Breastfeeding program for healthcare profession

Course code: CS2608
(022-2026-00002)



World Breastfeeding August Week

Aims:

To provide an updated and evidence-based breastfeeding knowledge and skills to health care professionals with practical skills in order to prevent and manage breastfeeding problems that helps the breastfeeding mothers to continue breastfeeding

Objectives:

- To provide updated knowledge and skills to prevent breastfeeding problems such as blocked duct, breast pain and mastitis.
- To early identify and manage the breastfeeding problems using appropriate assessment with intervention
- To provide knowledge on appropriate diet for breastfeeding mothers, and their infants after weaning
- To provide updated knowledge on assessing the growth of the infant
- To provide knowledge on Chinese Medicine in supporting the health of the breastfeeding mothers during "doing the month



Advanced Practice Course

CNE / CEM Point: 6 Points

CERPs Point: 6 L CERPs Recognition Number: PP202649

1 August 2026 (Saturday) 9:30 -16:30

Assessment on 15 August 2026 (Saturday 10am – 11am)

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

Speakers	Contents
Dr. LEUNG Suk Fong, Sophie **Consultant, Breast Feeding Clinic, CUHKMC**	- Breast examination and pain relief in lactating mothers - integrating Western and Chinese Medicine, with practical tips on hand skills (breast pain and muscle pain) - Revising the use of weight in breasted infants to interpret nutritional - Cancer prevention from early life and breast feeding
Prof. LO Ka Hei Kenneth, Assistant Professor **Department of Food Science and Nutrition, PolyU**	- Scientifically based evidence showing plant- based diet preferable for mothers in pregnancy and lactation
Dr. CHAN Sze Nga, Sarah **Registered Chinese Medicine Practitioner** **Department of Medical Centre, CUHK**	- 中醫對21世紀坐月飲食建議與哺乳常見問題處理(包括乳腺炎、缺乳)

Target Participants:
All Midwives and Nurse

Fee:
HKD1000 (Member)
HKD1500 (Non-Member)

Scan code to join membership

Teaching Medium: Cantonese supplemented with English

Award: Either e-Certificate or e-Attendance Certificate will be issued.

- e-Certificate: For those with 100% attendance and must have 50% pass the assessment.
- e-Attendance Certificate: For those with 100% attendance, but who do not attempt or have failed the assessment.

Payment Method: Please enroll by using the QR code and make the payment within **7 days** of your enrolment, or your application will be cancelled. All course fees are not refundable / transferable.

1 Bank Transfer to Dah Sing Bank

Online / Mobile Banking

Receiving bank 收款銀行
040 Dah Sing Bank, Ltd. 大新銀行有限公司

Account no. 收款賬戶號碼
759 103 0574 7

Payee's name 收款人名稱
HONG KONG MIDWIVES ASSOCIATION

ATM

Account no. 收款賬戶號碼
59 103 0574 7

Account name 收款賬戶名稱
HONG KONG MIDWIVES ASSOCIATION

Please send the bank-in slip to us via
Email: **info@midwives.org.hk**,
WhatsApp: **9145 3581** or Fax: **2572 5329**

2 By Cheque

Please send the crossed cheque p*ayable to*

"**Hong Kong Midwives Association**"

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

e-Application Form

Scan Here

Enrolment Deadline: 25 July 2026 (first come first served)

Enquiry: ☎ 2893 8800

Course content may be updated and please refer to our website for the latest information.

HONG KONG MIDWIVES ASSOCIATION
香港灣仔告士打道223號海聯大廈13字樓D1室
D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong
Tel: 2893 8800 Fax: 2572 5329
E-mail: midwives@netvigator.com Web-site: www.midwives.org.hk