

Module 4 : First Examination of the Newborn

Session 5 : First Examination of the Newborn : Form Part I

Day : 3

Time Required : 55 minutes

Purpose

To prepare ASHAs to complete Part I of the First Examination of the Newborn Form which deals with determining if baby is preterm, mother's complaints and the baby's first feed.

Objectives

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

1. Determine if baby is preterm.
2. Determine mother's complaints.
3. Complete Part I of the First Examination of Newborn Form (questions 1-7)

Materials

- Worksheet 1 : First Examination of Newborn - Form
- Blackboard or white paper/flip chart paper
- Markers

Preparation

- Depending on the number of trainees, ensure availability of adequate number of copies of the Worksheet 1 - First Examination of Newborn: Form.

Training Methods

Question and Answers (25 minutes)

Instructions to Trainers :

1. Ask the trainees to look at the First Examination of Newborn Form: Part I, first question. Here they need to write the date of birth of the baby.
2. Ask the trainees to look at question 2. Here they need to write preterm cut-off date. They can take this information from pregnancy form Q-5.
3. Ask them to see the date of birth and preterm cut-off date. If the date of birth is either the preterm cut-off date or before the preterm cut-off date, then the baby is preterm. Then circle 'Yes'. If baby is not preterm, circle 'No'.
4. In the next question (3) they need to write, in the spaces provided, the date of the exam, when it was conducted - early morning/morning/afternoon/evening/night, and, time of the exam in hours. The date of the first examination of baby may be different from the date of birth either if the mother delivers in hospital and returns to the village after a day or two, or when she does not deliver in the village & returns only afterwards.
5. Go through questions 4-7. (See Content Box)
6. Ask trainees what is the first feed usually given to babies in their community. If the answer is not breast milk, ask why other liquid or food is given. Discuss the answers.

7. Ask if they had breast fed their own children. Discuss their experiences.
8. Remind ASHAs that in these first months of training, they will only observe and examine the baby. Later in the training, they will be required to take a more active role in teaching & helping mothers to feed and take care of their newborns.
9. Answer questions if any.

Content Box :

Question 4 : Does the mother have any of the following problems?

Ask the mother if she has any complaints and circle the yes or the no.

a) Excessive bleeding: If the mother bleeds more than 500 cc (2 cups, or a small bowl) of blood in the first two hours after delivery, it is considered too much.

- Show a bowl with approximately 500 cc of red-coloured water to demonstrate the quantity.
- Pour the liquid onto the cloth to show how cloth absorbs blood.

b) Fits or unconsciousness: Ask if she has been unconscious or has had fits. Circle appropriately.

If mother has any of these problems refer her to hospital

Question 5 : First feed: Write down the first thing the baby has to drink/lick. This may be breast milk but some people give jaggery water, honey, cow's milk, etc.

Question 6 : Time of first breastfeed: Write down the time of the first breastfeed. This may be the same as the first feed above.

How did the baby take the breastfeed: circle the appropriate option depending on the following:

If the baby's mouth is open wide, the lower lip is turned outwards, it is taking slow deep sucks with some pauses, and you can see or hear it swallowing, the baby is feeding well (forcefully).

Observe if the baby is feeding weakly, can not breast feed & has to be fed with a spoon; or can neither breastfeed nor is able to take milk given by a spoon, encircle the appropriate option.

Question 7 : Does the mother have breast feeding problem Yes/ No

See if mother is able to breast feed the baby on first day after delivery. If mother has any problem write the nature of the problem. e.g inverted nipples, problem of attachment, problem of position etc. If any such problem is observed help the mother to overcome it. Assist mother in proper attachment and positioning. If mother has inverted nipple which did not protrude after delivery help the mother to massage and bring out nipple.

Practice/Case Presentation (20 minutes)

Instructions to Trainers :

1. Write the following on the blackboard and have the trainees fill Part I of the First Examination of Newborn : Form.

Anjana's LMP was 20 July and her baby was born on April 20th at 8:10 p.m. EDD was 26 April and preterm cut-off date was 3 April.

The ASHA performed the first examination of the baby at 9:15 p.m. Anjana had no complaints.

The baby was put to the breast right away at 8:30, and nothing else was given to the baby.

The baby suckled strongly.

2. Have the trainees exchange the filled Forms; review the answers in the group. Each ASHA checks the Form of another ASHA based on the discussion and review of answers. Each ASHA scores one point for each correct answer. Problems if any, should be clarified.

Summary (5 minutes)

- Have a trainee explain how to fill in Part I of the First Examination of Newborn Form.
- Make corrections if any and add missing information.
- Praise the ASHAs for their good work.

Evaluation of the session (5 minutes)

Objective	Assessment Method	Output
Determine if baby is preterm	Question and Answers	Part I of the First examination of Newborn: Form filled by each ASHA and corrected and scored by peers.
Determining mother's complaints	Question and Answers	
Complete Part I of the First Examination of Newborn : Form. (questions 1 to 7)	Each trainee to fill in the First examination of the Newborn: Form – Part I correctly, based on the case presentation	