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INTENSIVE TRAINING COURSE IN PRENATAL COUNSELLING offered to dietitians

The Montreal Diet Dispensary (MDD) is proud to offer dietitians an intensive training course in prenatal counselling targeted to at-risk pregnant women, particularly those with a low economic status.

Content

The program consists in theoretical and practical training covering the following topics:

- deepening knowledge of the links between some risk factors (malnutrition, underweight, insufficient weight gain, smoking, drug addiction, stress, etc.) and pregnancy outcome, physiology, pregnancy tests, etc.;
- learning of the counselling method used at the MDD – the “Higgins Method”[©]: bio-psycho-social and nutritional evaluation of the future mother, determination of her nutritional needs, analysis of the factors favouring her compliance to the nutritional recommendations received, etc.;
- confidence-building relationship, psychology of pregnancy, case-study discussions, etc. – sessions given by specialized resource persons.

Objectives

Following their participation, trainees will:

- better understand the association between nutrition and pregnancy outcome;
- know how to screen and evaluate pregnant women who are nutritionally at risk;
- know how to apply the skills learned during training;
- know how to evaluate their intervention with at-risk pregnant women;
- know how to plan and coordinate information sessions on prenatal nutrition.

Duration and conditions

The courses is a three-week session (program included).

Participation of at least four trainees is required for a session to be organized.

The cost is \$3,500 per person, not including lodging. Information about a hotel-suite close to the MDD and that has been appreciated by our trainees in the past are available on request.

Pre-registration

1. Name _____
2. Institution or agency _____
3. Address _____
_____ Telephone _____
4. Present position _____ Held since _____

Montreal Diet Dispensary (MDD)
INTENSIVE TRAINING COURSE IN PRENATAL NUTRITION COUNSELLING
TYPICAL PROGRAM

Week # 1

Morning	Afternoon
History – Nutrition and Pregnancy	MDD Studies
Bio-psycho-social and Nutritional Evaluation (the “why” and “how” of the diet history)	
Determination of Needs	Observation – Initial Interviews
Physiology in Pregnancy	Pregnancy Tests
Motivation of the client (teaching strategies)	

Week # 2

Morning	Afternoon
Role Playing	Observation – Initial Interviews
Role Playing	Observation – Initial Interviews
Brain Development and Low Birth Weight	Observation – Initial Interviews
Pregnancy A Psychological Experience	Initial Interview Conducted by Trainee (under observation)
Changes in Blood Composition and Anaemia during Pregnancy	Initial Interview Conducted by Trainee (under observation)

Week # 3

Morning	Afternoon
Lifestyle	Observation – Initial Interviews
Pre-pregnancy Weight and Weight Gain during Pregnancy	Alcoholism and Drug Addiction Interview Observation
Case-study Discussion and Confidence-building Relationship	Initial Interview Conducted by Trainee (under observation)
Water Metabolism Breastfeeding	Initial Interview Conducted by Trainee (under observation)
Various Ethnical Food Habits	Screening Intervention Evaluation Intensive Course Evaluation