

Training Plan for UK-WHO (Ireland) Growth Charts: - For self-directed learning and for trainers

Aim

To prepare practitioners to use the new UK-WHO (Ireland) growth charts as part of a standardised growth monitoring programme

Note: Knowledge of the previous training of the target group will be useful to inform the training plan and methodology [e.g. participants may not have had Best Health for Children 2005 training]

Objectives

- ✓ To familiarise participants with the new UK-WHO growth charts
- ✓ To consider the impact of the new growth charts on their practice

Learning outcomes

- Understand the rationale for growth monitoring and for the introduction of the new WHO growth charts into Ireland
- Know what charts to use once the new WHO growth chart is launched in Ireland
- Know the standards for measurement, recording and interpretation of growth charts and have had the opportunity to practice each of these (including gestational correction and the recording of growth for children with medical conditions) for children up to age 4yrs.
- Be able to read growth patterns of the new WHO growth chart and know how they differ from the current charts.
- Understand issues in growth monitoring (normal patterns of growth and weight gain, weight loss after birth, short and tall stature, weight and growth faltering, obesity)
- Know the referral criteria and current referral pathways for children where there are concerns about growth

Training methodology

Training is either:

Face-to face training in local settings or self directed by completing the programme as outlined here.

The training plan below provides the template for completing the programme for either method.

It is necessary to complete all sections of the training plan below, with the exception of NICM [Ppt 1 and activity sheet 6], which is relevant to staff in the acute setting.

The training will take 3 hours or 3.5 hours if including practical measurement training.

Materials needed for self-directed training

- Training manual
- PowerPoint presentations A to I
- Video clips of correct measurement technique
- Activity sheets (plus answers)
- Copy of Boy and Girl growth chart: UK-WHO growth chart 0-4years

Additional materials for trainers:

- Computer and projector
- Growth measurement equipment
- Evaluation form

Descriptor of presentations and practice activities.

Power point presentations

PP A. Rationale for growth monitoring

- Why monitor growth
- What does a growth chart measure
- Minimising error in growth monitoring
- National standard

❖ Video clips on measurement

PP B. Measuring for growth monitoring

- Measuring weight, head circumference, length and height

PP C. Introduction to the new WHO Growth Charts

- Background rationale for WHO charts
- Detail in launch of WHO charts in Ireland
- Effect of new WHO charts on pattern of growth
- How will the charts be different from UK 90
- De-emphasising of 50th centile but identify by location of curve label

PP D. Plotting using the new WHO growth charts

- Plotting measurements
- What are centiles and centile spaces
- Slides 7-9 show plot points for measurements Practice 1 [activity 2]

- ❖ Use Practice 1 activity sheet for measuring and plotting
- ❖ Demonstration of measuring technique and equipment

PP E. Plotting and assessing infants and toddlers up to age 4

- When should a child be weighed

- What is the normal rate of weight gain
- Considerations in measuring length
- What is a normal rate of growth
- How to calculate adult height
- How to calculate and interpret BMI
- Slides 13-15 show plot points for measurements Practice 2 [activity 3]

❖ Use Practice 2 infant and toddler activity sheet

PP F. Using the new WHO growth charts with newborn and preterm infants

- How to plot in the neonatal period
- How to calculate and assess neonatal weight loss
- How to plot for preterm children
- How to correct for gestation and plot with gestational correction.
- Slides 17-19 show plot points for measurements Practice 3 [activity 1] and Practice 4 [activities 2,3]

❖ Use Practice 3 activity sheet for plotting newborn infants and Practice 4 activity sheet for plotting pre-term

PP G. Referral criteria and key messages for optimal growth

- Referral criteria
- Supporting optimal growth
- Managing slow/ faltering growth
- Managing Overweight / obesity
- Stature

❖ Use optional Practice 5 activity sheet for managing growth related issues

PP H. The Personal Health Record (PHR) and using the new charts

- What is the PHR
- Information is contained in the PHR on growth
- Growth charts in the PHR

PP I* An introduction to the UK-WHO Neonatal and infant close monitoring growth chart [*for practitioners in hospital or tertiary settings, likely to use this chart.]

❖ Use Practice 6 activity and answer sheet NICM

Training Lesson plan- with sample time duration

Sample Time Duration	Task	Resources
<u>11.00 (5mins)</u>	Introduction	Hand out of Training and lesson plan for growth chart training 2012
<u>11.05 (10mins)</u>	Rationale for growth monitoring	PP A Rationale for growth monitoring Growth Monitoring Training Manual
<u>11.15 (15mins)</u>	Measuring babies and children	Videos x 5 PP B Measuring for growth monitoring
<u>11.30 (15mins)</u>	Intro new UK-WHO Growth Charts	PP C Intro to new UK-WHO Charts Charts
<u>11.45 (30mins)</u>	Measuring and plotting Practice 1	PP D Plotting using the new WHO growth charts Practice 1 Activity and answer sheets
<u>12.15 (30mins)</u>	Plotting and assessing infants and toddlers Practice 2	PP E Plotting and assessing infants and toddlers up to age 4 Charts Practice 2 Activity and answer sheets
<u>12.45 (30mins)</u>	Newborn and preterm infants Practice 3 and 4	PP F Using the new WHO growth charts with newborn and preterm infants Charts Practice 3,4 Activity and answer sheets
<u>1.15-1.45 (30mins)</u>	Optimal growth Referral criteria Optional Practice 5	PP G Referral criteria and key messages for optimal growth Practice 5 activity and answer sheets
<u>1.45-1.55 (10min)</u>	PHR Relevant for areas where PHR is used	PP H PHR and the new growth charts
<u>1.55- 2.15 (20mins)</u>	Measurement practice for trainees who have not had measurement training to date.	Measuring equipment