



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

|  |   |  |                      |  |   |                                |   |            |   |
|--|---|--|----------------------|--|---|--------------------------------|---|------------|---|
| Course Title                                     |   | Breastfeeding and Nutrition Counseling   |                      |  |   |                                |   |            |   |
| Course Code                                      |   | HDK547   |                      | Couse Level  |   | Second Cycle (Master's Degree) |   |            |   |
| ECTS Credit                                      | 4 | Workload   | 101 ( <i>Hours</i> ) | Theory   | 2 | Practice                       | 0 | Laboratory | 0 |
| Objectives of the Course                         |   | To able breast milk and understanding the importance of breastfeeding, breastfeeding and to gain self-confidence in increasing assurance to individuals and to learn guiding in breastfeeding to baby. |                      |  |   |                                |   |            |   |
| Course Content                                   |   | The importance of breastfeeding, successful breastfeeding, listening and learning to achieve, health practices, gain confidence and presented to support and skill development breastfeeding to baby.  |                      |  |   |                                |   |            |   |
| Work Placement                                   |   | N/A  |                      |  |   |                                |   |            |   |
| Planned Learning Activities and Teaching Methods |   |  |                      | Explanation (Presentation), Demonstration, Case Study, Problem Solving |   |                                |   |            |   |
| Name of Lecturer(s)                              |   |  |                      |  |   |                                |   |            |   |

### Assessment Methods and Criteria

| Method              | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1        | 40             |
| Final Examination   | 1        | 60             |

### Recommended or Required Reading

|   |   |
|---|---|
| 1 | Bulut A, Gökçay G, Neyzi O, Uzel N (1994). Anne ve çocuk sağlığında öncelikler. Neyzi o (ed). Nobel tıp kitabevleri, İstanbul   |
| 2 | Burroughs A, Leifer G (2001). Maternity nursing: An Introductory Text. W.B. Saunders Company, USA   |
| 3 | T.C.Sağlık Bakanlığı. Emzirme danışmanlığı el kitabı. T.C. Sağlık Bakanlığı Ana Çocuk Sağlığı ve Aile Planlaması Genel Müdürlüğü, Ankara  |
| 4 | T.C.Sağlık Bakanlığı (2009). Güvenli annelik. Cinsel sağlık ve üreme sağlığı. T.C.Sağlık Bakanlığı Ana Çocuk Sağlığı Ve Aile Planlaması Genel Müdürlüğü Ankara  |
| 5 | World Health Organization and Unicef (2009). Baby-friendly hospital initiative. Section 3, Breastfeeding promotion and support in a baby-friendly hospital. Erişim: 13.06.2012, <a href="http://whqlibdoc.who.int/publications/2009/9789241594981_eng.pdf">http://whqlibdoc.who.int/publications/2009/9789241594981_eng.pdf</a> |

| Week | Weekly Detailed Course Contents |  |
|------|---------------------------------|--|
| 1    | Theoretical                     | The importance and the benefits of breast milk and breastfeeding   |
| 2    | Theoretical                     | Changes that occur during pregnancy and milk production physiology |
| 3    | Theoretical                     | Local breastfeeding status   |
| 4    | Theoretical                     | breastfeeding  |
| 5    | Theoretical                     | Evaluation and monitoring of breastfeeding                         |
| 6    | Theoretical                     | Listening and learning skills                                      |
| 7    | Theoretical                     | Listening and learning skills                                      |
| 8    | Intermediate Exam               | midterm exam   |
| 9    | Theoretical                     | Gain confidence and giving support                                 |
| 10   | Theoretical                     | Gain confidence and giving support                                 |
| 11   | Theoretical                     | Conditions associated with breast                                  |
| 12   | Theoretical                     | Conditions associated with breast                                  |
| 13   | Theoretical                     | History taking Rejection of the nozzle                             |
| 14   | Theoretical                     | Insufficient milk, Cry   |
| 15   | Final Exam                      | Fianl exam   |

### Workload Calculation

| Activity            | Quantity | Preparation | Duration | Total Workload |
|---------------------|----------|-------------|----------|----------------|
| Lecture - Theory    | 13       | 4           | 2        | 78             |
| Lecture - Practice  | 2        | 2           | 2        | 8              |
| Midterm Examination | 1        | 8           | 1        | 9              |



|  |   |   |   |     |
|--|---|---|---|-----|
| Final Examination                            | 1 | 5 | 1 | 6   |
| Total Workload (Hours)                       |   |   |   | 101 |
| [Total Workload (Hours) / 25*] = <b>ECTS</b> |   |   |   | 4   |
| *25 hour workload is accepted as 1 ECTS      |   |   |   |     |

**Learning Outcomes**

|   |  |
|---|--|
| 1 | To be able to explain importance of breast milk and breastfeeding                      |
| 2 | To be able to explain benefits of breastfeeding for the health of both mother and baby |
| 3 | To be able to guide mother for breastfeeding to baby                                   |
| 4 | To be able to doing consultation with Breastfeeding                                    |
| 5 | To be able to explain importance of breast milk  |

**Programme Outcomes (Obstetrics and Gynecology Nursing Doctorate)**

|    |    |
|----|----|
| 1  | .  |
| 2  | 2  |
| 3  | 3  |
| 4  | 4  |
| 5  | 5  |
| 6  | 6  |
| 7  | 7  |
| 8  | 8  |
| 9  | 9  |
| 10 | 10 |
| 11 | 11 |
| 12 | 12 |
| 13 | 13 |

**Contribution of Learning Outcomes to Programme Outcomes** 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

|     | L1 | L2 | L3 | L4 | L5 |
|-----|----|----|----|----|----|
| P1  | 1  |    |    |    |    |
| P2  |    | 2  |    |    |    |
| P3  |    |    |    | 4  |    |
| P4  | 1  |    |    |    |    |
| P5  |    | 2  |    |    |    |
| P6  |    |    | 3  |    |    |
| P7  |    |    |    | 4  |    |
| P8  |    |    | 3  |    |    |
| P9  |    |    | 3  |    |    |
| P10 |    |    | 3  |    |    |
| P11 |    |    |    | 4  |    |
| P12 |    |    |    |    | 5  |
| P13 |    |    |    |    | 5  |

