

Prevention of Postpartum Hemorrhage (PPH)



Community-Based Service Providers
Counseling Cards
Flipbook



Postpartum hemorrhage

Introduction

During and after the baby is born, it is all right for a woman to bleed a small amount.

Too much bleeding can happen:

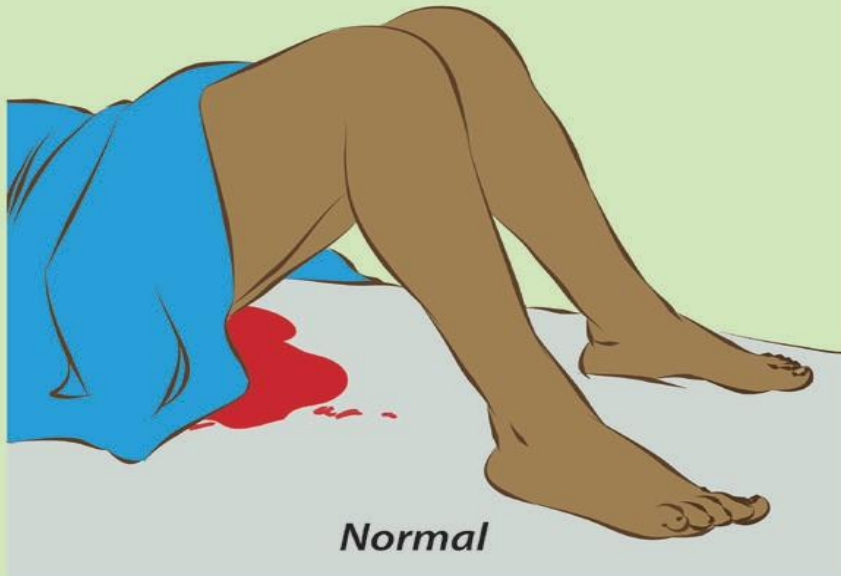
- When the afterbirth (placenta) comes out and the baby house (womb) does not feel hard**
- When the afterbirth (placenta) or a piece of it does not come out of the baby house (womb)**
- If there is a cut in the baby house (womb) or to the place where the baby passes to be born**

Too much bleeding is dangerous if:

- All the clothes under the women are soaked with blood**
- The bleeding soaks 3 or more sanitary pads (Kotex)**

Misoprostol is a medicine that a woman can take to prevent too much bleeding after the baby is born if the bleeding is not coming from a cut in the baby house (womb) or to the place where the baby passes to be born

Bleeding after birth



Key Activities

For All Trained Traditional Midwives (TTMs)/Traditional Midwives (TMs)

- **Trained Traditional Midwives (TTMs)/Traditional Midwives (TMs) should map all pregnant women, postpartum mothers and newborns in the area of the community where they are working and update the map every month.**
- **Trained Traditional Midwives (TTMs)/Traditional Midwives (TMs) should inform the health facility staff of all pregnant women, postpartum mothers and newborns in the area of the community where they are working.**
- **Trained Traditional Midwives (TTMs)/Traditional Midwives (TMs) should inform the community about the care needed for pregnant women, postpartum mothers and newborns and where to get care for women and children**
- **Trained Traditional Midwives (TTMs)/Traditional Midwives (TMs) should counsel all pregnant women and postpartum mothers that are mapped.**
- **Trained Traditional Midwives (TTMs)/Traditional Midwives (TMs) should record and report all activities**

Counseling for Danger signs During Pregnancy

When a woman is pregnant, she should look out for bad things that can cause problem for her and the baby.

- **Swollen Feet, hands and face**
- **Strong headache**
- **Strong stomach pain**
- **Bleeding**
- **Fever and jerking**
- **Vomiting**
- **Turing of the eyes and weakness**

The Pregnant Woman Should Visit the Hospital/Clinic If Any of These Things Are Happening To Her



SWELLING OF HANDS AND FEET/JERKING
REFER TO HOSPITAL IMMEDIATELY



SWELLING OF FEET
VISIT THE BIG-BELLY CLINIC FOR CHECK UP

Counseling for Birth Preparedness and Complication Readiness

When a woman has belly it is good to:

- **keep small money for any trouble that might happen to her**
- **know a place where she will born the baby**
- **know a person/ hammock group/a car to take her at the clinic or hospital when she is in pain**
- **know someone who will stay with her other children at home when she is at the clinic or hospital**
- **She should put together small things (hat, sock, blanket or clean lapper and clothes) for the baby**
- **She should also carry along with her kotex, Clorox and clean clothes for her to wear and others personal things she would need.**



Important Things a big belly Woman Should Know

When she get belly, she needs to:

- **Eat the right kind of food to make her blood strong**
- **Visit the big belly clinic at least four times before the baby is born for big belly check-up and to get big belly medicines.**
- Born the baby at a clinic or hospital where there are doctor people who will be able to help solve problems that could happen with the mother or baby.
- Know about family planning (it is good to wait for at least two years before she can get belly again).
- Give the new baby only tay-tay water right after the baby is born for the first six months
- That a new baby ma should go to the clinic or hospital for the doctor people to check she and the baby and for the baby to get vaccine (even if she born the baby at the clinic/hospital)



Misoprostol Introduction

- Misoprostol is a medicine that is given to a woman to take right after she delivers the baby to prevent bleeding too much/Postpartum Hemorrhage (PPH).
- The TTM that is trained to give the Misoprostol medicine in her area of the community will give the medicine to the woman when she reach 8 months to keep until the delivery.
- The woman will keep the 3 tablets in a safe place until she delivers. It is very good that other family members or someone who will be there when she delivers are informed about the tablets in order to remind the woman to take them right after she delivers.
- The pregnant woman must never take the 3 tablets when the baby is still in the womb. It can be bad for her and the baby. She and the baby could die.
- It is important for the woman to take all three of the tablets so that it can work very good and help her so she cannot bleed too much

Misoprostol Introduction



How to Store the Tablets before Childbirth

- **The pregnant woman should show other family members or someone who will be there when she delivers where she is keeping her tablets to ensure that she takes them right after she delivers the baby.**
- **You should tell the pregnant woman to visit the health facility after delivery to tell the health worker if she used or did not use the medicine.**
- **Make sure you bring the women and the new baby to the health facility after she delivers. When coming, bring the medicine, if it was not used, or the empty pack, if it was used to the health worker in the health facility.**

How to Store the Tablets before Childbirth



Who Can Take the Misoprostol Medicine?

- A baby mother who has just given birth to a new baby can take misoprostol to prevent too much bleeding.

Who Can Take the Misoprostol Medicine?



Why Should a New Baby Ma Take the Misoprostol Medicine?

During and after delivery, it is all right for a woman to bleed small. However, bleeding too much is dangerous if:

- **All the clothes under the women are soak with blood**
- **The bleeding soaks 3 or more sanitary pads (Kotex)**
- **If the woman feels week and faint**

Causes of bleeding too much/Bleeding can happen:

- **When the afterbirth (placenta) comes out and the baby house (womb) does not feel hard**
- **When the afterbirth (placenta) or piece of it does not come out of the baby house (womb)**
- **If there is a cut in the baby house (womb) or to the place where the baby pass to be born**

Why Should a New Baby Ma Take the Misoprostol Medicine?



After Taking the 3 Tablets

Tell the mother:

- To watch out for any vomiting, fever or diarrhea

What to do?

- If **fever**, wipe your skin with cold water.
- If **trembling**, cover with blanket.
- If **diarrhea/vomiting**, drink plenty water.
- If these problems don't stop, let her family members take **her to the hospital or clinic.**

When to go to the clinic/hospital after taking the Misoprostol tablet:

- If these problems don't stop after doing the things the TTM say to do for them, take the woman to the hospital or clinic.
- If the woman is still bleeding plenty after taking the Misoprostol tablet, take the woman to the hospital or clinic.

After Taking the 3 Tablets



Unused or Empty Packages

TTMs/TMs should collect and report to the health facility all empty packs and unused misoprostol.

Damaged or missing misoprostol should be reported for possible replacement.



Empty Package

Counseling Card for Trained Traditional Midwife (TMM)

1. All pregnant women should deliver at the clinic or hospital.
2. When it is too late to take the big belly to clinic or hospital, ask the woman if she has the 3 tablets she was given when she was 8 month. When the baby is deliver, make sure there is no other baby in the baby house. Then let the woman take the 3 tablets of Misoprostol right away
3. Make sure you put the baby to the tay-tay to start suckling.
4. After taking the 3 tablets, tell the mother to watch out for any vomiting or fever.
5. What to do?
 - If **fever**, wipe yourself with cold water.
 - If **trembling**, cover with blanket.
 - If these problems don't stop, **take the woman to the hospital or clinic.**

The Counseling Process Is Good When the Woman Shows That She Understands the Counseling Materials Provided

The woman is considered to have understood the counseling material if she can repeat the information given correctly and completely on:

- **What will show that the woman is bleeding / Hemorrhage too much that it is dangerous**
- **What causes too much bleeding after delivery/ dangerous bleeding?**
- **How and when to use **Misoprostol 3** tablets**
- **Importance of not taking the tablets when she is still pregnant**
- **How to store the Misoprostol tablets**
- **Problems that may happen after taking the medicine and what to do if they really happen.**
- **When to go to the hospital after taking the tablets.**

Five (5) Key Messages In Helping to Prevent the Needless Deaths of Mothers and Their Newborns

PREGNANCY

A pregnant woman should go to the big belly clinic (Antenatal Care, or ANC) at least 4 times when she is pregnant, so that she and the baby can be checked, she can receive information on what to do and any medicines she needs for herself and the baby, and be prepared for the delivery and any complications.

LABOR & DELIVERY

All women should be delivered by a Skilled Birth Attendant (SBA). In Liberia, the SBAs are doctors, professional midwives, physician assistants and registered nurses. As soon as the baby is born and there is no other baby in the woman's stomach (womb), the woman is to receive the medicine to stop heavy bleeding. Also, her baby should be checked to make sure the baby has started breathing normally. The baby should be kept dry, warm, and placed on the mother's breast right after birth to start breastfeeding.

POSTPARTUM MOTHER

A new mother should go for a check-up within a few days (1–2 days) after she has the baby, to make sure she is all right, to receive information on what to do to make sure she and the baby can stay healthy, and to receive any medicine she needs.

NEWBORN

All newborn babies must be kept warm, dry, clean, and only breastfed. A newborn baby must be taken for a check-up within 1–2 days after being born, to make sure the baby is all right and to receive any medicine or vaccine the newborn baby needs.

FAMILY PLANNING – PRACTICE HEALTHY TIMING AND SPACING OF PREGNANCY

For the mother and baby to be healthy:

- All women and girls should wait at least 2 years after the birth of their last baby to get pregnant again.
- All women and girls should wait at least 6 months after an abortion or miscarriage before trying to get pregnant again.
- All girls should delay their first pregnancy until after 18 years of age.

All girls and women should either practice abstinence or use a modern family planning method to prevent unintended pregnancy.

Everyone Can Do Something to Prevent Needless Deaths of Mothers and Newborn Babies! Do Something Today!!



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