

## Module 2 : Working in the Community and Home-visiting During Pregnancy

### Session 5 : Determining the date of last menstrual period (LMP)

Day : 2

Time Required : 1 hour 15 minutes

#### Purpose

To train the ASHAs to determine the date (first day) of a woman's last menstrual period (LMP) during the home visit by a discussion with women 'who are eligible to become pregnant'.

#### Objective

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

1. Determine the LMP of women 'who are eligible to become pregnant'.

#### Materials

- Training Aid 1 : Model role play script : Determining LMP
- A festival dates sheet prepared by the trainer giving dates of various festivals and culturally significant days in the region (e.g. the dates of full moon nights, Diwali, Dashera, etc.)
- Communication Guide: provided in the Reading Material
- Reading Material 1: 'The Circle Aid for determining LMP' (to paste in the register to be used for 'List of all women in the village who are eligible to become pregnant')

#### Preparation

- Ensure availability of adequate copies of Reading Material, depending on the number of trainees.
- Prepare the festival dates sheet mentioned (under Materials) above and enough copies equal to the be able to distribute one to each trainee.
- Prepare for the role play.
- Prepare four scenarios portraying an ASHA visiting different women - who are is 3, 5, 7 or 8 months pregnant,
- Instruct the trainees to refer to their Communication Guide provided in the Reading Material.

#### Training Methods

##### Model Role Play (15 minutes)

Instructions to Trainers :

1. Review and discuss the Communication Guide with the trainees.
2. Explain that you (and another trainer or a volunteer) will be performing a role play to demonstrate a return visit to a woman from the 'List of those who are eligible to become pregnant'. Using Training Aid 1: Model role play script, perform the scripted role play.
3. Discuss the role play after this and ask the trainees what they observed (if necessary, refer to communication guide). How the questions were asked? Did the woman feel comfortable? etc.

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4. Make sure that the trainees mention how the woman was questioned to get the LMP (first day of last menstrual period).

### **Role Plays in Small Groups (55 minutes)**

#### **Instructions to Trainers :**

1. Divide trainees into four groups.
2. Each group has a different scenario; one portrays a ASHA visiting a woman 3 months pregnant, the others 5 months, 7 months, and 8 months pregnant.
3. Have the groups work out their subject's LMP and perform a role play showing how the ASHA determined the date.
4. During the presentations, use the Communication Guide
5. Lead a discussion after each presentation. Were good communication skills used? Was the LMP determined correctly?
6. Make sure that the LMP is determined correctly during each presentation. Give supportive feedback on communication skills used.

### **Summary ( 5 minutes)**

- Ask a trainee to describe a few good communication skills.
- Ask trainees how to determine a woman's LMP.
- Make corrections if any and add missed information.
- Praise the ASHAs for their good work.

### **Evaluation of the session**

| <b>Objective</b>                                                  | <b>Assessment Method</b>                                                                                                                          | <b>Output</b>                                                                                                                                                                                                                 |
|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Determine the LMP of women 'who are eligible to become pregnant'. | Observe role plays & use the communication guide to check if trainees can correctly determine LMPs of women 'who are eligible to become pregnant' | Score the role plays with the help of communication guide. Give one point for each communication point observed.<br>Record of how many ASHAs could correctly determine LMP and could communicate according to skill checklist |