lactation Professionals from around the world. Some of these are from the popular GOLD Conferences and others are specifically recorded for this series. The easy format lets you watch and listen as though you were in a lecture, then repeat the lecture as many times as you wish during your one week enrolment period.

1.25 CERP/ CE

LACTATION EXAM PRACTICE

This program provides candidates of the IBLCE Examination with practice in multiple-choice assessment on a range of questions based on the topics examined in the IBLCE Examination. Questions reflect the format of the IBLCE examination, including questions with graphics and negative-stem questions. Questions are graded immediately, and feedback provides additional information and tips on answering questions. A forum for participants is a highlight of the program.

BACKGROUND HEALTH EDUCATION

IBLCE recognises that completion of these courses fulfils the pre-exam requirement for candidates who need to document an introductory course in these topics.

IH01: Anatomy and Physiology

IH02: Counselling Skills

IH03 Child Development

IH04: Sociology

IH05: Medical Terminology

IH06: Nutrition





Benefits of Health e-learning courses

- **Online environment is easily accessible** – you just need a computer and an internet connection, no special software or hardware.
- **Simple interface** – our custom designed interface is easy to navigate, with all the information you need at your fingertips
- **No other books or resources required** – everything you need to complete the course is within our online environment and we provide links to other relevant information.
- **Strong support** – We have real people on our support team who are only too happy to assist you with any problems you may encounter throughout your course.
- **Dedicated tutor** – Most courses have a dedicated tutor who is available to provide the extra information and references you may require.
- **Up-to-date information** – We constantly check, review, research and update our learning materials so that you can learn from the latest information.
- **Student forums** – Our student forums enable you to chat with your tutor and other students studying the same course so you can compare notes, discuss findings and share experiences. Many students report they learn additional valuable tips and techniques in the forums.
- **Individual course options** – Our courses can be taken individually or as a complete set making them the perfect way to prepare for the IBLCE or obtain CERPs for ongoing accreditation requirements.

Testimonials

I have thoroughly enjoyed each course that I've completed, and have recommended your coursework to many of my colleagues. Thank you so much for providing the very user-friendly service at such a good value. Your education programs are well researched, and very interesting. ~ E.S. Canada

Your courses have been so comprehensive and yet easy to read. I was definitely worried about my ability to learn online, as opposed to going to a week-long conference, but I've definitely been learning a lot. It's already changing how I do my job as a Labor & Delivery nurse. ~ M.G. USA

I haven't [previously] done any on-line course but found this easy to use and will likely sign up for more of these types of courses. I enjoy learning at my own pace and felt that if I needed any help it was certainly available. ~ M.L. South Africa

Thanks so much for your high quality courses. I'm very much looking forward to becoming an IBCLC this summer, and the BreastEd courses are turning out to be excellent preparation! ~ H.C. Alaska

I'm really enjoying the online learning experience – not having been involved before I am finding it very suited to this new path in my life and fitting around my family and work commitments too. ~ D.S. Australia

This has been one of the most stimulating courses I have done and the way the course was designed was helpful, stimulating and challenging. ~ M.G. New Zealand

I am really enjoying studying with Health e-Learning. I feel really motivated and can't wait to get back to it each time I leave. ~ L.H. Great Britain



To find out more information, and to enroll in any of our courses, visit

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