



Breastfeeding program for healthcare profession



**World
Breastfeeding
August Week**

Aims:

To provide an updated and evidence-based breastfeeding knowledge and skills to health care professionals with practical skills in order to prevent and manage breastfeeding problems that helps the breastfeeding mothers to continue breastfeeding

Objectives:

- To provide updated knowledge and skills to prevent breastfeeding problems such as blocked duct, breast pain and mastitis.
- To early identify and manage the breastfeeding problems using appropriate assessment with intervention
- To provide knowledge on appropriate diet for breastfeeding mothers, and their infants after weaning
- To provide updated knowledge on assessing the growth of the infant
- To provide knowledge on Chinese Medicine in supporting the health of the breastfeeding mothers during “doing the month”

Advanced Practice Course

CNE / CEM Point: 6 Points

CERPs Point: 6 L CERPs Recognition Number: PP202649

1 August 2026 (Saturday) 9:30 -16:30

Assessment on 15 August 2026 (Saturday 10am – 11am)

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

Speakers

Dr. LEUNG Suk Fong, Sophie
Consultant, Breast Feeding Clinic, CUHKMC

Prof. LO Ka Hei Kenneth, Assistant Professor
Department of Food Science and Nutrition, PolyU

Dr. CHAN Sze Nga, Sarah
Registered Chinese Medicine Practitioner
Department of Medical Centre, CUHK

Contents

- Breast examination and pain relief in lactating mothers - integrating Western and Chinese Medicine, with practical tips on hand skills (breast pain and muscle pain)
- Revising the use of weight in breastfed infants to interpret nutritional
- Cancer prevention from early life and breast feeding
- Scientifically based evidence showing plant-based diet preferable for mothers in pregnancy and lactation
- 中醫對21世紀坐月飲食建議與哺乳常見問題處理(包括乳腺炎、缺乳)

Target Participants:

All Midwives and Nurse

Teaching Medium: Cantonese supplemented with English

Award: Either e-Certificate or e-Attendance Certificate will be issued.

- e-Certificate: For those with 100% attendance and must have 50% pass the assessment.
- e-Attendance Certificate: For those with 100% attendance, but who do not attempt or have failed the assessment.

Fee:

HKD1000 (Member)

HKD1500 (Non-Member)

Scan code to join membership



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

e-Application Form



Scan Here

Enrolment Deadline: 25 July 2026 (first come first served)

Enquiry: ☎ 2893 8800

Course content may be updated and please refer to our website for the latest information.



Timetable

Advanced Practice Course Breastfeeding program for healthcare profession

1 August 2026 (Saturday) | 09:30 – 16:30

Time	Content	Speakers
9:30 – 11:30	Breast examination and pain relief in lactating mothers - integrating Western and Chinese Medicine, with practical tips on hand skills (breast pain and muscle pain)	Dr. LEUNG Suk Fong, Sophie Consultant, Breast Feeding Clinic, CUHKMC
11:30 – 12:30	Scientifically based evidence showing plant-based diet preferable for mothers in pregnancy and lactation	Prof. LO Ka Hei Kenneth, Assistant Professor Department of Food Science and Nutrition, PolyU
12:30 – 13:30	LUNCH	
13:30 – 14:30	中醫對 21 世紀坐月飲食建議與哺乳常見問題處理(包括乳腺炎、缺乳)	陳詩雅註冊中醫師
14:30 – 15:30	Revising the use of weight in breastfed infants to interpret nutritional status	Dr. LEUNG Suk Fong, Sophie Consultant, Breast Feeding Clinic, CUHKMC
15:30 – 16:30	Cancer prevention from early life and breast feeding	Dr. LEUNG Suk Fong, Sophie Consultant, Breast Feeding Clinic, CUHKMC