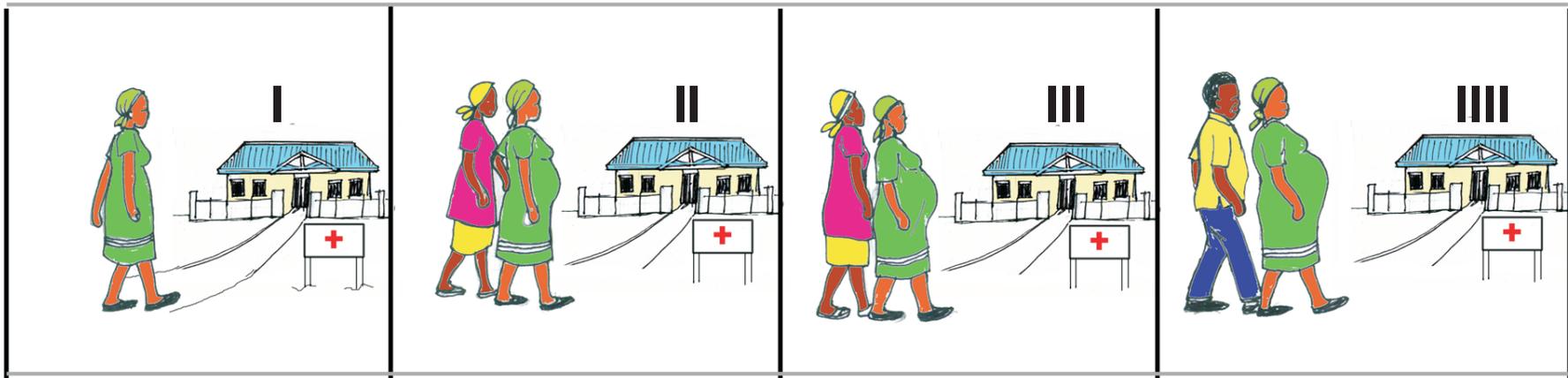




Birth Preparedness & Complication Readiness Plan





1. Community health worker visiting a family and motivating pregnant woman for seeking antenatal care

What do you see in the picture?

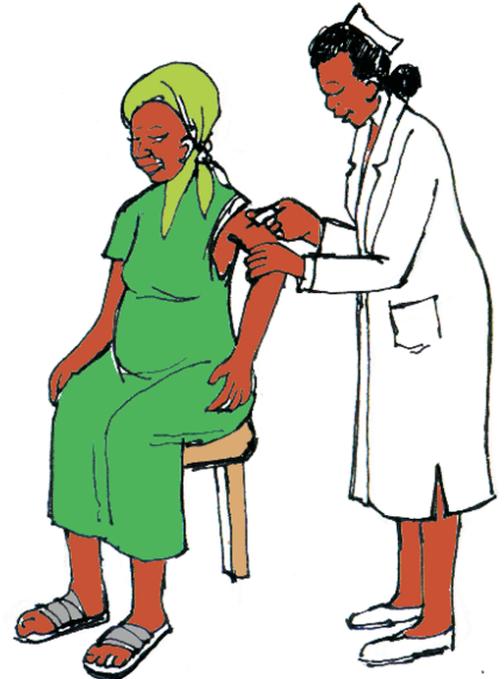
Community health worker visiting a family and meeting a pregnant woman and her family

Discussion:

- Why is it necessary for a pregnant woman to visit health facility or health worker?
- How many times a pregnant woman has to visit facility or health worker during a pregnancy?

Remember!

- To help the mother and baby stay healthy and to be aware of the problems and dangers of pregnancy, antenatal care is necessary.
- Every pregnant woman should visit a health facility or health worker at least four times during the antenatal period.



2. Antenatal care visits

What do you see in the picture?

Midwife measuring BP of the pregnant woman
Midwife giving medicine to pregnant woman\
Midwife administering vaccine to pregnant woman

Discussion:

What health services are provided to a pregnant woman during antenatal care, when she visits a health facility?

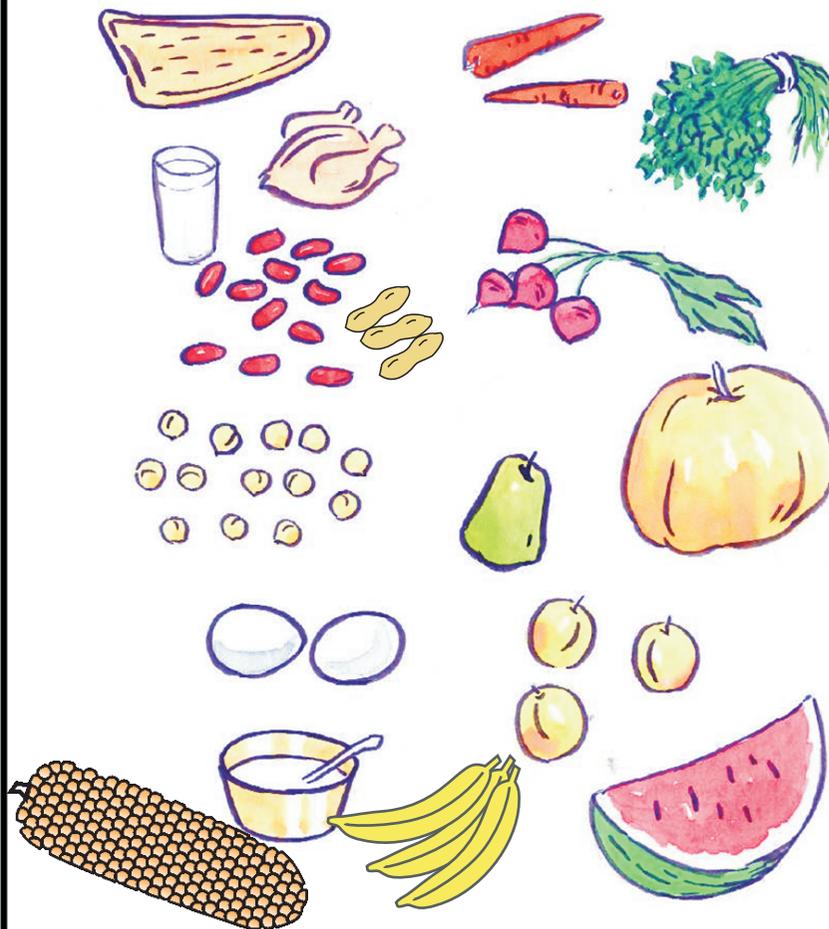
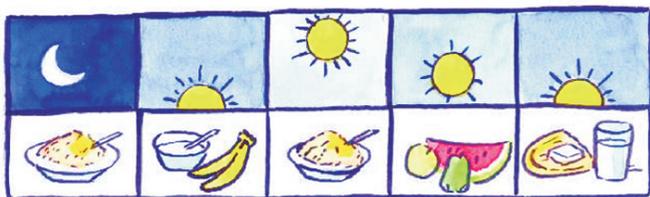
Remember!

In each ANC visit female health worker is examining pregnant women to monitor the progress of pregnancy and to know if she is prepared for delivery:

A pregnant woman is given tetanus vaccine for prevention of tetanus – a disease which could kill pregnant mother and her child.

A pregnant woman is given iron folate tablets to prevent anemia.

A pregnant woman is given advice on how to prepare for a clean delivery.



3. Diet During Pregnancy

What do you see in the picture?

A pregnant woman with different types of food

Discussion:

Why is it necessary for a pregnant woman to eat more than usual every day?
What kinds of foods are beneficial for pregnant woman to eat?

Remember!

Every pregnant woman should eat 4-5 times (more than usual) each day to make sure that pregnant mother and her baby are healthy and strong.

The food should include vegetables, fresh fruits, dairy products, beans and nuts, grains, eggs, meat and Iodize salt.



4. Rest and Pregnancy

What do you see in the picture?

The husband is asking her pregnant wife not to lift heavy objects
A pregnant woman is resting in a well ventilated room

Discussion:

How much time a pregnant woman needs to rest every day?

Remember!

Pregnant women should avoid lifting heavy objects.
They should, at least, rest for two hours each day.



5. Saving money for emergency readiness

What do you see in the picture?

A woman is collecting money to have readiness for any complication that arises during pregnancy.

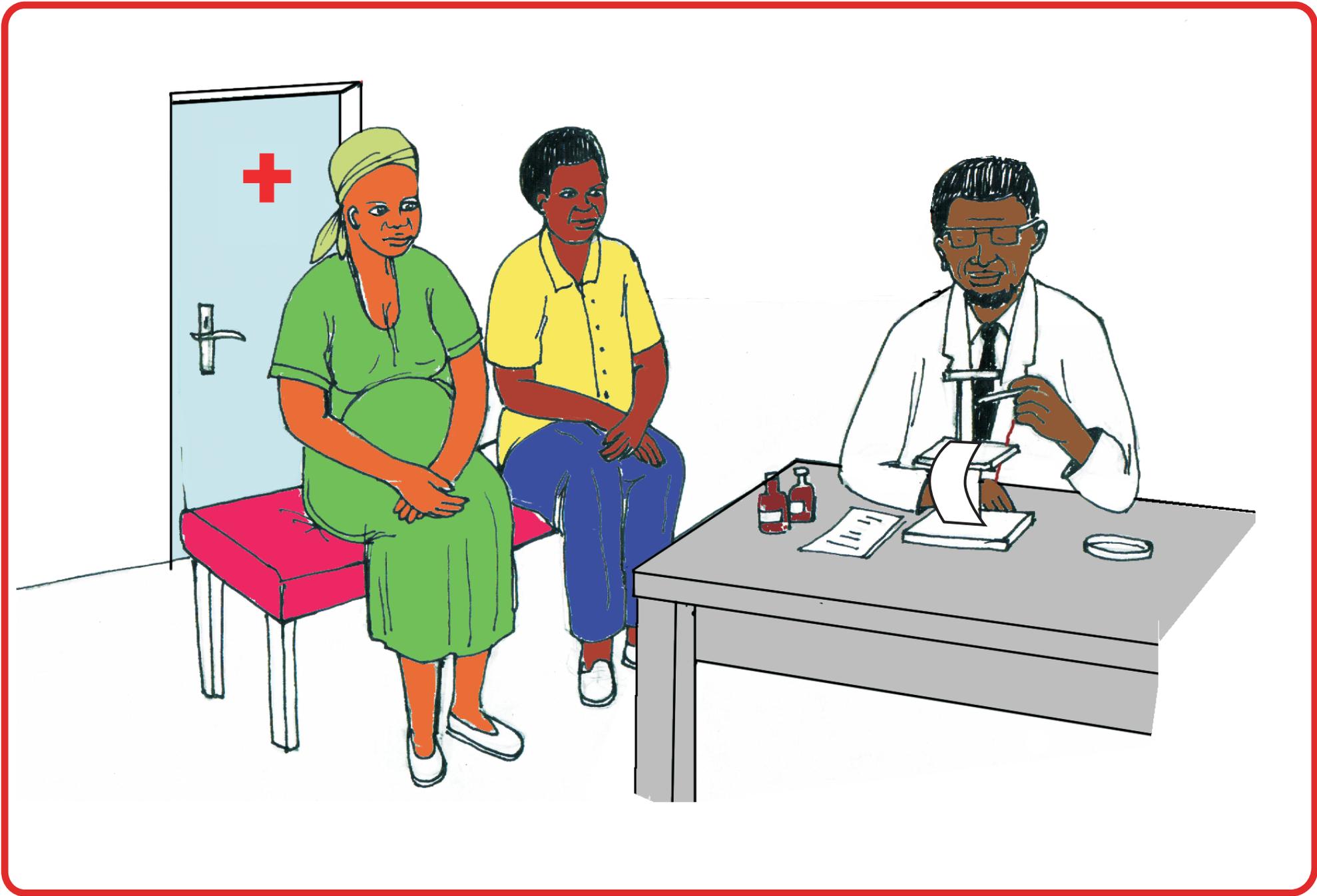
Discussion:

Why is it necessary for a pregnant woman to collect money for an emergency in advance?

Remember!

Most of the pregnancies proceed normally, but some of the pregnancies develop dangerous complications and when complications arise the families may not have enough money to pay for the transportation and emergency care, and therefore it is important to:

Collect money for transportation and emergency care
Start collecting from the beginning of the pregnancy



6. Measuring pregnant woman blood group and identifying a blood donor

What do you see in the picture?

A pregnant woman in a health facility her husband to know their blood groups and see if her husband can give her blood in case she needs.

Discussion:

Why is it important to know pregnant woman blood group and to identify a blood donor in advance?

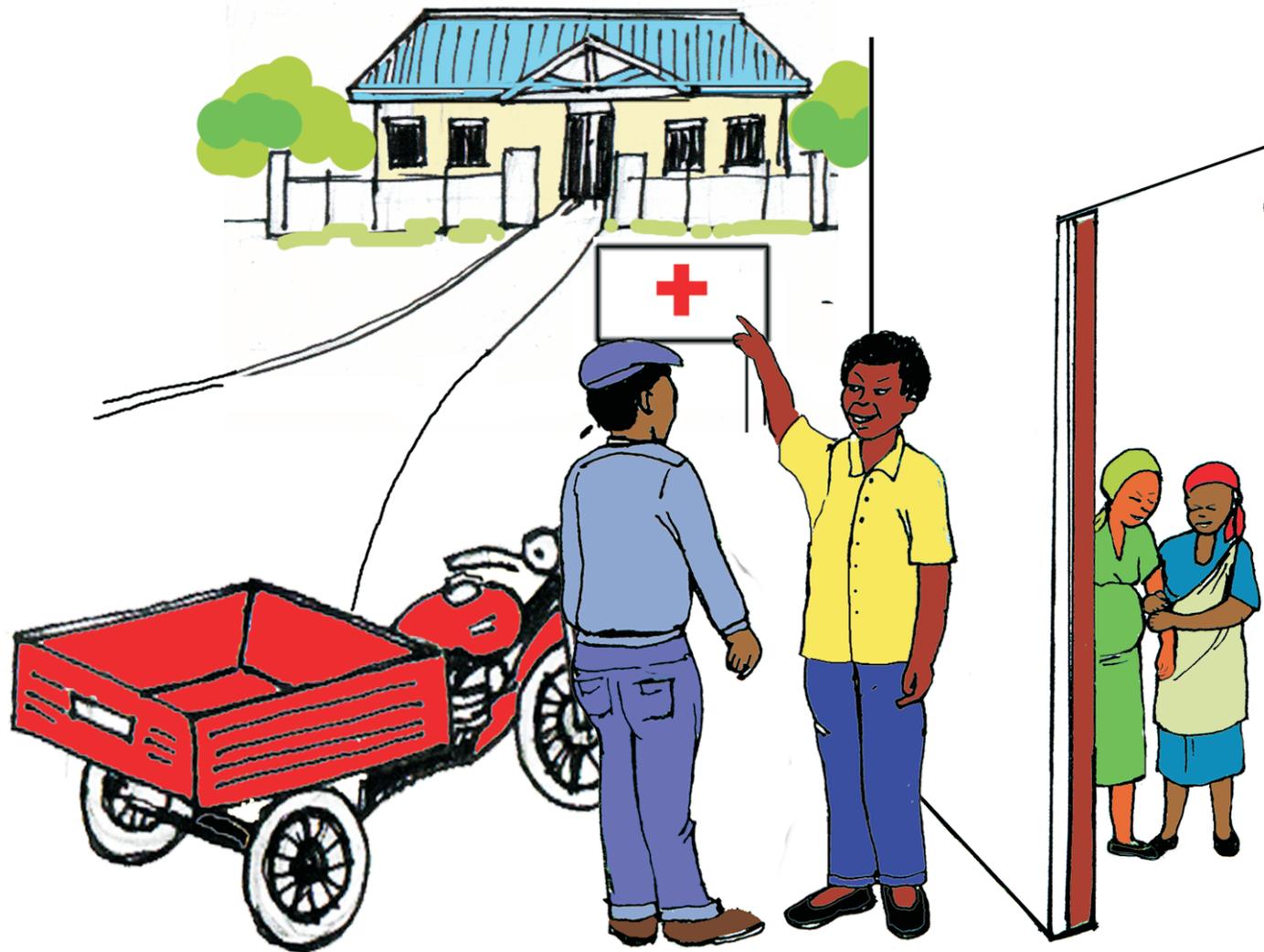
Remember!

Vaginal bleeding is one of the most frequent complications of pregnancy and delivery, most of the women die because of vaginal bleeding, and therefore it is important to:

Identified a volunteer blood donor (among family and relatives)

Check the blood group of the pregnant woman and of donor if it is matching

Ensure the presence of blood donor during the delivery time (in home/at health facility)



7. Arranging a transportation means to transfer the pregnant woman

What do you see in the picture?

A man talking with another man to rent his cart to take his wife to health facility

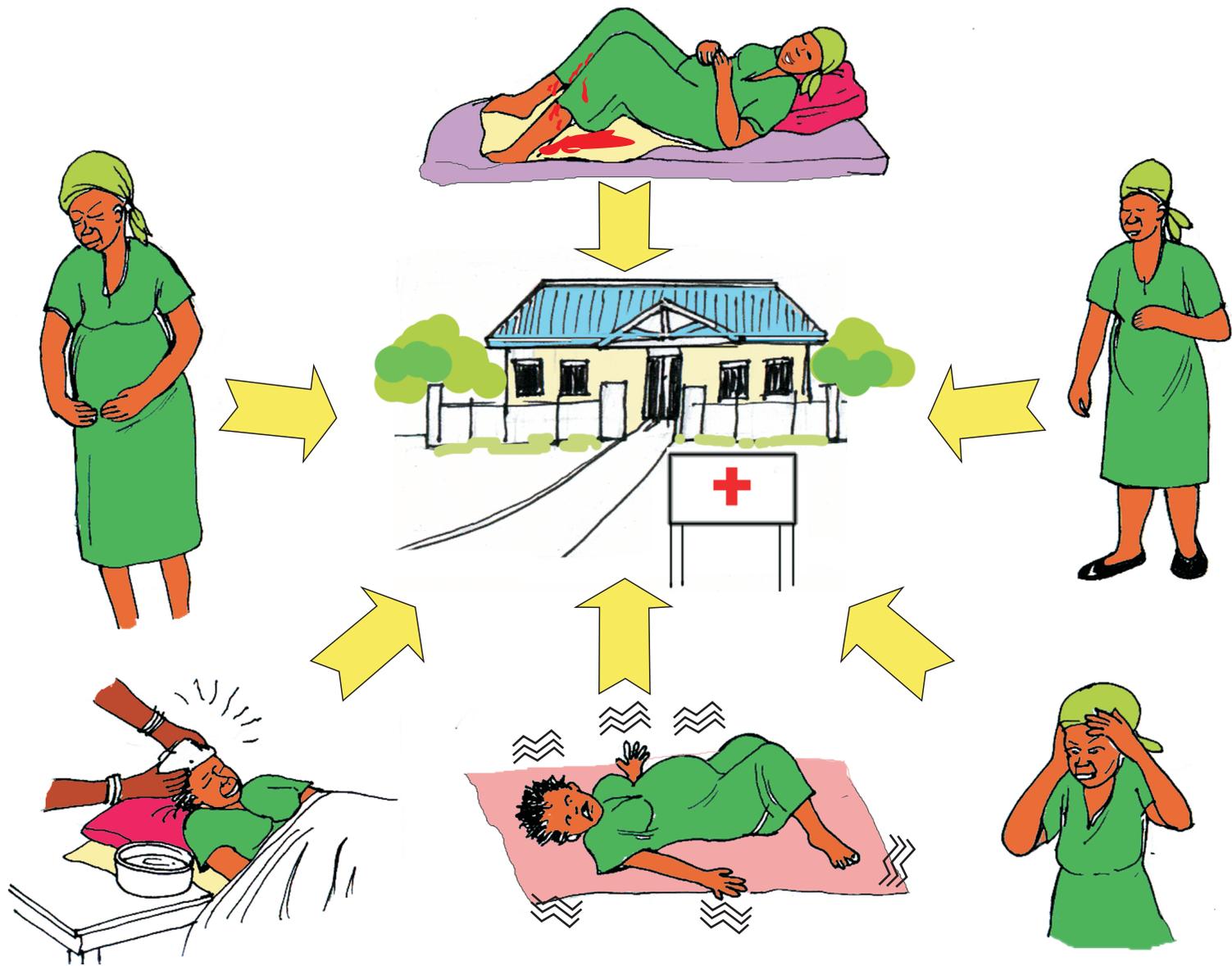
Discussion:

Why is it important to arrange transportation mean in advance?

Remember!

Majority of the pregnancies proceeds normally, but some of the pregnancies might develop complications and the woman's life is at risk if the families do not arrange transportation mean in advance that is why it is important to:

- Prepare a transportation mean like car, cart, etc to take the woman to a health facility when labor starts or in the case of an emergency or a danger sign.
- Identify the health facility which provide emergency health care..
- Know where a midwife is available.



8. Pregnancy danger signs and seeking care

What do you see in the picture?

A woman who has;

- Vaginal bleeding
- Swelling of hands and feet
- Severe headache
- Fits and is unconscious
- Fever after the birth of baby
- Severe abdominal pain

Discussion:

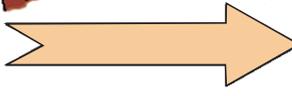
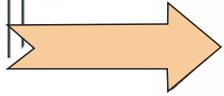
What should a pregnant woman do if any of the shown conditions appears in a pregnant woman?

Remember!

Families must know the danger signs of pregnancy so that they can recognize them when they occur and seek care in a timely manner. The danger signs of pregnancy are;

- Convulsions or unconsciousness
- Swelling of the face and hands
- Vaginal bleeding
- Fever
- Sever Head ache with blurred vision
- Severe Abdominal pain

If a family notice one or more of the above signs then a skilled birth attendant should be consulted or the patient should be transferred to a health facility.



9. Presence of a skilled birth attendant at time of delivery

What do you see in the picture?

A pregnant woman who is about to deliver and her family have two ways to help her, one is to take her to the facility and the other is to bring a midwife or doctor home.

Discussion:

Why is it important to take a pregnant woman who is about to deliver to a health facility or to bring a doctor or midwife home?

Remember!

- To reduce the risks during delivery for mother and newborn, every pregnant woman should deliver under supervision of a midwife or a doctor.
- Deliveries at health facilities are safer than delivery in homes for both mother and baby.
- It is important to contact midwife or doctor before the delivery.



10. Feedback from the pregnant woman

What do you see in the picture?

The pregnant woman is repeating the messages which she has got from the CHW

Discussion:

Is it important for a CHW to take feedback at the end of each session from the pregnant woman?

Remember!

- CHW at the end of session should ask the pregnant woman to repeat the messages to make sure that the pregnant woman understands the messages correctly.
- If the pregnant woman is unable to recall most of the messages the CHW should plan another meeting for the same purpose.