

Module 10 : Injecting Vitamin K

Session 3 : The syringe

Day : 1

Time Required : 1 hour 30 minutes

Purpose

To prepare ASHAs to give Vitamin K injections correctly.

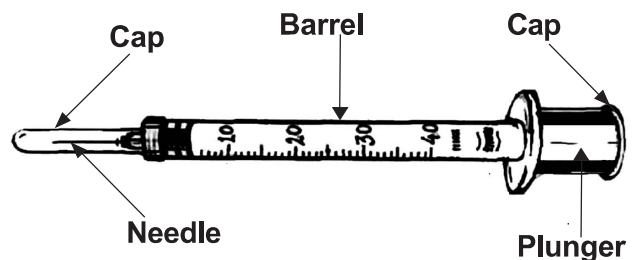
Objectives

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

1. Identify the parts of the syringe.
2. Explain 'sterilization' and why the syringe is pre-sterilised, pre-packaged, and disposable.
3. Demonstrate how to draw up the correct amount of Vitamin K in the syringe

Materials

- Reading Material 1 : Injection : Possible Mistakes and Consequent Dangers
- Insulin Syringes
- Ampoules of Vitamin K (1 ml = 10 mg)
- Water (in small cups)
- File to cut the top of the ampoule
- Plastic syringe box with a secure closure
(for used syringes and broken ampoule tops)



Preparation

- Obtain and be ready with three sets of the materials listed above for use by smaller break-out groups.
- Ensure the availability of Reading Material for all ASHAs.

Training Methods

Presentation and Demonstration of the Syringe (30 minutes)

Instructions to Trainers :

1. Show an insulin syringe and explain its parts.
2. Explain that 'sterilization' means something is cleaned by special means (either in boiling water, by steam or by using chemicals) so that no germs remain on it. This syringe has been pre-sterilized (sterilized beforehand) and pre-packaged (already put in a package and sealed) so it is sterile. The sterile needle is protected by a cap. The needle should not be touched with fingers or any other object. If this is done, the needle will get infected with germs. The syringe should not be used if the package is open or if the seal is broken. Only sterilized syringes (and needles) may be used.
3. Draw on the board the scale seen on the insulin syringe barrel, and explain.
4. Show the Vitamin K ampoule. 1 mg of Vitamin K is given to the baby. This means that the liquid should reach the 4 mark on the insulin syringe.

5. Open the ampoule by using the file to score the thin part of the ampoule and snap the top off. Make sure to collect the broken glass top and place it in the plastic syringe box.
6. Show how to take off the protective cap from the needle, insert the needle into the ampoule, pull the plunger back to suck the liquid into the barrel (use the Vitamin K ampoule or water from a small cup) until it reaches the 10 mark.
7. Show how the syringe should be held at eye level with clear light on the marks.
8. Show how to dispel the air bubble, and push the plunger to dispel excess liquid until the liquid reaches the 4 mark (this equals 1 mg of Vitamin K).
9. Discuss the safety measures. Ask ASHAs to refer to 'Mistakes and Consequent Dangers' in the reading material.
10. Check if there are any questions. Clear up any doubts.

Practice with Syringes (50 minutes)

Instructions to Trainers :

1. Divide into groups of three.
2. Distribute syringes, Vitamin K ampoules, files and water (in a small cup).
3. Have trainees become familiar with handling the syringes - removing the caps, breaking the seal of the plunger, pulling on the plunger, drawing liquid into the barrel, dispelling the air bubble, and measuring the amount of 'medicine' required (until the '4 mark').
4. Circulate in the group and assist whenever required.

Summary (10 minutes)

- Have a trainee identify the main parts of the syringe.
- Ask a trainee to explain the scale on the syringe and state and demonstrate how much Vitamin K is needed per injection.
- Correct mistakes, if any, and add missing information.
- Praise the ASHAs for their good work.

Evaluation of the session (during session)

Objectives	Assessment Method	Output
Identify the parts of the syringe.	Observation	--
Explain 'sterilization' and why the syringe is pre-sterilised, pre-packaged, and disposable	Questions and answers	--
Demonstrate how to draw up the correct amount of Vitamin K in the syringe.	Observation during practice. Each trainee demonstrates correctly how to use the syringe and how to draw up the correct amount of medicine.	Observations of the trainer