



# Caring for newborns and children in the community: a training package for community health workers

November 2010  
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# Outline

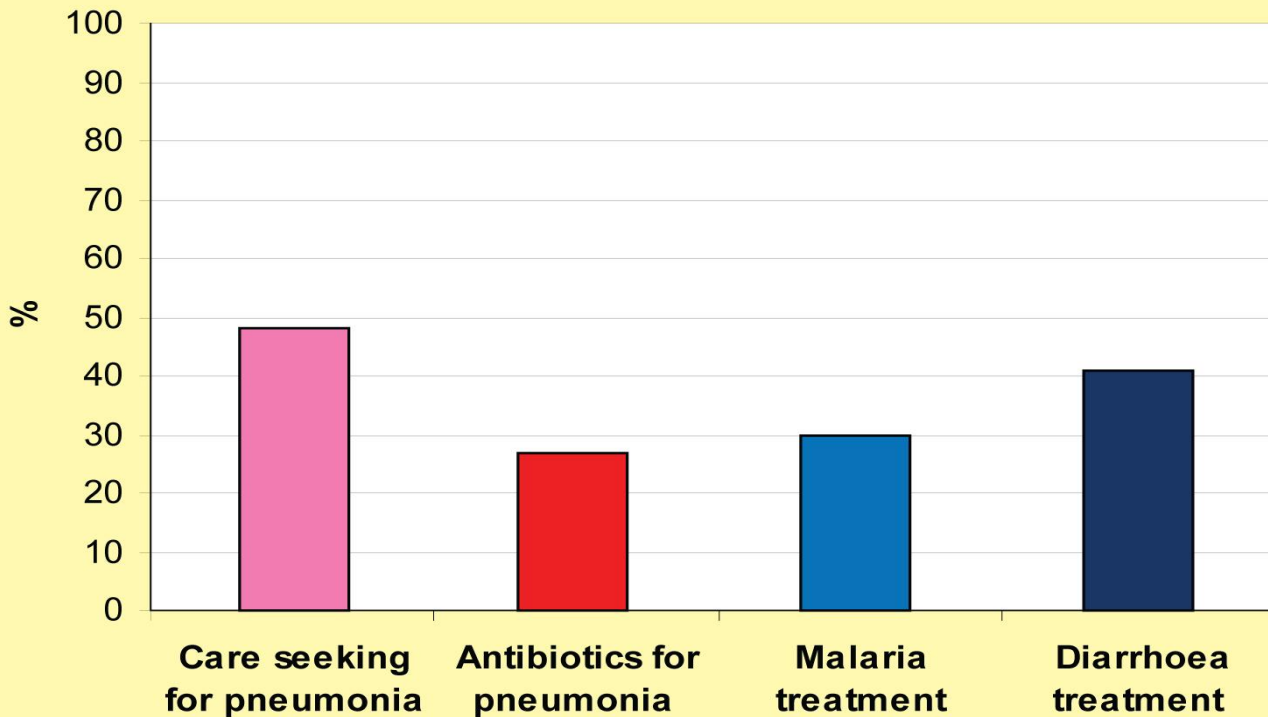
- Current situation
- How can we contribute to increasing coverage?
- Sample content
- Characteristics of the materials
- Caring for the sick child in the community
- Caring for the newborn at home
- Caring for the healthy child at home
- Considerations for implementation
- Lessons and challenges

# Current situation

- Most under-five deaths are still due to pneumonia, diarrhoea, malaria, malnutrition, and newborn conditions
- Child mortality has decreased but progress towards MDG4 is slow, particularly in Africa
- Although we have effective interventions, coverage is limited

# Too many children are not reached with essential treatments

**Coverage of treatment for 3 common causes of underfive mortality**

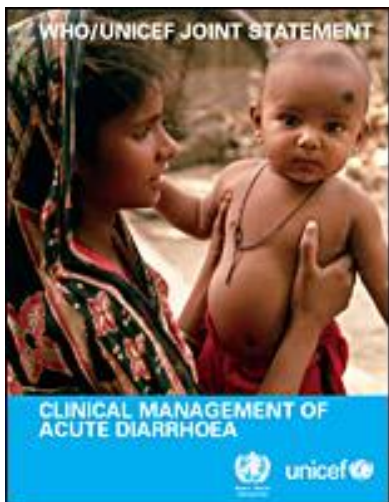


# How can we contribute to increasing coverage?

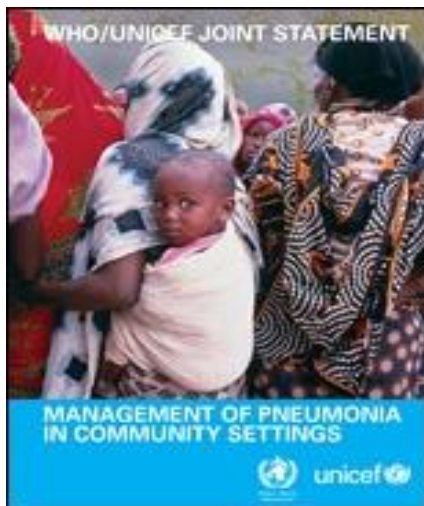
- Increase the availability of services
- Increase access to care for newborns and children available close to home
- Make interventions simpler to implement
- Improve the quality of services provided
- Strengthen the linkages between health facilities and community-level care providers (including promotion of care-seeking)

# Extending care to the community: Joint statements UNICEF-WHO

## Diarrhoea



## Pneumonia



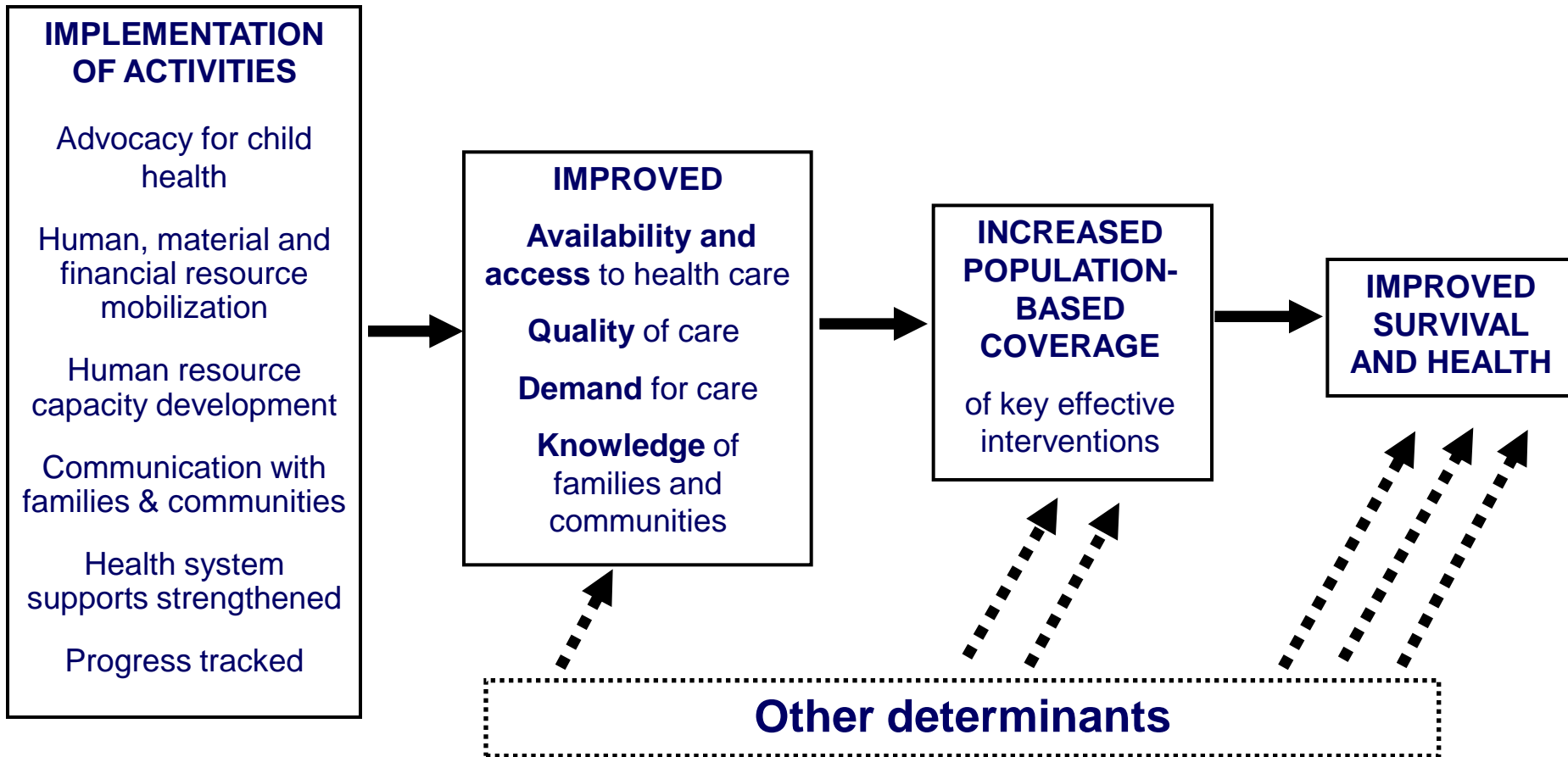
## Severe acute malnutrition



## Home visits for newborn care



# Programmatic pathway for improving child survival and health



# To operationalize community-level care of the newborn and child:

UNICEF/WHO/Save the Children training materials

1. Caring for the sick child in the community
2. Home visits for newborn care
3. Caring for the healthy child at home (***working title***)



# Summary of content

## Home visits for new

- Promotion of ANC skilled care at birth
- Care in first week of life
- Recognition and referral of newborns with danger signs
- Special care for low-birth-weight babies

**MOTHER AND BABY CARD After Birth**

Name of the baby/mother: \_\_\_\_\_  
Date of birth: \_\_\_\_\_ Place of birth: \_\_\_\_\_  
OW home visits: Visit 1 made on Day \_\_\_\_  
Visit 2 made on Day \_\_\_\_  
Visit 3 made on Day \_\_\_\_  
Date of first postnatal visit at a facility: \_\_\_\_\_

**BIRTH WEIGHT**  
In kg: \_\_\_\_ Enlarge zone on scale: Red Yellow Green  
If twins, record for the second twin below:  
In kg: \_\_\_\_ Enlarge zone on scale: Red Yellow Green

**FOLLOW UP VISITS**  
For a small baby: First follow up visit on day \_\_\_\_  
Second follow up visit on day \_\_\_\_  
For danger signs: On day \_\_\_\_

**Go to the health facility immediately if**

**Mother**  
 Heavy bleeding  Severe abdominal pain  Fever

**Baby**  
 No milk  Severe headache  Fast or difficult breathing  
 Poor breastfeeding  High fever or chills  Fits  
 Poorly breastfeeding  No difficult or fast breathing  Fits but not unusually hot  
 Bleeding from anus  Weak body becoming pale

## Caring for the sick child in the community

### Referral of children with danger signs and severe acute malnutrition

- Treatment in the community
  - Diarrhoea
  - Fever (malaria)
  - Pneumonia

**Sick Child Recording Form**  
(for community based treatment of children 6 months to 15 years)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ (DD/MM/YYYY) Child's name: \_\_\_\_\_ Age: \_\_\_\_ Years \_\_\_\_ Months \_\_\_\_ Days

Gender: \_\_\_\_\_ Family: \_\_\_\_\_ Address: \_\_\_\_\_  
Companion's name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
Address: \_\_\_\_\_

**I. Identify problems**

ARE AND LOOK	Any SEVERE SIGNS or other problem to refer?	RED line 10 Danger Sign?
<b>ABC: What are the child's problems? If not reported, then ask to by parent.</b> <input type="checkbox"/> <b>M</b> No response to call <input type="checkbox"/> <b>R</b> Red up to 10 <input type="checkbox"/> <b>C</b> Cough 20 sec. for few days <input type="checkbox"/> <b>S</b> Sigh for 10 days or more <input type="checkbox"/> <b>A</b> Anorexia 10 or more hours (not 24 hrs) <input type="checkbox"/> <b>N</b> No tears for 14 days <input type="checkbox"/> <b>I</b> Icterus, for few days <input type="checkbox"/> <b>D</b> Diarrhoea 14 days or more <input type="checkbox"/> <b>F</b> Fever 10 or more times in 14 days <input type="checkbox"/> <b>H</b> High fever 14 days or more <input type="checkbox"/> <b>P</b> Poor for 7 days or more <input type="checkbox"/> <b>F</b> Fits for 7 days or more <input type="checkbox"/> <b>C</b> Convulsions <input type="checkbox"/> <b>C</b> Convulsions <input type="checkbox"/> <b>D</b> Difficulty drinking or feeding <input type="checkbox"/> <b>N</b> Not able to drink or feed anything <input type="checkbox"/> <b>D</b> Dehydration 10 or more days <input type="checkbox"/> <b>S</b> Swollen tummy <input type="checkbox"/> <b>I</b> Itching 10 days <input type="checkbox"/> <b>D</b> Diarrhoea every 2 days <input type="checkbox"/> <b>A</b> Any other problem <input type="checkbox"/> <b>C</b> Other problem to refer Example: problem to refer: Feeding, Injury, Injury, Injury Date of 1st day: _____	<input type="checkbox"/> <b>RED</b> <input type="checkbox"/> <b>ORANGE</b> <input type="checkbox"/> <b>GREEN</b> <input type="checkbox"/> <b>YELLOW</b> <input type="checkbox"/> <b>PINK</b>	<input type="checkbox"/> <b>RED</b> <input type="checkbox"/> <b>ORANGE</b> <input type="checkbox"/> <b>GREEN</b> <input type="checkbox"/> <b>YELLOW</b> <input type="checkbox"/> <b>PINK</b>

**LOCUS:**  
 **F** Fast breathing  
 **U** Usually uneasy or irritable  
 **P** Poor child's weight up to 5 years: **WJAC** (ring refer)  
 **H** Handing of both feet

**2. Describe or treat child**  
(This section)

**IF ANY DANGER SIGN or other problem, refer to health facility.**  
 **IF NO DANGER SIGN, refer to home and health compound.**

GO TO PAGE 2

## Caring for the healthy child at home

- Care-giving skills and support for child development
- Infant and young child feeding
- Family response to child's illness
- Prevention of illness

**RECOMMENDATIONS FOR FEEDING YOUR CHILD**

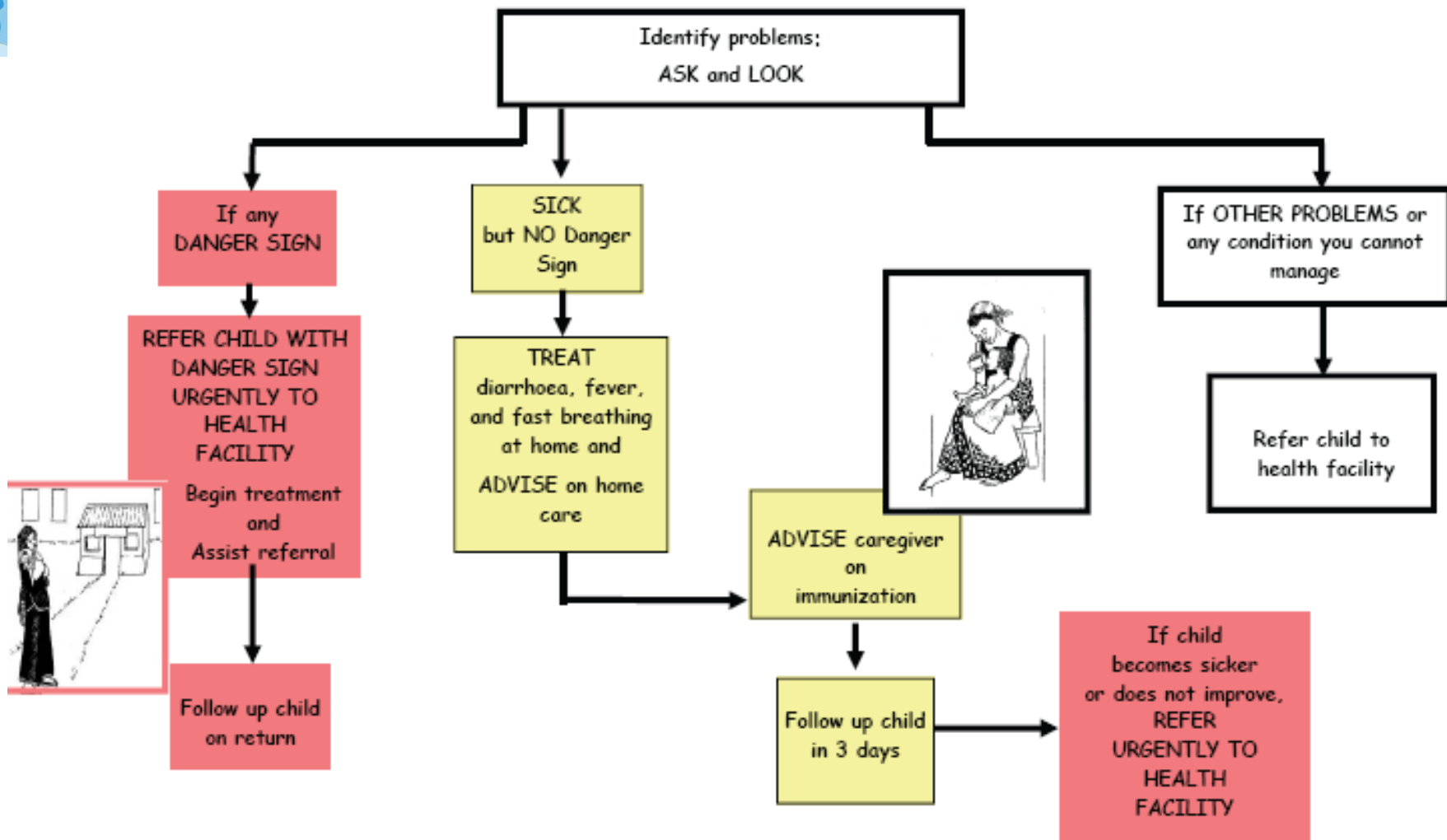
Age Group	Feeding Recommendations
Newborn, birth up to 1 week	<ul style="list-style-type: none"> <li>• Immediately after birth, put your baby to skin to skin contact with you. Ask, as soon as possible, for your baby to be breastfed. Give your baby the first milk (colostrum).</li> <li>• Breastfeed day and night, as often as your baby wants, at least 8 times in 24 hours. Frequent feeding produces more milk.</li> <li>• If your baby is too thin, weight, feed every 2 to 3 hours. Wake the baby for feeding after 3 hours, if baby does not wake self.</li> <li>• Make sure your baby is well attached to the breast and is suckling well.</li> <li>• Do not give other foods or fluids.</li> </ul>
1 week up to 6 months	<ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants.</li> <li>• Start giving 2 to 3 tablespoons of breast porridge and soft well washed fruits during 2 to 3 meals each day.</li> <li>• Continue with breast milk and add increasing amounts of soft porridge.</li> <li>• Breastfeed day and night, at least 8 times in 24 hours. Frequent feeding produces more milk.</li> <li>• Do not give other foods or fluids.</li> </ul>
6 months up to 8 months	<ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants.</li> <li>• Start giving 2 to 3 tablespoons of breast porridge and soft well washed fruits during 2 to 3 meals each day.</li> <li>• Continue with breast milk and add increasing amounts of soft porridge.</li> <li>• Breastfeed day and night, at least 8 times in 24 hours. Frequent feeding produces more milk.</li> <li>• Do not give other foods or fluids.</li> </ul>
8 months up to 12 months	<ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants.</li> <li>• Give 10 cups of finely chopped or mashed fruits and vegetables during 3 to 4 meals each day.</li> <li>• Offer 1 to 2 soups each day between meals.</li> <li>• For meals, give small quantities of soft porridge, soft fruits or soft vegetables, or other foods by hand and, not provide.</li> </ul>
12 months up to 2 years	<ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants.</li> <li>• Give 3/4 cup to a full cup of mashed fruits, 3 to 4 meals each day.</li> <li>• Offer 1 to 2 soups each day between meals.</li> <li>• Feed slowly, patiently. Encourage, but do not force - your child will eat what he/she wants with your child eating feeding.</li> </ul>
2 years and older	<ul style="list-style-type: none"> <li>• Give at least a full cup of fruits, vegetables, soups, 3 to 4 meals each day.</li> <li>• Offer a variety of foods. If a child food is refused, offer "finger" foods instead. Show the child how to eat.</li> </ul>

# Characteristics of the training materials

- **Age range:** Address needs of children age 0-59 months
- **Holistic:** Care for the newborn and child, not single disease conditions
- **Modular structure:** sequential or independent use of components; basic or on the-job skills reinforcement
- **Level of literacy of community health workers:** Literate – grade 5-8 level
- **Avoid differential diagnosis:** one observation leads to one decision

## OVERVIEW: CARING FOR THE SICK CHILD IN THE COMMUNITY

(child age 2 months up to 5 years)



# Materials for Caring for the sick child in the community

- Sick Child Recording Form
- CHW training manual
- Facilitator guide
- Video and photo flip chart on signs of illness, and video on use of RDT
- Chart booklet
- Inpatient instructor guide
- Outpatient guide
- Job aids



Training includes 7 clinical practice sessions (5 outpatient and 2 inpatient) over 6 days

# Home visits for newborn care







- Two home visits during pregnancy
- Home visit on the day of birth if home delivery; if delivery at facility then soon after returning home
- Additional visits during first week of life:
  - days 3 and 7
- For low birth weight infants: additional visits on days 2 and 10
- Optimal timing of contacts to promote key family practices after the neonatal period are being defined

# Home visits for newborn care: Training Course

- Two units:-
  - Home visit before birth
  - Home visit after birth
- Targets- literate CHWs (able to write and read)
- Duration: 6 days
- Classroom, role plays, videos, clinical practice and field visit.


# Home visits for newborn care: Job Aides

- Counselling cards
- Mother and Baby card
- Referral note
- CHW register

MOTHER & BABY CARD Pregnancy	Danger signs during pregnancy
Woman's name: _____ House identification: _____ Village/community: _____  Date of CHW visits: Pregnancy home visit 1 _____ _____ Pregnancy home visit 2 _____  ANC visits at health centre done: ANC 1 _____ ANC 2 _____ ANC 3 _____ ANC 4 _____  <b>Birth preparedness:</b> <input type="checkbox"/> Counseled on importance of health facility birth? <input type="checkbox"/> Counseled on preparations for birth?	 Vaginal bleeding  Severe abdominal pain  Fits  Severe headache  Fever  Fast or difficult breathing
<b>CONTACT YOUR CHW AS SOON AS THE BABY IS BORN</b>  CHW's name: _____ CHW contact details: _____	


**On the way to the hospital**

If the baby is able to breastfeed, feed the baby at least every two hours. Give only breast milk.



Keep the baby warm. Keeping the baby skin to skin is best. The baby is:

- Naked except for a nappy, hat & socks
- Placed between the mother's breasts with the baby's legs along the ribs and the head turned to the side
- Secured with a cloth



If skin to skin care is not possible, wrap the baby well and keep him/her close to the mother

**CHW REFERRAL NOTE**

Name of woman/baby: \_\_\_\_\_

Age of baby when referred: Day \_\_\_\_\_

Address: \_\_\_\_\_ Date referred: \_\_\_\_\_

Reason referred (tick):

MOTHER HAS:

- Heavy bleeding
- Fever
- Other problems \_\_\_\_\_

BABY HAS/IS:












- Not able to breastfeed or stopped breastfeeding
- Convulsions
- Fast breathing
- Chest indrawing
- Temperature 35.4°C or less
- Temperature 37.5°C or more
- Movements only on stimulation or no movements at all
- Yellow soles
- Signs of local infection
- Weight in red zone

Name of CHW: \_\_\_\_\_

To be filled by the health facility worker

Comments: \_\_\_\_\_

Seen at facility by: \_\_\_\_\_

MOTHER AND BABY CARD After Birth	Go to the health facility immediately if
Name of the baby/mother: _____ Date of birth: _____ Place of birth: _____  CHW home visits: Visit 1 made on Day ____ Visit 2 made on Day ____ Visit 3 made on Day ____  Date of first postnatal visit at a facility: _____  <b>BIRTH WEIGHT</b> In kg: ____ Encircle zone on scale: Red Yellow Green If twins, record for the second twin below: In kg: ____ Encircle zone on scale: Red Yellow Green  <b>FOLLOW UP VISITS</b> For a small baby: First follow up visit on day ____ Second follow up visit on day ____ For danger signs: On day ____	 Heavy bleeding  Severe abdominal pain  Fever   Fits  Severe headache  Fast or difficult breathing  <b>BABY:</b>  Stops breastfeeding well  Has difficult or fast breathing  Feels hot or unusually cold   Becomes less active  Whole body becomes yellow


# Status of implementation

- Caring for the sick child in the community
  - Introduced in numerous countries, including Malawi, Philippines, Zambia
  - Adapted versions in Afghanistan, Egypt, Sudan, Uganda, Yemen
  - Version with RDT tested in Uganda, revisions under way
- Caring for the newborn at home
  - Based on work in Ghana and south Asia; tested in Cambodia, India, Kenya, Philippines
  - Introduced in Uganda, Zambia, Zimbabwe
  - Adaptations of illustrations for South Asia and for Africa
  - Implementation to begin: DR Congo, Malawi, Nigeria










# Caring for the healthy child (under development)

- **Promote growth: Counsel or breastfeeding and complementary feeding**
- **Stimulate the child's development: Play and communication**
- **Prevent illness: Immunization, ITNs, hand-washing**









### RECOMMENDATIONS FOR FEEDING YOUR CHILD

<p><b>Newborn, birth up to 1 week</b></p>  <ul style="list-style-type: none"> <li>• Immediately after birth, put your baby in skin to skin contact with you. And, as soon as possible, put your baby to the breast. Give your baby the first milk (colostrum).</li> <li>• Breastfeed day and night, as often as your baby wants, at least 8 times in 24 hours. Frequent feeding produces more milk.</li> <li>• If your baby is 8 weeks, feed every 3 hours. Wake the baby if it does not wake.</li> <li>• Make sure your baby is well attached to the breast and is swallowing.</li> <li>• Do not give other fluids.</li> </ul>	<p><b>1 week up to 6 months</b></p>  <ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants or shows signs of hunger, such as beginning to fuss, sucking fingers, or moving lips.</li> </ul>	<p><b>6 months up to 9 months</b></p>  <ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants.</li> <li>• Start giving 2 to 3 tablespoons of thick porridge and well-mashed foods during 2 to 3 meals each day.</li> <li>• Continue with mashed</li> </ul>	<p><b>9 months up to 12 months</b></p>  <ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants.</li> <li>• Give 1/2 cup of finely chopped or mashed family foods during 3 to 4 meals each day.</li> <li>• Offer 1 to 2 snacks each day between</li> </ul>	<p><b>12 months up to 2 years</b></p>  <ul style="list-style-type: none"> <li>• Breastfeed as often as your child wants.</li> <li>• Give 3/4 cup to a full cup of family foods 3 or 4 meals each day. Chop or mash the foods, if necessary.</li> <li>• Offer 1 to 2 snacks each day between</li> </ul>	<p><b>2 years and older</b></p>  <ul style="list-style-type: none"> <li>• Give at least a full cup of family foods during 3 to 4 meals each day. Also, twice daily, give nutritious snacks between meals.</li> <li>• Offer a variety of foods. If a new food is</li> </ul>
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### RECOMMENDATIONS FOR CARING FOR YOUR CHILD'S DEVELOPMENT

<p><b>Newborn, birth up to 1 week</b></p>  <p>Your baby learns from birth.</p> <ul style="list-style-type: none"> <li>• <b>Play:</b> Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently soothe, stroke, and hold your child. Skin to skin is good.</li> <li>• <b>Communicate:</b> Look into baby's eyes, and talk to your baby. When you are breastfeeding is a good time. Even a newborn baby sees your face and hears your voice.</li> </ul>	<p><b>1 week up to 6 months</b></p>  <ul style="list-style-type: none"> <li>• <b>Play:</b> Provide ways for your child to see, hear, feel, move freely, and touch you. Slowly move colourful things for your child to see and reach for. Sample toys: shaker rattle, ring on a string.</li> <li>• <b>Communicate:</b> Smile and laugh with your child. Talk to your child. Get a conversation going by copying your child's sounds or gestures.</li> </ul>	<p><b>6 months up to 9 months</b></p>  <ul style="list-style-type: none"> <li>• <b>Play:</b> Give your child clean, safe household things to handle, bang, and drop. Sample toys: containers with lids, metal pot and spoon.</li> <li>• <b>Communicate:</b> Respond to your child's sounds and interests. Show your child how to say things with hands, like "bye bye".</li> </ul>	<p><b>9 months up to 12 months</b></p>  <ul style="list-style-type: none"> <li>• <b>Play:</b> Hide a child's favourite toy under a cloth or box. See if the child can find it.</li> <li>• <b>Communicate:</b> Tell your child the names of things and people. Play peek-a-boo. When you leave, tell your child you are leaving and when you will return. Sample toy: doll with face.</li> </ul>	<p><b>12 months up to 2 years</b></p>  <ul style="list-style-type: none"> <li>• <b>Play:</b> Give your child things to stack up, and to put into containers and take out. Sample toys: Nesting and stacking objects, container and clothes clips.</li> <li>• <b>Communicate:</b> Ask your child simple questions. Respond to your child's attempts to talk. Show and talk about nature, pictures, and things.</li> </ul>	<p><b>2 years and older</b></p>  <ul style="list-style-type: none"> <li>• <b>Play:</b> Help your child count, name, and compare things. Make simple toys for your child. Sample toys: Objects of different colours and shapes to sort, stick or chalk board, puzzle.</li> <li>• <b>Communicate:</b> Encourage your child to talk and answer your child's questions. Teach your child stories, songs, and games. Talk about pictures or books. Sample toy: book with pictures.</li> </ul>
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# Caring for the healthy child

- Individual counselling during home visits - themes
  - Infant and young child feeding
  - Early child development
  - Prevention of illness
  - Careseeking
- Group sessions - themes
  - Infant and young child feeding
  - Early child development
  - Safe and clean environment
  - Early care seeking

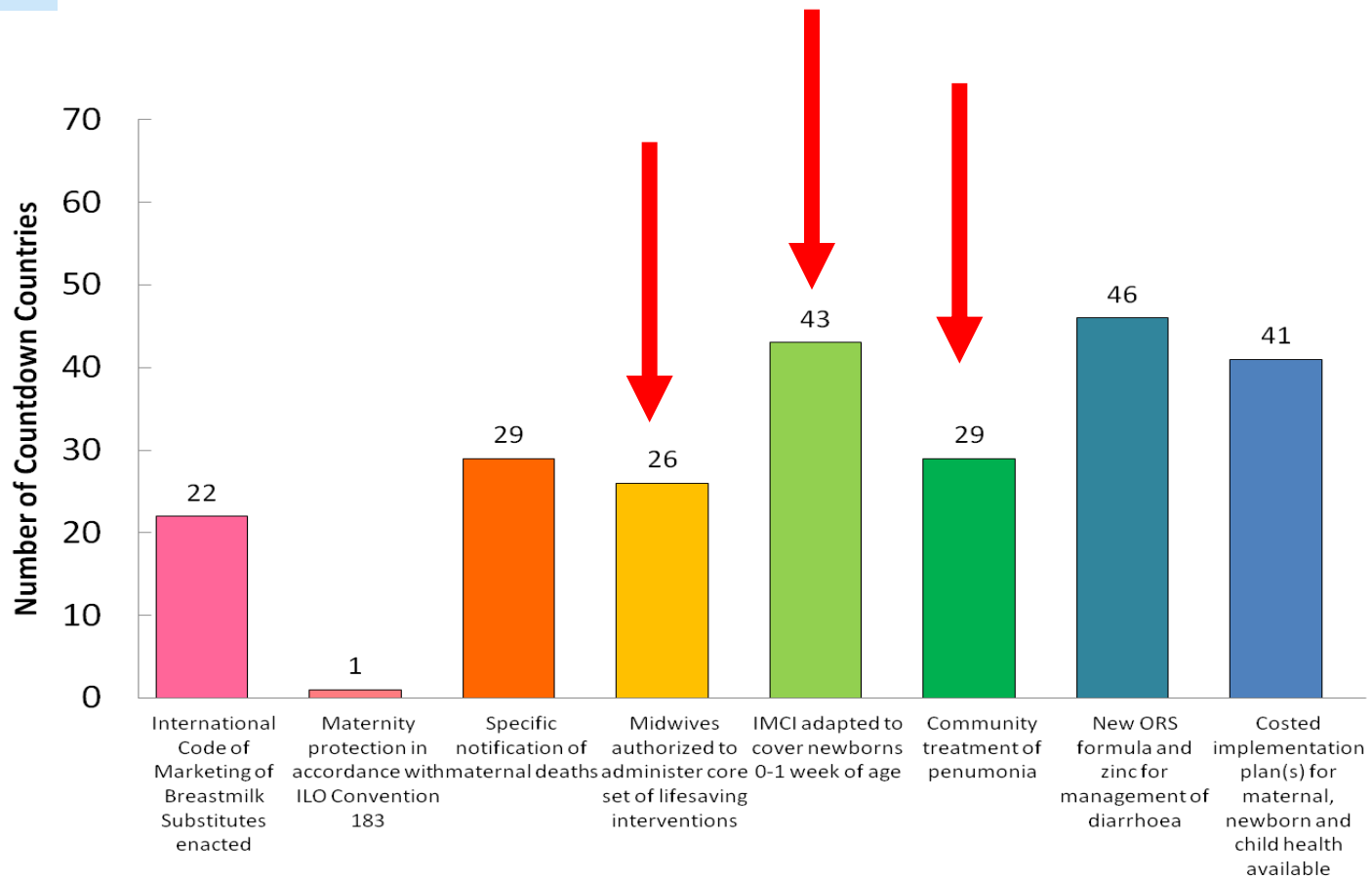
# Caring for the healthy child

- Proposed schedule of home visits
  - *Following of home visits for the newborn in the first week of life*
    - 1 - 2 months (immunization at 6 weeks)
    - 3 - 4 months (immunization at 10 and 14 weeks)
    - 5 - 6 months (prior to introduction of complementary foods)
    - 8 - 9 months (around measles immunization)
    - Additional contacts (after a sick child visit)

# Considerations for implementation

- Within national health system or NGO system, requires:
  - Adaptation to (or development of) national policies
  - Training
  - Regular supplies
  - Supervision
  - Link to IMCI in first- and referral care facilities

# Countries need to adopt relevant policies and act



# Lessons and challenges: technical

## CCM

- Urgent vs non-urgent referral
- Yellow on MUAC strap
- Varying types of RDT, MUAC strap, paediatric formulations
- When in training to introduce communication skills

## Healthy child

- Scheduling of visits and sessions: do ages need to follow feeding and ECD recommendations?

# Lessons and challenges: implementation

- CHWs can learn correct case management with adequate training and clinical practice
- Roll-out in hard-to reach areas will help target

## Challenges:

- Use of these materials needs to be part of an over all community-based approach
- Time and capacity of CHWs may be limited
- Logistics: ensuring a regular supply of medicines/commodities
- Policy - government acceptance of CHWs
  - concerns on antibiotics and other drugs
- Use of innovative technologies e.g. mobile phones
- Supervision mechanisms weak
- Who supervises the supervisor?

# Next steps

- Post materials to WHO and UNICEF websites
- Translate
- Distribute demonstration sets
- Build additional training capacity
- Ensure participation of WHO, UNICEF, bilaterals and NGOs in scheduled training courses
- Develop guidance for adaptation
- Finalize indicators and methods for measuring quality of care