

# 40<sup>th</sup>



## MPA ANNUAL CONGRESS

### PRECONGRESS 2 – KANGAROO MOTHER CARE (KMC)

**Date: Wed, 5 September 2018**

**Time: 8am – 4pm**

KMC has been proven to be an effective method to improve neonatal health outcomes especially among low birth weight infants. KMC is also the essential link to initiate and maintain breastfeeding. This special kind of care is simple and inexpensive, yet brings immense benefits and satisfaction to infants, their mothers (and even fathers). KMC is feasible both in a hospital setting and even at home. However, awareness about KMC and its implementation are still in an infantile phase both among health professionals and the public.

#### **Aims**

This hands-on, interactive workshop is aimed at creating awareness about KMC and how to implement KMC in your own setting.

#### **Who should attend?**

Health care professionals involved in caring for premature and low birth weight infants both in the hospital and in the community clinics.

**Chairperson:** Noor Khatijah Nurani

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#### **Trainers**

Dr Foong Siew Cheng

Dr Foong Wai Cheng

Dr Hasmawati Hassan

Dr Tan May Loong - Senior Lecturer

#### **Dr Foong Wai Cheng**

Wai Cheng, a keen breastfeeding and KMC advocate, has led many Kangaroo Mother Care (KMC) and lactation workshops for both healthcare professionals and parents in northern Malaysia since 2013. She is the key person responsible for implementing KMC in the neonatal ward in Penang Hospital and Seberang Jaya Hospital as well as the Secretary of Kangaroo Mother Care Advocates Malaysia (KAMY), a national level NGO which supports KMC for low birth weight infants in Malaysia. She is a Paediatrician and Senior Lecturer at Penang Medical College and a Cochrane Systematic Review author and trainer.

#### **Associate Prof Foong Siew Cheng**

Siew Cheng is Associate Professor of Paediatrics and Deputy Head of Medical Education at Penang Medical College. She is the founding President of the KAMY. She has conducted KMC and Breastfeeding workshops for healthcare professionals since 2013. Apart from being a breastfeeding advocate, she is also into Evidence-based medicine as a Cochrane Systematic Review author and trainer.

#### **Dr Tan May Loong**

May Loong is a Paediatrician and Senior Lecturer at Penang Medical College. She is passionate about breastfeeding and is involved in education and research around breastfeeding. She is also an Evidence-based medicine advocate and is actively involved in Cochrane Collaboration.

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### Dr Hasmawati Hassan

Hasmawati is Consultant Paediatrician and Neonatologist at Annisa Medical Center, Kota Bharu. She has conducted numerous workshops in breastfeeding and Kangaroo Mother Care for healthcare professionals in Kelantan. She is the key person responsible for implementing KMC in Hospital Raja Perempuan Zainab II, Hospital Kuala Krai and Hospital Tanah Merah in Kelantan. She is also the Vice President of KAMY.

Time	Activity
0800-0830	Registration
0900-0930	Introduction to KMC
0900-0930	Making breast models (practical)
0930-1030	Interactive stations (60 minutes each) Station 1: KMC positioning Station 2: Feeding cues and LATCH score Station 3: Well baby versus ill baby Station 4: Empowering parents and staffs
1030-1100	Tea break
1100-1300	Continuation of interactive stations
1300-1400	Lunch
1400-1500	Continuation of interactive stations
1500-1545	Barriers and enablers to the implementation of KMC — how to make it work in your center
1545-1600	Summary and closing
1600	Tea break