

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：范徐麗泰女士
大紫荊勳賢，金紫荊星章，太平紳士
前全國人大常委會委員



Childbirth Massage Courses 2019

Towards Natural Childbirth and Beyond

Aims:

All courses of the LK Massage Programme® have attained an accreditation by the Royal College of Midwives. The overall aim of the courses is to equip midwives with an updated, evidence-based knowledge & skills in performing or teaching LK Massage to pregnant or postnatal women and their birth partners in a safe & competent way.

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. A Childbirth Essentials Certificate with a RCM logo is issued following the successful completion of all the courses.
2. Attendance certificate is issued by Hong Kong Midwives Association to those with 100% attendance & completion of assignment for the Phase 1 Course / Trainers Course / Antenatal Course / Postnatal Course.
3. Attendance certificate is issued by Hong Kong Midwives Association for those with 100% attendance for the Refresher Courses.

Safety Concerns for Participants

These courses are recommended to those who are

- currently non pregnant
- free from back or limb injuries or pain that restrict bodily movement

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Enrolment:

Please return the completed application form with 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: 10 Sept 2019

Preparations by the Participants:

Participants are required to bring four towels (2 large & 2 medium size) and one pillow to the class. Massage oil is available at a cost of ~HK\$50 on the day of class at the Association.

Enquiry :

Hong Kong Midwives Association Tel 2893 8800 Fax 2572 5329

Schedule of the Courses:

Course Code No	Courses	Dates	Time
1A	Phase 1 Pregnancy to Birth Group	14-17/10/2019	0900 – 1700
1B	Phase 1 Pregnancy to Birth Group	21-23, 25/10/2019	0900 – 1700
2	Phase 2 Trainers Course	31/10, 1/11/2019	0900 – 1700
3	Antenatal Course for Midwives	10/10/2019 11/10/2019 AM	0900 – 1700 0900 – 1300
4	Postnatal Course	28-29/10/2019, 30/10/2019 AM	0900 – 1700 0900 – 1300
5A	Refresher Course for Pregnancy to Birth group	18/10/2019 AM	0900 –1300
5B	Refresher Course for Trainers	18/10/2019	0900 –1700
5C	Postnatal Course Refresher	30/10/2019 PM	1400 – 1800

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Courses Details:

1. Phase 1 Pregnancy to Birth Group

Target Participants: Midwives, preferably those who are working in the Antenatal or Labour ward

Objectives:

- To learn the principles of massage
- To appreciate the evidence base of LK Massage Programme which promotes natural childbirth
- To apply massage skills safely to pregnant and laboring women in clinical practice

Dates: Identical Classes (4-day Course)

Class 1A: 14-17 October 2019 (Group 1)

Class 1B: 21-23, 25 October 2019 (Group 2)

Time: 0900 - 1700

Fee: HK\$6,300 (member), HK\$7,500 (non-member)

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

PEM Point: 26

2. Phase 2 Trainers Course

Target Participants: Midwives who have completed the Phase 1 of the Pregnancy – Birth course

Objective: To equip midwives with knowledge and skills to teach the LK Massage Programme to pregnant women & their birth partners

Dates: 31 October -1 November 2019 (2-day Course)

Time: 0900 - 1700

Fee: HK\$5,200 (member), HK\$ 6,500 (non-member)

Assignment: Practice teaching skills, conduct and submit record of a teaching session within 6 months of the completion of the course. This can be done online or if the midwife prefers on a DVD and posted to Childbirth Essentials

PEM Point: 13

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3. Antenatal Course for Midwives

Target Participants: Midwives working with women during pregnancy, preferably in the outpatient setting such as Maternal and Child Health Centre

Objective : To equip midwives with knowledge and skills to teach couples on massage, breathing and visualization techniques in order to improve the quality of sleep in pregnant women

Dates: 10 October 2019 (Full day) & 11 October 2019 (Half day)

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

Fee: HK\$2,000 (member), HK\$ 3,000 (non-member)

Assignment: Case study within 4 months of completion of the course

PEM Points: 10.5

4. Postnatal Course

Target Participants: Midwives who take care of postnatal women, including Lactation Consultants, midwives working in postnatal ward or in the community setting

Objective: To enable midwives to promote maternal-infant attachment and breastfeeding in mothers through massage, particularly for those mothers who have had interventionist births

Dates: 28 - 29 October (2 Full days) & 30 October 2019 (Half day)

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

Fee: HK\$3,800 (member), HK\$4,500 (non-member)

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

PEM Points: 17

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5. Refresher Courses

The refresher courses provide an opportunity to update the knowledge base and evaluate and update the massage techniques so as to ensure a safe and competent practice.

5A Refresher Course for Pregnancy to Birth group

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: 18 October 2019 (Half day AM)

Time: 0900-1300

Fee: HK\$600 (member), HK\$1000 (non-member)

PEM Point: 4

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 childbirth massage
- To be familiar with current evidence which facilitates continuous professional development.

Date: 18 October 2019 (Full day)

Time: 0900-1700

Fee: HK\$ 600 (member), HK\$1000 (non-member)

PEM Point: 6.5

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5C Postnatal Course Refresher Course

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

Objectives:

- To update midwives with the evidence- based knowledge and skills in massaging for postnatal mothers

Date: 30 October 2019 (Half day PM)

Time: 1400-1800

Fee: HK\$600 (member), HK\$1000 (non-member)

PEM Point: 4