

Republic of the Philippines
 Department of Health
 NATIONAL NUTRITION COUNCIL
 RHTC Cabatangan, Zamboanga City

- I. ACTIVITY
 : Updating and Strengthening the Barangay Level Training on Infant and Young Child Feeding
- II. DATE
 : July 26-27, 2010
 August 4-5, 2010
- III. VENUE
 : Ricomar Hotel, Ipil, Zamboanga Sibugay
 Mibang Hotel, Dipolog City, Zamboanga del Norte

A two day Refresher Course for the PGN-IYCF for the two provinces were conducted separately in Ipil on July 26-27, 2010 and in Dipolog City on August 4-5, 2010 to Update and Strengthen the Barangay Level Training on Infant and Young Child Feeding.

The Refresher Course started with an invocation and singing of the National Anthem followed by the welcome message, acknowledgement of the participants, overview of the AHMP-PGN and didactic presentations on administrative concerns for the Barangay Level Training, What’s Next at the Barangay Level Training?, Guidelines for Follow-up after Training, Assessment of Competencies for trained personnel, establishment of Community Support for IYCF, Role Playing on the Organization of Community Support Group and presentation of Re-entry Plans.

The NNC-IX staff together with Ms. Evelyn Capistrano of CHD-IX served as facilitators in Zamboanga del Norte and with the special technical assistance of Ms. Vicenta Borja, National IYCF Coordinator in Zamboanga Sibugay Province.

IV. PARTICIPANTS

Municipalities of Zambo. Sibugay	NUMBER	Municipalities of Zambo. del Norte	NUMBER
1. Alicia	3	1. Labason	3
2. Siay	2	2. Katipunan	4
3. Ipil	4	3.Polanco	4
4. Naga	3	4. La Libertad	2
5. R.T. Lim	3	5. Leon Postigo	2
6. Olutanga	2	6. Gutalac	2
7. Tungawan	3	7. Manukan	3
8. Payao	4	8. Piñan	4
9. Mabuhay	3	9. Sirawai	1
10. Kabasalan	3	10. Baliguian	3
11. Buug	2	11. Mutia	3
12. Imelda	1	12. Sergio Osmeña	2
13. Diplahan	3	13. Rizal	3
14. Malangas	2	14. Jose Dalman	3
15. Titay	1	15. Sibutad	2
16. PNO	4	16. Siayan	3
		17. Kalawit	2
		18. Sindangan	2
		19. Liloy	2

	20. Tampilisan	1
	21. Sibuco	1
	22. Gutalac	1
	23. Dapitan	3
	24. Dipolog	4
	25. DOH Rep.	4
	26. ZN-PNO	3

V. HIGHLIGHTS OF REFRESHER COURSE

➤ 1ST DAY

a. Administrative Concerns for the Barangay Level Training

NPC Tarroza, discussed on the changes made in the PGN in 2009. She also informed the participants that NNC will provide funds for the food and accommodation as well as the training materials of the remaining untrained 50% barangays. There will be 3 facilitators in every batch and will be receiving one thousand pesos (Php.1,000) each as honorarium. The participants will be allocated five hundred pesos (Php.500) per day including the facilitators for the foods and accommodation for five days. The MNAOs were asked to submit 3 canvass signed by the caterer. They were advised that the canvass should be approved first before starting the training. The training should start as soon as possible so that it will not have a conflict with other activities of the DOH like Garantisadong Pambata (GP) in October.

b. What’s Next?!.. Barangay Level Training

Last 2009, PIR on IYCF-PSN in Zamboanga Sibugay and Zamboanga del Norte were conducted. One of its activity is to assess the accomplishments vis-à-vis targets wherein participants from different municipalities of each province were tasked to label the indicators in the matrix with metacards; red for below the target, green for within the target and blue for above the target. Based on the results of this activity Ms. Nimfa Ekong reviewed and discussed to them their level of accomplishments within their municipalities. Some of the participants of a certain municipalities informed us, that some of the indicators labeled below target last year was already within their target now. But then, Ms. Ekong informed them for those municipalities that haven’t reached their target yet to please work on it and must take proper actions.

c. Assessment of Competencies

Ms. Evelyn Capistrano discussed on this topic wherein she emphasized the need and importance to review the manual on “Guidelines for Follow-up after Training”. And she also mentioned to the participants to finish answering all the questions on the manual before the training be conducted. After the discussion of Ms. Capistrano there were presentations of re-entry plan on the activities and schedule of trainings to be conducted in the municipalities of Zamboanga del Norte and Zamboanga Sibugay Province.

➤ 2ND DAY

d. Community Support for IYCF

Ms. Vicenta Borja presented the topic on how to Establish Community Support Group in Zamboanga Sibugay in which she highlighted her presentation on the importance of practicing the knowledge and skills acquired during the IYCF training, so that they can bring out their expertise and gain more self confidence when they will be facilitators in the conduct of trainings of the remaining untrained 50% barangays. She also mentioned that there should be timing in communicating in order mothers will really capture all the things that have been taught to them.

In Zamboanga del Norte, Ms. Evelyn Capistrano presented this topic in which she highlighted her presentation on the importance of Organizing a Breastfeeding Support Group. She also emphasized that the highway of breastfeeding are the Hospitals and Lying-in Clinics therefore, breastfeeding must start at these places from the time the child is born. And she informed the participants to always remember the four important points in a mother-baby friendly community should have like; skin-to-skin contact during birth, exclusive breastfeeding up to 6 months and give appropriate complementary feeding starting at 6 completed months with continuous breastfeeding up to 2 years of age.

e. Role Playing on the Organization of Community Support Group

A role playing was included as part of the activity to determine the level of competencies of the participants and to observe how they will approach the mothers during their house-to-house visitation as peer counselors. In this activity, participants were asked to portray a role as peer counselors and as mothers. The actual steps or the Establishments of a Community Support Group were presented.

In Zamboanga Sibugay, Ms. Vicenta Borja explained the significance of the Organization of Community Support Group through role playing. While in Zamboanga del Norte Ms. Evelyn Capistrano and Ms. Nimfa Ekong facilitated the role playing in which actual demonstration was done by the selected participants.

Sample Situation:

Name	Age of Child	1 st visit (feeding practices)	2 nd visit	3 rd visit	4 th visit
Emma	6 mos. pregnant	Magbreastfeed	- ituro ang positioning - inspect the breast for possible problem - praise the mother		
John	3 mos. Old baby	Breastfeeding	- praise the mother - convince the mother to continue breastfeeding		
Noy	2 mos. Old baby	Mix feeding (BF-CF) Working mother	- negotiation - say to mother deduct 1 bottle of infant formula a day	- bawas gastos - malayo sa sakit - tipid sa oras	

VI. ISSUES

ISSUES	ANSWERS
1. What if the mother was trained as peer counselor but do not know how to read and write?	As much as possible know the background of the mother if she can read or write or ask the help of BNS and BHW on how to do the report.

	Hire a peer counselor that is really willing and having enough time to do a house-to-house counseling, if possible hire PC that is within the purok only.
2. The participants haven't train yet on Organizing Breastfeeding Support Group.	The refresher course is also intended to teach the participants on the organization of BSG.
3. Do peer counselors receive an honorarium?	Peer counselor do not have honorarium but they were allotted 500 pesos/day for accommodation and foods during the training.
4. How do we consider the BSG as Organized Support Group? Is counseling counted? How to determine whether it is functional or not?	When they have the reports like of Makati City as evidence. And they should have weekly meetings to discuss issues to consider it functional.
5. During supplemental feeding can we give powdered milk drink to the children?	It is not allowed in all ages in supplemental feeding setting. Milk should be added in the food like champorado/porridge and not as separately taken.
6. What is the ratio of peer counselor to clients?	Since, we are just starting and the peer counselors are still adjusting 2 in each PC are allowed.
7. Is there any law that can abolish milk formula to prevent mothers on giving the child infant formula instead of breastmilk?	No, because we are a free trade country. Advocacy is the helpful way to lessen and eventually diminish bottle feeding.

RECOMMENDATIONS PRESENTED:

- Review the manual on “Guidelines for Follow-up after Training” before the training be conducted
- Practice the knowledge and skills acquired during IYCF training
- Treat the mothers at equal level, no need to introduce one’s self as peer counselor
- Eye-to-eye contact
- Proper attachment to mothers
- Should be sensitive with the time
- Look for a motivator for the mother to continue breastfeeding
- Look for the infant and young child feeding practices that the mother is already doing
- Praise the mother in every good practice she is doing
- Do not burden the mother with too much information and take home messages
- Limit on the jokes when doing counseling to avoid distractions and confusions to the mothers.

The over-all synthesis was presented by Ms. Nimfa D. Ekong, NNC RO9, she stressed that the training should be conducted between the months of August and September. If possible not to reach the month of October so as not to have conflict with the activities of the DOH in October like the Garantisadong Pambata. MNAOs should submit; canvass of 3 different caterers and let it be approved first before starting the training. Participants were allotted 500 pesos per day for five days training and only 3 facilitators per batch. Facilitators will be receiving 1,000

pesos each per batch. MNAOs should submit schedule of trainings. Participants in the barangay level training will be the BNS, BHW, mother leader and midwife.

VI. CLOSING PROGRAM

At the closing program there were selected participants who gave their impressions regarding on the activities, facilitators, participants, foods and venue. In summary the participants were satisfied with the sessions and facilitator's lecture as well as the foods and venue. In Zamboanga Sibugay PNAO Marelene Garcia who gave the closing remarks in which she thanked the participants for their attendance and cooperation during the sessions. And also she's appealing for the continuous support of the participants for the conduct of training on Infant and Young Child Feeding on the remaining untrained 50% barangays.

PNAO Ma. Leila Realiza of Zambo. Del Norte was tasked to give the closing message in which, she thanked the participants and showed gratitude for the success of the activities of the refresher course and success of the programs in their province.

Prepared by:

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Noted by:

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