

NURSE CLINICIAN

LEARNING

TO

TEACH

VHMs DIARRHOEA

1987

Rural Health Development Project
Ministry of Health and Social Welfare
Maseru, Lesotho

ACKNOWLEDGEMENTS

Nurse Clinician training materials are Lesotho adaptations based upon the MEDEX prototype curriculum for training mid-level health workers.

The prototype MEDEX materials were developed by the Health Manpower Development Staff of the John A. Burns School of Medicine, University of Hawaii. The original prototypes were based on training experience in over a dozen third-world countries. These were revised on the basis of HMDS experience in Micronesia, Thailand, Pakistan, and Guyana before being made available to Lesotho under a U.S.A.I.D. funded contract.

Major adaptation in Lesotho began at the National Nurse Clinician Training Programme Curriculum Adaptation Workshop held at Mazonod in January 1980. The nearly fifty participants represented all major health and health related activities in Lesotho, both Government and private. These participants and others working as individuals and then as review committees have adapted the Nurse Clinician training materials to meet the conditions and needs of Lesotho.

The Government of Lesotho and particularly the staff of the Nurse Clinician training Programme are grateful to HMDS for supplying the prototype materials and to all those individuals who have helped in the Lesotho adaptation process.

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General References:

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Picture Credits:

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SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

NURSE CLINICIAN
INSTRUCTIONAL OBJECTIVES

The nurse clinician will use role play, demonstration, discussion, and a village visit technique to teach the VHW the following:

1. Identification of a child with diarrhoea.
2. Preparation of oral rehydration solution.
3. Parent teaching in preparation of oral rehydration solution.
4. Feeding of oral rehydration solution to diarrhoea/dehydrated child.
5. Parent teaching in feeding of oral rehydration solution to diarrhoea/dehydrated child.
6. Identification of dehydrated child, vomiting child, and unconscious child.
7. Referral of vomiting and unconscious child.
8. Identification of practices in the home which cause diarrhoea.
9. Promotion of practices which prevent diarrhoea.

INTRODUCTION

The most effective treatment of diarrhoea is oral rehydration solution given by mouth. It is especially important to us as health workers in its use at the village and home level.

Village health workers should be thoroughly familiar with this treatment so that child deaths can be prevented at the village level and diarrhoea can be treated early and appropriately before complications occur.

In this module, we will learn how to teach the use of the oral rehydration solution to the VHW using the principles of competency-based training. We will also use the concepts that we teach as we have been taught. You will be learning the VHW content in the same manner as you will use when you are teaching the VHWs.

As you work through this module, first review (Diseases of Infants and Children) Module on diarrhoea.

Gathering Village Information

Whenever we are working with VHWs in a village or local community, we should be aware of local traditions that are practiced by villagers to care for their health. Discussing this with the VHWs will help the VHWs to become consciously aware of the practices used in their village. The VHWs can then use this knowledge when they are working in their villages.

This discussion will help you, as nurse clinician, learn how disease is defined by villagers and the local treatment patterns. If the village treatment is positive or health promotive, you can help the VHWs find ways to support the local treatment. If the local treatment is harmful, then you as a nurse clinician are aware of the obstacles, or resistant factors, that need to be overcome to treat diarrhoea correctly.

The best way to extract this local knowledge from the village is to talk about it with the VHWs. Draw out this information through the use of "leading questions." You, as a nurse clinician, need to find answers to the following questions:

1. Do villagers recognize diarrhoea?
2. What do they call it? Is there a common name for diarrhoea?
3. What do the villagers do to treat it?

You know what villagers should do for treating diarrhoea and after being informed of the answers to the above questions by the VHWs, you will know what obstacles, if any, that need to be overcome so that the VHW can help the villagers treat diarrhoea in the home.

Whenever you are using demonstrations, always use materials that are available in the home, for example, firewood, cooking pot, and other required materials. Do not use things in your demonstration that are only found in a health centre or in the city. Use local materials at all times.

Whenever you use a photo or pictures in the handouts, point out the important message of the picture. Do not expect everyone to see the same thing you do or to immediately recognize the important features of the photo. You must teach the message.

ACTIVITY 1

DIARRHOEA

Special Instructions For Teaching Text	Text for Teaching
<p>*DISCUSSION</p> <p>Once the local name for diarrhoea is identified, always use that name in further discussions.</p> <p>*Use ORAL REHYDRATION flip-chart.</p> <p>-Show page of child with diarrhoea, then page of child vomiting.</p> <p>-Show page of three tins and boiling water.</p> <p>-Show page of things to make oral rehydration solution.</p> <p>-Show picture of pinches and fistfuls of ingredients.</p> <p>-Show picture of woman pouring oral rehydration solution in cup,</p>	<p>"Today, we are going to talk about diarrhoea. When children and adults have loose watery stools, they are said to have diarrhoea."</p> <p>* "Do children in your village have diarrhoea?"</p> <p>"What is the name of diarrhoea in your village?"</p> <p>"When do children usually get diarrhoea?"</p> <p>"Do you see diarrhoea more often at certain times of the year?"</p> <p>"What do you usually do for it?"</p> <p>"Diarrhoea is when a child passes loose, watery stools. This means that the child is losing water (fluids) from his body. The child can also lose water by vomiting. Since the child is losing water from his body, we must be sure that the water is replaced. This is important in order to prevent the child from getting sicker and dying."</p> <p>"For the child or adult who is having loose, watery stools, or is vomiting, the best treatment we can give is oral rehydration solution."</p> <p>"This oral rehydration solution can be made in the village home by boiling one litre of water. You can measure one litre of water by using an empty beer, or coca-cola tin and filling the tin three times with water. This gives you one litre."</p> <p>"Gather together, sugar, salt, soda and a clean pan for mixing. To the cooled boiled water, add two pinches of salt, one pinch of Kock-soda, and two fistfuls of sugar."</p> <p>"Pour the oral rehydration solution in a clean cup and feed it to the child."</p>

Activity 1 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
<p>-Show page of woman feeding child.</p>	<p>* "Making the oral rehydration solution is the first step. Next, we must be certain that the child with diarrhoea drinks the oral rehydration solution. The child is sick and may not want to drink it, but it is our responsibility to be sure that the child drinks the special water."</p> <p>"It is important that the mother, father, or grandparents feed this to the child. The sick child may not want to take the oral rehydration solution from us."</p> <p>"The child should drink at least 1 cup of oral rehydration solution each time he passes a diarrhoea stool. The oral rehydration solution will put water back into the child that was lost in the watery stool."</p>
<p>-Show page of woman going to the clinic. -Show picture of woman breast-feeding.</p>	<p>"If the child does not want to drink the oral rehydration solution, or continues to vomit and have diarrhoea, send the child to the clinic."</p> <p>"Even if the child has diarrhoea, tell the mother to continue to breast feed."</p>
<p>*DEMONSTRATE</p> <p>Boil one litre of water. Add two pinches of salt. Add one pinch of Kock-soda. Add two fistfuls of sugar. Cool.</p>	<p>"Now I will demonstrate how to make the oral rehydration solution."</p> <p>"Now you know how to make the oral rehydration solution water, but as a VHW, you must also teach the parents how to make it."</p>
<p>*ROLE PLAY</p> <p>First, you, as nurse clinician, take the role of the VHW. Have one other trainee act as the mother or father, holding a child with diarrhoea. The VHW will make oral rehydration solution and teach the parents how to make it. (Be sure that the VHW in the role play involves the "parents" in the demonstration. Let the "parents" actually add the pinches of salt, soda, and fistfuls of sugar to the boiled water.)</p>	<p>* "Let's simulate (role play) that a mother or father has just brought her child with diarrhoea to your home. What should the VHW teach the mother or father?"</p> <p>"Let's review what we have learned today. A child with loose, watery stools has diarrhoea. Children with diarrhoea lose water from their body. We treat this by replacing water in their body with oral rehydration solution that we can make ourselves. We make it by boiling one litre of water and adding two pinches of salt, one pinch Kock-soda, two fistfuls of sugar"</p>

Activity 1 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
<p>*SHOW TEACHING POSTER</p> <p>Boil one litre of water. Add two pinches of salt. Add one pinch Koek-soda. Add two fistfuls of sugar. Cool and feed to the child.</p> <p>HANDOUT</p> <p>Give an oral rehydration solution teaching poster to each VIHW. Ask each VIHW to put the poster on some wall of their house. Ask them to tell the story of the poster to the members of their family.</p>	<p>* "Remember the importance of feeding the child the oral rehydration solution. The child must drink at least one full glass for every stool passed. This is the essential part of the treatment."</p> <p>"Remember that it is our responsibility as VIHWs to teach the parents how to make the oral rehydration solution and to feed it to their children. VIHWs should also always have one bottle (capped) of fresh boiled water in your home so that you can make it into oral rehydration solution and can give it immediately in case someone comes to your house suffering from diarrhoea. Give your oral rehydration solution but also teach the mother or father how to make it at home. This is done at the villager's home if the villagers are from your village. If not, make it in your home."</p> <p>"Keep one bottle of fresh boiled water in your home so that you can make oral rehydration solution for treating a child with diarrhoea. When a child is brought to your home with diarrhoea add two pinches of salt and one pinch Koek-soda, and two fistfuls of sugar and feed it to the child."</p> <p>HOME ASSIGNMENT:</p> <p>"Tonight at home, make <u>one litre</u> of oral rehydration solution. Wash the bottle carefully before you put the oral rehydration solution in it. Cap it and bring the bottle to class tomorrow."</p>

THUSO EA PELE HA NGOANA
 A HLATSA KAPA A TSOLLA:
 NOESA NGOANA KOPI EA MOTSOAKO
 ONA NAKO LE NAKO HA A QETA
 HO TSOLLA.

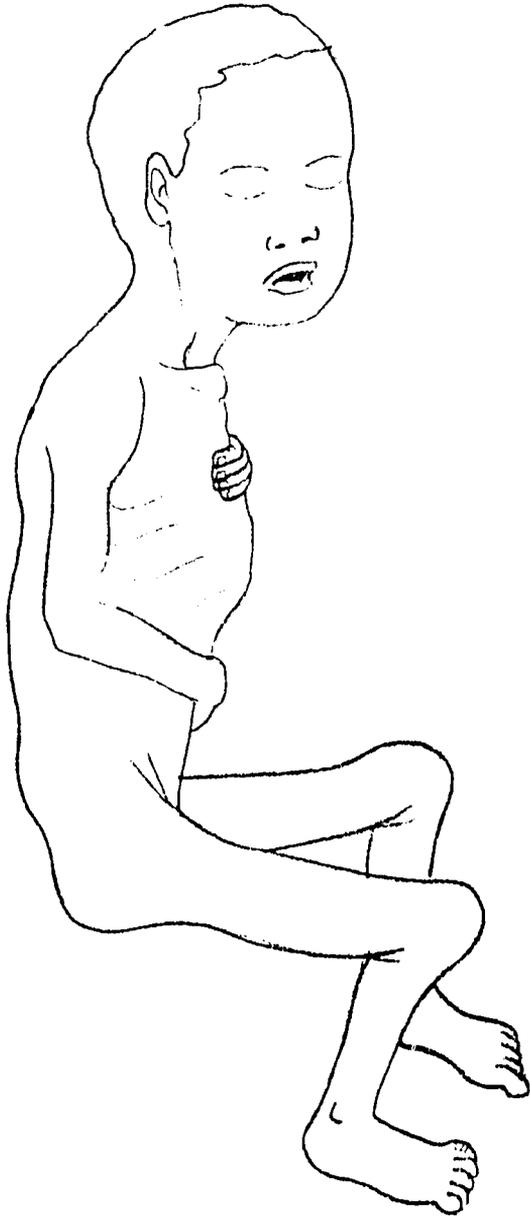


HAPE TSOELAPELE HO NYANTS'A NGOANA
 LE HA A TSOLLA.

ACTIVITY 2

DIARRHOEA

Special Instructions For Teaching Text	Text for Teaching
<p>Before beginning session, check on bottles of solution made at home. Ask each VIW to taste it. Nurse clinician also tastes them.</p>	
<p>*TEACHING POSTER</p>	<p>* "Where did you place the poster?"</p>
<p>Review making of oral rehydration solution.</p>	
<p>*DISCUSSION</p>	<p>* "Did you learn any new information from your family about diarrhoea and its treatment?"</p>
<p>Share stories from your background.</p>	<p>"Yesterday (the last time we were together) we talked about diarrhoea. If a child has loose, watery stools, he has diarrhoea and is losing important body water each time he has a stool. The fluid needs to be replaced with oral rehydration solution that we can make in the home."</p>
<p>*SHOW PHOTO/PICTURE OF DEHYDRATED CHILD</p>	<p>* "Today we are going to talk about a more serious form of diarrhoea. If a child has sunken eyes...or the skin stands up when pinched lightly (tenting)...this is a more serious form of diarrhoea."</p>
<p>*DISCUSSION: Questions</p>	<p>* "Have you seen children like this in your village?"</p> <p>"Do you have a special name or symptoms for this?"</p> <p>"If children look like this, what do their parents do about it?"</p> <p>"What usually happens to a child who is like this?"</p>



Activity 2 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
<p>*DEHYDRATION FLIPCHART</p> <ul style="list-style-type: none"> -Show picture of mother holding child. -Show picture of VHW talking to groups of people. -Show picture of VHW watching mother make oral rehydration solution. -Show picture of VHW watching mother feed solution. -Show picture of mother taking child to clinic 	<p>"Quite often a child who has sunken eyes and skin that stands up when lightly pinched will die from this disease. This is because there is not enough water in the child's body and the child's body is drying up."</p> <p>"As VHWs, you can help the parents treat their children with serious diarrhoea. Explain the immediate need for oral rehydration solution."</p> <p>"Make the oral rehydration solution. Feed the child the oral rehydration solution. Help the parent feed the solution to the child. If the child does not drink several cups of the oral rehydration solution, send the child to the nearest health centre and continue to feed it sips of oral rehydration solution all the way."</p> <p>"If the child has lost a lot of water and is very dried up (dehydrated), he may be unconscious. Do not give water to an unconscious child because he cannot swallow and may choke. Take or send the unconscious child to the health centre immediately or he may die in his home."</p>
<p>*ROLE PLAY</p> <p>(You, as nurse clinician, should act the role as VHW first with one other trainee acting as mother holding unconscious child.) Following that, have trainees act as VHWs.</p> <p>(Stress the importance of the life-threatening nature of the situation. The mother must take the child to the health centre immediately.)</p>	<p>HOME ASSIGNMENT:</p> <p>"Older members of our villages usually have lots of information about health that we should know. Talk with one or two older members of your village to find what they do in the treatment of diarrhoea. Explain the teaching poster to your neighbours."</p>

Activity 3 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
<p>*DIARRHOEA AND VOMITING FLIPCHART</p> <p>-Show picture of child that has both diarrhoea and vomiting.</p> <p>-Show picture of VHW watching mother make oral rehydration solution</p> <p>-Show VHW watching mother giving oral rehydration solution.</p> <p>-Show picture of mother going with the child to the clinic.</p> <p>*ROLE PLAY</p> <p>1. A mother or father invites the VHW to come to their house in the village and her/his child is having loose, watery stools. The child has had diarrhoea for 24 hours.</p> <p>-one trainee is the VHW.</p> <p>-one trainee holds child and acts as father or mother.</p>	<p>"If children with diarrhoea are vomiting, what do their parents do about it?"</p> <p>"A child with diarrhoea, who is vomiting, is very sick. We know that children lose body water when they have diarrhoea. If these children are also vomiting, then they are losing even more body water. The child must be given a few sips of oral rehydration solution. He is vomiting and may also vomit the oral rehydration solution, but it is very important to try to feed the child a few sips of solution. The few sips of oral rehydration solution may help the child stop vomiting. If the child stops vomiting, he should continue drinking the oral rehydration solution."</p> <p>"To the parents it is very important to explain the need for the oral rehydration solution. Make the solution with the parents, showing them how. Then help them to give give sips of the oral rehydration solution to the child."</p> <p>"If the child does not stop vomiting, take or send the child to the nearest health centre. Continue to try to give a few sips of oral rehydration solution to the child."</p> <p>"Good! I think we remember a lot about caring for diarrhoea in children."</p> <p>"Now let's pretend that you are in your home and someone comes to your house for help."</p> <p>*</p>

Activity 3 - Diarrhoea (cont)

Special Instructions For Teaching Text	Text for Teaching
<p>Questions:</p> <ul style="list-style-type: none"> -Did the VHW go to the home of the father? -What did the VHW do on arrival? -Did the child drink the oral rehydration solution? -How much? <p>2. Mother or father comes to your house with a child with diarrhoea and vomiting.</p> <ul style="list-style-type: none"> -One trainee acts as VHW. -One trainee acts as a parent and holds child who has diarrhoea and is vomiting. <p>Questions:</p> <ul style="list-style-type: none"> -Did the VHW give sips of oral rehydration solution from her bottle? -Did the child keep it down? -Then what did the VHW do? -Was it necessary to refer? Why? <p>3. A father comes to your house and asks you to come to see his child who is unconscious and has diarrhoea.</p> <ul style="list-style-type: none"> -one trainee acts as VHW. -One trainee acts as father. -One trainee acts as mother holding (looking at) unconscious child. <p>Questions:</p> <ul style="list-style-type: none"> -What did the VHW do? -Did the VHW refer the child? -How quickly did they go? 	

Activity 3 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
	<p data-bbox="659 407 1170 491">"Very good! I think we know how to help our neighbours who have children with diarrhoea."</p> <p data-bbox="659 573 908 597">HOME ASSIGNMENT:</p> <p data-bbox="653 630 1180 925">"When you go back to your village, check to see if there are any children with diarrhoea. If so, go to that home, introduce yourself and tell the parents about making oral rehydration solution. Make the oral rehydration solution in the home and help the parents to feed their child. Report back to the next class session."</p> <p data-bbox="653 944 1159 1024">"During the next session, we will go on a home visit to one of your villages."</p>

ACTIVITY 4

DIARRHOEA

Special Instructions For Teaching Text	Text for Teaching
<p>*DISCUSSION</p>	<p>"Today, we are going to go on a home visit together. During our last session, each of you were encouraged to visit the home of a child with diarrhoea."</p> <p>* "Whom did you visit?" "What kind of diarrhoea did the child have?" (vomiting, dehydration) "Did you make oral rehydration solution?" "Did you teach the parents how to make oral rehydration solution?" "How much oral rehydration solution did the child drink?" "How is the child today?"</p>
<p>*SELECT A HOUSE AND VILLAGE TO VISIT</p>	<p>* "Before we go to the village, let's review how to make the oral rehydration solution."</p>
<p>*USE ACTUAL MATERIALS TO DEMONSTRATE</p>	<p>* "Before we go on the home visit together, let us remember that we are guests in the village and, therefore, guests in the home. We must be polite and courteous, as well as follow the customs of the village. VHWS can only help people if the villagers trust them and are friendly to each other. VHWS cannot force their ideas on others even though it may be the best way to help save the life of a child. Since we are visiting your village (selected trainee's village), are there any special things we should know about your village or this home before we go?"</p>
<p>*ASK LEADING QUESTIONS</p>	<p>* "Is there anything special happening in the village?" (election, festival) "Is the family friendly? Is the family afraid of strangers, us?"</p>

Activity 4 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
<p>Go together to the village. Draw attention to village environment. What foods are available in the fields, in small shops? Help the VHW focus on village conditions. She may think them so common they are not seen. This is important as the VHW learns to relate to health in her village.</p>	<p>"During the home visit, be sure to talk with the mother or father. Be friendly! Introduce yourself and the VHW (of selected village) should introduce the other members of our group to the villagers. Remember to ask questions politely so that you may know if the parents understand what you taught them yesterday, such as:</p> <p>'How is your child today?'</p> <p>'How many loose stools has he had?'</p> <p>'Were you able to make the oral rehydration solution?'</p> <p>'How much did the child drink?'</p> <p>"Do the same thing as we practiced in the health centre. Actually make the oral rehydration solution again, with the parents in the home. Feed the child. Leave a oral rehydration solution poster as a reminder. Encourage the parents to continue to feed their child and ask permission to leave. After we have finished the home visit, we will meet together to talk about the home visit."</p>
<p>*HOME VISIT: Group goes to selected village with the nurse clinician (walking or on local bus).</p>	<p>*</p>
<p>*After they have visit, meet at private area in the village with the VHWs for discussion.</p>	<p>* "We have just had a chance to visit a home in the village and have observed (selected trainee) work as a VHW."</p>
	<p>"What did the VHW do (selected trainee)?"</p>
	<p>"What did the VHW tell the parents?"</p>

Activity 4 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
	<p data-bbox="645 380 1155 447">"Did the mother (or father) seem to understand?"</p> <p data-bbox="645 466 1128 533">"Did the parents make the oral rehydration solution?"</p> <p data-bbox="645 552 1155 637">"Is there anything that you would do differently in your village?"</p> <p data-bbox="645 656 1182 742">"Good! That's all for today. See you at the next session. (time, place?)"</p>

ACTIVITY 5

DIARRHOEA

Special Instructions For Teaching Text	Text for Teaching
	<p>"We have spent several sessions learning how to treat diarrhoea. The treatment of diarrhoea can help save the lives of children, and therefore, it is very important for you to learn how to help prevent children from getting diarrhoea."</p> <p>"Diarrhoea is usually caused by poor nutrition and unsanitary conditions in our villages. There are major problems that you as a VHW cannot solve by yourself for the whole village. In fact, it is even difficult for our government to do this for the whole village. However, there are some harmful health practices in our villages which cause many of our village children to get diarrhoea that each person can change. As a VHW you can help the villagers learn health practices which will help prevent diarrhoea in our children."</p> <p>"Some of the harmful health practices which may cause diarrhoea in children are:</p> <p><u>-Bottle Feeding:</u> Infants who are fed by bottles have diarrhoea more times than infants who are not bottle fed. This is because it is nearly impossible to clean a bottle and nipple well enough in a village home. Mothers may also use unclean water in the bottle and this will lead to diarrhoea. It is not necessary for most mothers to use bottles; therefore VHWs should encourage ALL mothers to breast feed their children.</p>

Activity 5 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
<p>*DISCUSSION</p>	<p><u>-Uncovered Faeces and Garbage:</u> When children play or crawl around the home and yard, they may touch uncovered faeces or old food. Later, they may put their fingers in their mouth. Flies will also go from faeces to the child's food. Uncovered faeces cause diarrhoea in children. VHWs should encourage villagers to build and use latrines or to cover their faeces and garbage.</p> <p><u>-Dirty Hands:</u> Our village mothers work very hard and they are always busy. Sometimes they do not wash their hands or clean their nails carefully before preparing or feeding food to their children. VHWs should encourage mothers to always wash their hands with soap and water and clean their nails before they prepare food or feed their children."</p> <p>"We have been talking about some harmful practices which cause diarrhoea in children."</p> <p>* "Do mothers use baby bottles in your village?" "Is there any uncovered faeces or garbage in your village?" "Are there any flies?" "Do mothers clean their nails and wash their hands before feeding their children?"</p> <p>"Yes, we do have some of these harmful health practices in our village. But you, as VHWs, can help your village learn how to prevent diarrhoea by helping villagers learn and use helpful health practices. VHWs should encourage breast feeding."</p>

Activity 5 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
*SHOW PHOTO/PICTURE of Mother Breast Feeding.	* "Breast milk is clean and nutritious. It is the best food for infants. When a mother breast feeds her child, she does not have to buy milk. VHWs should encourage <u>all</u> mothers to breast feed their infants."
*DEMONSTRATE Hand Washing and Cleaning of Nails.	* "VHWs should show mothers and fathers how to wash their hands with soap and water and clean their nails before preparing food or feeding their infant. VHWs should always keep their own nails clean."
*Point out the health centre latrine or one nearby.	* "VHWs should encourage all villagers to use a latrine and to wash with soap and water after use. If some homes do not have one, VHWs should teach villagers to cover their faeces and other garbage with dirt."
*Dig a hole and put in garbage or faeces.	<p>"These health practices will help prevent diarrhoea in your village. It is difficult for all of us to change our habits; therefore, it may be a little difficult for our neighbours to change their harmful habits. VHWs must help their neighbours understand the importance of helpful health practices and help them learn how to use helpful practices in their homes. This will take time. A VHW continually encourages the villagers to adopt good health practices, but it is even more important that you, as a VHW, use good health practices yourself in your home and family. This, too, may be difficult, but VHWs must continually try to be a good example in their village."</p>



Activity 5 - Diarrhoea (cont.)

Special Instructions For Teaching Text	Text for Teaching
<p>*ROLE PLAY: -One VHW acts as a VHW. -One VHW acts as a mother feeding her child with a bottle.</p>	<p>* "Let us practice. A mother comes to your home in the village and is feeding her child with a bottle. What should you do?"</p> <p>"Good, you should explain the importance of breast feeding and help the mothers learn to breast feed their children."</p>
<p>*DISCUSSION</p>	<p>* "On another day, you are going around your village and you see a mother begin to prepare food but she does not wash her hands. What should you do?"</p> <p>"Right! Try to help the mother understand that she should wash her hands and clean her nails before she prepares food for her child."</p> <p>"Now you, as a VHW, are able to treat diarrhoea in your village and teach your village neighbours how to prevent their children from getting diarrhoea. It is most important that children with diarrhoea get oral rehydration solution. Your teaching of parents is essential. When I visit you in your villages, I will want to meet with parents you have taught, as well as checking on your own fresh bottle of oral rehydration solution, and see the oral rehydration solution poster in the village. Together, we will visit a home to review the making of oral rehydration solution."</p>
<p>NURSE CLINICIAN - See your evaluation sheet.</p>	<p>* "These 'Reminders to VHWs' will help you remember the important parts of treating diarrhoea that we have learned. When I visit your home, we will review them. There are 5 copies of oral rehydration solution teaching posters for you to post and use in your village."</p>
<p>* VHW Reminder</p>	

NURSE CLINICIAN EVALUATION OF VH'
FOR MANAGEMENT OF DIARRHOEA

Key: +1 adequate
-1 insufficient/missing

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
1. Nurse clinician visits VHW's home to check on availability of fresh bottle of boiled water in his/her home. Taste to check on freshness.						
2. Nurse clinician and VHW read and discuss the 'Reminders'.						
3. Nurse clinician checks supply of oral rehydration solution posters in VHW's home.						
4. Nurse clinician observes the village to find oral rehydration solution posters in at least three spots in the village.						
5. Nurse clinician goes on a home visit with VHW. If child has diarrhoea, observes performance of VHWs in preparing solution and in teaching parents how to make it.						
6. Nurse clinician checks to see that the VHW prepares the oral rehydration solution according to the recipe.						

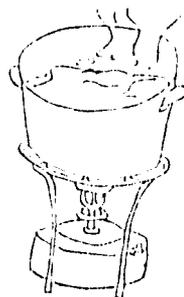
REMINDERS FOR VIH

Special Instructions	Visuals for VIH
<p><u>ACTIVITY I</u> ORAL REHYDRATION FLIPCHART</p>	
<p>When a child or adult has diarrhoea, the most important thing for you to do is to start the person on oral rehydration solution.</p>	
<p>When he is vomiting, he should be given frequent sips of the oral rehydration solution until he stops vomiting.</p>	

REMINDERS FOR VIHW

Special Instructions	Visuals for VIHW
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The oral rehydration solution is made first by boiling one litre of water. You can measure one litre of water by using an empty beer or Coco Cola tin and emptying three tins of water into the pan.



Gather sugar, salt, Koek-soda, and a clean pan for mixing.



TSOEKERE

LETSOI

KOEK SODA

SEKO TLOLO

Take two pinches of salt, one pinch of Koek-soda, and two fistfuls of sugar and add them to the clean pan and pour the boiled water into the pan. Cool.



SODA



LETSOI

TSOEKERE

REMINDERS FOR VIH

Special Instructions

Visuals for VIH

Pour a portion of the oral rehydration solution in a clean cup.



Feed the oral rehydration solution to the child.

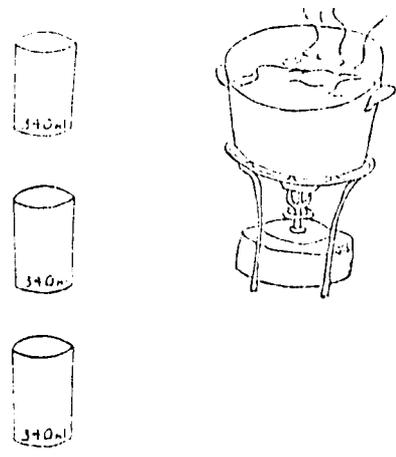
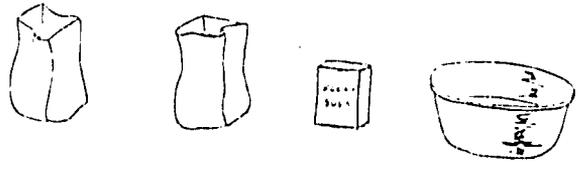
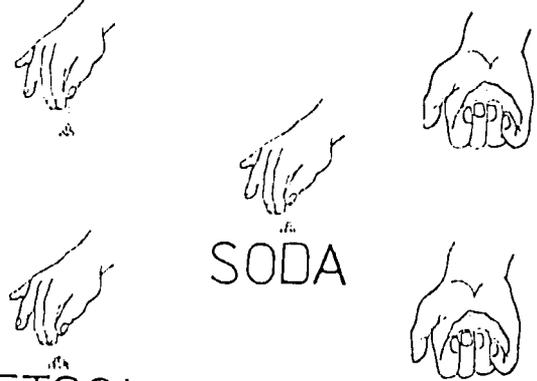


If the child refuses to drink, continues to vomit or have diarrhoea, or his body is drying-up.....



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REMINDERS FOR VIHW

Special Instructions	Visuals for VIHW
<p>The oral rehydration solution is made first by boiling one litre of water. You can measure one litre of water by using an empty beer or Coco Cola tin and emptying three tins of water into the pan.</p>	
<p>Gather sugar, salt, Koek-soda, and a clean pan for mixing.</p>	 <p data-bbox="638 1009 1270 1056"> T'SOEKERE LET'SOAI KOEK SODA SENO FLOLO </p>
<p>Take two pinches of salt, one pinch of Koek-soda, and two fistfuls of sugar and add them to the clean pan and pour the boiled water into the pan. Cool.</p>	 <p data-bbox="638 1551 1270 1627"> LET'SOI SODA TSOEKERE </p>

REMINDERS FOR VHW

Special Instructions	Visuals for VHW
<p>Pour a portion of the oral rehydration solution in a clean cup.</p>	 A line drawing of a woman sitting on a stool, wearing a headscarf and a long-sleeved dress. She is holding a pot with both hands and pouring liquid into a cup on the floor next to her.
<p>Feed the oral rehydration solution to the child.</p>	 A line drawing of a woman sitting on the floor, holding a young child on her lap. She is holding a small cup to the child's mouth, and the child is drinking.
<p>If the child refuses to drink, continues to vomit or have diarrhoea, or his body is drying-up.....</p>	 A line drawing of a woman sitting on the floor, holding a young child. The child has a distressed expression, and the woman looks concerned. The child is holding a small cup.

REMINDERS FOR VIH

Special Instructions

Visuals for VIH

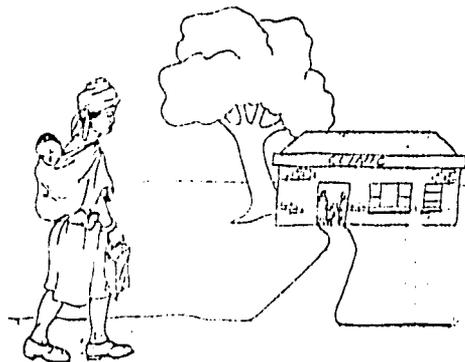
Help parent to make the oral rehydration solution with boiled water.



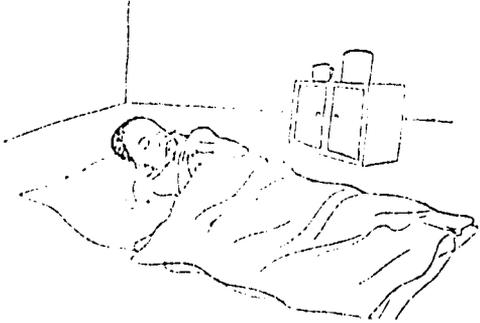
Help the parent to feed the oral rehydration solution to the child.



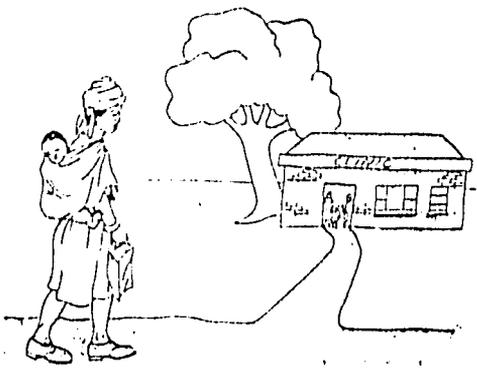
If the child doesn't drink several cups of the oral rehydration solution, take the child to the nurse clinician at the clinic.



REMINDERS FOR VIH

Special Instructions	Visuals for VIH
<p>ACTIVITY 3</p> <p>* Picture of unconscious child. The child is to be taken immediately to the clinic.</p>	
<p>*DIARRHOEA AND VOMITING FLIP CHART</p> <p>-When the child has both diarrhoea and vomiting, he loses a great deal of body water. Explain the need for oral rehydration solution.</p>	
<p>-Help the parent make oral rehydration solution.</p>	

REMINDERS FOR VIH

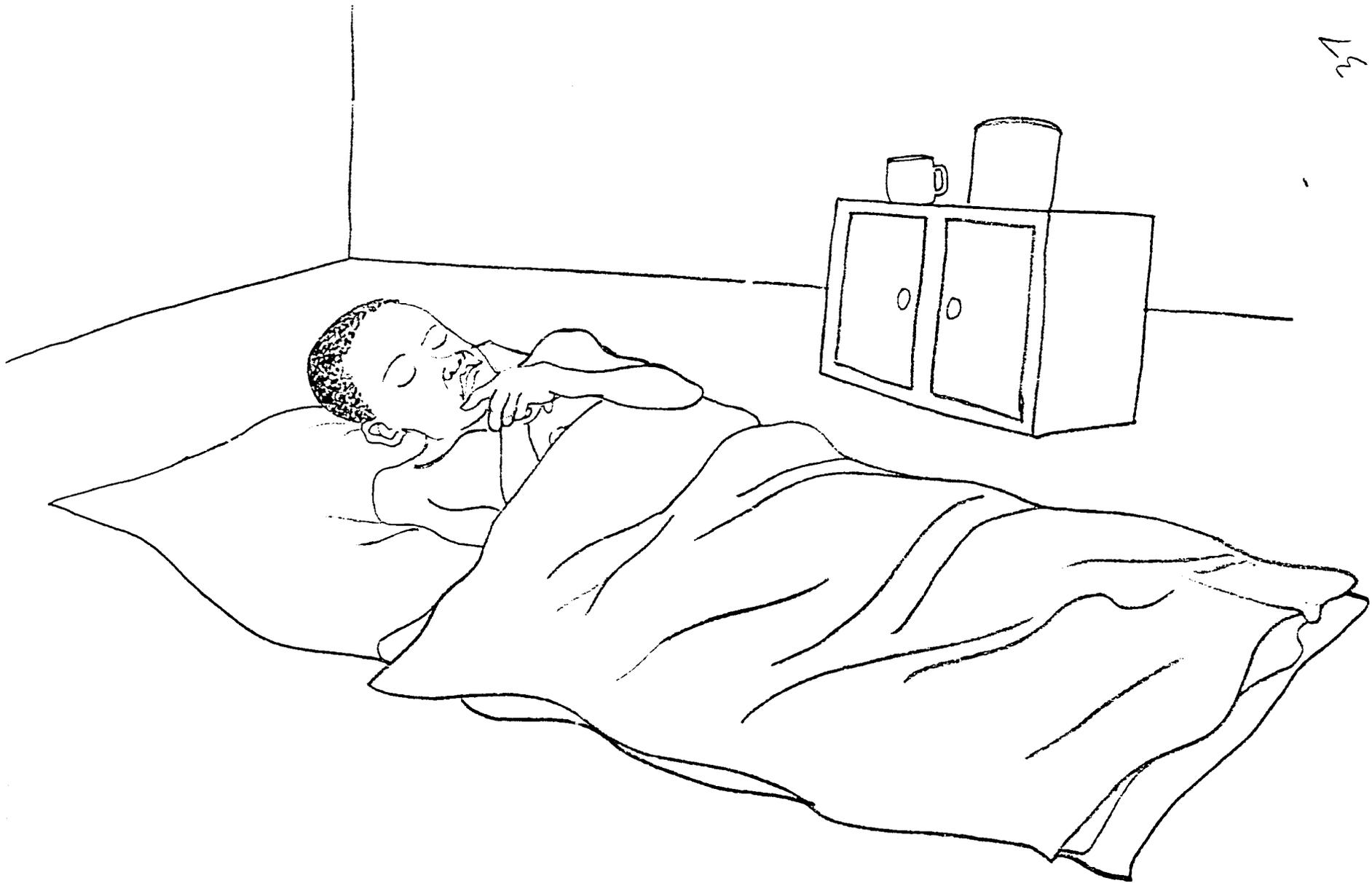
Special Instructions	Visuals for VIH
<p>-Help the parent feed the oral rehydration solution.</p>	 <p>A line drawing showing a woman sitting on the ground, holding a child in her lap. She is feeding the child. To the right, a healthcare worker in a white coat stands with their back to the viewer, looking towards the woman and child.</p>
<p>-If the diarrhoea and vomiting continue, send the child to the clinic.</p>	 <p>A line drawing showing a woman walking towards the right, carrying a child on her back. She is holding a bag. In the background, there is a simple building with a sign that says 'CLINIC' and a tree next to it.</p>

Handwritten signature or initials.

REMINDERS FOR VIH

Special Instructions	Visuals for VIH
<p>ACTIVITY 4</p> <p>No visuals.</p>	
<p>ACTIVITY 5</p> <p>Picture of breast feeding mother.</p>	 A simple line drawing of a woman sitting and breastfeeding an infant. The woman is shown from the waist up, wearing a headband and a bracelet. She is holding the infant in her arms, and the infant is positioned to breastfeed. The drawing is minimalist, using only black outlines on a white background.

17/10







METSI

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MOTSOAKO

WHEN A CHILD OR ADULT HAS DIARRHOEA, THE MOST IMPORTANT THING
TO BE DONE IS TO START THE PERSON ON ORAL REHYDRATION SOLUTION.

of

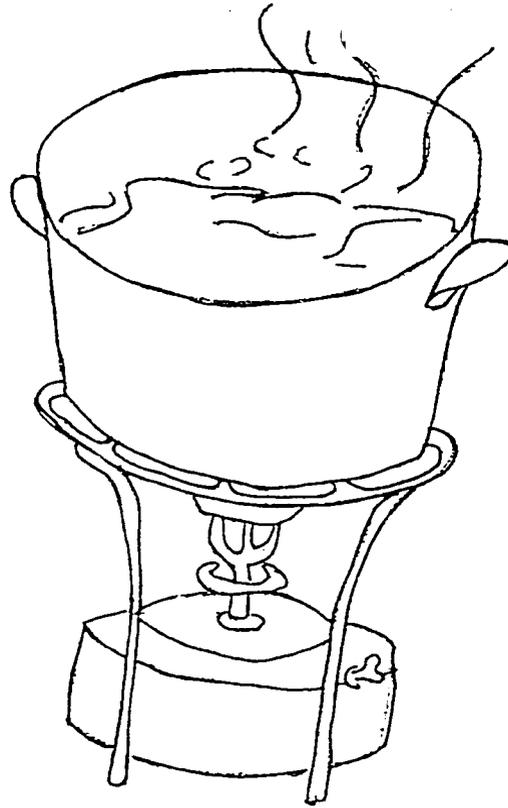
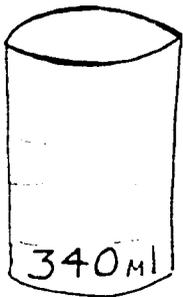
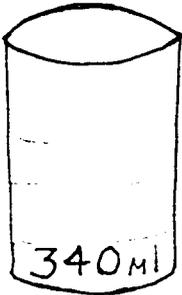
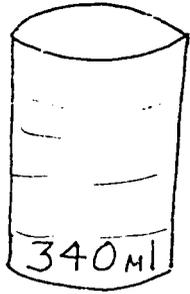


WHEN A CHILD IS VOMITING, HE SHOULD BE GIVEN FREQUENT SIPS OF THE
ORAL REHYDRATION SOLUTION UNTIL HE STOPS VOMITING.

25

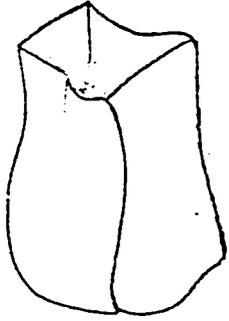


THE ORAL REHYDRATION SOLUTION IS MADE FIRST BY BOILING ONE LITRE OF WATER. YOU CAN MEASURE ONE LITRE OF WATER BY USING AN EMPTY BEER OR COCA COLA TIN AND EMPTYING THREE TINS OF WATER INTO THE PAN.

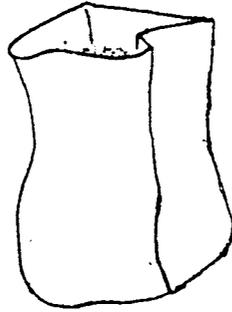


5

GATHER SUGAR, SALT, KOEK-SODA, AND A CLEAN PAN OR ANY
CONTAINER FOR MIXING.



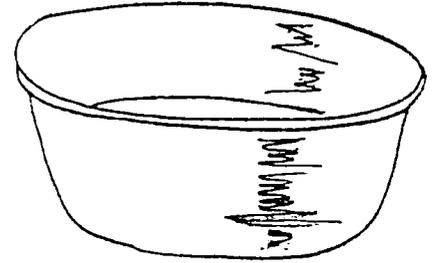
T SOEKERE



LET SOAI



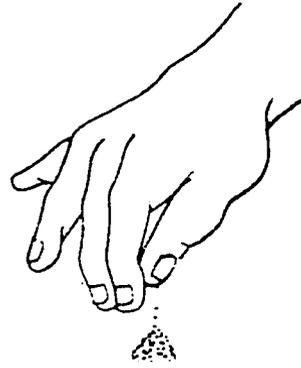
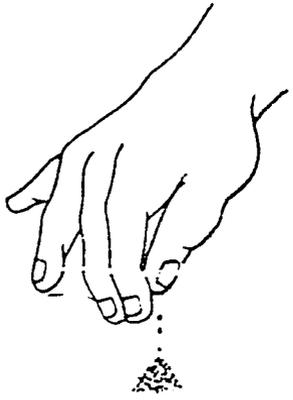
KOEK
SODA



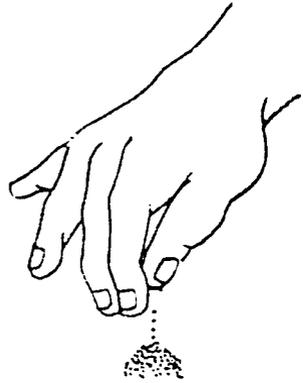
SE KOTLOLO

19

TAKE TWO PINCHES OF SALT, ONE PINCH OF KOEK-SODA, AND TWO FISTFULS
OF SUGAR AND ADD THEM TO THE CLEAN PAN AND POUR THEM INTO THE
CLEAN CONTAINER AND POUR IN THE BOILED WATER. COOL.



SODA



LETSOI



TSOEKERE



POUR A PORTION OF THE ORAL REHYDRATION SOLUTION INTO A CLEAN CUP.

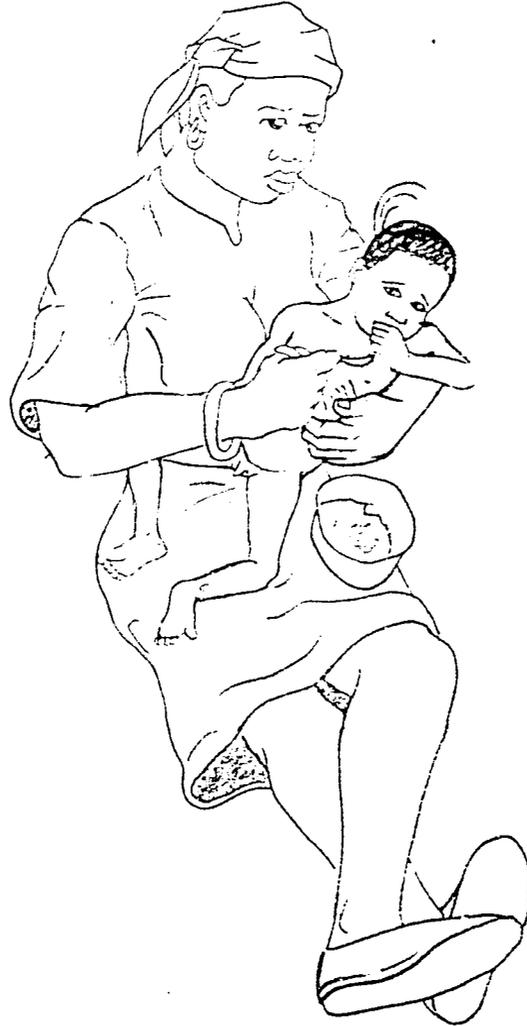


FEED THE ORAL REHYDRATION SOLUTION TO THE CHILD.



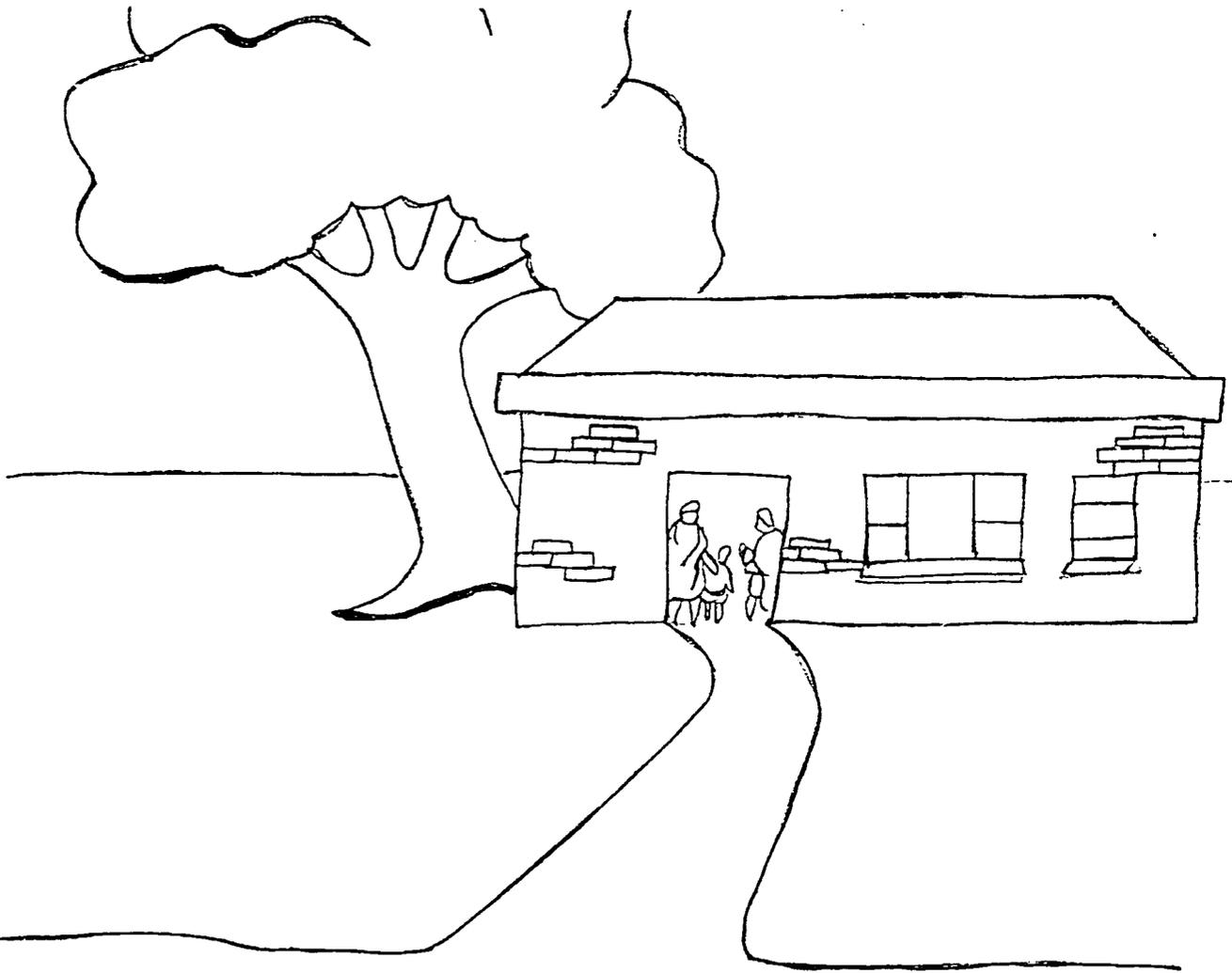
5/1

IF THE CHILD REFUSES TO DRINK, CONTINUES TO VOMIT OR HAVE
DIARRHOEA, OR HIS BODY IS DRYING-UP.....



5

.....SEND HIM TO THE CLINIC.

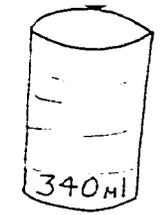


CONTINUE TO BREAST FEED EVEN IF THE CHILD HAS DIARRHOEA.

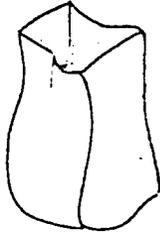








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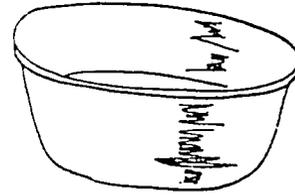
TSOEKERE



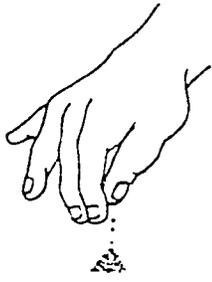
LETSOAI



KOEK
SODA



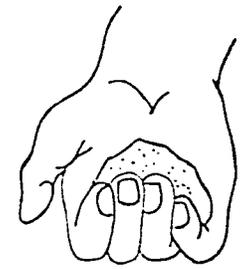
SEKOTLOLO



LETSOI



SODA



TSOEKERE



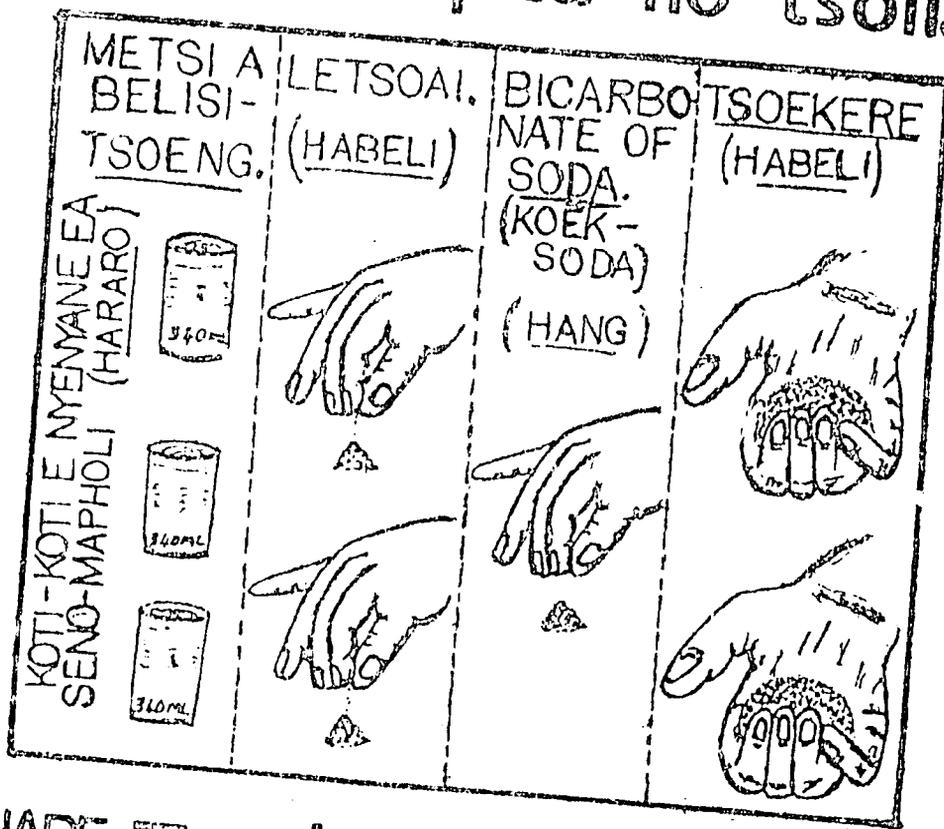






THUSO EA PELE HA NGOANA A HLATSA KAPA A TS'OLLA:

Noesa Ngoana bonyane 'Kopi'
ea motsoako ona nako le
nako ha a geta ho ts'olla.



HAFI-Tsoelapele ho nyantsa
Ngoana le ha a ts'olla.

PHOKOTSEHO

EA METSI

'MELENG

15

WHEN A CHILD IS DEHYDRATED HE DOES NOT HAVE ENOUGH WATER IN HIS BODY AND HIS
BODY IS DRYING UP.



22

43

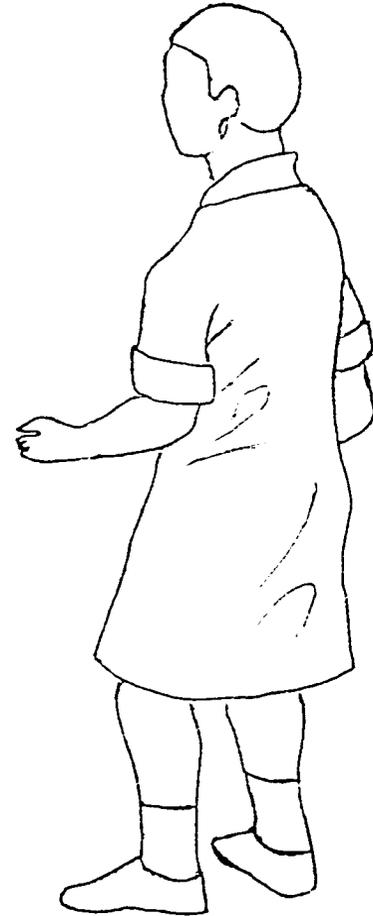
EXPLAIN THE NEED FOR IMMEDIATELY GIVING ORAL REHYDRATION SOLUTION.



44

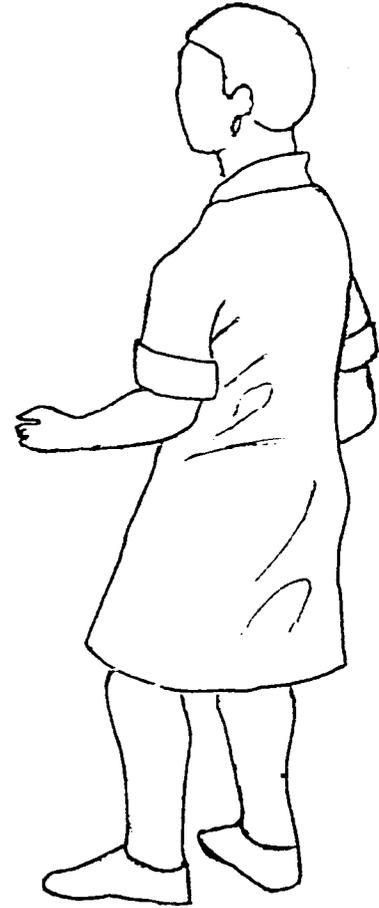
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HELP THE PARENT TO MAKE THE ORAL REHYDRATION SOLUTION WITH BOILED WATER.



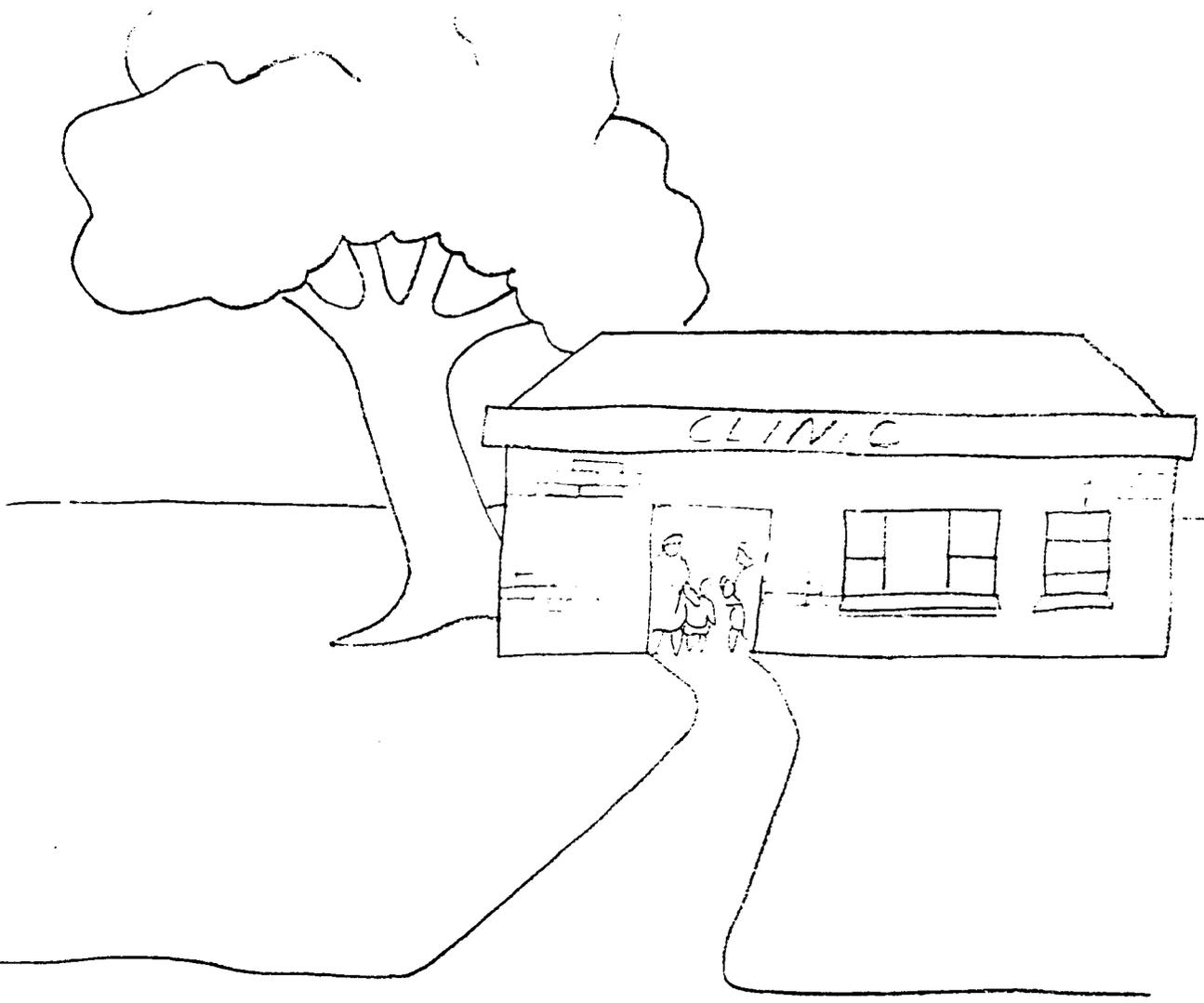
17

HELP THE PARENT TO FEED THE ORAL REHYDRATION SOLUTION TO THE CHILD.



IF THE CHILD DOES NOT DRINK SEVERAL CUPS OF THE ORAL REHYDRATION SOLUTION,
TAKE THE CHILD TO THE NURSE CLINICIAN AT THE CLINIC.

6/



48









44