

香港助產士會
Hong Kong Midwives Association

Honorary Patron
Mrs Fan Hsu L. T., Rita, GBM, GBS, JP



名譽贊助人
太平紳士范徐麗泰人大常委

LK Childbirth Massage Courses 2018

Towards Natural Childbirth and Beyond

Aims:

All the courses of LK Massage have attained the Royal College of Midwives Accreditation. The aims of the courses are:

- to provide midwives with knowledge & skills on the LK Childbirth Massage
- to enable midwives to teach the LK Massage Programme to pregnant women & their birth partner in a safe & conducive environment
- to promote maternal-infant attachment following birth

Speaker:

Linda Kimber, RN, RM, Therapeutic Masseuse (ITEC), Aromatherapist, Reflexologist, City & Guilds Teaching Certificate, UK

Scientific Advisor:

Mary McNabb, RN, RM, MSc Reproductive Neuroendocrinology, Senior Midwifery Lecturer, UK

Venue: D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong.

Teaching & Learning Activities:

Micro-lectures, discussion, guided practice & directed reading

Awards:

1. Royal College of Midwives Certificate & Childbirth Essentials Certificate are issued following successful completion of the Basic/ Postnatal Course assignment.
2. A Childbirth Essentials Certificate with the RCM logo included is issued following successful completion of the Trainers Course assignment
3. Attendance certificate is issued by Hong Kong Midwives Association for those with 100% attendance & completion of assignment for Basic Course / Trainers Course / Postnatal Course
4. Attendance certificate is issued by Hong Kong Midwives Association for those with 100% attendance for Refresher Courses

Safety Recommendation for Participants

- Not Pregnant
- Free from back or limb injuries that inhibit movement

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Enrolment:

Please return the completed application form with the course fee in the form of a crossed cheque made payable to “Hong Kong Midwives Association” and send to the address of Hong Kong Midwives Association. The application form can be downloaded from the website: <http://www.midwives.org.hk>

Class Size : 16

Deadline of Enrolment: 16 Feb 2018

Things to be Prepared by Participants:

Participants are required to bring four towels (2 large & 2 medium size) and one pillow to the class. Massage oils will be prepared by Association & the cost will be shared among the participants. (~ HK\$50)

Enquiry :

Hong Kong Midwives Association Tel 2893 8800 Fax 2572 5329

Schedule of the Courses:

Course Code No	Courses	Dates	Time
1A	Basic Course	5-8/3/2018	0900 – 1700
1B	Basic Course	12/3-15/3/2018	0900 – 1700
1C	Basic Course	26/3-29/3/2018	0900 – 1700
2	Trainers Course	22-23/3/2018	0900 – 1700
3	2 ½ day Postnatal Course	19-20/3, 21/3/2018 Am	0900 – 1700 0900 – 1300
4A	Refresher Basic Course	9/3/2018 Am	0900 – 1300
4B	Refresher Trainers Course	16/3/2018 Am	0900 – 1300
4C	Refresher Postnatal Course	21/3/2018 Pm	1400 – 1800

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Courses Details:

1. Basic Course

Target Participants: Midwives working in Antenatal or Labour ward preferably

Objectives: To enable participants:

- to learn the principles of massage
- to appreciate the evidence base of LK Massage Programme
- to apply the learnt massage skills in clinical practice

Dates: 3 Identical Classes (4-day Course)

Class 1A: 5-8 March 2018

Class 1B: 12-15 March 2018

Class 1C: 26-29 March 2018

Time: 0900 - 1700

Fee: HK\$6,000 (member), HK\$6,800 (non-member)

Assignment: One case study within 3 months of the completion of the course

PEM Point: 26

2. Trainers Course

Target Participants: Midwives who have attended the Basic Massage Course & successfully completed the case study

Objective: To enable participants to practice & teach the LK Massage Programme to pregnant women & their birth partners

Dates: 22-23 March 2018 (2-day Course)

Time: 0900 - 1700

Fee: HK\$5,200 (member), HK\$ 5,800 (non-member)

Assignment: Practise teaching skills & conduct a recorded (DVD) class within 3-6 months of the completion of the course

PEM Point: 13

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3. 2½ day Postnatal Course

Target Participants: Midwives who have not attended either of the Massage Courses, preferable for Lactation Consultant or midwives working in postnatal ward or in the community setting

Objective: To enable participants to demonstrate appropriate massage skills to promote maternal-infant attachment following birth

Dates: 19-20 March 2018 (Full day) & 21 March 2018 (Half day)

Time: 0900 -1700 (Full day) & 0900-1300 (Half day Am)

Fee: HK\$3,500 (member), HK\$4,000 (non-member)

Assignment: Case study within 3 months of completion of the course

PEM Points: 17

4. Refresher Courses

4A Refresher Course for Basic Massage

Target Participants: Midwives who have attended the Basic Massage Course

Date: 9 March 2018 (Half day Am)

Time: 0900-1300

Fee: HK\$600 (member), HK\$650 (non-member)

PEM Point: 4

4B Refresher Course for Trainers

Target Participants: Midwives who have attended the Trainer Course

Date: 16 March 2018 (Half day Am)

Time: 0900-1300

Fee: HK\$ 600 (member), HK\$650 (non-member)

PEM Point: 4

4C Refresher Course for Postnatal Massage

Target Participants: Midwives who have attended the Postnatal Massage Course

Date: 21 Mar 2018 (Half day Pm)

Time: 1400-1800

Fee: HK\$600 (member), HK\$650 (non-member)

PEM Point: 4