

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

## **Childbirth Massage Courses 2019**

### **Towards Natural Childbirth and Beyond**

#### **Aims:**

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

- to provide midwives with the evidence-based knowledge & skills of the LK Massage Programme
- 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 / Antenatal Course / Postnatal Course.
4. Attendance certificate is issued by Hong Kong Midwives Association for those with 100% attendance for Refresher Courses

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## Safety Recommendation for Participants

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

## 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:** 21 Jan 2019

## 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	25-28/2/2019	0900 – 1700
1B	Basic Course	4-7/3/2019	0900 – 1700
2	Trainers Course	14-15/3/2019	0900 – 1700
3	Antenatal Course	21/2, 22/2/2019 Am	0900 – 1700 0900 – 1300
4	Postnatal Course	11-12/3, 13/3/2019 Am	0900 – 1700 0900 – 1300
5A	Basic Course Refresher	1/3/2019	0900 – 1700
5B	Refresher Course for Trainers	8/3/2019	0900 – 1700
5C	Postnatal Course Refresher	13/3/2019 Pm	1400 – 1800

香港灣仔告士打道 223 號海聯大廈 13 字樓 D1

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

Tel: 2893 8800 Fax: 2572 5329 E-mail: [midwives@netvigator.com](mailto:midwives@netvigator.com) Web-site: [www.midwives.org.hk](http://www.midwives.org.hk)

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**Courses Details:**

**1. Basic Course**

**Target Participants:** Midwives working in Antenatal or Labour ward preferably

**Objectives:**

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

**Dates:** Identical Classes (4-day Course)

**Class 1A:** 25-28 February 2019

**Class 1B:** 4-7 March 2019

**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:** 14-15 March 2019 (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. Antenatal Course

**Target Participants:** Midwives working with women during pregnancy

**Objective :** To enable midwives to teach couples selected massage, breathing and visualization techniques to improve the regularity, quality & duration of sleep

**Dates:** 21 February 2019 (Full day) & 22 February 2019 (Half day)

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

**Fee:** HK\$1,900 (member), HK\$ 2,400 (non-member)

**Assignment:** Case study within 3-4 months of completion of the course

**PEM Points:** 10.5

### 4. 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:** 11-12 March 2019 (Full day) & 13 March 2019 (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

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### 5. Refresher Courses

Attending the refresher course provides an opportunity to share practice experience and learn about the up to date findings and assess that techniques are being performed safely and competently.

#### 5A Basic Course Refresher

**Target Participants:** Midwives who have completed the **Basic Course** are recommended to attend a refresher course every 2- 3 years.

**Objectives:**

- To update midwives with the knowledge & skills in birth massage
- To provide details about regular modifications to the Programme from current research findings, facilitating continuous professional development.

**Date:** 1 March 2019 (Full day)

**Time:** 0900-1700

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

**PEM Point:** 6.5

#### 5B Refresher Course for Trainers

**Target Participants:** Midwives who have completed the **Trainers Course** are recommended to attend a full day refresher course the first year following completion and every 2 years thereafter.

**Objectives:**

- To update the midwife trainers with the knowledge and skills in birth massage
- To provide current evidence to clients and facilitate continuous professional development.

**Date:** 8 March 2019 (Full day)

**Time:** 0900-1700

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

**PEM Point:** 6.5

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***5C Postnatal Course Refresher***

**Target Participants:** Midwives who have completed **Postnatal Course** are recommended to attend a refresher course every 2- 3 years,

**Objectives:**

- To update midwives with the knowledge and skills in massage for postnatal mothers
- To provide details about regular modifications to the Programme from current research findings, facilitating continuous professional development.

**Date:** 13 Mar 2019 (Half day Pm)

**Time:** 1400-1800

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

**PEM Point:** 4