



**SCOPH**  
Public Health



**SCOPE**  
Professional Exchange

## PUBLIC HEALTH EXCHANGE INTERNSHIP FORM (SCOPH EXCHANGE Internship Form) (AMMEF Mexico)

### General Information

Name of the Internship's Project: **In-hospital breastfeeding program**

Name and address of the department: Quality and Health Care Management Department, Civil Hospital of Morelia "Dr Miguel Silva", Isidro Duarte St. corner Samuel Ramos St., not number, colony Center Morelia, Michoacan, México.

Type of the Department:

- Governmental Institute       Non-Governmental Organization (NGO)  
 Hospital/ Medical Institute       Other, please mention

Head of the department: Dr. Raúl Leal Cantú

Tutor(s): M. Sc. Ing. Hugo Enrique Rosas Cazares

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### Description of the Internship

*(min. 3 lines, max. 10 lines)*

Exclusive Breastfeeding (EBF) rates remain low in both low-income and high-income countries despite WHO's recommendations for EBF until 6 months. Breastfeeding has been shown to have a protective effect against gastrointestinal infections, among other benefits. Interventions focusing on educating mothers about breastfeeding have the potential to increase breastfeeding prevalence, up to recommended standards and also to decrease infant morbidity. For the Secretariat of Health in the country the breastfeeding it's a priority. For this reason the Civil Hospital "Dr Miguel Silva" and Children Hospital "Eva Samano of Lopez Mateos"

started a program to improve the knowledge regarding this subject and to give capacitation for all mothers and families about the different techniques and benefits of breastfeeding. The program focuses in continue capacitation for personal of the hospital, patients, students and volunteers.

#### What is the main goal(s) of the Internship?

Improve the number of children with exclusive breastfeeding until the 6<sup>th</sup> month in the population of Morelia by teaching the mothers and their families the benefits of breastfeeding on both her and her child's health.

#### What are the objectives of the Internship?

- Create awareness in the importance of breastfeeding.
- Teach mothers the proper techniques for an effective breastfeeding.
- Educate about the benefits on the human health regarding breastfeeding.
- Learn about the non-communicable diseases that are preventable thanks to breastfeeding.

#### What is the expected outcome(s) of the Internship?

- The student will develop the skills of teaching the different techniques for breastfeeding
- Know the health benefits of breadstfeeding for the mother and child
- Will know how to evaluate a successful lactation
- Develop techniques in Education for health.

#### Type of the Internship:

- Advocacy  Campaigning and Education  Research  Clinical Work  
 Other, please mention

#### Exchange Student's Role:

Will there be any theoretical teaching provided (preliminary reading, lectures, courses, seminars)?

Preferably have the PAHO breastfeeding webcourse, the tutor and hospital workers will give an introduction to the hospital politics and rules.

What is the role of the student and what is expected from him/her during the exchange? (*minimum 3 lines*)

The student will work together with a multidisciplinary team and will know the positive aspects of the breastfeeding and its impact on the health of both the mother and child. Will also learn about the breastfeeding perspective from the nutritionists, nurses, pediatrics, gynecologist and odontologists.

During the exchange each student will have an active participation in workshops with the mothers and newborns to apply different techniques. All students will also work in the children hospital and vaccination consult department to evaluate the impact of this course in the patients.

What should be the outcome of the student's participation on the exchange Internship (paper, poster etc)?

Need to make a promotional poster to promote the exclusive breastfeeding.

Will you be providing performance based letter of recommendation?

Yes  No the hospital does not give any recommendation letter but at the final the incomings receive a special certificate from the hospital plus IFMSA Certificate.

What are the practical skills and knowledge the student will acquire during the exchange program?

1. Techniques of breastfeeding
2. Talk in public
3. Theoretical aspects of lactation and human milk.
4. Improve the know of human milk substitutes mainly in medical indications and restrictions.
5. - Work in a friendly hospital for the child and mother

### **Requirements**

(Please check all that apply)

Students Eligible for the Exchange:

- Medical Students  
 Graduated Students (less than 6 months before the beginning of the exchange)  
 Pre Medical Students (In case of countries where preclinical years are considered a different degree)  
 Health Sciences Students (nurse, odontologist, nutrition, public health students).

Are there any other requirements than your NMO Exchange Condition?

Yes  No

If yes, please mention them below:

All incomings need a B2 level in Spanish or more, (if the student speaks Spanish as a first language, don't need this).

## Schedule

How long will be the exchange period?

(Please check both if you accept students for either 4 or 8 weeks)

4 weeks    8 weeks    Other \_\_\_\_\_

There are approximately 7 hours of work per day.

## Available months:

January  February  March  April  May  June

July  August  September  October  November  December

How many exchange students can you accept to this internship?

At the same time per one exchange period? 2

In total per year? 20

## Special remarks:



**IFMSA**

International Federation of  
Medical Students' Associations

**By signing this form, the national officer fully accepts to abide to SCOPE and SCOPH regulations.**

06/28/2020, Vicente Villada 7A, Santa Ana Tlapaltitlán 50160, Toluca, México.

Date, Address

Kelvin Emmanuel Gutiérrez Herrera

Name, Signature and Stamp of the NPO

PRESIDENTE



**AMMEF**  
ASOCIACIÓN MEXICANA DE MÉDICOS  
EN FORMACIÓN A.C.

06/28/2020, Degollao 16, Centro 63300, Santiago Ixcuintla, Nayarit, México.

Date, Address

Javier Alejandro Ledesma Trujillo

Name, Signature and Stamp of the NEO



**NEO-IN**  
ASOCIACIÓN MEXICANA DE MÉDICOS  
EN FORMACIÓN A.C.

6/15/2021 Khartoum, Sudan

Date, Address

Name, Signature and Stamp of the SCOPH Director



Thank you for your contribution!