

Module 11 : High-Risk Assessment and the Management of Low Birth Weight/Preterm Babies

Session 3 : Explaining care of LBW infant to mothers

Day : 2

Time Required : 1 hour 45 minutes

Purpose

To allow the ASHAs to practice giving advice to mothers on caring for LBW and preterm babies under supervision.

Objective

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

1. Demonstrate how to explain care of the LBW and/or preterm baby to mothers.

Materials

- Reading material 1 : Model role play script
- Health education Flip chart

Preparation

- Instruct the trainees in advance to bring their flip chart for counseling.

Training Methods

Model Role Play (20 minutes)

Instructions to Trainers :

1. Perform scripted model role play.
2. After the role play, ask the trainees to refer to the Model Role Play Script in reading material.
3. Discuss the content of the role play: what advice was included, how the advice was given, how the counseling card was used.
4. Ask for any comments, suggestions, or questions.

Presentation (15 minutes)

Review the counseling cards :

- Refer to the Counseling Cards 28, 29, 30
- Emphasise the following points
 - Your baby needs to keep warm especially in winters
 - Put on baby clothes and a hat, & place the baby in a warm bag and keep it close to mother
 - Keep the baby close to you and feed frequently
 - As far as possible, use skin to skin contact method
- Discuss each counseling card
 - Ask the ASHAs to see the illustration in card 28
 - Read the message and ask how they will discuss the card with the mother. What questions should

they ask the mother and what important points are they to reiterate.

- Repeat the process for card 29 and 30
- Name the cards which will be used and discussed further during the role play presentation.

Role Play Practice and Presentations (1 hour)

Instructions to Trainers :

1. Divide the ASHAs into groups of three.
2. Give each group a scenario to perform and allow 20 minutes to discuss and prepare their role play:
 - At delivery: Baby 1.8 kg; able to suckle well. Normal temperature.
 - At delivery: Baby 1.3 kg; Preterm. Cold. Not able to suckle well.
 - At delivery: Baby 1.4 kg; Preterm. Not suckling well.
 - Day 2: Baby 1.6 kg. Preterm. Able to suckle a little.
 - Day 2: Baby delivered at 1.5 kg. Able to suckle well.
3. Have ASHAs 'take care of the baby' and explain care to the mother.
4. Have each group perform the role play to the whole group and discuss. (50 minutes; 10 minutes each group)

Summary (10 minutes)

- Review the main points in explaining care of the LBW and preterm baby to mothers. *(Keep room warmer than usual; dry baby immediately; if very small, put in skin-to-skin contact with mother, cover or wrap the baby and place it close to mother; start breastfeeding and feed often; put on baby clothes & hat; if not using skin to skin contact method, place baby in a warm bag close to mother.)*
- Ask an ASHA to explain the main communication skills used in talking and explaining care to mothers. *(Make her feel comfortable, ask open questions, listen, explain in clear language, use visual aids when appropriate, ask her what she sees in the illustration or what she remembers if you have shown the cards to her before, have mother repeat the advice given, check for questions, summarise main points, ask if mother will try to do it, remind her to call for help if needed, & inform her when you will visit again.)*
- Make necessary corrections and add missing information.
- Praise the ASHAs for their good work.

Evaluation of the session

Objective	Assessment Method	Output
Demonstrate how to explain care of an LBW and/or preterm baby to mothers.	Observe role plays	Trainer's observations of the role plays