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RANM Refresher Orientation with MNCH and Social Norms Facilitators Guide



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Transformation



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Outline of the essential elements for RANM Refresher Training:

Duration: Two days

Purpose:

- Enrich knowledge and skills of Roving RANMs on maternal and newborn health (MNH) specifically antenatal care (ANC) and postnatal care including newborn care (PNC/N) hence RANMs will be in better position to provide expanded quality of health services at household and community level.

Specific Objectives:

- Enhance the knowledge and skills on ANC counseling and basic antenatal care on request at home level.
- Enhance knowledge and skills on providing basic postnatal care to mother and newborn at home.
- Refresh on recording and reporting specifically related with ANC and PNC assessments and care during those sessions.

Output:

- RANMs equipped with knowledge and skills to be ready to implement expanded health service at household level.

The expanded health services include:

1. ANC services

- Conduct at least two home visit to provide ANC counseling on:
 - Care during pregnancy preferably engaging husband
 - Importance of ANC checkups including safe motherhood scheme (Ama Suraksha Program)
 - Birth preparedness and complication readiness plan (BPP)
 - Nutrition, rest and healthy habits.
 - Early newborn care (clean delivery and cord care, thermal care (including skin-to-skin, immediate and exclusive breast feeding)
 - Postpartum family planning
 - Danger signs during pregnancy period.
- ANC checkups on the request of client only – check BP, fetal heart sound and limited do physical examination on the client's request. Promote involvement of fathers/husbands as much as possible maintaining confidentiality.

- Conduct individual and group activities and community meetings to promote MNCH service utilization.
- Referral to health facility (HF) for ANC checkups as per protocol.
- Danger signs recognition and timely referral.

2. PNC and newborn services

- Conduct home visits for 2nd and third PNC visits and provide PNC care.
 - Postnatal checkups and counseling – assess, provide postnatal care and counsel on postnatal and neonatal danger signs and preparation for family planning and promote fathers engagement.
- Newborn care and counseling – basic newborn care (warmth, cleanliness, immediate breast feeding, cord care, eye care and immunization, promote exclusive breastfeeding)
- Identification of postnatal and neonatal danger signs and timely referral.

Schedule of Refresher Training Activities – Facilitators Agenda

Day one					
Sessions/Topics	Learning objectives at the end of sessions	Contents	Method	Time	Materials
1. Setting the environment: Welcome & Introduction	Opening and welcome: <ul style="list-style-type: none"> • Introduction and expectations. • Sharing objective of the refresher training • Ground rules • Choosing volunteers – time keeper & shepherd. • Pre-test 	Objectives of refresher training	Newsprints/slide Presentation	35 min 30 min	Agenda Objectives prepared in slides/newsprints paper.
2. Antenatal care (ANC): Preparation and assessment.	<ul style="list-style-type: none"> • Explain antenatal care needed for pregnant women in the community. • Explain steps of pre-visit preparation and home visits. 	<ul style="list-style-type: none"> ○ ANC at community level ○ Pre-visit preparation and home visits ○ Quick check assessment. 	Newsprints/slide Presentation Group work	20 min	Overview prepared in slides/flipcharts. Participants' handbook
Tea break				15 min	
2. ANC: Preparation and assessment	<ul style="list-style-type: none"> • Explain steps of basic assessment of pregnant woman. • Demonstrate history taking of pregnant woman. 	<ul style="list-style-type: none"> ○ Basic assessment and limited physical examination on request. 	Role play on history taking	60 min	Participants' handbook
Lunch break				60 min	
3. ANC: birth preparedness and complication readiness plan	<ul style="list-style-type: none"> • Describe the birth preparedness and complication readiness plan (BPP). • List pregnancy danger signs for referral. 	<ul style="list-style-type: none"> ○ The birth preparedness and complication readiness plan. ○ Pregnancy danger signs 	Role play	45 min	BPP flip chart BPP card Card # 5 & 6
4. ANC: Counseling	<ul style="list-style-type: none"> • Demonstrate counseling skill to pregnant women and her family members particularly husbands. 	<ul style="list-style-type: none"> ○ Counseling to pregnant women and her family members particularly husbands. 	Presentation – slides/newsprints Role play	60 min	Overview on slides/newsprints. Participants' handbook. Case studies. Husband engagement cards – card # 8 & 9.
Tea break				15 min	
4. ANC: counseling 4.1. Husband engagement	<ul style="list-style-type: none"> • Continue • Educate husbands on pregnancy specifically fetal growth and their roles. 	<ul style="list-style-type: none"> ○ Husbands' role in pregnancy, childbirth and postnatal care 	Role play	60 min	Fetal growth card Cards # 1 to 4

Wrap Up	<ul style="list-style-type: none"> Summarize Day one and next steps 	○		10 min	
Day two					
4.2. Recap	<ul style="list-style-type: none"> Refresh- technical update Review key learnings from day one. Provide clarifications from day one and share agenda for day two. 	<ul style="list-style-type: none"> Key technical updates related with ANC Key learning focusing on new learnings. 	Game: Quiz	15 min	
5. Postnatal care (PNC): preparation and assessment.	<ul style="list-style-type: none"> Describe aim of PNC/N and pre-visit preparation, home visit and preparation of care site, specifically for 2nd and 3rd visits. 	<ul style="list-style-type: none"> Aim of PNC Pre-visit preparation, home visit and preparation of care site. 	Presentation – slides/flipcharts. Group work	45 min	Overview on slides/ flipcharts.
Tea break				15 min	
Continue...PNC: preparation and assessment	<ul style="list-style-type: none"> Explain steps of basic assessment of postnatal mother and newborn including physical examination. 	<ul style="list-style-type: none"> Quick check and basic assessment. Physical examination of postpartum mother & newborn. 	Group work Role play	80 min	Participants' handbook Baby doll
Lunch break				60 min	
6. PNC: basic care for mother and newborn at home.	<ul style="list-style-type: none"> Describe the key elements of postnatal care needed for mother and newborn. List danger signs of postnatal mother and newborn. 	<ul style="list-style-type: none"> Postpartum mother and newborn care Danger sign of postnatal mother and newborn 	Group work Role play	90 min	Participants' handbook Baby doll
7. PNC: Counseling 7.1.BPP	<ul style="list-style-type: none"> Demonstrate counseling skill to postnatal mother and her family members particularly husband. Explain BPP related with postnatal and neonatal. 	<ul style="list-style-type: none"> Counseling – women and their husbands. PNC BPP 	Group work Role play	60 min	Participants' handbook. Case studies. Role of husband/father card – card # 8.
8. Post test	<ul style="list-style-type: none"> Assess learning 	<ul style="list-style-type: none"> Questionnaire 		30 min	Questionnaire
9. Recording & Reporting, wrap up and closing	<ul style="list-style-type: none"> Summary Next steps 			45 min	Form # 1 & 2

Fertility Awareness for Community Transformation (FACT) Project-Nepal

MNC Refresher Training for RANMs

Participants' Agenda

District:

Date:

Location:.....

Purpose:

The purpose of this refresher training is to enrich knowledge and skills of RANMs on MNH specifically ANC and postnatal care including newborn care (PNC/N hence RANMs will be in better position to provide expanded quality of health services at household and community level.)

Specific Objectives:

- Enhance the knowledge and skills on ANC counseling and basic antenatal care on request at home level.
- Enhance knowledge and skills on providing basic postnatal care to mother and newborn at home.
- Refresh on recording and reporting specifically related with ANC and PNC assessments and care during those sessions.

Output:

- Trained RANMs.

FACT Nepal Project – RANM

Refresher Training Agenda

DAY ONE		
Time	Session and Objectives	Facilitator
9:30-10:00	Registration	
10:00-10:35	<p>1. Welcome & Introduction</p> <p>Objectives: Welcome; introduction and sharing objective of the refresher training; setting ground rules and choosing volunteers to be time keeper & shepherd.</p>	DPHO FACT Sr. PC FACT Manager
10:35-11:05	Pre-test	Seema Giri
11:05-11:25	<p>2. ANC: Preparation and assessment.</p> <p>Objectives: Explain steps of basic assessment of pregnant woman. Demonstrate history taking of pregnant woman.</p>	Keshu Kafle/ Naramaya Limbu
11:25-11:40	Tea Break	
11:40-12:40	Continue ANC: preparation and assessment	
12:40-01:40	Tea and snacks Break	
01:40-02:25	<p>3. ANC: birth preparedness and complication readiness plan</p> <p>Objectives: Describe the birth preparedness and complication readiness plan (BPP). List pregnancy danger signs for referral.</p>	Seema Giri
02:25-03:30	<p>4. ANC: Counseling</p> <p>Objective: Demonstrate counseling skill to pregnant women and her family members particularly husbands. 4.1. Husband engagement Objective: Educate husbands on pregnancy specifically fetal growth and their roles.</p>	Chetraj Pandit Surakcha Pant
03:30-03:45	Tea break	
03:45-04:45	Continue ANC: counseling, and husbands engagement	Naramaya Limbu/Rajan Bhandari
04:45-05:00	Wrap up	
DAY TWO		
10:00-10:15	<p>Recap: 4.2. Refresh – ANC technical update Review key learnings from day one. Provide clarifications from Day one and share agenda for day two.</p>	Keshu Kafle
10:15-11:00	<p>5. Postnatal care (PNC): preparation and assessment.</p> <p>Objectives:</p> <ul style="list-style-type: none"> Describe aim of PNC/N and pre-visit preparation, home visit and 	Chetraj Pandit Naramaya

	preparation of care site, specifically for 2nd and 3rd visits.	
11:00 – 11:15	Tea break	
11:15-12:35	PNC: preparation and assessment	”
12:35 – 01:15	Tea and snack Break	
01:15-02:45	<p>6. PNC: basic care for mother and newborn at home.</p> <p>Objectives:</p> <ul style="list-style-type: none"> Describe the key elements of postnatal care needed for mother and newborn. List danger signs of postnatal mother and newborn. 	Rajan/ Surakcha
02:45-03:45	<p>7. PNC: Counseling</p> <p>Objectives:</p> <ul style="list-style-type: none"> Demonstrate counseling skill to postnatal mother and her family members particularly husband. Explain BPP related with postnatal and neonatal. 	Surakcha
03:45 –04:00	Tea Break	
04:00-04:30	Post test	Seema
04:30-05:00	Recording & Reporting, next steps, & Closing	Rajan Bhandari Bhupraj Sangita Khatri

SESSION 1: Welcome and Introduction

Time: 35 min

Learning Objectives:

By the end of this session participants will be able to:

- Get to know each other
- Learn about the refresher training objectives and prepare ground rules

Session Overview

ACTIVITY 1- Welcome participants and explain why we are here (10 min)

ACTIVITY 2- Conduct the “Know - Want to Know” Exercise (15 min)

ACTIVITY 3- Present the refresher training objectives and explain the “parking lot” (10 min)

ACTIVITY 4 – Pre-test (30 min)

Materials:

- Name tags
- Color card for “Know, Want to Know” exercise
- Newsprint paper, markers and masking tape
- Prepared newsprints: workshop objectives, training topics, and parking lot

ACTIVITY 1 - Welcome participants and explain why we are here

Time: 10 min.

Materials

- Color sticky notes for KWL exercise
- Newsprint paper, markers and masking tape

Instructions to Facilitators

1. Preparatory steps involve FACT staff liaising with local officials/in-charges to determine who will be providing the speeches. It is likely that they will need a few key points about the project and the purpose and objectives of refresher training that would help them shape their speech.
2. Designated official will welcome participants to the event and speakers provide their thoughts for the project in general and the refresher training specifically its relevance to the local health program.
3. Introduce the “Parking Lot” for questions. Explain that everyone is encouraged to pose questions at any time. Questions pertinent to the topic being addressed can be answered when posed. Those questions that are out of the topic will be “parked” to be answered during the pertinent topic or at the end of the training.

ACTIVITY 2 - KWL Exercise: Assessing what participants know and need to know

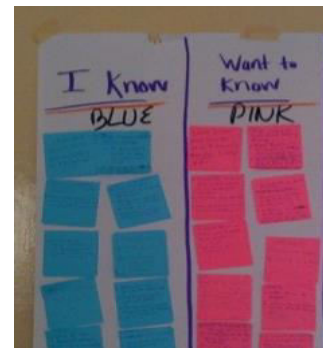
Time: 15 min.

Materials

- Post-it notes or colored pieces of paper/meta-cards
- Newsprint paper and markers.

Instructions to Facilitators

1. Before starting the introductions, give each participant three pieces of paper of different colors (or sticky notes of different colors)/meta-cards. Ask them to write on one color one thing they know, and on the other color two things they want to know about ANC & PNC.
2. The participants introduce themselves saying their names, location where they work and read out then paste these color notes/meta-cards on a blank piece of paper on the wall.
3. Facilitators introduce themselves.
4. Explore the participant expectations about the workshop through a review of the flipchart with the “Want to Know” notes and determine if these match the topics planned for the workshop.
5. To create a respectful and participatory atmosphere during the workshop, ask participants for some rules they would like to establish. Offer a few examples and ask participants to add additional ones as needed.
6. Choose a volunteer time keeper and shepherd – list on flipchart.



ACTIVITY 3 – Refresher Training

Objectives

SPECIFIC REFRESHER TRAINING OBJECTIVES

- Enhance the knowledge and skills on ANC counseling and basic antenatal care on request at home level.
- Enhance knowledge and skills on providing basic postnatal care to mother and newborn at home.
- Refresh on recording and reporting.

Time: 10 min.

Materials

- Prepared flipcharts with objectives
- Flipchart paper and markers

Instructions to Facilitators

1. Present the training objectives listed on a flipchart/PPT and read and explain each one.
2. Compare the objectives with existing knowledge from the “Know” and “Want to Know” notes. Acknowledge which topics participants are familiar with and that you will spend more time on topics that they want to learn more about.
3. Invite participants to ask questions throughout the training. Say that there will be times however, when some of the questions may need to be addressed at the right time in the training workshop. Those questions will then be noted on the flipchart paper with the title “Parking Lot” and addressed at another moment.
4. Ask if participants have any questions and answer them before moving to the next topic.

ACTIVITY 3 – Pre-test

Time: 30 min

Materials:

- Copies of Questionnaire
- Stationary – pen, notebook

Instructions to Facilitators:

1. Explain the purpose of pre-test – to know their learning needs, level of understanding and help to improve in those areas. And also explain that you will conduct post-test at the end of refresher training.
2. Distribute questionnaire and explain the questions.
3. Collect and share the summary of scores by areas of learning next day. Discuss areas of focus during the training period.
4. And then provide the result sheet to individual.

SESSION 2: ANC: Preparation and assessment

Time: 80 min

Learning Objectives:

- Explain antenatal care needed for pregnant women in the community.

- Explain steps of pre-visit preparation and home visits.
- Explain steps of basic assessment of pregnant woman.
- Demonstrate history taking of pregnant woman.

Materials:

- Slide – brief points on quick check
- Case study
- Newsprints/flipcharts, markers, masking tape.

Content:

- ANC at community level
- Pre-visit preparation and home visits
- Quick check and basic assessment and limited physical examination on request.

Instructions/Steps:

1. Warm up: **ask** (5 min)
 - Have you provided ANC services?
 - What did you do to assess pregnant woman? Would you like to share your experiences? What steps did you follow? Where did you provide ANC services?

List points/answers on flipcharts.

2. Share the session objectives.
3. Exercise: on Antenatal Assessment
 - 3.1. Divide into three groups and give the tasks as following:

Group 1: Steps of pre-visit preparation and home visits

Group 2: Basic assessment and limited physical examination on request

Group 3: Role play - demonstration of history taking

- 3.2. Present case study (**Annex 1**) **all groups will use the same case study for group exercise.**
- 3.3. Ask **group 1 & 2** to write down the steps of pre-visit preparation, antenatal assessment and present to large group (20 min)
- 3.4. At the same time period – give **case study to group 3 and ask to prepare the role play** referring to the handbook.
- 3.5. Presentation and discussion:
 - Group 1: presentation (5 min) followed by Q&A (10 min)
 - Group 2: Presentation (5 min) followed by Q&A (10 min)

Ask:

- Are they happy with steps the group presented?
- Do you like to add any more steps?
- Why do we need to do quick check (rapid initial assessment)?

Group 3: Role play - history taking (10 min) and Q&A (5 Min)

- **Ask** them to play their roles and ask others to observe and note.
- **Ask:** use the history taking **form and checklist** while playing role. (**see form # 1**)
- Share the experiences, how they feel about playing roles of pregnant woman and RANM – a service provider.
- Ask others – what are the good things/steps service provider did? What are the areas of improvement?
- Was it pregnant couple friendly? Was it culturally appropriate?
- Did the service provider engage husband? If husband is not around, in that case what would you like to do?
- Did the service provider able to identify her problems or what are her key findings?

- 3.6.Refresh on how to keep records and what to share with health facility.
- 3.7. Summarize and clarify it any queries. (10 min)
 - Write key point on meta-cards and summarize.
 - Tell that the findings will be used for counseling session.

Handout for participants:

- A Guideline on Community Maternal and Newborn Health Services for RANM

Resource Materials for facilitator:

- Maternal and Newborn care – Trainer Notebook, FHD.
- A Guideline on Community Maternal and Newborn Health Services for RANM
- Basic ANC, MNH

Annex 1: case study

1. Mahili is 24 years old living with extended family. Her family includes – her husband, father & mother-in-law, one sister-in-law, and one 1 year old daughter. This is her second pregnancy - 5th month of pregnancy period. This is your first home visit at her home. She went for her first ANC checkup at health facility nearby her home. She and her husband never use any family planning method before pregnancy. She seems anemic.

Guiding questions:

- What and how would you like to prepare before you go to her home for ANC?
- What would you include in your assessment and why?
- How do you do quick check?
- What and how do you do physical limited physical examination on the request of woman?

SESSION 3: ANC: Birth preparedness and complication readiness plan

Time: 45 min

Learning Objectives:

- Describe the birth preparedness and complication readiness plan (BPP).
- List pregnancy danger signs for referral.

Materials:

- BPP Flip chart
- BPP card
- Card # 5 & 6 with discussion guide

Content:

- The birth preparedness and complication readiness plan.
- Pregnancy danger signs.

Instructions/Steps:

1. Warm up: Ask (15 min)
 - Why pregnant woman & her family members like husband need to prepare BPP?
 - What are the reasons of maternal and neonatal deaths?
 - What are the reasons of delay?

Present the summary on: (see **Annex 2**)

- Objective of BPP
- Reasons of delays

2. Share the objectives of session.

3. Role play: (30 min)

- Ask five participants to play roles of pregnant woman (6 months pregnant), husband, mother-in-law, father-in-law and RANM.
- Ask them to conduct role play using BPP flip chart and card (see the tips for role play, **Annex 2**)
- Ask other participants will be observers to provide feedback.

4. Discussion:

- Ask what have they observed? What are good qualities/characteristics of RANM they observed?
- What RANM did to encourage the participation of family members?
- How family member reacted while RANM was taking about BPP?
- Does the plan include all necessary elements? What are missing?
- What will you like to help pregnant woman and her family members in preparing BPP at home level?
- List on newsprint
- Question/answer: clarify if they have any questions.

Handout for participants:

- BPP card
- Card # 5 & 6 with discussion guide

Resource Materials for facilitator:

- BPP manual

Annex 2

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Annex 3: Tips for BPP role play:

- Prepare materials - make ready the BPP flip chart, BPP cards (including illustration card, card #) and discussion guide. And if practical, prepare a sheet to capture the plan as per given sample:

BPP prepared date:

Name of pregnant woman:

What do you prepare	Check		Responsible family member
	Yes	No	
Prepare for money for emergency, transport, treatment and care of mother and newborn <ul style="list-style-type: none"> • Start saving money and keep aside. 			Mother-in-law/Husband
Prepare for transport to take the pregnant woman immediately to health facility during emergency. <ul style="list-style-type: none"> • Identify & keep ready transportation e.g. keep number of ambulance – rickshaw ambulance if available. 			Husband
Identify skilled birth attendant (SBA) and health facility for delivery <ul style="list-style-type: none"> • Identify the birthing center with SBA 			
Obtain Matri surakchha chkaki and keep in safe place.			
Navi mala for newborn			
Optional: Others...they can prepare other like			
Cloth for newborn			
Collection of food for mother etc.			

- Ask everyone to come and sit on mat in a circle to participate in the BPP activity.
- Explain the objective of BPP activity and the time it will take. And request for the participation of key family decision makers like mother and father in-laws, husband etc.

- **Ask –**
 - How are they doing today?
 - How do they feel about pregnancy?
 - How are they currently supporting or taking care of her?
 - Did they prepare anything for delivery?
- Using the **card # and discussion guide** – conduct the discussion session.
 - Explain importance of their role in preparation of plan.
 - Recognizing danger signs during pregnancy.
- Encourage to ask questions to all the members.
- Summarize –
 - The importance of BPP
 - What their roles in BPP are
 - Talk about the plan using the **BPP flip chart** and prepare the plan with them – tell what to be prepared and ask who will be responsible for that.
- Explain about the **BPP card** before handing out to them as following:

hLjg ;'/lff sf8{ (BPP Card)

:jf:YosdL{n} hLjg ;'/lff l^nk rf6{ k|of]u u/] / cfjZos k/fdz{ tyf ;Nnfx lbO{ ;s]kl5 ue{jtL dlxf tyf pgsf kl/jf/nfO{ d'Vo a'Fbf? ;Demg, a'em\g tyf ;f]xL cg';f/ cfjZos sfo{ ug{ ;lhnf] xf];\ eg]/ hLjg ;'/lff sf8{ tof/ ul/Psf] x] . o;sf] Psfkl6 kfgdf ue{;yf, k;|t / ;'Ts]/L tyf gjlzz'sf] :jf:Yosf] nflu ug{'kg}{ tof/L, ;]jf / ;Nnfxaf/] pNn]v ul/Psf] 5 eg] csf]{kl6 kfgdf o; cj:yfdf b]vf kg{;Sg] vt/fsf nlf0fx? tyf t'?Gt} plrt ;]jf k|fKt x'g] :yfgdf n}hfg'kg]{ cj:yfx?sf] af/]df lraqdf b]vfO{Psf] 5 . o;df ePsf lraq? l^nkrf6{ cg';f/sf g} 5g\

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- Explain all the illustrations of the card. Ensure they understood.
- Tell them to hang the BPP card visible manner on the wall.
- At the end of the BPP activity: ask whether they have any questions or not
- Tell them to keep the plan handy and start saving money as per the plan.
- Thanks them and tell them you will be visiting again and revisit the plan too

SESSION 4: ANC: Counseling

Time: 60 min

Learning Objectives:

- Demonstrate counseling skill to pregnant women and her family members particularly husbands.

Materials:

- Summary of findings from ANC assessment
- Card # 8 & 9 with discussion guide
- BPP flip chart and BPP card

Content:

- ANC counseling

Instructions/Steps:

1. Briefly talk about summary of findings from ANC assessment/checkup – session 2. (10 min)
2. Share the objective of session.
3. Demonstration on ANC counseling: Role play

Invite 4 participants/volunteers to play a role of pregnant woman, husband, and mother-in-law and service provider (RANM). Give time to go thru the findings from ANC assessment and prepare for role play (15 min).

4. Ask to play the role and use **card # 7 & 8** during role play (30 min)

Role play

- Use card 7 & 8

Discussion:

With the players:

How do they feel about their roles?

What went well? What not?

With other observers:

What feedback would like to provide?

Handout for participants:

- RANM guideline
- Card # 7 & 8

Resource Materials for facilitator:

- Maternal and newborn care, Trainers Notebook, FHD.
- Basic Maternal and Newborn care: ANC, MNH.

SESSION 4.1: Husband engagement

Time: 60 min

Learning Objectives:

- Demonstrate on how to educate husbands on pregnancy specifically fetal growth and their roles using games/exercises.

Materials:

- Husband engagement cards and discussion guideline
- Cards # 1 to 4

Content:

- Introduction to the anatomy of pregnancy.
- Exploration of husbands'/fathers' roles during pregnancy, delivery and postpartum to care for both the wife and the baby.
- Development of health services to be male-friendly and male-welcoming.

Session overview:

ACTIVITY 1: Introduction to the Anatomy of Pregnancy (20 min)

ACTIVITY 2: Roles of husband (40 min)

ACTIVITY 1 - Introduction to the Anatomy of Pregnancy

Time: 25 min.

Materials

- Pregnancy growth cards.

Instructions/Steps:

1. Explain the purpose the exercise: make the pregnant woman and her husband about the changes occurring in her body as well as to help the husband understand and be more involved. If husband is migrated for job then you may involve her mother-in-law if she is willing to participate. Emphasize that she can share today's learning with her husband while she has telephone conversation.
2. Invite 3 participants to do this exercise - to play role of pregnant woman, husband and RANM. And other all to observe and note their observations for feedback.
3. Make them sit in a circle.
4. And RANM using the cards **ask** and **explain** following the discussion guideline:
 - Have you heard about the fetal growth in woman's womb? What are signs? What would woman feel once she becomes pregnant e.g. morning sickness? Fetal movement etc.

Explain the changes/signs as showing each card. Encourage both woman and her husband to ask the questions.

5. Group discussion:
 - How do the players feel about their role? Is easy to do or hard?
 - Is it possible to do at home?
 - Whom do they involve?
 - How can you make husband friendly service?

ACTIVITY 2: Roles of husband

Time: 35 min.

Materials

- Care cards (Cards # 1- 4)

Instructions/Steps:

1. Brainstorms...

Put up the newsprint paper/flipchart entitled "Behave like a Man." **Ask the participants** to share their ideas about what this means. These are society's expectations of who men should be, how men should act, and what men should feel and say.

Write the meanings of "act like a man" generated by participants inside the box drawn on the paper.

Facilitator prompts can include:

- How does your family expect men to act?
- How does society expect men to feel? Behave?
- What does your clan expect you to achieve?
- How does society expect men to act?
- How would you expect a son to act?

Some responses might include the following:

- Be tough.
- Do not cry.
- Show no emotions.
- Earn money for the family.
- Do not back down.
- Have many children.

Once you have brainstormed your list, initiate a discussion by asking the following questions:

- What are the consequences of always living in this box?
- What are the benefits of acting in ways that are outside the box?
- Is it possible for men to challenge and change the rules or comes out from the box? What would make it easier to do so?

2. Exercise on invisible wall:

Purposes of the exercise:

- To reflect on the different things that hinder good fathering practices.
- Discuss common ways for overcoming such obstacles.

Ask these questions to the mentors and only allow 5 minutes for discussion:

- What are the purposes of walls and fences?
- Have you ever heard of an invisible wall?
- Do you think invisible walls exist?
- Although we cannot see invisible walls, they do exist and can be felt.

Maybe you have felt an invisible wall before. Here is an example of an invisible wall:

Invisible wall #1:

Ram is sitting out in the family compound talking with his friends. He sees his wife trying to make dinner while his 18-month-old son is crying. His wife continues to cook so she can get dinner ready in time for everyone to eat. Ram wonders why the baby keeps crying. Maybe he is hungry? Maybe

he is feeling wet? Maybe he is hot on his mother's back? Ram wonders if his wife is able to finish preparing dinner and take care of his son at the same time. He wants to go over and take his son to see what is wrong, but then he feels an "invisible wall" that stops this action. He wonders what his friends would say if he took his son. So Ram decided to do nothing.

Reflection questions:

- Has anyone ever felt this way?
- What makes us feel this way?
- What can we do to change these feeling?

Invisible wall #2:

Lakhan has just returned from the paddy field with the neighbor men and they are finishing up a discussion about a program they heard on the radio. His 3 year old daughter runs over to him excited to see him, pulls on his trouser leg and screams "daddy, help me to have bath." Lakhan is excited to see her trying for bath and wants to help with her. But then he feels an "invisible wall" that stops this action. What would his friend's think if they saw him bathing his child? Would they say he is spoiling his child to give her this attention? So instead of stopping his discussion and helping he screams to his wife: "Woman, control this child. I am talking to my friends!" However, inside, he wonders how this makes his daughter feel.

Reflection questions:

- Has anyone ever felt this way?
- What makes us feel this way?
- What can we do to change these feeling?

3. Now, put up the piece of flip chart paper and

Ask: currently are the husbands taking care of their pregnant wives and providing care to their children? What are they doing? Write/list on the flip chart.

4. **And then conduct session for mother including her husband showing each card one by one following the discussion guide** (Card #1: helping wife household chores like in kitchen, carrying load related; Card # 2: bathing baby. Card # 3: man going to ANC with his wife; & Card # 4: preparing & feeding her healthy food).

Handout for participants:

- Cards
- Cards discussion guide

SESSION 4.2: Recap and Refresher on ANC & PNC

Time: 15 min

Learning Objectives:

- To recall key learnings from day one

- To quick refresh on ANC & PNC
- To practice on calculation of expected date of delivery (EDD)

Materials:

- Quiz questions

Content:

- ANC & PNC key message

Session Overview:

- Key ANC & PNC message
- Calculation of EDD

Steps:

1. Welcome and ask:
 - Please share what one you learned from day one
 - List soon flipchart
 2. Conduct quiz: (see the list of questions below)
 - Divide into 2 groups
 - Quiz
 - Calculation of EDD
- Show methods of calculation of EDD
- Individual exercise on calculation of EDD

2.1. Quiz questions

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SESSION 5: PNC: Preparation and Assessment

Time: 125 min

Learning Objectives:

- Describe aim of PNC/N and pre-visit preparation, home visit and preparation of care site, specifically for second and 3rd visits.

Materials:

- Slides with written aim and objectives of PNC visits.
- Flip charts, makers, masking tape.
- Reference sheets

Content:

- Aim of PNC
- Pre-visit preparation, home visit and preparation of care site

Session Overview:

ACTIVITY 1: Aim of PNC including objectives of PNC visits (5 min)
ACTIVITY 2: Pre-visit, home visit and preparation of care sites (25 min)
ACTIVITY 3: Basic PNC assessment, quick check (45 min)
ACTIVITY 4: Physical examination (50 min)

Instructions/Steps:

ACTIVITY 1: Aim of PNC including objectives of PNC visits (5 min)

1. Warm up: ask
 - What is the importance of PNC visits? How frequent postnatal mother needs to be visited?
 - What would be the objective of PNC visit at home?
2. Share the objectives of session.
3. Present the slides – aim and objectives of second and third visits.

ACTIVITY 2: Pre-visit, home visit and preparation of care site (25 min)

1. Group work: (10 min)
 - Divide into 2 groups and give task as following:
 - Group 1: prepare presentation on pre-visit and home visit
 - Group 2: work on preparation of care site
2. Group presentation and discussion: (presentation 3 min each and discussion 5 min)
3. Summarize – by slide presentation.
4. Clarify if any queries.

ACTIVITY 3: Basic PNC assessment, quick check (45 min)

1. Ask:
 - What general steps they follow during PNC assessment procedure?
2. Exercise: group work (20 min)
 - Divide into 2 groups:
 - Group 1: to work on quick check and referrals steps for danger signs
 - Group 2: to work basic assessment of both mother and newborn – also role play on collection of information.
3. Give case study:

Sanu gave a birth 3 days ago. Her pregnancy, labor, and birth were uncomplicated. But she is facing difficulty breast feeding. This is her second visit. She has one 2 years old son 2 and now she has daughter. She does not want to become pregnant again.

Ask both groups to work on same case.

4. Presentation and discussion:
 - Group 1 to present for 5 min and discussion (5 min)
 - Group 2: to present 5 min and role of information/history taking for 5 min using the **form and checklist (see form # 2)**.
 - Large group discussion/feedback for 5 min
 - Summarize the key steps and areas/elements.

ACTIVITY 4: Physical examination (50 min)

1. Exercise: group work (20 min)

Same groups are to continue to work on same case study.

Group 1: work physical examination

Group 2: to work on postnatal family planning and helping/supporting for breast feeding.

2. Presentation and discussion: (each group to present for 5 min and discussion 10 min)
Summarize the key steps and areas/elements.

3. Refresh on recording and reporting to health facility – how to keep record and what to report to health facility.

Handout for participants:

- RANM guideline and reference sheets.

Resource Materials for facilitator:

- Maternal and Newborn care, Trainer handbook, FHD
- Maternal and Newborn care, MNH.
- Caring of the newborn at home: a training course for community health workers, WHO and UNICEF.

SESSION 6: PNC: basic care for mother and newborn at home.

Time: 90 min

Learning Objectives:

- Describe the key elements of postnatal care needed for mother and newborn.
- List danger signs of postnatal mother and newborn.

Materials:

- Doll and baby wrappers
- Case studies
- Newsprints/flip charts, masking tape, markers.

Content:

- Basic postnatal care for mother and newborn
- Danger sign of postnatal mother and newborn

Instructions/Steps:

1. Remind the key findings from PNC assessment and based on that work on individualized care provision.
2. Exercise and role play: same groups (40 min)

Group 1: to work on postnatal mother and newborn care

Group 2: prepare and demonstrate role on newborn care

Case study for group 2:

Sanu's daughter is born at health facility. Her weight is 2.5 KG. Sometimes she sucks and sometimes not.

3. Group 1 to present - 10 min and discussion for 10 min
4. Group 2: role play – 15 min

Large group Discussion: 15 min

- How do feel about the roles?
- Did they able to follow the procedure well – what went well?
- What are the improvement areas?

Summarize – present slides on key elements of newborn care – clarify if any queries.

5. Discussion on recording and reporting.

Handout for participants:

- RANM guideline and reference sheets.

Resource Materials for facilitator:

- Maternal and newborn care, trainer handbook, FHD
- Caring of the newborn at home: a training course for community health workers, WHO and UNICEF.

SESSION 7: PNC: 1. Counseling

Time: 60 min

Learning Objectives:

- Demonstrate counseling skill to postnatal mother and her family members particularly husband.
- Explain BPP related with postnatal and neonatal.

Materials:

- Husband engagement cards and discussion guide
- BPP flip chart, BPP card and Card # 8

Content:

- Counseling to postnatal mother and her husband or family members.
- Reemphasis on postnatal family planning and BPP

Instructions/Steps:

1. Refresh on key finding from the PNC assessment
2. Rope play: 2 groups

Group 1: 4 participants to play the roles of postnatal mother (Sanu - same case study), husband, mother-in-law and RANM

2.1 Preparation time for the role play – 15 min

2.2. Role play - demonstrate counseling – 10 min

2.3. Large group discussion: 10 min

Guiding questions:

- What went well?
- What key elements are covered?
- What are the areas of improvement?

Group 2: 3 participants to play a role of postnatal mother, husband and RANM
Preparation time for role play – 15 min (Both groups will do prepare at the same time period).
Group 2 will do role play after the large group discussion on group 1 role play.

2.4. Role play – educating and counseling to husband using cards related with FP, danger signs and BPP (**card # 8**) and discussion guide – 15 min

2.5. Large group discussion: 10 min

Guiding questions:

- How do you feel about roles
- How do postnatal mother's reactions? What about her husband's reaction?
- What are the current practices at community level? Have you observed any husband who helped/provided care to his wife and baby?
- Which practices will be acceptable at the community level

Resource Materials for facilitator:

- Maternal and newborn care, trainer handbook, FHD. Caring of the newborn at home: a training course for community health workers, WHO and UNICEF.

SESSION 8: Post test

Time: 30 min

Objectives:

- Assess the learning

Materials:

- Questionnaire

Instructions/Steps:

- Distribute the questionnaire to participants.
- Explain the questions and time period.
- Collect and share the scores.

Handout for participants:

- N/A

Resource Materials for facilitator:

- N/A

SESSION 9: Report & Record: Next steps

Time: 30 min

Objective:

- Summarize key learning.
- Share the scores of posttest.

Materials:

- Form # 1 & 2
- Flip chart, markers, tape
- List of next steps.
- Post test scores

Content:

- Record and report
- List of next steps.

Steps/methods:

1. Write new learnings: (5 min)
 - Distribute 2 meta-cards to each participant and tell them write two key new learnings, share and tape on flip chart.
 - Review whether their expectations are met or not. If not, help to clarify and explain.
2. Share and discuss use of record forms, form # 1 & 2, and reporting. Clarify any queries. (20 min)
3. Discuss about how participants will implement knowledge, skill and attitude learnt during the 2 days refresher training. (5 min)
- 4.

And what they would like to do? Ask them to write on meta-cards and keep with them for their reference and follow up by RANM officer.

RANMs to note their next steps

5. Thanks participants and close the session

ANC and PNC Recording Sheet

Instruction: This sheet will be filled by RANM during their daily visits. RANMs will keep the record of Antenatal Care (ANC) and Postnatal care (PNC) visits. RANMs will write down the key points and observation in the box below.

ANTENATAL CARE

Form # 1:

Date of Visit

Name of the Client Age

Name of Husband Present Away or abroad

Contact No. Rural Municipality/ Municipality.....

LMD: EDD:

first visit: second visit: third visit:

1. List out some significant day- to day activities of a woman (Such as: work load, dietary intake, tobacco and/or alcohol use, and relationship with her husband and others)

2. List the findings from quick check and referral if any:

3. List major findings from medical, surgical and obstetrical past and present history and contraceptive use.

Obstetric history – past and current:

Medical:

Surgical:

Family planning use:

4. List out the major findings from physical examination of a woman (*Pregnancy duration, fetal movement, any signs of anemia, edema, cyanosis, jaundice and any danger signs*) Refer to the HF if any danger signs are seen (*fill out the referral slip*)

5. Provide some major finding in relation to the present pregnancy of a woman [*i.e. movement of fetus, problems (morning sickness, heartburn, vaginal bleeding, cramping etc. if any)*]

6. Briefly list the counseling points based on your history and physical examination findings and observation.

7. List out some major points covered during counseling and discussion keeping couple-friendly concept in mind.

8. Briefly described your impressions and outputs from education session conducted for husband about fetal growth and his roles

9. List out the plans for next visits for those women who have problems such as, observed danger signs, unsupportive family/husband, irregular visit to HFs and malnutrition.

POST NATAL CARE

Form # 2:

Date of Visit:

Name of the Client: Age:

Name of Husband:Contact No.

Rural Municipality/Municipality.....

second visit: third visit:

1. List findings from quick check and referral if needed:

2. Past and present history of mother and newborn (*For e.g. history of the pregnancy, delivery, any problems with newborn, family relation, plans for family planning use, talk about social or family situation, and daily habits like work load, dietary patters, smoke, drink, family planning, and use plan etc.*)

5. PNC counseling involving husband to mother and newborn (*breastfeeding, breast care, complication readiness plan, rest & sleep, newborn care, family support, immunization, nutrition for mother and newborn, hygiene, postpartum family planning, safe sex etc.*)

Mother	Newborn

6. List out the plan for next visits

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