

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

Session 4 : High-risk babies

Day : 3

Time Required : 2 hours

Purpose

ASHAs need to give extra attention to high-risk (HR) babies. This session introduces the ASHA to the guidelines for identifying high-risk babies: the additional care and visits required, and how to explain to mothers the extra home care needed for these babies

Objectives

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

1. Determine if a newborn is high risk according to guidelines.
2. Explain how to care for the high-risk baby according to guidelines.
3. Explain to the mother how to give special care to high-risk babies.

Materials

- Reading Material 1 : High-risk baby : Information sheet for parents
- Worksheet 1 : Home Visit Form : High Risk Baby (Supplementary Form 3)
- Worksheet 2 : Home Visit Form Second month (Supplementary Form 4)
- Reading Material 2 : Guidelines for identifying high risk and what to do
- Worksheet 3 : Assessment
- Training Aid 1 : Assessment answers for trainers
- Blackboard or white chart paper/flipchart
- Marker pens

Preparation

- Ensure availability of the Reading Material 1, 2 and Worksheets 1, 2 and 3 depending on the number of trainees.

Training Methods

Presentation and Discussion : (1 hour)

Instructions to Trainers :

1. In Session 3, ASHAs learned about taking care of LBW and preterm babies. Ask the ASHAs to explain why LBW and preterm babies are considered 'high risk'. Listen to their answers, which should include: *LBW and preterm babies are more likely to get sick, and if they get sick, more likely to die than babies born on time and with a normal birth weight.*
2. Explain that there are guidelines for determining if a baby is high risk. The guidelines are listed in the Content Box. Write the guidelines on the blackboard or white paper for ready reference

Content Box :**Guidelines for Identifying a High-Risk Baby**

Any baby with one or more of the following:

- Birth weight less than 2000 gms.
- Preterm (gestation 8 months and 14 days or less)
- Baby not taking feeds on the first day.

3. Explain that if the ASHA is not present at the time of delivery, and her first home visit is delayed, then the newborn is to be weighed on the day of her first visit. In such cases, using the following table, determine whether the baby is high risk or not:

Day on which baby is weighed for the first time	Weight of baby	Diagnosis
1 to 14 days	Less than 2kg	High-risk baby
15 to 21 days	Less than 2 kg 100 grams	High-risk baby
22 to 27 days	Less than 2 kg 200 grams	High-risk baby
28 th day	Less than 2 kg 300 grams	High-risk baby

4. Ask the ASHAs why it is important to identify high-risk babies. Listen to their answers and praise correct ones. The answers should include:
- High-risk babies have a much higher likelihood of getting seriously sick and dying than healthy babies.
 - High-risk babies may get cold quickly and need to be kept warm.
 - High-risk babies may have difficulty feeding and may need more support to initiate and maintain effective breastfeeding.
5. Because of the above, explain that it is very important to identify high-risk babies, to monitor them, and to intervene early to prevent or treat any problem.

Content Box :**What to do if the baby is High Risk**

- ✓ Increase the number of home visits after delivery to total 13; Days 2, 3, 4, 5, 6, 7, 9, 12, 15, 18, 21, 24, 28 in the first month and a visit on 42nd day. (Use Supplementary Form 3 : Home Visit Form : High Risk Babies)
- ✓ Weigh babies on day 7, 15, 21, 28 and 42.
- ✓ Give to the family the 'High-Risk Babies' information sheet and explain extra care needed.
- ✓ Provide specific care as per the problem but, in general, keep baby warm (warm bag, hat, clothes) and breastfeed more often, every two hours.
- ✓ For poor breastfeeding, observe the breastfeed. Ensure proper latch-on and positioning. Encourage the mother that she can feed the baby well. Discourage giving other liquids or feeds.
- ✓ Review and discuss high-risk handout with parents.

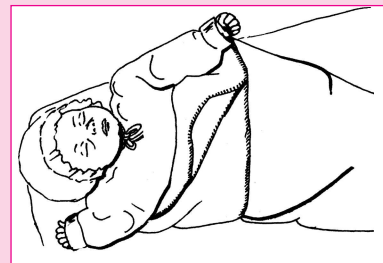
- ✓ If on Day 28 weight is less than 2,300 grams or weight gain in 28 days is less than 300 grams, then the ASHA will continue to visit once a week in the 2nd month and take the weight each week. (Babies who weigh less than 2,300 grams on Day 28 have a higher risk of dying.)
 - ✓ Fill another Home Visit Form in the 2nd month. Visit on days 35, 42, 49, and 56. If the baby is not high risk in second month then ASHA should visit the baby on 42nd day, as per the routine.
6. Review the 2nd month form worksheet; make sure all ASHAs know when they need to visit a baby in the 2nd month (*if weight on day 28 is found less than 2300 grams or weight gain in 28 days is less than 300 grams*). Remind the trainees that if a baby is visited in the second month, and if the baby is diagnosed with a problem, the ASHA will continue to manage the baby's sickness.
 7. Ask ASHAs to take out the high-risk Counseling Cards Nos. 28, 29, 30, (see box below) and review their contents. These cards should be used with every mother of a high-risk infant.

Content Box :

Counseling Points (Counseling cards 28, 29, 30)

Your baby needs extra care.

- ✓ He needs to stay warm (in cold season)
- ✓ He should be dried, placed in the warm bag, with a hat on, and held close to you.
- ✓ Very small babies who are born too early should be placed between your breasts to stay warm.
- ✓ All small babies should breastfeed every two hours.
- ✓ Don't give a bath to the baby until the weight of baby is more than 2,000 grams.
- ✓ Wash hands often, keep nails trimmed, and wash hands before every breastfeed, after going to the toilet and before touching the baby.



Keep babies warm (in cold season)

Danger signals

- ✓ Call the ASHA immediately if the baby develops any of the following danger signals:
 - All limbs become limp
 - Stops feeding
 - Has chest in-drawing
 - Has fever
 - Is cold to touch



Baby stops feeding



Chest in-drawing

-
8. Instruct the ASHAs that nearly 3 out of 10 babies are likely to develop one of these danger signals. The ASHAs already know how to diagnose and manage if the baby is cold to touch (hypothermia), or has fever. If the baby's limbs are loose or baby stops feeding, the ASHAs at this stage should refer such babies to hospital or the health center. In the next module they will learn how to diagnose and manage some of these babies as sepsis.

Role Play (20 minutes)

Instructions to Trainers :

1. Pick two ASHAs to perform a role play; one plays a mother who just delivered a baby with LBW (high risk) and the other is an ASHA. The ASHA is explaining the care of a high-risk infant to the mother using the counseling card.
2. After the role play give feedback; praise the good points and offer suggestions for improvement.

Assessment : Examination (40 minutes)

Instructions to Trainers :

1. Distribute Worksheet 3 for assessment.
2. Have ASHAs work individually. (30 minutes)
3. Collect worksheets and review them during the session.
4. Check if there are any questions. Clarify any doubts.

Summary

- The review of the examination is the session (and module) summary.

Evaluation of the session

Objectives	Assessment Method	Output
Determine if a newborn is high risk according to guidelines	Questions and answers / examination	Worksheet 3 completed by all ASHAs and checked by trainer
Explain how to care for the high-risk baby according to guidelines.	Questions and answers / examination	Worksheet 3 completed by all ASHAs and checked by trainer
Explain to the mother how to give special care to high-risk babies.	Role play / discussion Questions and answers / examination.	Worksheet 3 completed by all ASHAs and checked by trainer Observation of the role plays by trainer