



CONTINUING EDUCATION ON BREASTFEEDING PROMOTION FOR HEALTHCARE PROFESSIONALS IN MEDICAL UNIVERSITY- SOFIA

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Abstract

Continuing education of health care professionals is essential for good clinical practice. Because of the accelerated development of medical science and technologies, physicians, nurses and other health professionals must maintain and improve their knowledge and skills throughout their careers. There is a large volume of evidence on health benefits of breastfeeding for mother's and child's health, but global recommendations of WHO and UNICEF in reference to infant and young child nutrition are not implemented and breastfeeding rates in Bulgaria remain low. Traditional practices for our country are early cessation of exclusive breastfeeding, early introduction of water, juices, formula and solid foods. The World Health Organization (WHO) and UNICEF in numerous documents emphasize the need for well-trained health professionals to lead the movement of breastfeeding promotion. The following study explores health care professionals' attitudes towards continuing education on best breastfeeding practices and proposes a training course for continuing education.

Keywords: Breastfeeding promotion, continuing education, health professionals.