
Module 9 : Management of Sick Child and Counseling for Immunization & Nutrition

9C : Counseling and Follow-up

Session 1 : Assessment of child's feeding and identification of feeding problems

Day :

Time Required : 1 hour 30 minutes

Objectives

At the end of the session ASHAs will be able to:

1. Explain how to use the feeding chart
2. Ask appropriate questions to assess feeding
3. Identify feeding problems and initiate corrective feeding practices

Materials and Preparation

See Checklist of Instructional Materials at beginning of sick child module. These materials will be used for sick child module.

Training Activities :

Activity - 1 : Participants read 'Promote the Health of the Child' through 'Feeding Recommendations'

Emphasize that all children above 6 months of age, even without signs of pallor, need to be given pediatric IFA for 100 days in a year and on every contact with the child, its mother must be reminded about the next immunization. Also, discuss the Vitamin A supplementation schedule with participants.

Activity - 2 : Demonstration : Use of Feeding Chart

Explain how to use the *COUNSEL THE MOTHER* section in the case management chart. Point to the relevant sections of the chart while outlining the tasks which are going to be taught:

- Assess the child's feeding.
- Identify feeding problems by comparing the actual child's feeding against the recommendations on the chart.
- Praise the mother for the tasks she is doing well and negotiate with her on what she needs to do to solve any feeding problem.

Activity - 3 : Participants read 'Assess the feeding' through 'Identify Feeding Problems'

When using the case management chart, ask participants what questions need to be asked in order to assess proper feeding. Emphasize the importance of using the case management chart while doing so.

Ask the participants the age group of children they will assess for feeding problems

(Answer: All children below 2 years of age and children between 2-5 years of age with very low weight for age)

Activity - 4 : Role Play: Identifying Feeding Problems

- Select one participant to play the role of the ASHA and another to play the role of the MOTHER.

Description for role of the MOTHER

You are the mother of Ruby, a 7-month-old girl. You have brought her to the ASHA because she has cough and a runny nose. The ASHA has already told you about a soothing local remedy for cough. Now the ASHA will ask you some questions about how you feed Ruby.

You still breast feed Ruby about 3 times each day, and once during the night. In the past month, you have started giving her a thin cereal gruel (*dalia*) because she seemed hungry after breast feeding and your mother-in-law suggested it. You give *dalia* by spoon 3 times each day. You neither own nor use a feeding bottle.

During her illness, Ruby has been breast fed as usual, but she spits out the gruel and cries. Your friend suggested giving Ruby some sugar water instead of the gruel as long as she is sick. You have tried giving the sugar water by cup, and Ruby seems to like the sweet taste.

Give a copy of the description to both the persons performing the role play

Use of Case Management Chart

The ASHA should use the chart and identify appropriate feeding recommendations by looking at the second box from the left. Note the statement that Ruby is “breast fed”, but at the same time, note that she is fed 4 times during day and night while she should be fed at least 8 times in 24 hours. In addition, she is also being given thin *dalia*, which she is not swallowing. Now systematically circle on the chart the good feeding practices - breast feeding, not using a bottle. Identify and circle feeding problems - not breast feeding enough number of times, giving thin *dalia* and giving sugar water. The Trainer should monitor the correct use of the case management chart.

Description for the ASHA

- You will use the questions listed on the chart to identify feeding problems.
- Presume that you have already assessed the child and given necessary treatment and advice. Make sure that the problem of “runny nose” is discussed in home treatment.
- You may need to ask additional questions if the mother’s answers are unclear or incomplete.
- Feeding problems include (a) not breast feeding adequately; (b) Ruby’s refusal of “*dalia*” during her illness; (c) complementary food being “thin” and not energy rich; and (d) giving sugar water during the illness.

- Conduct the role play
Participants who are not role playing should note their observations against the following questions:
 - Were all the questions on assessment of feeding identified?
 - Which questions were missed?
 - Was the mother praised for giving Ruby breastmilk and *dalia*?
 - Did the ASHA ask questions to check and clarify the mother’s answers?
 - Was the ASHA able to identify Ruby’s feeding problems?
- After the role play, summarize :
 - Review the answers which the mother gave to the questions on feeding.
On the flip chart or chalk board, list the correct feeding practices and feeding problems which emerged as a result of the role play.

Good Feeding Practices	Feeding Problems
<ul style="list-style-type: none"> Breast feeding Ruby. Not using a feeding bottle. Giving 'dalia' as complementary food. 	<ul style="list-style-type: none"> Breast feeding not adequate. Gives thin 'dalia'. Started sugar water during Ruby's illness.

- Discuss whether all the necessary questions were asked of the mother. If not, what additional questions should have been asked? What could be the consequences of not asking these questions?
- Discuss possible solutions for each feeding problem

Feeding Problems	Possible Solutions
<ul style="list-style-type: none"> Breast feeding not adequate. 	<ul style="list-style-type: none"> Ruby should continue to be breast fed during the illness. Increase the frequency of breast feeding to at least 8 times during day and night. Mother must continue to breast feed Ruby at night.
<ul style="list-style-type: none"> Gives thin 'dalia'. 	<ul style="list-style-type: none"> Dalia should be thick in consistency. Add 1 teaspoon oil to a cup. This will increase the energy content of the dalia. Dalia should be given about 2 times per day after the breast feed, in as much quantity as Ruby will accept.
<ul style="list-style-type: none"> Started sugar water during Ruby's illness. 	<ul style="list-style-type: none"> Breast milk has enough water in it. So no extra water is needed. Sugar water only reduces the success of breast feeding. Therefore, it should not be given.

Summary

- Ask a participant to explain how to use the feeding chart
- Ask another participant to give examples of the questions which should be asked to assess feeding

Evaluation of the session

Objectives	Assessment Method
Explain how to use the feeding chart	Questions and answers
Ask appropriate questions to assess feeding	Role play and discussion
Identify feeding problems and initiate corrective feeding practices	Role play discussion