

**AZERBAIJAN NURSING AND MIDWIFERY SYMPOSIUM-  
STRENGTHENING NURSING AND MIDWIFERY**

**11-14 December 2022, Hilton, Baku**

**COURSE INFORMATION FORM**

<b>Title</b>	Teaching self-examination of breasts to over 20 ages women
<b>Aim</b>	Attaining the skills and knowledge of teaching self-examination skills to over 20 ages women.
<b>Instructor</b>	<b>Ilahe Ahmadova:</b> trainer of PROACT-Care Project, Goyler FHC midwife, <b>Aytekin Isgandarova:</b> trainer of PROACT-Care Project, Shamakhi FHC nurse

**TECHNICAL INFORMATION**

<b>Participant</b>	Minimum: 4	Maksimum: 15
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		<b>Number</b>
<b>Materials</b>	Wearable Breast Self Examination Model	1
	Breast self examination skills guide	One per participants
	Clinical demonstration skills guide	One per participants
	Coaching skills guide	One per participants
	Course evaluation form	One per participants
	<b>Venue</b>	A hall with a U-shape seating arrangement

**Additional notes**

## COURSE PROGRAM

Duration	Topic	Methods, materials	Trainer
30'	Wellcome, introduction and expectations of participants, program	Group discussion (program sheet per participant, flip chart)	All trainers
15'	Demonstration and coaching in skills training	Presentation	Aytekin Isgandarova
10'	Coffee break		
25'	Demonstration and coaching skills	Skills training demonstration (Clinical demonstration and coaching guides per participant)	All trainers (to facilitate 2-8 participants)
30'	Self-examination of breasts	Presentation and demonstration (Breast self examination skills guide per participant)	Ilahe Ahmadova
10'	Coffee break		
40'	Coaching for self-examination of breasts	Skills training (Breast self examination, demonstration and coaching skills guides per participant)	All trainers (to facilitate 2-8 participants)
15'	Program evaluation	Course evaluation form	All trainers