

# MODULE 2

KEY HOUSEHOLD PRACTICES RELATED TO  
MATERNAL AND CHILD HEALTH

# ANTENATAL CARE



## **A. Introduction**

- Review the learning objectives of the session**

# Lecture: Definition and importance of antenatal care

- Ask the participants what antenatal care is

- **Notes responses**

- **Define antenatal care as:** The care that should be given to all pregnant women until delivery.
- It is important that antenatal care begins in the first trimester of pregnancy (first 3 months of pregnancy)

# Lecture: Definition and importance of antenatal care 2

## **Explain that antenatal care involves:**

- ▣ Provides the opportunity to teach the pregnant woman how to have a healthier pregnancy for example:
- ▣ health education on how pregnancy changes the body,
- ▣ Eating healthy during pregnancy,
- ▣ Important immunizations to take during pregnancy and
- ▣ Many other important facts regarding pregnancy

# Lecture: Definition and importance of antenatal care 3

- Antenatal care also provides the opportunity to observe and listen to the pregnant woman:
  - ▣ Observing the body of the pregnant woman for the healthy signs and warning signs; and
  - ▣ Asking her about problems and listening to her questions

# Lecture: Activities of antenatal care



- ▣ Explain that during the first three months of pregnancy, as soon as the woman learns she is pregnant, she should immediately go to the PHC for her first antenatal care visit, to begin the series of antenatal care visits for the proper monitoring of her pregnancy

# Discussion: Antenatal Care

- Ask participants why antenatal care is important
- Notes responses
- Explain why antenatal care should be conducted.  
Give reasons as:
  - To monitor the progress of pregnancy in order to improve the health of the mother and baby
  - To recognize and manage abnormal pregnancies

# Discussion: Antenatal Care 2



- To ensure she takes her tetanus toxoid vaccine and preventive malaria and iron and folic tablets – (explain these points in details.- see following slides.)
- To counsel and support the mother on healthy nutrition and breast feeding
- To counsel pregnant women on the use of healthy child spacing methods



# Discussion: Antenatal Care 3

## □ Discussion on Iron and folic Acid tablets in Pregnancy

- Explain the importance of taking iron and folic acid during pregnancy to ensure they get enough of these nutrients that are important in the proper growth of the baby's brain and in the formation of blood. Good blood level makes it easier for the mother and baby to withstand blood loss
- Explain that the pregnant woman would also need to eat more of the foods that are high in these nutrients. folic acid is present in foods like beans and green vegetables; while iron is present in red meat, fish, chicken e.t.c
- Explain that pregnant women should have at least four antenatal visits during pregnancy, to ensure safe birth

# Discussion: Antenatal Care 4



## **Discussion on Tetanus Toxoid Immunisation**

- Ask participants to explain the beliefs concerning immunization of the pregnant women in their communities
- Discuss these beliefs with the VHWs, and correct as needed

# Discussion: Antenatal Care 5

## Discussion on Tetanus Toxoid Immunisation

- Lead a discussion on the importance of immunization to prevent tetanus for both mother and child.
  
- **Stress that:**
  - ▣ **Tetanus toxoid injection helps prevent tetanus in both the newborn and in mother; and**
  
  - ▣ **Refusal to take the tetanus toxoid injections often leads to death of either or both mother and child.**

# Discussion: Antenatal Care 6

## **Discussion on Malaria prevention during pregnancy:**

- Pregnant women need to sleep under insecticidal nets to prevent malaria.
  - ▣ The VHW should tell the pregnant woman to visit the PHC to inquire about how to obtain Long Lasting Insecticide Treated Nets (LLINs).
  - ▣ To ask for the two doses of fansidar at the PHC and when to take them
- Show the VHWs how to properly hang the LLIN, so that they can help people of their communities do so
  - ▣ Encourage the VHWs to check for use of LLIN during home visits

# Lecture: Personal hygiene

Explain the importance of personal hygiene:

- Cleanliness is of great importance in preventing many kinds of infections - infections of the abdomen, the skin, the eyes, the lungs, and the whole body

Explain that personal hygiene includes:

- ▣ Hand washing after visiting the toilet, and before cooking or eating
- ▣ Daily bath
- ▣ Tidy hair
- ▣ Clean clothing, especially the underwear
- ▣ Putting on light and free clothing to allow for movement and fresh air

# Small Group Work

## **Divide participants into 2 groups**

- Assign a physical working space to each group
- Ask each group to choose a leader who will lead the group discussion and report back to the whole class.
  
- Tell each group to discuss:
  - ▣ The care of the pregnant woman on antenatal visit and care
  - ▣ Personal hygiene,
  - ▣ Immunization,
  - ▣ Use of iron and folic acid tablets,
  - ▣ Prevention of Malaria and
  - ▣ Healthy eating.
  
- Allow 15 minutes for the discussion
- Guide the discussion and stop when time is exhausted

# Lecture: Definition of “at-risk” pregnancy

## **Define “at-risk” pregnant women as:**

These are women with existing health problems that are capable of complicating the pregnancy and may lead to permanent disabilities or death.

## **Identify ‘at-risk’ women as women with:**

- ▣ Persistent fainting in early pregnancies
- ▣ Swelling of feet, hand and/or face
- ▣ Headache and visual disturbances
- ▣ Persistent tiredness or weakness

# Women with at risk pregnancy

- ☐ Pain or discomfort when urinating
- ☐ Bleeding from the vagina
- ☐ Pale eyes/palm pallor
- ☐ Fits/Convulsion
- ☐ Hard and tender abdomen during the last 4 months of pregnancy
- ☐ Previous still births
- ☐ Previous caesarean section including other abdominal operations
- ☐ Absence of bowel movement
- ☐ A history of high blood pressure
- ☐ A history of sugar in the urine (diabetes)
- ☐ A history of jaundice



# Women with at risk pregnancy 2

- A woman that has had 4 deliveries
- Woman cannot feel the movement of her baby for over 2 days.
- A woman with first delivery (Very young) – under 18 yrs
- A woman with first delivery (Elderly) – over 35 yrs
- A woman with pregnancies at short intervals (less than 2 yrs between births)

# Discussion: Women with at risk pregnancy

Lead a discussion on the following complications in pregnancy:

## **Bleeding (haemorrhage)**

**Describe:** If a woman begins to bleed during pregnancy, even a little, it is a danger sign. She could be losing the baby, or the baby could be developing outside the womb.

- State that if this happens, the woman should lie quietly and the VHW should immediately send for a community health worker or midwife

## Discussion: Women with bleeding in pregnancy

- Tell the participants that their role in managing these types of cases is **to refer the women to the PHC facility**
- Ask the VHWs to mention a current or previously pregnant woman whom she thinks is or was at risk and say why she considers her at risk
- Correct any wrong learning

# NUTRITION

- **Goal:** To educate participants on how to encourage and support nutrition
- **Learning objectives:** By the end of this session, VHW should be able to discuss the importance of nutrition during pregnancy and in daily life of the children and entire family
- **Teaching aides**
  - ▣ VHW training guide
  - ▣ Writing materials

# Lecture: Definition of nutrition



- Ask participants to define:
  - Nutrition,
  - Food, and
  - Adequate and nutritious diet.

Note responses

# Discussion: Definition of nutrition



Define:

- **Nutrition** as the food we eat and how the body uses it to maintain good health and prevent diseases
- **Food** is anything we eat whether solid or liquid, which when it enters the body, provides energy for work and play, promotes growth and regulates body function
- **Adequate and nutritious diet** is one which contains a variety of foods from the 3 food groups, in the right amount that will support growth in children and maintain healthy life in adult and children

# Discussion: Nutrition



Mention the 3 food groups as follows:

- ▣ Foods that build the body (protein) to include: beans, groundnuts, milk, fish, eggs, chicken.
- ▣ Foods that give us energy (carbohydrate) to include: yam, rice cassava, plantain, maize, dawa, potatoes, fats and oil etc.
- ▣ Foods that protect us against diseases (vitamins and minerals) to include: banana, pawpaw, tomatoes, oranges, cucumber, garden-eggs, palm-oil, vegetables like okra, green leafy vegetables like spinach etc

# Discussion: Nutrition 2

Ask participants to state the importance of nutrition.

- Note responses
- Discuss the importance of nutrition in promoting proper growth and development
- Explain that good nutrition is important for good health. The body needs different nutrients for its normal functions such as growth, maintenance of body tissues, protecting from diseases and to stay alive



# Infant nutrition

Explain the healthy nutrition of infants to include:

- Giving the baby colostrum (**the first breast milk** a mother makes after delivery).
  - ▣ State that this will protect the baby from childhood diseases
- Exclusive breastfeeding exclusively from **0-6 months**
  - ▣ **State that breast feeding should as soon as possible after delivery**
- State that breast milk promotes adequate growth and development and is always clean
- State that at this stage the mother should give breast milk to the child any time the child wants it (at least 10 times each day)

# Infant nutrition 2

Give semi-solid foods from **6 months** but continue breastfeeding up to 24 months

- ▣ State that at this stage breast milk alone will no longer be enough for the child
- ▣ State that mother can give soft foods 3 to 6 times daily at this stage (Examples of complementary diets: pap mixed with ground nut, crayfish, well processed soybean, milk, egg, mashed beans with soft boiled rice or yam)
- ▣ State that mother should continue breastfeeding and giving supplementary foods during times of illness
- ▣ State that the mother can introduce dark green, leafy vegetables and yellow fruits at this time

# Lecture: Nutrition for lactating mothers

- Explain that the lactating woman also needs to eat well to enable her to have successful lactation.
- State that a breastfeeding woman should eat two extra meals a day to maintain her health and the health of the baby
- State that a breastfeeding woman needs to eat many different types of colorful foods
- State that a breastfeeding woman needs to drink plenty of fluids e. g. water, tea, and milk
- State that in addition to nutrition, the breastfeeding woman needs to have plenty of rest

# Lecture: Family nutrition



- Explain that every member of the household, irrespective of his/her age needs adequate and nutritious diet in order to remain healthy
- The available food need to be so distributed as to take care of the needs of every member of the family.

# Discussion: Family nutrition

- Ask participants to identify the food items that are locally available in their community
- Ask for the cost of the food items to determine the one that most people can afford
- Ask the participants to put together samples of meals suitable for a pregnant woman, making sure they include foods from each group and that the food items are affordable
- Ask participants about food taboos in their different communities

# POSTNATAL CARE



**Goal:** To educate participants on how to encourage and support postnatal care

**Learning objectives:** By the end of this session, participant should be able to:

- ▣ Properly advise women on the importance of breastfeeding, keeping the baby warm and umbilical cord care
  
- ▣ Recognize danger signs in a new born

**Teaching aides**

- ▣ VHW training guide
- ▣ Writing materials

# Lecture: Definition of postnatal care



State the definition of postnatal care

- Define postnatal care as the initial care that every woman and baby should be offered during the first 2 to 3 days after birth and the further care offered during the 6 to 8 weeks after birth

# Lecture: The importance of postnatal care



## **Describe the importance of postnatal care**

- State that the first 6 to 8 weeks after birth are critical for the health and survival of a mother and her newborn.
- The most vulnerable time for mother and her newborn is during the hours and days after birth and lack of care during this time may result in death as well as missed opportunities to promote healthy behaviours affecting women and newborns.



# Lecture: The activities of postnatal care

## **State the activities of postnatal care for mothers:**

- Assessing and checking for bleeding, checking temperature
- Supporting breastfeeding, checking the breasts to prevent infection
- Preventing low blood level, promoting nutrition
- Completing tetanus toxoid immunisation, if required
- Provide counseling and a range of options for healthy child spacing
- Referring for complications such as bleeding, and infections

# Lecture: The activities of postnatal care 2

- Counseling on danger signs and home care
- Supporting exclusive breastfeeding
- Encouraging and facilitating birth registration
- Encouraging routine immunizations
- Promoting hygiene especially hand washing with soap, and good skin, eye, and cord care
- Ensuring warmth e.g. practicing skin-to-skin care
- Assessing for danger signs, - checking temperature and feeding

# Lecture: The activities of postnatal care 3

**Explain that for newborns to be healthy there are some immunizations they need to take.**

**Tell them that these are routine immunizations. Distribute copies to them**

- Present the routine immunization schedule
  - Birth – BCG, OPV0, HepB0 (OPV0 and HepB0 must be given within the first 2 weeks of delivery)
  - 6 weeks – OPV1, Pentavalent 1, PCV1
  - 10 weeks – OPV2, Pentavalent2, PCV2
  - 14 weeks – OPV3, Pentavalent 3, PCV3
  - 9 months- Measles, Yellow fever
  - Counseling on danger signs and home care

# Lecture: The activities of postnatal care 4

## **Explain Postnatal care and hygiene; that the woman should:**

- ▣ Always have someone near her for the first 24 hours after birth, to respond to any change in her condition
- ▣ NOT insert anything into the vagina
- ▣ AVOID sexual intercourse until the perineal wound heals and it is comfortable for her
- ▣ Have enough rest and sleep
- ▣ Wash herself and the newborn regularly to prevent infections

# Lecture: The activities of postnatal care 5

## State the Danger signs after delivery

- ❑ Vaginal bleeding
- ❑ More than 2 or 3 pads soaked in 20-30 minutes after delivery or bleeding increases rather than decreases after delivery.
- ❑ Convulsions
- ❑ Fast or difficult breathing
- ❑ Fever and too weak to get out of bed
- ❑ Severe abdominal pain

# Lecture: The activities of postnatal care 6

- Feels ill
- Breasts swollen, red or tender breasts, or sore nipple
- Urine dribbling or pain on urination
- Pain in the perineum or draining pus
- Stress that the woman should go to the health centre **IMMEDIATELY**, day or night without waiting, if she experiences any of above signs or call the CHEW to come and see her at home.

# Lecture: The activities of postnatal care 7

- Explain the importance of malaria prevention after birth:
  - ▣ Mothers, newborns and under five children need to sleep under insecticidal nets to prevent malaria.
- The VHW should tell the woman to visit the PHC to inquire about how to obtain Long Lasting Insecticide Treated Nets (LLINs).

# Lecture: Keeping the baby warm

Tell participants that it is very important that the new born is kept warm.

Explain that if they are left exposed to cold, they can become sick and die

Explain that:

- ▣ Care must be taken to maintain the body temperature of the newborn, especially soon after delivery, when babies tend to get cold and
- ▣ later to prevent excessive cooling or heating of the body, both of which can be dangerous for the baby



# Lecture: Keeping the baby warm 2

## **Explain Kangaroo Mother Care for babies born early:**

- Kangaroo mother care is a method to keep babies warm and protected.
- The newborn is placed skin-to-skin between the mother's breasts and stays that way for as long as possible during the day and night.
- This method helps keep babies warm and allows them to be fed frequently
- It can also be used to keep any baby warm. It is a very good position when transferring babies to the health facility

# Lecture: Keeping the baby warm 2

- Demonstrate kangaroo mother care:
  - ▣ Tell participants, and show using motions, that the baby should be placed naked, with or without a diaper, upright inside the mother's clothing, against her skin, between her breasts
  - ▣ Have the participants practice this techniques, improvising with readily available materials (e.g. water bottles)

# HEALTHY CHILD SPACING

## Goal

- To educate participants on how to encourage and support healthy child spacing

## Learning objectives

- By the end of this session, participant should be able to:
- State the importance of healthy child spacing
- State the advantages of healthy child spacing
- Be familiar with modern child spacing

## methods

- Know the advantages of condom use
- Know the correct use of condoms

## Teaching aides

- VHW training guide
- Writing materials

# Discussion: Introduction to and definition of healthy child spacing

- Start the topic by emphasizing the need to promote the health of mothers and children to enable them to survive
- Lead participants to sing a local song on survival e.g. “Things are getting better”
- Then ask participants a question “if you have land enough to build a house of your choice and you invite the builder, what does he need for him to know exactly what you want?”
- Answer should include a building plan
- Reinforce the answer and compare it with pregnancy: a husband and wife have what they need to build a family, but should have a plan for what that family will look like

# Lecture: healthy child spacing



- Ask participants to define child spacing or family planning
- Take note of responses
- Define child spacing or family planning as: the decision making process when a couple decides when to get pregnant, and the number and interval at which to have children

# Role-play: healthy child spacing

- Explain to participants that role-play is on child spacing.

**Ebiere, a 24 year old woman, had a baby 1 week ago. The VHW went to the house on a home visit to check on Ebiere and to discuss child spacing. The husband Kenule is present and wants his wife to rest before having another baby but is not sure for how long she is supposed to do this. His mother believes that having a baby is in God's hands. The VHW tries to explain what can be done to postpone pregnancy for at least 2 years. Ebiere is afraid of some healthy child spacing methods.**

# Role-play: healthy child spacing 2

- Ask four participants to role play as Ebiere, Kenule, Kenule's mother, and the VHW
- Stop role play after 10 minutes
- Ask participants how they felt about role play.
- Note responses.
- Lead discussion on how to educate people in the community on the importance of healthy child spacing
  - ▣ discuss current community beliefs on child spacing

# Discussion: Healthy child spacing methods

- Ask participants if they have ever heard, seen or used any modern method of healthy child spacing.
- Note responses.
- Then list the modern methods of healthy child spacing as:
  - ▣ Safe period (only having sex during the safe days of the woman's menstrual cycle)
  - ▣ Barrier methods (condoms – male and female, diaphragm)
  - ▣ Intrauterine contraceptive device (IUD) (T-shaped devices inserted into the uterus to prevent pregnancy)



# Discussion: Healthy child spacing methods 2

- Oral contraceptives
- Injectables
- Voluntary surgical contraception
- Norplant –Implant
- Explain that the methods listed above are temporary methods used to space pregnancies, except the voluntary surgical contraception for those who do not want any more babies in their lifetime