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## Module 9C: Counseling and Follow-up

### Session 4 : Follow up

Day :

Time Required : 1 hour 30 minutes

### Objectives

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

1. State the normal 'follow-up' time after diagnosing a child with a common illness (pneumonia, dysentery, diarrhoea, malaria, etc.)
2. State the signs which necessitate immediate referral

### 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 'Follow up visits'

#### Activity - 2 : Conduct a Drill on "When to return immediately"

- a. Remind participants that, in addition to telling the mother about definite follow-up visits needed, the ASHA must teach her when to return immediately.

For example, if a child has pneumonia, the mother should be told to return after 2 days for follow-up. But she should return **immediately** if the child:

- is not able to drink or breastfeed
- becomes more sick
- develops fever (*unless the child already had fever*)

Point to the part of the chart where the signs to return immediately are listed

- b. In this drill participants will practice saying the signs to return immediately for different cases. Tell them that they may refer to the case management chart as needed.
- c. Read aloud the case's classifications and follow-up times in the left column. (Unless specified otherwise, assume that the child has NO ANAEMIA and NOT VERY LOW WEIGHT and NO OTHER CLASSIFICATIONS.) Ask each participant, turn by turn, to recite aloud the signs which call for a mother to return immediately.

**Note** : The signs "not able to drink or breastfeed" and "drinking poorly" are listed separately in the answers to the drill. However, if a participant combines these signs for a child with diarrhoea, his answer is correct. Explain that while discussing with mothers of children with diarrhoea, it will be simpler to say "drinking poorly," which includes the sign "not able to drink or breastfeed."

| CASE   | SIGNS TO RETURN IMMEDIATELY  |
|--|--|
| The child has PNEUMONIA and will be seen again after 2 days, for follow-up.<br>The child has no fever.                             | Not able to drink or breastfeed<br>Becomes sicker<br>Develops fever  |
| The child has DYSENTERY and will be seen again after 2 days, for follow-up.  | Not able to drink or breastfeed<br>Becomes sicker<br>Develops a fever<br>Drinks poorly<br>Note: "Blood in stool" is omitted because the child already has this sign. |
| The child has NO PNEUMONIA, but COUGH OR COLD and VERY LOW WEIGHT. She will be seen again after 5 days about the feeding problem.  | Not able to drink or breastfeed<br>Becomes sicker<br>Develops fever<br>Has fast breathing<br>Has difficulty in breathing   |
| The child has DIARRHOEA with NO DEHYDRATION. The mother has been told to come back after 2 days, if the child does not improve.    | Not able to drink or breastfeed<br>Becomes sicker<br>Develops fever<br>Blood in stool<br>Drinks poorly   |
| The child has fever and is classified as having MALARIA. He will be seen after 2 days for follow-up if the child does not improve. | Not able to drink or breastfeed<br>Becomes sicker  |

**Activity - 3 : Participants read 'Follow up care'.**

**Activity - 4 : Review 'Follow up care' by demonstration on chart : follow up care for pneumonia, diarrhoea, or feeding problem**

## Summary

- Ask a participant to state the usual interval for follow-up for common illnesses (Answer: usually 2 days for pneumonia, dysentery and malaria, 5 days for feeding problem of LBW).
- Ask a participant to state the danger signs that need immediate referral (Answer: Not able to drink or breastfeed, becomes sicker, develops fever, blood in stool, drinks poorly, has fast breathing, has difficulty in breathing).

## Evaluation of the session

| Objectives  | Assessment Method  |
|---|--------------------|
| State the normal 'follow-up' time after diagnosing a child with a common illness (pneumonia, dysentery, diarrhoea, malaria, etc.) | Drill / Discussion |
| State the signs which necessitate immediate referral  | Drill / Discussion |