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# Training Module

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One Day

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Polio Eradication Programme

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## INTRODUCTION

This training module is for enhancing the capacities of implementers who will be working for social mobilization activities to overcome the communication challenges in case of polio case emerges anywhere in the country.

To make this training module easy and interesting, sessions are prepared using various participatory approaches

Hope this comprehensive training module will help to work on social mobilization in polio emergency.

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## Polio Epidemiology

India has shown remarkable progress in Polio eradication. For the first time in history, the country has reported no Polio case since January 2011.

To minimize the risk of importation, and to implement high quality mop-up campaigns in the country in case of new detection of polio case CORE India will take necessary steps for social mobilization challenges.

This one day module will orient the participants on following topics.

1. Why polio is treated as emergency?
  2. Polio epidemiology
  3. Skills to be an effective communicator
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### Training – Guideline

- Keep one day from 9 am to 5 pm.
- Make sure that all the points in different session are discussed in one day. Prepare the entire outline before the training programme.
- Inform all participants about the training schedule.

### Period of Training – 1 Day

Sit together in a circle

15 to 20 members should participate in one day training. Every member should feel that s/he is member of the team and take part in every activity and for this trainer should make arrangement that every member sit in a circle. In this way everyone can make eye contact with each other and sit on the same level.

### Water and Toilet

For better participation it is necessary to have clean drinking water and clean toilet facility nearby for everyone.

### Stationery

Pen, pad, chart paper, safety pin, flip chart, paper etc.

### Note for trainer

Trainers are those people who help the participants to get involves in all session activities and ensure participation by sharing participants views/experiences if any. Trainer should be familiar with the agenda, content and materials, which are to be used during session.

For the preparation of session trainer should work in following ways: -

- Before session understand the process for each sessions mentioned in the module.
- Prepare training content according to the subject.
- Plan to work out the session within the given time.

## OUR BEHAVIOUR

It takes time while changing thinking and behaviour. This changing of behaviour is not an easy task. There is a necessity of different information and support for accepting and to implement the new behaviour. We need several important things to accept positive or healthy behaviour. We go through different steps while adopting healthy behaviour.

These steps are...

- Self-determination to adopt the desired behaviour.
- Adopt and acquire knowledge to support the changed behaviour.
- To maintain and practice the changed behaviour enabling environment should be created

While change of behaviour we go through the different stages. While passing these stages sometimes we go far and sometimes we come back, sometimes we miss the steps. And some people go back in their behaviour because of pressure of people or conditions.

This is necessary for us to find out the stage of change in behaviour of a person or group for the success of conversation. We all come across the stages of changeable behaviour but this is not necessary that we all move in the straight line of the stage.

In polio eradication program there is only one desired outcome. Immunization counselling requires more persuasive approach, in which the communicator or caregiver gives all the power of informed decisions to the parents who has options to choose a given practice. In addition counselling for immunization requires much more awareness of personal values and preferences including religious values and preferences, the inviolability of provider and beneficiary relationship, and the differences between professional guidance and personal persuasion. Good and impressive conversation capacities are responsible for the success or failure of the programme.

Different audio/video/printed materials play an important role in adopting healthy behaviour. Different materials like pamphlet, flip book, film etc. if given to right person at right time than it make easy to accept the new behaviour.

Always use materials according to the subject of session.

Session 1 : Introduction

Objective: At the end of this session participant will get to know each other

Methodology: Game

Time : Half an hour

Material: Chart paper, marker

### Process

Follow the below steps...

Step 1: Make group of two and ask each group to discuss their name and hobby

Step 2: one by one ask each group to do cross introduction.

Step 3: continue the process till the name and introduction of every participant is completed.

### Trainer

- Write the qualities mentioned during the process on the chart paper by marker as told by participants.
  - After this asks the participants- to be good communicator what are the main qualities are needed.
  - At last if the participants want to add any other quality missed during the process.
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Or

Methodology: couple game

Time: Half an hour

Material: Pamphlets/ safety pin

### Find pair

Step 1: Make pair slips like Jaya Bhaduri & Amitabh Bachhan, hathi ghoda, tota maina, raat din, badal barish, jamieen asman, hath pair, etc.slips and stick it on the back of the participants with safety pin.

Step 2: Without talking to each other find out the pairs and discuss on the name, village, and one quality of the pair (name given to the group)

### Trainer

- Write the qualities mentioned during the process on the chart paper by marker as told by participants.
- After this asks the participants- to be good communicator what are the main qualities are needed.
- At last if the participants want to add any other quality missed during the process.



Session 2: Polio emergency

Objective: Provide correct and complete knowledge of polio emergency.

Methodology: Discussion

Time: one hour

Material: flipchart, marker pen

### Process

Ask the participants that how many children's they had seen suffering from polio. Write the answer on the flipchart. Ask them what type of feeling comes in their heart while seeing those children? Write the answer on the flipchart. Note down the answers, discuss the following points.

- There is no cure for this disease.
- The virus can attack any child.
- Lack of knowledge makes disease more dangerous.
- By cleanliness and hygiene practices the disease can be cured.

Discuss the following points during the session.

### Polio –

- What is polio?
- How polio is spread?
- How polio affects the function of immunity?
- Is polio incurable?
- Polio virus multiplies in intestine and excreted from faeces.
- Importance of immunizing all children under five with in specific time
- Are children who have less immunity power affected easily by polio ?



### Session -3

Objective:	To understand the importance of immunizing all children during mop-up round.
Time:	One hour.
Material:	Duster/cloth & cold tea or dirty water
Methodology:	Demonstration

Follow the following steps

1. Call two volunteers from the group.
2. Mark the centre empty place and ask the participants to think it as one room.
3. Ask one volunteer to throw some tea or dirty water in one corner of the mock room.
4. Ask the participants what they will do in this situation.
5. If the answer is "yes" then ask the other volunteer to wipe the room using cloth or duster.

Ask the participants following question

- Where did the volunteer wipe?
- Did she wipe nearby area?

In a same way when poliovirus is detected, all children of nearby area are immunized through intensive house-to-house to stop the virus transmission. This activity is called mop-up round for polio immunization.

Discussion points

1. Transmission of the poliovirus most often occurs by the fecal-oral route. Usually this occurs from poor hand washing or from ingestion of contaminated food or water. Respiratory secretions also spread poliovirus.
2. Those infected with the virus can excrete the virus in their stool for several weeks.
3. During this period the polio viral load is higher in the stool therefore it is important to quickly immunize all the children less than five years of age during mop-up round.



Session: 4

Objective: How can I become a good communicator?

Time: 45 minutes

Methodology: Knot game

Follow the steps

1. Get two volunteers from the participants and ask them to wait outside the room.
2. Make a circle with rest of the participants by holding each other's hands.
3. Hold the hands tightly.
4. Now juggle the group in such a way that they are crumbled close in one place but holding each other's hand tightly.

Ask the volunteers to do the following action

- Make the group stand in a circle without breaking the chain (i.e. holding hands)
- This should be done within 10-15 minutes

During the process it's important that participants don't break the chain of holding hands. If the outside volunteers are able to do it discuss the process followed. If not then also discuss the process they followed or did not followed.

Following points must be discussed

G - Greet

A - Ask, Asses, Access

T - Together, Tell, Time bound

H - Help

E - Each other

R - Remember, Return,

Capacity of effective communicator

- To have patience
- To give faith
- To listen
- To praise
- To speak clear
- To give options
- To encourage
- To help
- To give empathy





Session: 5

Objective: To understand the importance of involving local influencer.

Time: Half an hour

Material: chart paper, marker, dupatta or cloth

Methodology: Complete the picture

Steps to follow

1. Tell the participants to draw a picture of cat or a tiger on a chart paper
2. Don't make tail or eye.
3. Ask the participants what is missing in the drawing
4. Tie the eyes of one of the participant
5. Now ask the participant to make the missing tail
6. Rest of the participants can help the participant by indicative dialogue.
7. If s/he is able to make the missing part of the drawing discuss what made it possible.



Clear role and communication ensures involvement of different stakeholders to complete the work easily.

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Session: 6

Objective: To understand the importance of developing area map

Time: One hour

Material: Chart paper, Marker

Methodology: Group exercise

Prepare the area map with the help of participants. The trainer should ask the co partner sitting in-group to make a map of village in the chart paper. (Mobilizer/communicator must develop area map with the help of local people in the field)

Discuss the following points:-

- Map of field will help to work properly especially planning mobilization activity and drawing support from community.
- Each hamlet and mobile populations like nomads etc. can be marked in the mapping.

Session: 7  
Objective: To understand the importance of providing complete and correct information  
Time: 20 minutes  
Methodology: Chinese whisper

Write not very long nor very small sentence on paper for example:  
*I have three children. One live in Delhi and other two live with grandmother in Goa.*

Steps to follow:

- Let the first participants sitting from left reads quietly the message written on the paper
- Ask her to whisper the same message to the ear of next participants
- Follow this process till each participant whispered the message to fellow participant.
- Ask the last participant to say the message loudly.
- Now ask the first participants to read the message written on the paper.

Discuss -what we have learn from the game.

- Does the last message matches with first message?
- If yes why? (We are good listener).
- If not why? (Message got distorted). Discuss
- How many participants clarified or asked again?
- Half and unclear information leads to rumours and create barriers to adopt healthy behaviour.

It's good to comeback with accurate and complete information rather than giving incomplete or incorrect information.

At the end of the session conduct quiz to review the learning



# निवृत्त उठते सवाल

## प्र० 1 पोलियो क्या है?

उ० पोलियो एक संक्रामक रोग है जो पोलियो विषाणु से मुख्यतः पाँच साल से छोटे बच्चों में होता है। यह बीमारी बच्चे के किसी भी अंग को ज़िन्दगी भर के लिए कमजोर कर देती है। पोलियो लाइलाज है। बचाव ही इस बीमारी का एकमात्र उपाय है। पोलियो से बचाव के लिए पोलियो की खुराक हर बार हर राउन्ड में अपने पाँच साल से छोटे बच्चों को जरूर पिलाएं।

## प्र० 2 पोलियो कैसे हो सकता है और उसके लक्षण क्या हैं?

उ० पोलियो विषाणु गन्दे वातावरण में रहता है। यह मुँह के रास्ते घुसता है आँतों में पनपता और मल द्वारा निकलता है। एक बार संक्रमण होने के बाद विषाणु कई सप्ताह तक मल के साथ बाहर निकलता रहता है। इस दौरान पोलियो पूरे समुदाय में तेजी से फैल सकता है। इसके शुरुआती लक्षण हैं: बुखार, थकान, सिर दर्द, उल्टी, हाथ पैरों में दर्द और शरीर के किसी हिस्से में अचानक कमजोरी या लकवा।

## प्र० 3 पोलियो की खुराक बार-बार क्यों पिलाई जा रही है ?

उ० वह इसलिए की बार-बार पोलियो की खुराक पिलाने से आपके बच्चे में पोलियो के विषाणु से लड़ने की क्षमता बढ़ती है। पोलियो के विषाणु वातावरण में कुछ समय तक ही जिन्दा रहता है और इस दौरान अगर इन विषाणुओं को कम प्रतिरोधक क्षमता वाले बच्चे मिल गए तो यह विषाणु आसानी से उन पर आक्रमण कर देते हैं। एक साथ और बार-बार पाँच साल से छोटे बच्चों को खुराक पिलाने से इन विषाणुओं को पनपने की जगह नहीं मिलेगी जिसके फलस्वरूप इन विषाणुओं का खात्मा हो जाएगा और पोलियो पर हमारी जीत होगी।

## प्र० 4 क्या नवजात शिशु को यह खुराक पिलाना ज़रूरी है ?

उ० जी हाँ बहुत ज़रूरी है, क्योंकि इस दौरान नवजात शिशु की पोलियो से लड़ने की क्षमता कम होती है इसलिए यह खुराक, एक घण्टे के नवजात शिशु को भी पिलाना ज़रूरी है। निश्चिन्त होकर अपने नवजात शिशु को पोलियो की खुराक पिलवाएं इससे कोई खतरा नहीं है।

## प्र० 5 मेरे बच्चे ने आज से पहले 8 बार पोलियो की दवा पी है। क्या मेरे बच्चे को अब भी पोलियो की खुराक पिलानी आवश्यक है ?

उ० जी हाँ! कोई भी बच्चा तब तक पोलियो के खतरे से सुरक्षित नहीं है जब तक पोलियो के विषाणु वातावरण से पूरी तरह खतम नहीं हो जाता।

## प्र० 6 क्या पोलियो का टीका बीमार बच्चे के लिए सुरक्षित है?

उ० जी हाँ। पोलियो की खुराक सभी बच्चों के लिए सुरक्षित है। बीमार बच्चों को पोलियो की खुराक पिलाना खासतौर पर ज़रूरी है क्योंकि उस समय उनके शरीर की रोग प्रतिरोधक क्षमता काफी कमजोर होती है।

## प्र० 7 अफवाह है कि पोलियो की खुराक का नपुंसकता से सम्बन्ध है, क्या यह सच है ?

उ० : यह अफवाह बिल्कुल झूठ, बेबुनियाद और नुकसानदेह है। इस खुराक का नपुंसकता से कोई सम्बन्ध नहीं है। संसार में ऐसी कोई बूंदो वाली खुराक नहीं बनाई गई है जिससे परिवार नियोजन हो सके। आज तक किसी को भी किसी प्रकार का कोई नुकसान नहीं हुआ है। विश्व में पाकिस्तान, अफगानिस्तान, अरब देश तथा बांग्लादेश में सभी समुदाय के बच्चों को यह खुराक पिलाई जाती है। आज तक किसी को भी किसी प्रकार का कोई नुकसान नहीं हुआ है। हमारे देश में यह खुराक हर धर्म-हिन्दु, मुस्लिम, सिक्ख, ईसाई के बच्चों को पिलाई जाती है।

## प्र० 8 जिन बच्चों ने नियमित टीकाकरण के दौरान 1 या 2 दिन पहले पोलियो ड्रॉप पी हो तो भी क्या उन्हें यह दवा पिलानी चाहिए ?

उ० : हाँ यदि बच्चे ने नियमित टीकाकरण के दौरान 1 या 2 दिन पहले भी यह खुराक पी हो तो भी उसे पोलियो ड्रॉप पिलानी चाहिए। पल्स पोलियो अभियान के दौरान पिलाई गई खुराक ज्यादा प्रभावी होते हैं। यह खुराक नियमित टीकाकरण सत्रों में या क्लिनिक में यह खुराक नहीं पिलाई जाती है। यह अतिरिक्त खुराक पोलियो के विषाणु का प्रसार रोकेगी तथा पूरा विश्व पोलियो मुक्त हो सकेगा।

## प्र० 9 जब मलेरिया, खसरा या अन्य बीमारियों से बच्चे मर रहे हैं तो पोलियो पर इतना प्रयास और संसाधन क्यों ? आखिर पोलियो को इतना महत्व क्यों दिया जा रहा है ?

उ० पोलियो उन कुछ बीमारियों में से एक है जिसे न सिर्फ नियंत्रित किया जा सकता है बल्कि पूरी तरह खतम भी किया जा सकता है। आज हमारे पास इस बीमारी को खतम करने के लिए तकनीकी क्षमता है। चेचक की तरह पोलियो का उन्मूलन भी संभव है इसलिए पोलियो पर इतना जोर दिया जा रहा है। अन्य बीमारियों के इलाज और रोकथाम की व्यवस्था भी है, इसके लिए नजदीकी स्वास्थ्य केन्द्र में सम्पर्क करें। **याद रखें** पोलियो टीकाकरण पोलियो से बचाव करता है बाकी की खतरनाक बीमारियों से बचाव के लिए अपने बच्चे का नियमित टीकाकरण जरूर कराएँ।

## प्र० 10 पोलियो की खुराक पिलाने वाले लोगों के घर क्यों पहुँच जाते हैं?

उ० क्योंकि पोलियो टीकाकरण अभियानों के दौरान बूथ पर सभी अभिभावक अपने पाँच वर्ष से छोटे बच्चों को खुराक पिलाने नहीं लाते। घर-घर जाकर खुराक पिलाने से सभी बच्चों तक पहुँचा जा सकता है चाहे वे स्वास्थ्य केन्द्र से कितनी ही दूर क्यों न रहते हों।

## प्र० 11 क्या मैं खुराक पिलाने के पहले या तुरन्त बाद अपना दूध पिला सकती हूँ ?

उ० जी हाँ। निश्चिन्त होकर पिला सकती है।