



安讯教育与科技有限公司
Axon Consultancy Sdn Bhd

PROFESSIONAL POSTNATAL CARE FOR MOTHER & BABY

TRAINING DETAILS

Duration : 2 Days

Training Hour : 9am to 5pm

RECOMMENDED PARTICIPANTS:

Nurses, Doctors, Caregivers & Healthcare staff



Axon Consultancy Sdn. Bhd.

(Co Reg no: 201701042497)

2-2, Plaza Usahawan Genting Kelang, Jalan Danau Naiga,
Taman Danau Saujana, 53300 Kuala Lumpur
jack@axonconsultancy.com | +6012 6159229



Course Overview:

Pregnancy and childbirth mark one of the most profound transitions in a woman's life, bringing both joy and challenges. New mothers face physical recovery, emotional shifts, and the responsibility of caring for a newborn, while babies require attentive and professional care to thrive. This programme equips healthcare providers, caregivers, and postnatal therapists with essential knowledge and practical skills to support both mother and baby during the critical postnatal period.

Participants will learn how to assess, monitor, and maintain mother's personal care, manage wound healing, support lactation, and ensure proper baby care and feeding patterns. The course also covers emergency management to build confidence in critical situations. With a blend of theoretical knowledge and hands-on activities, participants will leave prepared to provide safe, empathetic, and professional postnatal care

Methodology :

Lectures, group discussion , Video clips, Presentation, Games, activity , exercises, Practical sessions

Course Objectives:

By the end of this course, participants will be able to:

- Recognize the postnatal challenges
- Build competencies at workplace
- Improve performance with critical thinking
- Create change at workforce





Course Outline:

MODULE 1 : EXPLORING PERSONALITY TRAITS AS THERAPIST

- Understand personality traits
- Outline communication with right intent listening
- Showing care & empathy for assurance
- Build mentally responsive

Activity : Assess therapist personality traits

MODULE 2 : MOTHER CARE - ASSESSMENT & MONITORING

- Understand of accurate assessment & monitoring
- Aware the reliable observation
- Recognizing complications
- Describe accurate measurement of vital signs

Activity : Identify the components

MODULE 3 : MAINTAINING MOTHER PERSONAL CARE

- Personal hygiene
- Skin integrity care
- Activity intolerance post trauma
- Heat & cold therapies

Activity : Critical thinking strategies

MODULE 4 : WOUND CARE

- Identify wound type post delivery
- Describe wound assessment & care
- Demonstrate correct sit bath technique
- State complication associated with wound healing

Activity : Practice wound care





MODULE 5 : LACTATION - HOW TO SUPPORT

- Understand the basic of lactation
- Identify emotional complication
- Recognizing lactation complication
- State basic complication management

Activity : Lactation support demonstration

MODULE 6 : BABY CARE

- Define newborn growing process & need
- State baby assessment & monitoring
- Maintain baby personal care
- Basic home umbilical care

Activity : Newborn model creating

MODULE 7 : BABY FEEDING PATTERN

- Understand baby health condition
- Define baby feeding clues
- Identify baby suckling reflex
- Post feeding care & management

Activity : Milk preparation technique

MODULE 8 : EMERGENCY MANAGEMENT

- State possible emergency
- Preventive measurement of emergency
- Identification of risk factor or emergency
- Demonstrate accurate emergency management

Activity : CPR & Chocking demo





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Trainer Portfolio: Sasikala Vijendran

Founder & Training Director | CHAN V HEALTHCARE ENTERPRISE

Sasikala Vijendran is an accomplished healthcare professional, trainer, and leader with extensive expertise in nursing, renal care, healthcare management, and training. Beginning her career as a Staff Nurse, she has steadily advanced into roles spanning facility management, clinical quality, and education. As Founder and Training Director of CHAN V Healthcare Enterprise, she is dedicated to developing healthcare professionals with the skills, knowledge, and confidence to deliver high-quality patient care. With her passion for continuous learning, Sasikala is a certified trainer and practitioner in multiple healthcare disciplines, bringing real-world clinical insights and management experience into every training session.

Professional Accreditations

Certified Lactation Counselor – National Lactation Centre, Ministry of Health Malaysia

Certified Lactation Peer Counselor – Komiti BFHI Hospital Shah Alam

Certified Advanced Cardiovascular Life Support (ACLS) – Ministry of Health Malaysia, Hospital Sungai Buloh

Certified Postnatal Care Nurse

Experienced in **MSQH Accreditation**

Experienced in **Australian Council on Healthcare Standards International (ACHSI)**



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Career Highlights

- **Yayasan St. John Ambulance Malaysia (SJAM-KPS Foundation)** – Centre Manager
- **B. Braun Avitum Renal Services Sdn Bhd** – Trainer & Quality Executive
- **Fresenius Medical Care Malaysia Sdn Bhd** – Quality Executive & Clinical Specialist Services (Trainer)
- **Davita Malaysia** – Advanced from Staff Nurse to Facility Administrator, Group Facility Administrator, and Clinical Specialist Services (Trainer, Southern Region)
- **Pusat Dialysis Gemilang** – Manager
- **National Kidney Foundation Malaysia** – Clinical Instructor for Post Basic Renal Students
- **Persada Dialysis Centre Sdn Bhd** – Staff Nurse to Senior Staff Nurse

Expertise & Training Areas

- Renal Nursing & Dialysis Management
- Healthcare Facility Management & Accreditation
- Clinical Quality & Patient Safety Standards
- Lactation Counseling & Postnatal Care
- Advanced Life Support Training
- Leadership Development for Healthcare Professionals

Why Train with Sasikala Vijendran?

Sasikala Vijendran combines **over two decades of hands-on nursing and healthcare leadership experience** with a proven track record in **clinical training, accreditation, and organizational management**. Her programs are designed to bridge the gap between theory and practice—empowering healthcare professionals to elevate standards of care, improve patient outcomes, and excel in their careers.

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