



Growing Strong and Well Course

Category	Professional Development
Purpose	<ul style="list-style-type: none"> • Provide information on healthy and unhealthy growth in children • Provide information on good nutrition in pregnancy and early childhood • Ensure the workforce is able to assess growth and nutritional status in children and to develop action plans in response to issues
Aims	<ul style="list-style-type: none"> • To provide a systematic approach to the provision of care for children in rural and remote and primary health care settings.
Scope	<p>The PaRROT Growing Strong and Well course has been developed for the multicultural, multidisciplinary team and will support</p> <ul style="list-style-type: none"> • The professional development of all health service providers working in rural and remote area. • Chronic disease prevention, detection and management in a comprehensive primary health care framework
Delivery Mode	<p>Blended learning including:</p> <ul style="list-style-type: none"> • Technology assisted learning – elearning, audio, video, podcast, CD/DVD, Videoconference • Self-paced learning using hard copy or electronic interactive manuals • Facilitated workshops
Assessment	<p>Graded and non-graded learning activities; Graded quizzes; No minimum passing grade.</p>



PARROT Pathways to **R**ural and **R**emote **O**rientation **T**raining
a Primary Health Care approach

Session Outline

Session	Synopsis	Outcomes	Modules	Learning Objectives
<p>PD3301 Healthy Pregnancy</p>	<p>This session introduces the factors that contribute to a healthy pregnancy including healthy foods, nutrients and factors that impact on wellness</p>	<p>Learners will have a good understanding about the factors that contribute to a healthy pregnancy and will be able to provide nutritional and other advice to pregnant women.</p>	<ol style="list-style-type: none"> 1. Food in pregnancy 2. Nutrients in pregnancy 3. Remaining well in pregnancy 4. Factors Impacting Wellness 	<ul style="list-style-type: none"> • Discuss the importance of good nutrition before, during and after pregnancy • Identify key food groups and serve sizes for pregnant and breastfeeding women • Identify local traditional foods available according to the food groups and • Demonstrate how to increase the nutritional value of dietary behaviours • Identify key nutrients and the role they play before and during pregnancy • Discuss the role mercury plays during pregnancy • Discuss the importance of regular check ups • Recognise the importance of physical activity and provide practical tips across all stages of pregnancy • Recognise the signs, symptoms and strategies to overcome; constipation, heartburn and morning sickness and • Explain why food safety is important during pregnancy • Describe the relationship between smoking during pregnancy and the health outcomes of mother and baby • Describe the relationship between alcohol and the health outcomes of mother and baby • Identify diabetes in pregnancy and know when, where and how to refer for healthy outcomes for both mother and baby



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PD3302 Breastfeeding	This session discusses the benefits and factors that contribute to successful breastfeeding	Learners will understand the benefits and factors that contribute to successful breastfeeding and will be able to provide support and information to mothers choosing to breastfeed.	<ol style="list-style-type: none"> 1. Benefits of Breastfeeding 2. Successful Breastfeeding 	<ul style="list-style-type: none"> • Define the importance and benefits of breastfeeding for Mum, • Discuss the importance and benefits of breastfeeding for Baby, • Utilise the current feeding guidelines for the first year, • Discuss the benefits of breastfeeding for the first year and beyond, • Discuss the differences in growth between breastfed babies and formula fed babies. • Define key terms related to breastfeeding, • Describe key factors for successful breastfeeding and attachment, • Identify strategies and support to address issues which may arise whilst breastfeeding, • Recognise family support for breastfeeding: including expressing breastmilk and storage and use of expressed breastmilk



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PD3303 Iron Deficiency Anaemia	<p>This session discusses iron deficiency in mothers and babies, strategies to manage iron deficiency and introduction of appropriate first foods to ensure iron sources are healthy</p>	<p>Learners will understand the issues around iron deficiency anaemia and will be able to measure, monitor and respond to issues around iron deficiency anaemia.</p>	<ol style="list-style-type: none"> 1. Iron Deficiency Anaemia in Mother 2. Iron Deficiency Anaemia in Baby 3. First Foods 	<ul style="list-style-type: none"> • Identify signs and symptoms of iron deficiency and anaemia • Recognise how and when to screen for iron deficiency and anaemia • Describe preventative and treatment strategies for iron deficiency and anaemia • Demonstrate the correct use of HemoCue instrument including; operating, maintenance and interpretation of results • Discuss when and how to refer in the event of anaemia or severe anaemia • Define iron deficiency and anaemia in early childhood. • Describe current guidelines for breastfeeding • Discuss appropriate introduction of solids • Discuss practical ways of introducing solid foods • Explain a healthy diet and eating practices for a child from 6 months of age



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<p>PD3304 Monitoring Growth</p>	<p>This session is the first of 2 sessions focuses on growth assessment and action. It discusses healthy growth and accurate measuring and recording of growth.</p>	<p>Learners will understand the importance of healthy growth in childhood and how it impacts on the overall health over the lifespan</p>	<ol style="list-style-type: none"> 1. Healthy Growth 2. Measuring Growth 3. Growth Charts 	<ul style="list-style-type: none"> • Recognise the importance of monitoring growth • Identify when growth should be monitored according to age • Discuss how growth is monitored • Describe how percentile curves explain growth patterns • Identify existing growth charts and current guidelines • Define the differences between growth charts • Explain common patterns of growth in Baby's first 2 years • Discuss the importance of taking accurate measurements • Discuss factors relating to taking accurate measurements. • Demonstrate competency and accuracy in weighing, measuring and recording weight, height/length and head circumference. • Accurately select which growth charts to use according to age and gender; and to maintain consistency • Competently and accurately plot growth on the growth chart • Competently and accurately interpret growth from the growth chart



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PD3305 Growth Assessment and Action	This session is the second of 2 sessions focuses on growth assessment and action. It discusses poor growth, accurate measuring and recording of body mass index and action planning.	Learners will be able to assess and monitor growth in children, identify poor growth and develop and implement action planning in response to growth issues.	<ol style="list-style-type: none"> 1. Poor Growth 2. Overweight and Obesity 3. Action Planning 	<ul style="list-style-type: none"> • Describe the contributing factors of poor growth • Identify strategies to overcome these • Discuss who and where to refer a child who has been identified with poor growth • Identify and describe factors that contribute to poor growth in early childhood. • Identify strategies to address poor growth in early childhood. • Describe action planning protocols for children with poor growth