

Facilitator's Guide: Presentation for CHT Orientation

Reference and complimentary materials for facilitators:

1. Mother and Child book (**MC book**)
2. Guidebook for Community Health Team (**CHT Guide**)
3. Community Health Workers Manual (**CHWM**)*draft

Note: As an aid for the facilitator's preparation, thorough reading of reference materials is highly recommended. Use of complimentary material, such as the MC book, during actual conduct of orientation is indicated in some sessions. Facilitators must try to be interactive in facilitating all sessions.

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| CHT- 1 | Session 1: Welcome & Introduction |
| <ol style="list-style-type: none"> 1. Welcome participants and thank them for their presence. 2. Introduce facilitators and ask the participants to introduce themselves creatively (e.g. ask participants to use flowers or plants or animals to describe themselves and explain why). 3. Review the general schedule of the orientation. 4. Do an ice breaker before the start of session proper to get creative juices flowing, increase the exchange of ideas, establish team identity, and create a sense of community among participants. 5. Explain the following Orientation ground rules: <ul style="list-style-type: none"> - Participate actively; - Respect each other's opinion and experiences; do not judge people because of what they do or say; - In general, questions may be asked at any time unless the trainer indicates that in a particular presentation questions should come at the end; - Be on time for all activities; - Turn mobile phone off during the training; - Where opportunities present, feel free to discuss and exchange ideas with other participants at the orientation. | |
| CHT- 2 | Why do newborn babies need extra care? |
| Reference: | Community Health Worker's Manual (CHWM) (P6) |
| General overview of the needs of the newborn care. Facilitators can use a different slide for this. For example, an overview of the health situation in their own municipalities so that they can easily internalize its seriousness or severity by association. | |
| CHT- 3 | Case Story |
| Reference: | CHWM (P6-7) |
| <ul style="list-style-type: none"> - As part of introduction, present two case studies. - Ask participants to expound on the differences in what the family did in each story, and what CHT did in the second story. | |
| CHT- 4 | Armina's Story (1) |
| Complimentary Material: | NONE |
| Reference: | CHWM (P6-7) |
| <ul style="list-style-type: none"> - Read the story. | |
| CHT- 5 | Armina's Story (2) |
| Complimentary Material: | NONE |
| Reference: | CHWM (P6-7) |
| <ul style="list-style-type: none"> - Read the story. | |

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| CHT- 6 | Esther's Story (1) |
| Complimentary Material: | NONE |
| Reference: | CHWM (P6-7) |
| - Read another case story to the participants. | |
| CHT- 7 | Esther's Story (2) |
| Complimentary Material: | NONE |
| Reference: | CHWM (P6-7) |
| - Read another case story to the participants. | |
| CHT- 8 | Esther's Story (3) |
| Complimentary Material: | NONE |
| Reference: | CHWM (P6-7) |
| <p>- Encourages the participants to discuss the following:</p> <ol style="list-style-type: none"> 1. Differences in what the family did in each story; 2. What did the CHT do in the second story? List five actions of the CHT in the second story. <p>Take note of the possible contributions of CHT if he/she has appropriate training and knowledge to perform his/her tasks.</p> | |
| CHT- 9 | Session 2 Objectives of the Orientation |
| Complimentary Material: | NONE |
| Reference: | NONE |
| <ul style="list-style-type: none"> - Ask participants to list their expectations from the orientation, such as what do they hope to learn/accomplish, any difficulties they anticipate, and how they hope to be able to use learning from the training. - You may write their responses on the whiteboard depending on the time allowed for the training. The responses or shared ideas will be used in the succeeding sessions. - You may synthesize the responses/ideas by grouping them into 3 topics/concerns (e.g. hope to learn/accomplish, anticipated difficulties, and ways to apply learning). Innovations can be done on the groupings depending on the kind of ideas shared or as it may be appropriate. | |
| CHT- 10 | Objectives of the Orientation |
| Complimentary Material: | NONE |
| Reference: | NONE |
| <ul style="list-style-type: none"> - After the exchange of ideas, present the slide for the objectives and expectations of this orientation. Explain each. Compare them to participants' expectations or present the orientation objectives by confirming and/or enhancing the ideas they shared in the previous session. - Allow participants to raise questions, clarifications or suggestions. | |
| CHT- 11 | Session 3 Community Health Team |
| Complimentary Material: | NONE |
| Reference: | NONE |
| <ul style="list-style-type: none"> - Ask participants to discuss or describe what a Community Health Team is and the reason why there is a need to form one. Allow as many participants as possible to share ideas without interruption (15-30 seconds every participant) about how CHT members can help improve the health of pregnant women, newborn babies and women who have recently given birth. - Take note the key words shared by each participant and synthesize the sharing by reading your notes back to them afterwards as a way of confirming their ideas | |

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| CHT- 12 | What is a Community Health Team? |
| Complimentary Material: | NONE |
| Reference: | CHT Guidebook (P1) |
| - Explain the slide to participants and make reference to the ideas they have previously given. | |
| CHT- 13 | Why are we organizing a...“Community Health Team (CHT)”? |
| Complimentary Material: | NONE |
| Reference: | CHT Guidebook (P1) |
| - Explain the slide to participants and make reference to the previous inputs from them. | |
| CHT- 14 | Members of CHT |
| Complimentary Material: | NONE |
| Reference: | CHT Guidebook (P1-2), CHWM (P107-112) |
| <ul style="list-style-type: none"> - Explain the organization of the Community Health Team. - Clarify that “CHT member” means BHW, BNS, TBA and others in this training, and we differentiate it with “CHT leader” which is the midwife. | |
| CHT- 15 | – Dos – Overview of CHTs Tasks |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P2-3), CHWM (P107-108) |
| <ul style="list-style-type: none"> - Refer to the previous answers from the participants regarding the roles and responsibilities of CHT. Then, explain CHT’s tasks as shown on the slide in relation to what the participants listed during the discussion in order to amplify their understanding. <p>This slide will be the base of the training and each task will be discussed in details throughout this training.</p> | |
| CHT- 16 | - DON’Ts- What CHT members should NOT do |
| Complimentary Material: | NONE |
| Reference: | NONE |
| - Explain what CHT members should not do using examples and explanation. Special attention may be given to the TBA. | |
| CHT- 17 | Roles of CHT leader (Midwife) |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P4) |
| - Explain the slide | |
| CHT- 18 | Roles of CHT Supervisor |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P5) |
| - Explain the slide | |
| CHT- 19 | Session 4 Introduction to Home Visits |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P5) |
| <ul style="list-style-type: none"> - Ask participants if they have ever conducted Home Visits. - Ask participants why CHT member conducts Home Visits and what they do during Home Visits. - Note and highlight relevant answers from participants, then move to the next slide. | |

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| CHT- 20 | Significance of Home Visit |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P5) |
| <ul style="list-style-type: none"> - Explain the significance of Home Visits and pay attention to the previous ideas by the participants regarding Home Visits. | |
| CHT- 21 | Types of Home Visit |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P6) |
| <ul style="list-style-type: none"> - Explain two types of Home Visits related to MCH. 1. Home Visit to Prenatal Women, 2. Home Visit to Postpartum Women and Newborns. - Mention that CHT members can conduct other types of Home Visits depending on the needs. | |
| CHT- 22 | Home Visit to Pregnant Women |
| Complimentary Material: | Calendar |
| Reference: | CHT Guide (P6 & P9) |
| <ul style="list-style-type: none"> - Find out if the participants are already familiar with “prenatal period” or “trimester”, and explain how to count “trimester”. The calendar should be distributed for better understanding of the participants, and it will be used during the exercise of essential forms. - Make sure that participants understand the necessary number of Home Visits (4 times) they have to conduct during this period. Present the schedule of Home Visit during the prenatal period. | |
| CHT- 23 | Home Visit to Postpartum Women & Newborns |
| Complimentary Material: | Calendar |
| Reference: | CHT Guide (P6 & P9) |
| <ul style="list-style-type: none"> - Ask if participants know “postpartum”, “Postnatal” and “Postnatal Period”. - Make sure that participants understand the number of Home Visit (4 times) they have to conduct during this period. - Provide an overview of the schedule of Home Visit during the postnatal period. | |
| CHT- 24 | Items necessary for Home Visit |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P7) |
| <ul style="list-style-type: none"> - Briefly mention what CHT members should carry for Home Visit. | |
| CHT- 25 | Mother and Child Book (MC Book) |
| Complimentary Material: | MC Book |
| Reference: | CHT Guide (P7-9) |
| <ul style="list-style-type: none"> - At this juncture, distribute MC book to participants. Let them write their names on it. Explain the importance of MC book with a quick look on the contents. | |
| CHT- 26 | MC Book cont. |
| Complimentary Material: | MC Book |
| Reference: | CHT Guide (P7-9) |
| <ul style="list-style-type: none"> - Explain the purpose of MC book and make sure participants fully understand the contents by raising questions to confirm. | |
| CHT- 27 | How can the CHT member use “MC Book”? |
| Complimentary Material: | MC Book, Calendar/Reference to MC Book |
| Reference: | CHT Guide (P7-9) |

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| <ul style="list-style-type: none"> - Refer to the MC book reference (back page of the calendar) where the reference pages of MC book are indicated during each home visit - Explain the purpose of MC book and make sure participants fully understand the contents by raising questions to them to confirm. - Put stress on the importance of CHT's familiarity of the MC book. It is necessary to ensure that mothers use the book properly. | |
| CHT-28 | CHT Guidebook |
| Complimentary Material: | CHT Guidebook |
| Reference: | NONE |
| <ul style="list-style-type: none"> - Mention CHT Guidebook is available at BHS for their reference | |
| CHT-29 | Session 5 Conducting Effective Home Visits |
| Complimentary Material: | NONE |
| Reference: | NONE |
| CHT-30 | Necessary Skills for Home Visit: Communication Skills |
| Complimentary Material: | NONE |
| Reference: | CHWM (P12-P22) |
| <p>Explain the importance of communication based on the information provided in the slide.</p> | |
| CHT-31 | Standard Steps to be followed at Home Visits |
| Complimentary Material: | NONE |
| Reference: | CHWM (P12-P22) |
| <ul style="list-style-type: none"> - Explain the standard procedure of Home Visits. Emphasize that each step needs special attention and skills to make significant impact on the success of their Home Visits. | |
| CHT-32 | 1. Greet and Build Good Relations! |
| Additional Material Used: | NONE |
| Reference: | CHWM (P12-P22) |
| <ul style="list-style-type: none"> - Let 2-3 volunteers (or even facilitators) stand in front and let them talk about the importance of prenatal care assuming different types of attitude. Body languages should also be shown to the participants. - Ask participants about their impression and what they feel about the roles being played. | |
| CHT-33 | 2. Asking and Listening! |
| Complimentary Material: | NONE |
| Reference: | CHWM (P12-P22) |
| <ul style="list-style-type: none"> - In explaining each bullet, use some examples of good and bad asking and listening. Ask participants to give open-ended questions. | |
| CHT-34 | 3. Giving Relevant Information |
| Complimentary Material: | NONE |
| Reference: | CHWM (P12-P22) |
| <ul style="list-style-type: none"> - Explain the slide. - Try to use some examples. Ask participants for some ideas. | |
| CHT-35 | 4. Check Understanding & Discuss! |
| Complimentary Material: | NONE |
| Reference: | CHWM (P12-P22) |
| <ul style="list-style-type: none"> - Explain the slide. - Try to demonstrate it with the participants if time allows for better understanding | |
| CHT-36 | 5. Thank the Family! |
| Complimentary Material: | NONE |
| Reference: | CHWM (P12-P22) |
| <ul style="list-style-type: none"> - Explain the slide. | |

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| CHT-37 | Session 6 Identifying & Tracking the Client |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P2, 17-18), CHWM (P23-25) |
| - Explain to participants that now we are moving to the first step of the CHT task. | |
| CHT-38 | Q. How can CHT member find pregnant women in the community? |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P2, 17-18), CHWM (P23-25) |
| <ul style="list-style-type: none"> - Brainstorm on women who have the likelihood to become pregnant. Subsequently, synthesize the correct answers and highlight the fact that all women between the times when they commence their first menstrual period to the time when it stops can become pregnant. - Then, brainstorm with participants on how to identify pregnant women in the community so that home visits can be made accordingly. (You may spend five minutes to do this part). - Then, the next slide should be followed. Ideas from the participants should be included in this slide. | |
| CHT-39 | How can CHT member identify pregnant women in the community? |
| Reference: | CHT Guide (P2, 17-18), CHWM (P23-25) |
| - Ask possible methods of identifying pregnant women and synthesize the result. | |
| CHT-40 | Pregnancy, Postpartum & Newborn Tracking |
| Reference: | CHT Guide (P2, 17-18) |
| - Based on the slide; explain that CHT members should conduct "Pregnancy" and "Postpartum & Newborn" tracking to follow up the status of pregnant women, mothers and newborns. | |
| CHT-41 | Process of Pregnancy & Postpartum Tracking and Master Listing |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P2, 16-18) |
| <ul style="list-style-type: none"> - Explain the operational flow of the tracking. - Confirm whether CHT members are already assigned in a particular area as their catchment. | |
| CHT-42 | Form 1: Pregnancy Tracking Form |
| Complimentary Material: | Pregnancy Tracking Form (Sample) |
| Reference: | CHT Guide (P17-18 and Annex 4) |
| <ul style="list-style-type: none"> - Distribute the pregnancy tracking form and explain it briefly. - Mention that participants will exercise the use of pregnancy tracking form in the later session. | |
| CHT-43 | Form 2: Postpartum and Newborn Tracking Form |
| Complimentary Material: | Postpartum and Newborn Tracking Form (Sample) |
| Reference: | CHT Guide (P18 and Annex 5) |
| <ul style="list-style-type: none"> - Distribute the Postpartum and Newborn Tracking form and explain it briefly. - Mention that participants will exercise the use of the Postpartum and Newborn Tracking form in the later session. | |
| CHT-44 | Process cont... |
| Complimentary Material: | NONE |
| Reference: | NONE |
| <ul style="list-style-type: none"> - Explain the operational flow after filling out of the forms. - Clarify the timing of reporting by CHT members and updating and consolidating the information by the midwife. | |
| CHT-45 | An idea for monitoring the expected date of delivery of the pregnant women at BHS |
| <ul style="list-style-type: none"> - The slide shows an example of good practices found at BHS in the different region. The monitoring sheet with pockets (from January to December) is displayed on the wall. In each pocket of the month, there are records of the mothers with EDD. At the beginning of each month, the records in the pocket are moved to the pocket "This Month" so that the midwife and CHT members can easily identify how many women are expected to deliver for the month in their catchment area, and the necessary follow-up can be made. - Encourage participants to come up good ideas and practices to improve their work | |

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| CHT-46 | Session 7 Promoting the health of Pregnant women |
| One of CHT tasks is making home visits and providing necessary counseling to the pregnant women and the mothers with newborns. | |
| In session 7, the facilitator explains the counseling during the prenatal period and information necessary for the CHT to be familiar with in conducting such counseling. | |
| CHT-47 | Counseling to be given to pregnant women |
| <ul style="list-style-type: none"> - Briefly explain the necessary counseling to be given to the pregnant women. - Mention that each item will be discussed more in the succeeding slides. | |
| CHT-48 | 1. Importance of Prenatal Care Visits |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P26-27) (although # of visit is different from what is set in our training) ● CHT Guide (P10-12) |
| <ul style="list-style-type: none"> - Ask participants how they can explain to the mother about the importance of prenatal care visit at HC or midwife. - Ask them what kind of care will be given in the Health Center. - Synthesize the correct answers, and explain the slides. | |
| CHT-49 | Importance of Prenatal Care Visits cont... |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P26-27) (although # of visit is different from what is set in our training) ● CHT Guide (P10-12) |
| <ul style="list-style-type: none"> - Continue the explanation of the slides regarding the services provided at HC during prenatal checkup. | |
| CHT-50 | Importance of Prenatal Care Visits cont.. |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P26-27) (although # of visit is different from what is set in our training) ● CHT Guide (P10-12) |
| <ul style="list-style-type: none"> - Ask participants how many prenatal visits to the health center or to the midwife are needed. - Ensure participants do not confuse mother's prenatal visits to the health center/ midwife with their home visits. - CHT members are expected to remind mothers of checkup at health center; therefore, their visit should precede the mother's visit to the health center. | |
| CHT-51 | 2. Importance of Facility based delivery |
| Complimentary Material: | NONE |
| Reference: | CHT Guide (P11) |
| <ul style="list-style-type: none"> - Ask participants why it is important for a mother to deliver her baby at health facility? - Explain the reasons on the slide, and ensure participants understand the importance of FBD | |
| CHT-52 | 3. Birth and Emergency Planning |
| Complimentary Material: | MC book |
| Reference: | CHT Guide (P11-12 & Annex 1), CHWM (P30-33) |
| <ul style="list-style-type: none"> - Explain the purpose for the Birth & Emergency Plan, and <u>the importance of involving family members</u> should be discussed. - Ask participants to open the corresponding pages of MC book for better understanding of the topic. - Explain that this page will be first filled out by Midwife during the prenatal visit, but <u>CHT members need to confirm the appropriateness of the information on MC book during their home visit where they can also confirm her birth and emergency plan with her family.</u> CHT members have to continue the follow-up and monitor the plan until the delivery of the baby. | |
| CHT-53 | Birth and Emergency Planning cont..Important Aspects of the Plan |
| Complimentary Material: | MC book |
| <ul style="list-style-type: none"> - Explain each item in the slides and refer it to the corresponding columns in MC book. - Answer questions if there are any. | |

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| CHT-54 | Birth and Emergency Planning cont... Important Aspects of the Plan |
| Complimentary Material: | MC book |
| <ul style="list-style-type: none"> - Explain each item in slides, and refer it to the respective column in MC book. - Answer questions from participants. | |
| CHT-55 | Birth and Emergency Planning cont..Assisting in the preparation of needed things for giving birth |
| Complimentary Material: | MC book |
| Necessary preparations should also be discussed, and the facilitator needs to mention that page 15 of MC book will be used as a checklist for such preparation. | |
| CHT-56 | 4. Warning Signs During Pregnancy |
| <ul style="list-style-type: none"> - Ask participants what the common warning signs are during pregnancy. | |
| CHT-57 | Warning Signs During Pregnancy |
| <ul style="list-style-type: none"> - Let them choose the pictures they think are the warning signs. All pictures shown here are the warning signs. Briefly explain the picture of each symptom. | |
| CHT-58 | Warning Signs During Pregnancy |
| <ul style="list-style-type: none"> - Let them choose the pictures they think are the warning signs. All the pictures shown here are the warning signs. Briefly explain the picture of each symptom. | |
| CHT-59 | Warning Signs During Pregnancy |
| <ul style="list-style-type: none"> - Let them choose the pictures they think are the warning signs. All the pictures shown here are the warning signs. Briefly explain the picture of each symptom. | |
| CHT-60 | Summary: Warning Signs During Pregnancy |
| Reference: | CHWM(P35), MC book (P4) |
| <ul style="list-style-type: none"> - Let the participants look at MC book and confirm that the warning signs shown in the slide are listed in MC book so that they can always check and remind the mother of the symptoms. | |
| CHT-61 | Summary cont... |
| Reference: | CHWM(P35), MC book (P4) |
| <ul style="list-style-type: none"> - Let the participants look at MC book and confirm that the warning signs shown in the slide are listed in MC book so that they can always check and remind the mother of the symptoms. | |
| CHT-62 | 5. Helpful tips for health during pregnancy |
| Complimentary Material: | MC book (P9) |
| Reference: | CHWM (P34) |
| <ul style="list-style-type: none"> - Read the MC book on P9 with the participants, and let them know that they also need to give the mothers helpful tips by using the MC book. - Ask the participants if they have questions about these tips. | |
| CHT-63 | 6. TT immunization and Iron folate intake |
| Complimentary Material: | MC book (P5, P7) |
| <ul style="list-style-type: none"> - Let the participants look at the respective pages on MC book and explain the importance of each. - Explain how to look at the record so that participants will know how to monitor the status of the mother. - Page 7 on MC book may be particularly difficult to follow, so give participants enough time to understand. | |
| CHT-64 | 7. Baby Care Routine |
| Complimentary Material: | MC book (P13) |
| Reference: | CHWM (P45-46,54) |
| <ul style="list-style-type: none"> - Refer to MC book and read it with the participants. Remind participants to be familiar with each topic as they are going to give health education to the mothers. | |
| CHT-65 | Keep the baby warm through Kangaroo Care |
| Complimentary Material: | MC Book (P13) |
| Reference: | CHWM (P96) |

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| <ul style="list-style-type: none"> - Discuss the importance of keeping the baby warm and explain the methods of Kangaroo Care. - Explain how to place the baby skin to skin. | |
| CHT-66 | Session 8 Promoting the Health of Postpartum Women and Newborns |
| In session 8, the facilitator now explains counseling during the postpartum and postnatal period and the information necessary for the CHT to be familiar with in conducting such counseling. | |
| CHT-67 | Counseling to be given to the postpartum women and newborns |
| <ul style="list-style-type: none"> - Briefly explain the necessary points of counseling to be given to pregnant women. - Mention that each item will be discussed more in the following slides. | |
| CHT-68 | 1. Importance of Postnatal Care Visits at Health Facility |
| Reference: | CHT guide (P13) |
| <ul style="list-style-type: none"> - Ask participants how they would explain to the mother about the importance of postnatal care visit at health facility or by midwife. - Ask them what kind of care will be given at health facility - Synthesize the correct answers and explain the slides. | |
| CHT-69 | Importance of Postnatal Care Visits cont. |
| Reference: | CHT guide (P13) |
| <ul style="list-style-type: none"> - Ask participants how many prenatal visits at health facility/midwife are needed. Be careful for not letting them be confused with the number of home visits by CHT member (which is also 4 times) with the number of mother's visits to the health facility. CHT members are expected to remind mothers of checkup at health facility; therefore, their visit should precede mother's visit to the health facility. | |
| CHT-70 | 2. Danger Signs of the Postpartum Mother |
| Complimentary Material: | MC Book (P21) |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P89) ● CHT guide (P14) |
| <ul style="list-style-type: none"> - Mention to participants that they have to be aware of other danger signs which are not stated in the MC book. Participants may want to write the symptoms in their MC book as a reminder. | |
| CHT-71 | 3. Danger Signs of newborns |
| Complimentary Material: | MC book (P21) |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P64-76) ● CHT guide (P14 & Annex 3) |
| <ul style="list-style-type: none"> - Emphasize the need of identifying danger signs of the newborn. CHT members need to refer the baby to a health facility if such cases are identified. - Ask the participants about each symptom shown in the slide to see if they are familiar with these symptoms. <p>Each symptom will be explained in detail in the following slides.</p> | |
| CHT-72 | Danger Signs of newborns (1) Feeding less or not feeding at all |
| <ul style="list-style-type: none"> - Explain the symptoms. | |
| CHT-73 | Danger Signs of newborns (2) Convulsions |
| <ul style="list-style-type: none"> - Explain the symptoms. | |
| CHT-74 | Danger Signs of newborns (3) High or very low temperature |
| <ul style="list-style-type: none"> - Explain the symptoms. | |
| CHT-75 | Danger Signs of newborns (4) Local Infection |
| <ul style="list-style-type: none"> - Explain the symptoms. | |
| CHT-76 | Danger Signs of newborns (5) Yellow skin |
| <ul style="list-style-type: none"> - Explain the symptoms. | |
| CHT-77 | Danger Signs of newborns (6) No movement or less movement |
| <ul style="list-style-type: none"> - Explain the symptoms. | |
| CHT-78 | Danger Signs of newborns (7) Fast or difficulty in breathing |

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| - Explain the symptoms. | |
| CHT- 79 | 4. Care during the first few weeks after birth Newborn Screening |
| Complimentary Material: | MC Book (P23-24) |
| <ul style="list-style-type: none"> - Present the contents. - Special attention should be given to the “Purpose of Newborn Screening”, “Timing” and “importance of early diagnosis” | |
| CHT-80 | Newborn Screening cont... |
| Complimentary Material: | MC Book (P23-24) |
| CHT- 81 | 4. Care during the first few weeks after birth: Newborn Screening |
| Complimentary Material: | MC Book (P23-24) |
| - Explain the “importance of early diagnosis”. | |
| CHT-81 | 5. Feeding recommendation and Exclusive breast feeding |
| Complimentary Material: | MC Book (P26-28) |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P56-62) ● CHT guide (P14-15) |
| - Ask the participants what exclusive breastfeeding is, and then read through the presentation and the MC book. | |
| CHT-82 | Exclusive breast feeding cont... |
| Complimentary Material: | MC Book (P26-28) |
| - Continue to explain exclusive breastfeeding and read through the presentation and the MC book. | |
| CHT-83 | Proper Attachment: Observing a breastfeed |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P60-62) ● CHT guide (P14-15) |
| <ul style="list-style-type: none"> - Ask the participants which drawing shows proper attachment. - Explain proper attachment of the baby to the mother: <ol style="list-style-type: none"> 1. More areola is seen above than below the baby’s mouth; 2. Baby’s mouth is wide open; 3. Lower lip is turned outwards; 4. Chin is touching the breast; - In addition, mention to observe “sucking”. The baby is sucking effectively if: <ol style="list-style-type: none"> 1. Baby takes slow, deep sucks sometimes pausing in between; 2. You can see the baby swallow. | |
| CHT-84 | Proper Positioning: Observing a breastfeed |
| Reference: | <ul style="list-style-type: none"> ● CHWM (P60-62) ● CHT guide (P14-15) |
| <ul style="list-style-type: none"> - Ask the participants which drawing shows proper positioning. - Then, explain that CHT needs to ensure that the baby’s position is good. - The baby’s position is in a good if: <ol style="list-style-type: none"> 1. Baby’s head and body are in line (which means the neck is not twisted); 2. Baby is held close to the mother’s body; and 3. Baby’s whole body is supported. | |
| CHT-85 | 6. Immunization |
| Complimentary Material: | MC Book (P5 & 25) |
| <ul style="list-style-type: none"> - Explain the importance of immunization. - Explain how to check immunization records in MC book. - Explain the types of immunization the newborn needs to receive. | |
| CHT-86 | 7. Family Planning |
| Complimentary Material: | MC Book (P17) |

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| - Explain family planning using the corresponding page in MC book which CHT will use in conducting follow-up. | |
| CHT's role in family planning is to encourage the family to attend the counseling at HC/Midwife | |
| CHT-87 | Session 9 Referrals - Knowing your health facilities - |
| The objective of this session is to identify the health facilities in the catchment area of the CHT member. CHT members should be able to identify the health facility in their catchment and to refer pregnant women and mothers to the appropriate health facilities. | |
| - Ask participants what types of health facilities are available in their areas. | |
| CHT-88 | Referring the Pregnant Woman |
| - Give an overview of available facilities. The information from participants should be included or noted in here. | |
| CHT-89 | Basic Emergency Obstetric and Newborn Care Facilities (BEmONC) |
| - Explain BEmONC facilities and services available. | |
| CHT-90 | Comprehensive Emergency Obstetric Newborn Care Facilities (CEmONC) |
| - Explain CEmONC facilities and services available. | |
| CHT-91 | Identifying your health facilities |
| - Take few minutes for participants to identify the facilities in their catchment area. | |
| CHT-92 | Session 10 Supporting Outreach and Other Activities |
| - Ask participants what other activities CHT conduct, such as outreaches they have participated before. | |
| CHT-93 | Supporting the Midwife for outreach and other activities |
| - Explain the slides and emphasize CHT members support Midwife for these activities. | |
| CHT-94 | Session 11 Reporting |
| - Explain to participants that reporting is also one of CHT's important tasks. | |
| CHT-95 | What are the necessary reports CHT members have to submit? |
| Reference: | CHT Guide (P3, 16-20, Annex 1, 4, 5 and 8) |
| - Ask participants the necessary reports to be submitted to the midwife. The participants should be able to mention at least "Pregnancy" and "Postpartum & Newborn" tracking report form by this time. | |
| - Then, mention two additional reporting CHT members need to know. | |
| CHT-96 | Reporting of Maternal and Neonatal Death |
| - Explain the definition of Maternal and Neonatal death and show the formats of maternal death report and neonatal death report. | |
| CHT-97 | Reporting of Maternal and Neonatal Death cont. |
| Reference: | CHT Guide (P 19) |
| - Distribute the forms of MMR and NMR to participants. | |
| - Emphasize that CHT members must provide immediate verbal report to the CHT leader, but they can also assist in the filling out of necessary information on MMR and NMR. | |
| - Briefly explain the types of information required in each form. | |
| CHT-98 | CHT Monthly Accomplishment Report |
| Reference: | CHT Guide (P 19-20, Annex 8) |
| - Explain the content of CHT monthly Accomplishment Report. | |
| - Forms should have been distributed to the participants at this point. | |
| CHT-99 | Sample: CHT Monthly Accomplishment Report |
| - Mention that the participant will have an exercise later. | |
| CHT-100 | Importance of CHT Reports |
| Reference: | CHT Guide (P 16-17) |
| - Explain how important CHT's reports are, and how the information they submitted to the midwife is processed and become essential information of the Philippines | |

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| CHT- 101 | Basic Flows of Reporting |
| - | Let participants understand the flow of reporting using visual guide. |
| CHT-102 | Session 12 CHT Meeting |
| Reference: | CHT Guide (P 21-22) |
| - | Ask the participants the kind of meetings they are currently participating. Then, explain the kind of meetings CHT members are expected to attend. |
| CHT- 103 | Attendance to Meetings |
| - | Explain CHT monthly meeting at BHS. |
| - | Emphasize that CHT monthly accomplishment report is important for discussion during the meeting. |
| CHT- 104 | Attendance to Meetings... |
| - | Explain what RHU/DHC monthly meetings are and find out how often they currently have such meetings at RHU/DHC. |
| - | Regarding the barangay sessions, ask participants if they have attended such meetings before. |
| CHT- 105 | My Schedule of CHT Meetings |
| Scheduling of CHT meetings should be discussed and decided during the orientation at BHS and should be written down on the paper. | |
| CHT-106 | Exercise Sessions |
| CHT-107 | Exercise 1: Pregnancy Tracking Form |
| Complimentary Material: | Calendar and MC book, Exercise format for Pregnancy Tracking |
| Reference: | CHT Guide-Annex 4 |
| - | Before starting the exercise, re-confirm if the participants clearly understood what “trimester” is, the number of home visits CHT members have to conduct, and the number of check-ups that each woman needs to have during prenatal period. |
| - | Participants can use the calendar as reference during the exercise. |
| - | Provide the participants with the information on the slide. |
| <i>Cases are shown in slide:</i> | |
| - | Let the participants determine the expected date of the delivery, and identify the deadline for each of the 4 home visits. |
| - | Facilitators need to go around and check accuracy in filling out the forms. |
| - | Confirm which pages of MC book they need to refer to for filling out the forms. |
| CHT-108 | Exercise 1: Pregnancy Tracking Form Cont... |
| - | Provide the case 2 scenario, and let the participants exercise it. |
| CHT-109 | Exercise 2: Postpartum & Newborn Tracking Form |
| Complimentary Material: | Calendar and MC book, Exercise format for Postpartum & Newborn Tracking |
| Reference: | CHT Guide-Annex 5 |
| - | Before starting the exercise, re-confirm if participants understand the number of home visits the CHT members have to conduct, and the number of check-ups that each woman has to have during postpartum and postnatal period. |
| - | Participants can use the calendar as reference during the exercise. |
| - | Provide participants with the information in the slide. |
| <i>Cases are shown in slide:</i> | |
| - | Let participants complete the schedule of their home visits and the pregnant women’s schedule of visits at health facility. |
| - | Facilitators need to go around and check accuracy of filling up the forms. |
| - | Confirm which pages of MC book they need to refer to in filling out the forms. |
| - | Provide them with the information needed for the practice. |

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| CHT-110 | Exercise 3: CHT Monthly Accomplishment Report |
| Complementary Materials: | Exercise form for CHT monthly accomplishment report |
| Reference: | CHT guide (P19-20, Annex 8) |
| <ul style="list-style-type: none"> - Based on the Exercise 1, "Pregnancy Tracking Report" (BHW: Isabel Abano), let the participants make a CHT monthly accomplishment report. Check the CHT guide-Annex 8 for the correct answer (BHW: Isabel Abano). - By using the Projector, check the answer with the participants. - Ideally, the score in each box should be the same number; but for this exercise, there will be a different number appeared in each box. Discuss possible reasons why the score is different with participants, and write their answers in "Remark". - Confirm the understanding of the participants on the use of this form. | |
| CHT-111 | Exercise 4: Group Exercise Birth and Emergency Planning |
| Materials: | MC book: Birth and Emergency Plan (Copy) |
| <p>Expected time for exercise: about 60 minutes (15 to 20min for preparation, 15 to 20min for demonstration of role play, 20min for discussion)</p> <p>The activities for the birth and emergency planning exercise are role playing, discussion and filling-out of forms by the participants. Purpose of this role play is to learn communication skills necessary for home visit, understand topics to be covered during each home visit, and learn how to confirm and follow-up the "birth plan" of the mother.</p> <p>Steps to follow:</p> <ul style="list-style-type: none"> - Let the participants form a group of 4 and assign each member to perform the following roles: CHT member, pregnant woman, her husband and mother-in-law. - Explain the scenario of the play. - Ask participants to fill up the exercise format for a birth and emergency plan based on the scenario of the play. - Group performs the scenario/play. - After the role play, ask the following questions to the participants. <p>Q1: What's your impression on the role you assumed in the play?</p> <p>Q2: What are the major concerns of the pregnant woman about preparing for birth?</p> <p>Q3: How was the attitude of the CHT member? Did the CHT member encourage and allow enough time for the family to ask questions?</p> <p>Q4: What are other good practices the participant observed during the role-play?</p> <p>Q5: Did the CHT member verify if the woman and her family understood the main messages by asking them to repeat these?</p> <p>Q6: Do participants think that the pregnant woman will make necessary preparations for emergencies and for going to the facility? Why or why not?</p> <p>Q7: If you were the CHT member, is there anything you would have done differently during the counseling session? Please explain.</p> <p>Q8: What additional steps should the CHT member take to ensure that the mother/family adopts the desired behavior?</p> <ul style="list-style-type: none"> - Check the birth and emergency plan prepared by participants. Answer concerns or questions related to | |

the format.

- Summarize the exercise at the end of the discussion.

Scenario for Role-play:

A CHT member, after learning that one woman in his/her catchment is pregnant, goes to the woman's home. After greeting the woman and putting her at ease, the CHT member asks her the following questions:

1. How was your last visit to the health center? Do you have a MC book?
2. When is your expected date of delivery? (CHT member can confirm the schedule of prenatal check-up at health center and home visits).
3. What are you and your family doing now to prepare for the delivery? (Check on the birth plan in MC book).

The pregnant woman explains that she has been to the health center to find out if she is pregnant. But, she did not tell her family about her visit to health center, and she is not sure if she will visit the health center again.

The pregnant woman also mentions that she has some difficulties talking about preparation for the birth with her husband or mother-in-law although she tentatively made her birth plan with the midwife at health center during her last visit. The birth plan has not been shared or discussed with her family yet.

The CHT member explains to the pregnant woman about the importance of health check-up and preparation for birth. The CHT member also decided to involve the pregnant woman's husband and mother-in-law in order to generate support for birth planning.

The pregnant woman calls her mother-in-law. When **the mother-in-law** enters the room, the pregnant woman becomes quiet. The mother-in-law explains to the CHT that she believes that young women are weak because they think they need to give birth in a facility and run to the nurse every time they have a little ache or pain.

The pregnant woman also calls **her husband**. Hearing the explanation of his mother, he also added that his family is poor and doesn't have enough money to go to the health facility. He also mentions that they can always ask for a help from a TBA in the neighborhood for delivery, just like what other people in the community do. The husband also mentions that he is concerned about house chores during his wife's absence if delivery would happen in the health center.

After listening to them, the CHT member talks with the mother-in-law, the husband and the pregnant woman about :

1. Importance of prenatal-care visits and services provided at health center
2. Importance of having birth at health center
3. Importance of having a birth and emergency plan

Eventually, the CHT member successfully convinces the family and they start discussing the details of the birth and emergency plan based on MC book.(*1)

After making a birth plan, the CHT member provides additional information related to pregnancy (see MC book reference). (*2).

The CHT member also reminds her and her family of the second prenatal-check up at health center. (*3)

The CHT member also mentions his/her plan to visit the family next time, and thank them for their support.

*1: it is up to the facilitator how much time they should spend on this part during a role-play

*2: it is up to the facilitator how much time they should spend on this part during role-play (they could just mention the topics of MC book covered during the second home visit)

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| CHT-112 | Summary: CHW Tasks one more time! |
| - | Before the validation, quickly review the tasks of the CHT. Answer any question from the participants. |
| CHT-113 | Validation |
| - | Validation should be done by each participant. |
| - | Distribute the validation form and explain the questions in the dialect. |
| - | Each answer should be explained to the participants after the test with particular emphasis on the common mistakes made by the participants. |