

Training of Trainers Workshop

Improving Breastfeeding Education in Sub-Saharan Africa





Overview

Breastfeeding is a critical first step on a child's path to a healthy future. Promoting breastfeeding practices such as initiation within one hour of birth and continuing for up to two years of age and beyond is essential for improving child health, preventing malnutrition, and reducing under-5 mortality. Exclusive breastfeeding from birth to six months can reduce infant mortality by 13% according to Le Lancet (2016) and it is estimated that the lives of 1.2 million children could be saved each year in the world thanks to this measure.

In Africa, 5 million children die each year before celebrating their 5th birthday. In Ivory Coast, although a significant increase in the rate of exclusive breastfeeding has been recorded, increasing from 23.5% in 2016 to 34% in 2021 (EDS 2021), efforts remain to be made regarding the target set by 2030 which is to achieve 70%.

Building on the Regional Training held in Dakar, Senegal the Sub-Saharan Africa – Breastfeeding Education Initiative (SSA-BFEI), UNITAR in collaboration with its International Training Centre for Authorities and Leaders (CIFAL) Dakar hosted the Training of Trainers Workshop “Promoting Breastfeeding Education in Sub-Saharan Africa” in Abidjan, Ivory Coast on 12 December 2023 with the aim of improving breastfeeding education in Sub-Saharan Africa by providing a variety of educational tools that will target diverse audiences at policy, organizational, and community levels.

The ToT brought together 25 nurses and midwives together with representatives from the Association of Midwives from Ivory Coast (Association des Sages -Femmes de Côte d'Ivoire), the Nursing and Maternal Care Department (Direction des Soins Infirmiers et Maternels), Society of Pediatricians of Ivory Coast (Société Ivoirienne de Pédiatrie), and Danone Nutricia Africa. The training aligned with

SDGs 2 and 3 and was led by three breastfeeding experts from Ivory Coast, who adapted “The Magic Drop” (BFEI’s e-learning breastfeeding module) to the local context.

The following report describes the results of this training, with direct quotes included. All participants were required to complete the Magic Drop training online prior to attending the workshop. This allowed participants to better understand and engage in the workshop and for experts to further tailor their training. Printed manuals and training materials were given to participants within their packages.

Learning Objectives

At the end of the Training of Trainers, participants should have been able to:

1. Understand the science behind breastfeeding.
2. Describe the impact of breast milk and breastfeeding on the health of the mother and infant.
3. Understand the main structural and individual challenges women face regarding the initiation and continuation of breastfeeding.

The ToT sought to equip participants with the necessary skills to:

1. Develop practical tools to support breastfeeding mothers at home, health centres, in the workplace and in society.
2. Communicate the importance of breastfeeding to health professionals, mothers and to caregivers/partners.
3. Support breastfeeding mothers at home, at the health center, at work and in the community

Methodology

The ToT used the “*City Share Management Methodology*” of UNITAR, allowing participants to appreciate the expertise of their peers and reflect on their own practices in order to apply it to their own contexts.

Through active participation participants shared their knowledge, experiences, good practices, and lessons learnt, in order to build a strategic action plan based on collaboration.

This session was conducted following a sequence of interactive videos, information sheets, readings, self-assessment activities, quizzes and exercises for each module.

Each module included expert speakers from around the world, health professionals, as well as women who share their breastfeeding experiences.

To aptly reflect the diversity of breastfeeding, speakers were included from different academic backgrounds, professions and geographical locations.

Evaluation Forms

Participants were asked to complete a brief evaluation based on the following three questions:

1. What are your overall thoughts on the training?
2. What new skills have you acquired during the training?
3. How do you plan on applying the Magic Drop training in your antenatal clinics?

Results

All participants were females who reported working at health centres, hospitals, private practices, maternity wards and educational institutions. Of the 20 participants, 19 submitted responses. Key takeaways are as follows:

I. Overall thoughts:

All respondents reported the training to be either good, very good, good initiative, very informative, very beneficial, very relevant, an enriching experience, and the training was welcomed with updated information.

Some respondents commented on the timeliness of the information, lauded the experts who “masterfully” conducted the training and were up for the task.

The format re-enforced their knowledge with the use of videos, case studies and visual aids making it easily understandable and allowed to deepen their understanding of breastfeeding.

One respondent felt the training empowered her to freely defend breastfeeding more.



II. New skills

When asked what new skills they acquired during the ToT, 35% of the comments were New knowledge on breastfeeding positions and Explaining good latch of baby, Confidence in communicating benefits of breastfeeding 19%, Nutrition during pregnancy & breastfeeding 14%, Early initiation and skin-to-skin benefits 11%, whilst the remaining 20% of the comments were distributed evenly to New term “Cododo”, Components of breastmilk, Breastfeeding in High Risk groups, and How to structure training a programme (See figure 1).

III. Application of the Training

99% of respondents stated they would provide feedback and training to their colleagues, raise awareness to mothers and restructure their prenatal clinics to strengthen the teachings to mothers and companions.

Two (2) respondents stated they hope to develop actions plans to better monitor and evaluate breastfeeding rates within their area of work.

One (1) respondent planned to develop posters to be mounted in the health institution.

IV. Discussions and Lessons Learned

Participants shared their knowledge, experiences, good practices and lessons learned in the peer discussions. Following a sequence of interactive videos, information sheets, readings, self-assessment activities, quizzes and exercises for each module, participants shared that they have acquired new

knowledge on breastfeeding education, emerging science, counseling and support techniques especially in the context of breastfeeding and HIV.

Participants agreed that their knowledge on the appropriate use of management tools, reporting and data collection and analysis had increased. Although the time allotted was too short.

Recommendations

Participants identified several recommendations for future training. Key takeaways are as follows:

1. Similar training should be conducted directly at the local health institutions.
2. Develop Breastfeeding Campaign.
3. Because the course is so valuable the number of participants should be increased.
4. Conduct the training over a 2 to 4 day period to accommodate those persons who have to travel long distances.
5. Advocate for increase maternity leave and reduced working hours of lactation mothers.
6. Develop a post-diploma course running for at least 1 year to fully immerse ourselves.
7. Create a community of practice where participants can share their experiences.
8. Re-train trainers every quarter.
9. Similar training should be conducted with the institutions.
10. Create Breastfeeding crèches at work places.



Workshop quotes:

“I am happy to receive the new information on breastfeeding positions to ensure that both baby and mother truly benefit from breastfeeding.”

Ms. Adèle Kouadio Affoué

Midwife, Teacher and Supervisor of Care Units

“I plan to use the Magic Drop training to share with my colleagues and encourage expecting mothers to choose breastfeeding.”

Ms. Linda Messou

Community Midwife

“Providing practical tools for promoting and supporting breastfeeding to a wide audience including women, their partners, community, and healthcare professionals is a key objective of this workshop.”

Mr. Mouhamed Diop

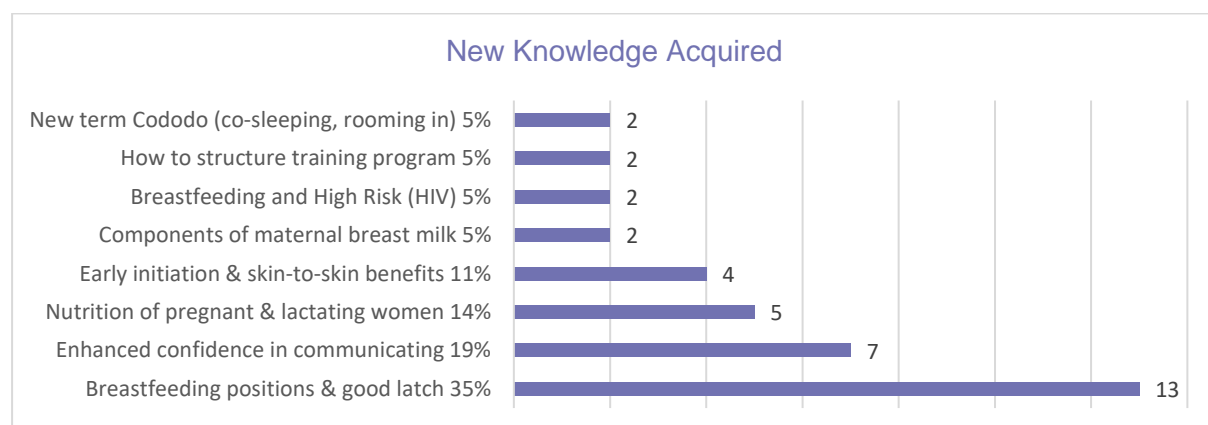
Director of CIFAL Dakar

“I especially liked the format delivery, the use of practical case studies and visual aids which helped to reinforce the training and to keep the images in mind when we return to the health centers.”

Ms Pascaline Kouassi Aoin

Midwife

Figure 1: Respondents comments when asked “What new skills have you acquired during the training?”



Promouvoir l'éducation à l'allaitement maternel en Afrique Subsaharienne

Atelier de Formation des Formateurs

Abidjan, Côte d'Ivoire - Mardi, 12 décembre 2023

Lieu: Hôtel Tiama - Salon Requiston Boulevard de la République, Plateau Abidjan, Côte d'Ivoire

Agenda

08:00 - 08:30 **Arrivée et installation des participants**

08:30 - 08:45 **Cérémonie d'ouverture - Mot de bienvenue**

Mot de bienvenue

1. **Monsieur Mouhamed Diop**, Directeur, CIFAL Dakar; Fellow, Institut des Nations Unies pour la formation et la recherche (UNITAR)
2. **Mme Yao-Diallo Awa**, Présidente, Association des Sages -Femmes de Côte d'Ivoire
3. **Mme Dr. Claudine Nobou Diango**, Directrice, Direction des Soins Infirmiers et Maternels
4. **Prof Amorissani Folquet Madeleine**, Présidente, Société Ivoirienne de Pédiatrie
5. **Monsieur Pape Ndiaye**, Medical & Nutritional Science Manager, Danone Nutricia Africa

08:45 - 09:15 **Formation des Formateurs: A propos de cet atelier**

1. Objectifs
2. Participants

Formateurs:

3. **Dr. Cisse Lassina**, Chef de Service de l'unité Pédiatrique de l'Hôpital de Trecheville, Membre de la SIP, Cote d'Ivoire
4. **Dr. Denis T. Kouely**, Expert en Nutrition, Gestionnaire de Projets/Programmes, Manager Qualité, Programme National de Nutrition, Ministère de la Santé, de l'Hygiène Publique et de la CMU
5. **Dr. Marie-Hélène Aké-Assi**, MCA de Pédiatrie, CHU de Cocody, UFR SMA - UFHB

09:15 - 09:45 **Compléter le questionnaire d'autoévaluation (Pré-test)**

- 09:45 - 10:15 **Situation de L'allaitement Maternel au Côte d'Ivoire**
6. **Dr. Denis T. Kouely**
- 10:15 - 10:45 **L'importance de l'allaitement maternel pour le développement durable**
7. **Dr. Denis T. Kouely**
- 10:45 - 11:00 **Thé et Café**
- 11:00 - 12:00 **Session 1: Les Bases de L'Allaitement Maternel**
8. **Dr. Marie-Hélène Aké-Assi**, MCA de Pédiatrie, CHU de Cocody, UFR SMA - UFHB
- 12:00 - 13:00 **Session 2: Mise en place de l'allaitement maternel**
9. **Dr. Denis T. Kouely**
- 13:00 - 14:00 **Pause-Déjeuner - Restaurant l'Ambassadeur**
- 14:00 - 16:00 **Session 3: Maintenir l'allaitement maternel dans la communauté**
10. **Dr. Cisse Lassina**
- 16:00 - 16:15 **Thé et Café**
- 16:15 - 17:00 **Synthèse par les experts, et photos des experts et participants**
- Conclusion**
11. **M. Mouhamed Diop**, Directeur, CIFAL Dakar

Les Experts:

M. Mouhamed Diop, Directeur du Centre International de Formation des Autorités et des Leaders CIFAL Dakar; Fellow, Institut des Nations Unies pour la formation et la recherche (UNITAR)

Dr. Cisse LASSINA, Chef de Service de l'unité Pédiatrique de l'Hôpital de Trecheville, Membre de la SIP, Cote d'Ivoire

Dr. Denis T. KOUELY, Expert en Nutrition, Gestionnaire de Projets/Programmes, Manager Qualité, Programme National de Nutrition, Ministère de la Santé, de l'Hygiène Publique et de la CMU

Dr. Marie-Hélène Aké-Assi, MCA de Pédiatrie, CHU de Cocody, UFR SMA - UFHB

In collaboration with:



Annex 2: Participants List

N.	Noms et Prénoms	Service
1	Tanoh Koi Marguerite Tatiana	DIRECTION DES SOINS INFIRMIERS, MATERNELS, NEONATALS ET INFANTILES
2	Kone Fatoumata Epse Fofana	PROGRAMME NATIONAL DE LA SANTE DE LA MERE ET DE L'ENFANT (PNSME)
3	Amien Epse Kesse Albertine	Sage-Femme (SF) /CHR d'Abobo
4	Dossou Ayo Sylvie Epse Kouadio	Puéricultrice/INSP
5	Kouassi Niesseny Marthe Audrey	Coordonnatrice santé mère/enfant DDS Yopougon Ouest Songon
6	Suy Bi Née Kouassi Bodoua Félicité Genlis	SF CSU ABOBODOUME
7	Kouadio Affoué Adèle	SUS CHU TREICHVILLE
8	Ossey Marie-France	SF ABOBODOUME
9	Kouassi Amoin Pascaline Epse Dogoh	SF centre mère maria androeli riviera palmeraie
10	Bosson Née Yao Affoue Julie Edith	SF HKB BLOCKOSS
11	Messou Linda Gisele Affoue	SF HKB BLOKOSS
12	Zeyoro Marina Gisele	SF HG D'ADJAME
13	Koffi Anoumou Nadege	SF HG DABOU
14	N'da Transleynia Melissa	SF HG YOPOUGON
15	Kassi Tanotchi Marie-Laure	Coordonnatrice DDS Marcory-Treichville
16	Lobah N'de Desiree Madele	SF HG KOUMASSI
17	Diomande Epse Coulibaly Rokia	SF HG KOUMASSI
18	Kouadio Adjoua Mariette Epse Yapi	HG TAABO
19	Inchaud Deborahannie Marlene	FSUCOM ANDOKOI
20	Die Marie France	SF HG GRAND-BASSAM