

Module 10 : Injecting Vitamin K

Session 2 : Vitamin K

Day : 1

Time Required : 1 hour 30 minutes

Purpose

To orient ASHAs to the use of vitamin K in newborns.

Objectives

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

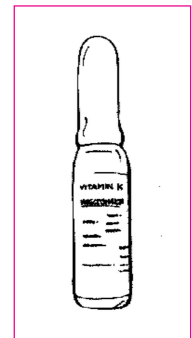
1. Explain why Vitamin K is given to newborns and how much is given.
2. Demonstrate where on the baby the injection should be given.
3. Explain what information should be given to the family.
4. Explain why the ASHA does not inject any other medicine or give Vitamin K to anyone else.

Materials

- Ampoule of Vitamin K
- Reading Material 1 : Illustration of Injection Site (lateral thigh)
- Training Aid 1 : Story 1 and 2
- Infant-like dolls or live infants to learn to decide the injection site

Preparation

- Ensure availability of adequate copies of Reading Material 1 depending on the number of trainees.
- Obtain and have ready an ampoule of Vitamin K and infant-like dolls. If using live infants, make the necessary arrangements to have them present at this session. (This is for learning to decide injection site)



**Injection
Vit K Ampoule**

Training Methods

Story Telling (10 minutes)

1. Emphasise that ASHAs will be learning a new skill which comes with a moral responsibility. It is important to use this new skill only in the situations they are trained for and not use in other situations even if asked for. Tell the story 1 from Training Aid 1.
2. Oath taking : Give following oath to all ASHAs “ I take the oath in the name of God that I am ready to receive the new skill of giving injection. I shall give injection only to the newborns in the situations I am trained for. Whatever may be the temptation or pressure from others I shall not use injection in other situations. I shall abide by this oath throughout my life.”
3. Reemphasise this moral obligation by telling another story (story 2 from the Training Aid 1) in the night session today.

Presentation and Demonstration (35 minutes)

Instructions to Trainers :

1. Explain that Vitamin K is given to babies in the first 24 hours after birth to prevent life-threatening bleeding.

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2. Show the ampoule of Vitamin K. Explain that Vitamin K is a liquid that is delivered by injection.
 3. Explain that 1 mg of Vitamin K is given to the baby. In the next session you will learn how to measure the amount needed in the syringe.
 4. Explain that ASHAs should give Vitamin K during the first examination of the baby, ideally at one hour after delivery.
 5. Explain that the injection is given in the side of the baby's one thigh (right or left), half way from the knee to the top of the thigh. (Display the picture of the baby's leg from Reading Material 1 showing the front view of the thigh region along with lower part of leg. The ASHAs should be able to make out the thigh.).
 6. The injection is given in the muscle in the thigh. It is the mass between the baby's skin and bone. (Display the picture of transverse section of baby's thigh from Reading Material 1).
 7. Ask ASHAs to refer to the illustration given in Reading Material 1.
 8. Demonstrate where to give the injection on either a life-size doll or a young infant.
 9. Explain that the time of the injection, and which thigh it was given in, should be noted on First Examination of Newborn Form.
 10. Explain that Vitamin K is only given to newborns; it should NOT be given to anyone else as it could cause harm.
 11. Explain that ASHAs should inject only Vitamin K into the newborn. Only one dose is needed.
 12. Show the health education counseling Card 17 to ASHAs. This card will be used to counsel the mother during ANC. Refer to the points on the flip chart which are given in content box below.

Content Box :

- Only a newborn gets injection Vitamin K.
- Vitamin K injection strengthens liver and fortifies the blood of the newborn.
- After birth, baby should get one Vitamin K injection as soon as possible.
- Low birth weight and preterm babies have more danger of hemorrhagic disease.
- To avoid this danger, every baby needs to get a Vitamin K injection.
- All babies delivered in hospital get a Vitamin K injection immediately after birth.
- If an ASHA is present at home delivery, she gives injection Vitamin K to the baby immediately after birth.
- If she was not present at birth in her first visit to baby she should enquire whether the baby has received injection vitamin K earlier in the hospital. If baby has not received, the ASHA should give injection to the newborn on the day of her first visit.

While counseling a mother during ANC, explain the importance of injection Vitamin K and advise her to call ASHA at the time of delivery so that the baby will get injection Vitamin K.

13. Ask the trainees what information should be given to the family. Write the answers on the blackboard. If not mentioned, make sure the following are listed:
 - Vitamin K is important to prevent life-threatening bleeding in the baby.
 - Vitamin K is given by injection.
 - Every day, the thigh where the injection was given needs to be checked for redness. If the injection site is red or hot or swollen, call the ASHA immediately.

Practice: Identifying the injection site (30 minutes)

Instructions to Trainers :

1. Distribute the dolls.
2. Using the illustration as a guide, have trainees practice locating a proper injection site.
3. Circulate in the room and make sure each trainee can locate a correct injection site.

Summary (10 minutes)

- Ask a trainee to explain why Vitamin K is given.
- Have a trainee tell the group where the injection should be given.
- Ask another trainee to explain when Vitamin K is given.
- Ask a trainee to explain what information should be given to parents.
- Make necessary corrections and add any missing information.
- Praise the ASHAs for their good work.

Evaluation of the session (5 minutes)

Objectives	Assessment Method	Output
Explain why Vitamin K is given to newborns and how much is given.	Questions and answers	--
Demonstrate where on the baby the injection should be given.	Locating the injection site on a doll or an infant.	--
Explain what information should be given to the family.	Questions and answers	--
Explain why ASHA does not inject any other medicine or give Vitamin K to anyone else.	Questions and answers	--