



**MEDICAL UNIVERSITY - PLEVEN**

**ИМЕ НА ОСНОВНО ЗВЕНО**

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**DISTANCE LEARNING CENTRE**

**DEPARTMENT OF PEDIATRICS**

# **PRACTICAL EXERCISES – THESES**

**FOR E- LEARNING IN PEDIATRICS**

**ENGLISH MEDIUM COURSE OF TRAINING**

**SPECIALTY OF MEDICINE**

**ACADEMIC DEGREE: MASTER**

**PROFESSIONAL QUALIFICATION: DOCTOR OF MEDICINE**

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## **PRACTICAL EXERCISES – THESES**

### **PRACTICAL EXERCISES – TOPIC**

#### ***BREASTFEEDING***

### **PRACTICAL EXERCISES – THESES**

1. Students to learn the definition of Breastfeeding.
2. To be introduced to the positivity of breastfeeding.
3. To be familiarized with the approaches to stimulate and promote the process of breastfeeding
4. To distinguish the clinical signs of breast milk insufficiency
5. Clinical case presentation.

### **PRACTICAL EXERCISES – TASKS**

1. Definition of breastfeeding, bottle-feeding and mixed-feeding (WHO-, UNICEF - and AAP - Recommendations).
2. To know appropriate frequency, nursing number and duration in newborns and older babies.
3. To be familiar with constituents of human colostrum, transitional, and mature milk.
4. To be aware with benefits of breast-feeding for mother and child
5. To be trained in taking history about dietary regimen of a healthy baby and baby's mother.
6. To be able to determine the indicators of adequate milk intake.
7. Lactation – definition, pathogenesis and stimulation.
8. To be able to undergo a physical examination of a healthy baby.
9. To know the recommendations for complementary feeding
10. To create a dietary plan for a baby at the age of 2mo, 6mo or 10mo

### **PRACTICAL EXERCISES – VENUE AND MATERIALS**

- Department of Pediatrics, UMHAT - Pleven
- Pediatric lectures
- Clinical task and MCQs