



FACULTY OF MEDICINE

Approved:

Dean:

(Prof. Dr. Yoto Yotov, MD, PhD)



SYLLABUS IN Support for Breastfeeding

Specialty	MEDICINE
Educational - qualification degree	master
Organizational form of education	full-time
Auditorial activity (Lectures/Seminars)	30 (8/22)
Extra-auditorial activity	30
ECTS- credits	2
Discipline type	elective
Semester/s of education	Seventh and above
Semester of examination	Seventh and above
Developer(s) of the Syllabus:	Prof. Dr. R. Pancheva, MD, PhD

Varna, 2023

ANNOTATION

Aims of the course	The primary aim of this course is to offer advanced and comprehensive education to Master's-level Medicine students on the critical significance of breastfeeding for health promotion and disease prevention. This course also intends to equip students with the ability to effectively analyze and work with scientific literature related to breastfeeding, enabling them to stay abreast with the latest research and developments in this critical field of study.
Outcomes for students at the end of the course:	
Knowledge	<ul style="list-style-type: none"> ▪ Understand key terminologies associated with breastfeeding, including but not limited to, various types of lactation, breastfeeding techniques, and related health implications. ▪ Proficiency in analyzing and interpreting scientific literature, publications, and normative documents within the realm of breastfeeding.
Skills	<ul style="list-style-type: none"> ▪ Proficiency in monitoring, evaluating, and assessing lactation at an individual level, factoring in personalized variables such as diet, health status, and socio-cultural factors. ▪ Capabilities in analyzing health risks at individual and population levels stemming from breastfeeding challenges and lack of supportive infrastructure. ▪ Ability to assess and evaluate dietary habits and preferences during breastfeeding, and their potential short- and long-term consequences.
Competences	<p>1.Patient Care Develop compassionate, appropriate, and effective patient care strategies with a focus on breastfeeding.</p> <ul style="list-style-type: none"> • Ability to accurately gather information about patients' breastfeeding practices. • Proficiency in advising breastfeeding mothers on potential nutritional and health risks. • Knowledge of key indications for monitoring breastfeeding status. • Capability to communicate nutritional risks and behavior effectively to patients and carers. • Understanding the influence of breastfeeding on subsequent dietary behavior of children and their families. <p>2.Medical Knowledge Acquire and apply evolving biomedical, clinical, and allied knowledge pertaining to breastfeeding in patient care.</p> <ul style="list-style-type: none"> • Understand new scientific and clinical findings related to breastfeeding. • Application of a research and analytical approach to evaluate diets during breastfeeding that might affect the composition of breast milk. • Ability to apply medical and scientific knowledge in breastfeeding support. • Capacity to impart knowledge and train others. <p>3.Practice-Based Learning and Improvement. Engage in the evaluation and improvement of personal patient care, and the appraisal and assimilation of scientific evidence.</p> <ul style="list-style-type: none"> • Ability to research and critically evaluate breastfeeding practices. • Skills to assess and incorporate scientific evidence into practice concerning modern breastfeeding issues.

	<ul style="list-style-type: none"> • Implementation of evidence-based medicine. <p>4. Interpersonal and Communication Skills. Ensure effective communication and collaboration with patients, their families, and healthcare professionals:</p> <ul style="list-style-type: none"> • Establish and maintain positive relationships with breastfeeding patients and their families. • Capacity to work effectively as a member or leader of a healthcare team. <p>5. Professionalism. Ensure effective communication and collaboration with patients, their families, and healthcare professionals.</p> <ul style="list-style-type: none"> • Establish and maintain positive relationships with breastfeeding patients and their families. • Capacity to work effectively as a member or leader of a healthcare team. <p>6. Systems-Based Practice. Develop an understanding of and responsiveness to the larger context of healthcare and efficiently utilize system resources.</p> <ul style="list-style-type: none"> • Ability to work effectively within various healthcare delivery settings and systems relevant to their clinical specialty.
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Key competencies for lifelong learning¹, that the discipline develops:	
<p>Literacy competence</p> <p>Literacy is the ability to identify, understand, express, create, and interpret concepts, feelings, facts and opinions in both oral and written forms, using visual, sound/audio and digital materials across disciplines and contexts. It implies the ability to communicate and connect effectively with others, in an appropriate and creative way.</p>	X
<p>Multilingual competence</p> <p>This competence defines the ability to use different languages appropriately and effectively for communication. It broadly shares the main skill dimensions of literacy: it is based on the ability to understand, express and interpret concepts, thoughts, feelings, facts and opinions in both oral and written form (listening, speaking, reading and writing) in an appropriate range of societal and cultural contexts according to one's wants or needs.</p>	
<p>Mathematical competence and competence in science, technology, engineering</p> <p>A. Mathematical competence is the ability to develop and apply mathematical thinking and insight in order to solve a range of problems in everyday situations. Building on a sound mastery of numeracy, the emphasis is on process and activity, as well as knowledge. Mathematical competence involves, to different degrees, the ability and willingness to use mathematical modes of thought and presentation (formulas, models, constructs, graphs, charts).</p> <p>B. Competence in science refers to the ability and willingness to explain the natural world by making use of the body of knowledge and methodology employed, including observation and experimentation, in order to identify questions and to draw evidence-based conclusions. Competences in technology and engineering are applications of that knowledge and methodology in response to perceived human wants or needs. Competence in science, technology and engineering involves an understanding of the changes caused by human activity and responsibility as an individual citizen.</p>	X
<p>Digital competence</p> <p>Digital competence involves the confident, critical and responsible use of, and engagement with, digital technologies for learning, at work, and for participation in society. It includes information and data literacy, communication and collaboration, media literacy, digital content creation (including programming), safety (including digital well-being and competences related to cybersecurity), intellectual property related questions, problem solving and critical thinking.</p>	X

¹ As defined in 2018 r. by the European Union Council ([https://eur-lex.europa.eu/legal-content/BG/TXT/HTML/?uri=CELEX:32018H0604\(01\)&from=EN](https://eur-lex.europa.eu/legal-content/BG/TXT/HTML/?uri=CELEX:32018H0604(01)&from=EN))

Personal, social and learning to learn competence Personal, social and learning to learn competence is the ability to reflect upon oneself, effectively manage time and information, work with others in a constructive way, remain resilient and manage one's own learning and career. It includes the ability to cope with uncertainty and complexity, learn to learn, support one's physical and emotional well-being, to maintain physical and mental health, and to be able to lead a health-conscious, future-oriented life, empathize and manage conflict in an inclusive and supportive context.	X
Citizenship competence the ability to act as responsible citizens and to fully participate in civic and social life, based on an understanding of social, economic, legal and political concepts and structures, as well as global developments and sustainability.	
Entrepreneurship competence Entrepreneurship competence refers to the capacity to act upon opportunities and ideas, and to transform them into values for others. It is founded upon creativity, critical thinking and problem solving, taking initiative and perseverance and the ability to work collaboratively in order to plan and manage projects that are of cultural, social or financial value.	
Cultural awareness and expression competence Competence in cultural awareness and expression involves having an understanding of and respect for how ideas and meaning are creatively expressed and communicated in different cultures and through a range of arts and other cultural forms. It involves being engaged in understanding, developing and expressing one's own ideas and sense of place or role in society in a variety of ways and contexts.	

Methods of education
<ul style="list-style-type: none"> ▪ lectures ▪ seminars ▪ practicals and laboratory exercises, practical and creative problem solving, case studies, discussions, work with scientific literature, regulatory documents, databases, analyses, presentations

Links with other courses from the curriculum of the specialty
<ul style="list-style-type: none"> ▪ Hygiene and ecology ▪ Biochemistry ▪ Physiology ▪ Endocrinology ▪ Pediatrics ▪ Elective "Current Nutrition Problems of Healthy and Sick People"