

LK Childbirth Massage Course

Towards Natural Childbirth and Beyond

Phase 1 Pregnancy to Birth Group

1 – 25 March 2024

Aim:

To equip midwives with 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.

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

Speaker:

Linda Kimber, Director of Childbirth Essentials(UK); Midwife and Massage Therapist

Local Facilitators:

Ms. TONG Wing Hung, APN, O&G, CUHKMC, IBCLC

Ms. YEUNG Lee Man, Midwife Consultant (QMH), IBCLC

Ms. LEUNG Yu Ngai, APN, O&G Dept., KWH

Schedule of the Course:

Date	Time	Venue	Content	Speakers
1 1 Mar 2024 (Fri)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
2 8 Mar 2024 (Fri)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
3 14 Mar 2024 (Thu)	09:00 – 17:00	HKMA	Massage Teaching	Local Facilitators
4 15 Mar 2024 (Fri)	09:00 – 17:00	HKMA	Massage Teaching	Local Facilitators
5 18 Mar 2024 (Mon)	16:00 – 19:00	Zoom Lecture	Evidence-based session	Ms. Linda Kimber
6 22 Mar 2024 (Fri)	16:00 – 19:00	HKMA	Return Demonstration of massage techniques	Ms. Linda Kimber & Local Facilitators
7 25 Mar 2024 (Mon)	16:00 – 20:00	HKMA	Return Demonstration of massage techniques	Ms. Linda Kimber & Local Facilitators

Teaching & Learning Activities:

Hybrid Course – Zoom Lecture, Face-to-face teaching, Onsite Practice

Teaching Medium: English

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Target Participants	:	Midwives, preferably those who are working in the Antenatal or Labour ward
Fee	:	HKD5,000 (Member) HKD6,000 (Non-member)
CNE/CEM (PEM) Points	:	30 Points
Assignment	:	One case study within 3 months of the completion of the course
Award	:	eCertificate will be issued by Hong Kong Midwives Association to those with 100% attendance & completion of assignment for the course.
Class Size	:	16
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
payable to

"Hong Kong Midwives Association"

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

Remarks	:	<p>Safety Concerns for Participants: Recommended to those who are</p> <ul style="list-style-type: none"> • currently non-pregnant • free from back or limb injuries or pain that restrict bodily movement
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Preparations by the Participants:

Participants are required to bring four towels (2 large & 2 medium sizes) 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
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Course content may be updated and please refer to our website for the latest information.

Register Now!



Enrollment Deadline
23 Feb 2024
(first come first served)