Texas Tech University Health Sciences Center - Amarillo
Breastfeeding Residency Curriculum Training Day

Texas Tech University Health Sciences Center (TTUHSC) – Amarillo opted to cover a majority of the curriculum content in a one-day resident training. They were able to arrange for all of the residents involved in the curriculum study to attend this training. Local experts were utilized to teach the information and live mothers and babies were hired to participate in the didactic sessions. Throughout the year, breastfeeding lectures and discussions were given to support the concepts learned at the training day. Below you will find the Session Objectives for the day of training. Residents rotated in and out of each section throughout the day. The residents at TTUHSC highly rated the training day as a key component of the residency curriculum.

TTUHSC provided the session objectives for the training day below:

Section 1
- Participants will be able to perform assessment of the lactating female.
- Participants will be able to identify common post-natal breast problems and their management.
- Participants will be able to identify breast changes and their significance to lactation.

Section 2
- Participants will be able to assist in latching a baby on to the breast.
- Participants will be able to identify and fix a poor latch.
- Participants will know how to assess the effectiveness of a breastfeeding session.

Section 3
- Participants will be able to state appropriate uses for breastfeeding equipment (breast pumps, nipple shields and supplemental nursing systems)
- Participants will be able to distinguish between good and bad breast pumps.
- Participants will be able to identify ways to support the working mother in pumping her breast milk.

Section 4
- Participants will be able to discuss which disease processes are acceptable and contraindicated with breastfeeding.
- Participants will be able to classify and correctly order treatment regimens for various syndromes occurring in the lactating mother.
Section 5

• Participants will identify methods for breastfeeding advocacy.

• Participants will be able to identify at least 3 local resources to assist in breastfeeding (Local BF Hotlines, Local Lactation Consultants, Support groups LLL, WIC programs).

• Participants will be able to identify situations requiring referral to a Lactation Consultant.

This information was provided courtesy of Texas Tech University Health Science Center – one of the participants in the Breastfeeding Residency Curriculum Pilot Study. Site Directors: Fred McCurdy, MD, FAAP, and Thomas Hale, PHD.