

Module 4 : First Examination of the Newborn

Session 4 : How to weigh the newborn

Day : 2 and 3

Time Required : 2 hours and 25 minutes (including 1 hour for evaluation)

Purpose

To prepare ASHAs in the use of a hand-held scale to weigh newborns, and to provide an opportunity for practice under supervision.

Objectives

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

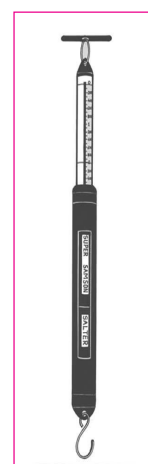
1. Explain the importance of weighing a baby for monitoring health.
2. Use a hand-held scale to weigh newborns, correct to the nearest 50 grams (or as per the scale in use).

Materials

- Weighing scales
- A doll, or small stones, to weigh
- Worksheet 1 : Exercise : Reading the Weighing Scale
- Reading Material 1 and Worksheet 2 : Skills Checklist: Weighing the Baby

Preparation

- Obtain enough weighing scales to enable you give one to each trainee.
- Obtain a doll or small stones for the weighing demonstration.
- Ensure availability of adequate number of copies of Reading Material 1 and Worksheets 1 and 2 depending on the number of trainees.



Training Methods

Presentation (15 minutes)

Instructions to Trainers :

1. Discuss the importance of birth weight and subsequent weight gain during the neonatal period. A growing baby is a healthy baby.
2. Show the weighing scale to the trainees and point out its different parts: top bar, adjustment knob, gradations, hook sling, etc.
3. Explain the range of the scale (starts at 0 grams and weighs up to 5 kgs, with 50 gm gradations). Draw the scale on the blackboard or white paper/flip chart paper.
4. The scale is also colour-coded; up to 2 kg is red (to indicate very low birth weight and high risk), 2 kg-2.5 kg is yellow (to indicate less risk, but still LBW) and above 2.5 kg is green (to indicate a good birth weight).
5. Ask if any one has any questions, and answer them accordingly.

Practice: Reading weights on the scale (15 minutes)

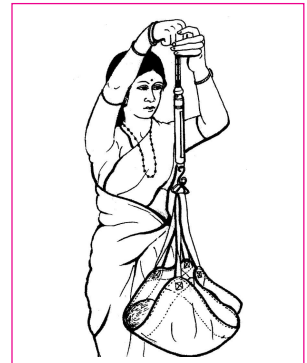
1. Distribute scales to each trainee. Trainees should work individually.

2. Distribute Worksheet 1: Exercise : Reading the Weighing Scale.
3. Have the trainees determine the weight where each of the horizontal lines transect the scale, and write it down on the sheet.
4. Ask ASHAs to exchange their worksheets. Discuss the answers in the larger group and let each ASHA check the recording of the weight in each example. ASHA should give two points for each correct answer. Score each worksheet.
5. Clarify doubts, if any.

Demonstration: Weighing a baby (15 minutes)

Instructions to Trainers :

1. Ask ASHAs to refer to the Reading Material 1 : Skills Checklist : Weighing the Baby, given to all trainees.
2. Read each step out loud while you demonstrate how to use the scale; first with a doll and then with a baby if possible.
3. Have trainees follow along using their checklist as a guide.
4. Check if there are any questions.



Content Box :

Skills Checklist: Weighing the Baby

1. Place the sling on scale hook.
2. Hold scale by top bar off the floor, keeping the adjustment knob at eye level.
3. Turn the screw until its top fully covers the red and "0" is visible.
4. Remove sling from hook and place it on a clean cloth on the ground.
5. Place baby with minimum clothes on, in sling and replace the sling on hook.
6. Holding top bar carefully, as you stand up, lift the scale and sling with baby off the ground, until the knob is at eye level.
7. Read the weight.
8. Gently put the sling, with baby in it, on the ground and unhook the sling.
9. Remove the baby from the sling and hand it over to its mother.
10. Record the weight.

Practice (35 minutes)

Instructions to Trainers :

1. Divide the trainees into pairs.
2. Have each ASHA practice weighing dolls (or books or stones) while the partner follows along with the checklist and records on the Worksheet 2 Skills Checklist : Weighing the Baby.
3. Keep moving constantly in the room and assist wherever needed.
4. Only after the ASHAs have weighed the doll (or rocks) accurately at least five times, they should be asked to weigh a baby (if one is available).

Summary (5 minutes)

- Ask a trainee to demonstrate how to weigh a baby to nearest 50 grams with a hand-held scale.
- Give feedback on the summary demonstration and make corrections as needed.
- Praise ASHAs for their work.

Evaluation (1 hour)

1. Have trainees demonstrate weighing.
2. The trainer evaluates the skill of weighing a baby (if weighing a baby is not possible, use a doll or any other substitute, such as stones) by recording all steps in the Worksheet 2 – Skills checklist : Weighing the baby. As the steps are performed by each ASHA correct steps are marked as (✓) and wrong steps are marked as (X). The performance is scored by giving 1 point for each correct step. Trainer saves these checklists as output of the session. After the evaluation if more crosses are observed on the Worksheets provide more time for practicing the skill.

Objective	Assessment Method	Output
Explain the importance of weighing the baby for monitoring health	Question / answers	--
Can use a hand-held scale to weigh newborns to the nearest 50 grams.	Each trainee demonstrates how to weigh a baby correctly.	Record the performance of ASHAs on the Worksheet 2 and score. The sheets are saved as output of the session