



# PaRROT Pathways to Rural and Remote Orientation Training a Primary Health Care approach

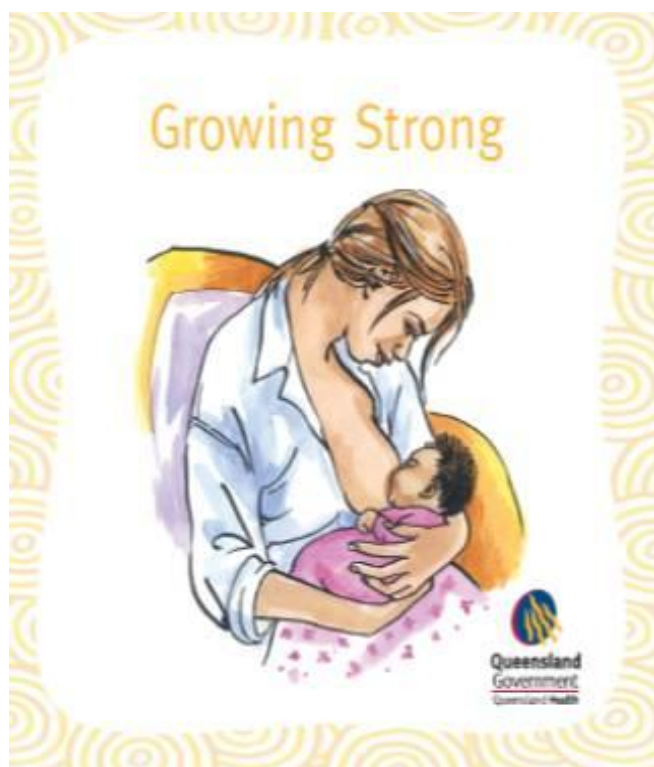
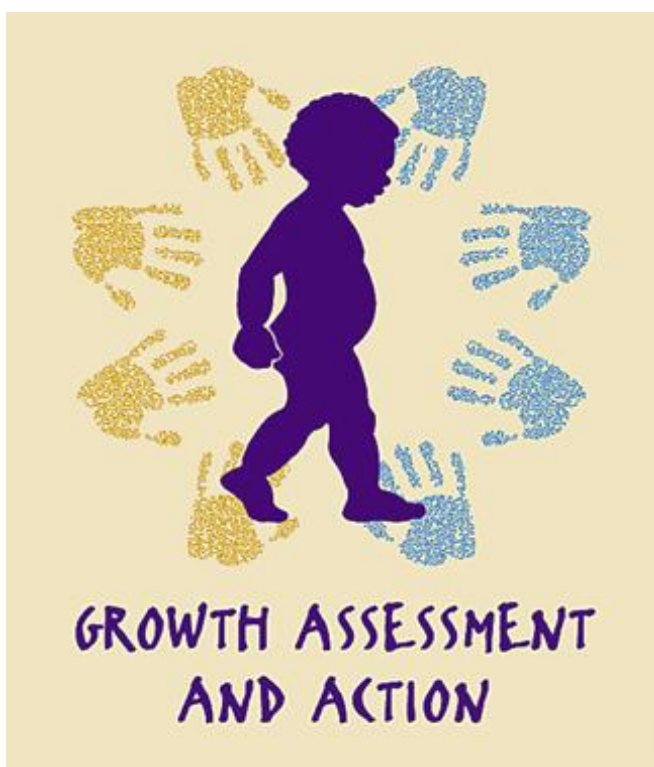
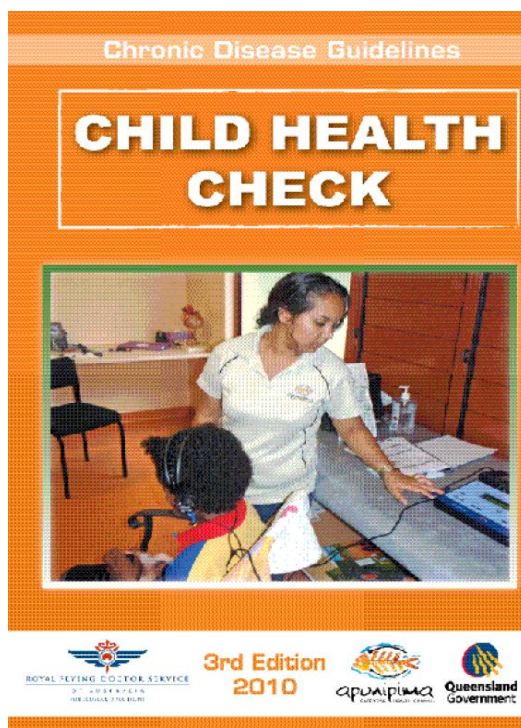
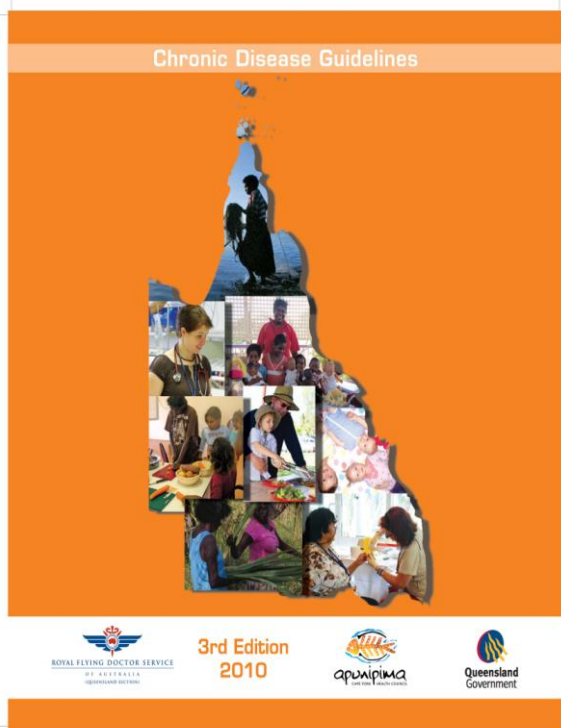
## Course Structure

Session	Professional Development Growing Strong and Well Course Content		Module	Time Presentations	Time Activities	Total Time
	<b>Total Time</b>	<b>6.0 Hours</b>	<b>360</b>	<b>230</b>	<b>135</b>	<b>360</b>
PD3301	Healthy Pregnancy	Food	1	15	5	20
		Nutrients	2	10	10	20
		Remaining well	3	10	15	25
		Factors Impacting Wellness	4	10	5	15
		Theory to Practice / quiz	<b>95</b>	<b>10</b>	<b>5</b>	<b>15</b>
PD3302	Breast feeding	Benefits	1	10	5	15
		Successful Breast feeding	2	15	5	20
		Theory to Practice/ quiz	<b>60</b>	<b>20</b>	<b>5</b>	<b>25</b>
PD3303	Iron Deficiency Anaemia (IDA)	IDA -Mum	1	5	5	10
		IDA-Bub	2	5	10	15
		First Foods	3	10	5	10
		Theory to Practice / quiz	<b>60</b>	<b>20</b>	<b>5</b>	<b>25</b>
PD3304	Monitoring Growth	Healthy Growth	1	10	10	20
		Measuring Growth	2	10	10	20
		Growth Charts	3	10	5	15
		Theory to Practice / quiz	<b>85</b>	<b>25</b>	<b>5</b>	<b>30</b>
PD3305	Growth	Poor Growth	1	5	5	10
		Overweight and Obesity	2	5	5	10
		Action Planning	3	5	10	15
		Theory to Practice / quiz	<b>60</b>	<b>20</b>	<b>5</b>	<b>25</b>



# PaRROT Pathways to Rural and Remote Orientation Training a Primary Health Care approach

The Growing Strong and Well course is based on Chronic Disease Guidelines- Section 4 Child Health Check edition 3<sup>rd</sup> 2010, the Growth Assessment and Action program and the Growing Strong Program.





## Program Summary

### **Purpose:**

- Provide information on healthy and unhealthy growth in children
- Provide information on good nutrition in pregnancy and early childhood
- Assessing growth and nutritional status in children
- Developing action plans in response to issues with growth and nutrition in children.

### **Aims:**

- To provide a systematic approach to the provision of care for children in the rural and remote and primary health care setting.

### **Scope**

The PaRROT Growing Strong and Well course has been developed for the multicultural, multidisciplinary team and will support the education, orientation and training of

- All health services providers working in rural and remote areas in Queensland
- Chronic disease prevention, detection and management, starting in child hood, in a comprehensive primary health care framework

### **Course Content**

The Growing Strong and Well course consists of 5 sessions (see table) and takes approximately 6 hours to complete. Each session is divided into 'bite sized chunks' of information which take between 15 and 30 minutes each to complete. Learners can progress through the course at their own pace, and are able to leave and return to modules at any time. Participants can choose to do any or all of the sessions, depending on their interest and learning needs. A certificate is provided at the end of each session and includes the average time taken for each session.