Community Maternal and Newborn Health Take Action Card Booklet

*Birth to 48 Hours Care*

A publication of the Maternal and Newborn Health in Ethiopia Partnership
The **Maternal and Newborn Health in Ethiopia Partnership** is a two-and-a-half year Bill & Melinda Gates Foundation funded initiative to demonstrate a community-oriented model for improving maternal and newborn health care in rural Ethiopia. Under the leadership of the Ministry of Health, the initiative is led by Emory University, in collaboration with John Snow Research and Training Inc., University Research Co. LLC, Addis Ababa University and Bahir Dar University. It is being implemented in three districts in Amhara and three districts in Oromia regions.

The partnership offers proven home-based care practices (Community Maternal and Newborn Health – Birth to 48 Hours) that can help to prevent maternal and newborn death and disability from birth to 48 hours. Health extension workers (HEWs) and other health workers, such as community health volunteers and traditional birth attendants, use this information with women and their families. In a meeting approach that respects and builds on local knowledge and skills through discussion, demonstration, negotiation and practice, work to develop *safe practices that are culturally acceptable and likely to be used when needed.*

The **Community Maternal and Newborn Health (CMNH) – Birth to 48 Hours** curriculum consists of the CMNH – Birth to 48 Hours Manual, Large Picture Cards, and a Take Action Care Booklet.

The *Take Action Card Booklet* has many pictures and is a reference for use at home and in the community. On the front side there is a large drawing of a problem and on the back side there are six drawings of actions which respond to the problem on the front side of the card. The drawings are to remind us of what we learned about the problem.

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1 The CMNH – Birth to 48 Hours curriculum and training process is adapted from *Home Based Life Saving Skills manual 2nd edition* © American College of Nurse-Midwives 2010. www.acnm.org. Used with permission.
Ragini’s Story: The Road to Death

Ragini is pregnant, but she didn’t want more children

Remote village

Ragini dies

Blood on her clothes, but she didn’t tell anyone

Ragini is too sick

She did laundry

Takes 4 hours to find money and transportation to referral place

Next morning, too much blood - She is afraid
Kamal’s Story: The Road to Life

Kamal and her husband live in remote village - She is pregnant. They saved money for food and transportation to health worker.

Kamal and her husband waited 2 years for second pregnancy: family planning.

Kamal had her baby - She is strong and the family is happy.

Kamal meets health worker and learns about problems.

Kamal saw blood, and told her husband and mother-in-law.

Kamal had not bled too much, and she is not too weak.

All immediately go to health worker and then to referral place.
Baby Modupe’s Story: The Circle of Sickness

1. This is Baby Modupe - She is born healthy
2. Mother feeds with a bottle - Modupe gets diarrhea
3. Mother uses latrine and holds Modupe without washing hands - Modupe’s diarrhea is worse; she looks sick and weak
4. Mother stops giving her water - Modupe is weak and dry - Mother is worried and does not know what to do
5. Mother feeds Modupe in unclean surroundings with many flies - Modupe’s diarrhea is worse; she is more sick and weak
6. Mother gives Modupe only water - Modupe vomits the water
7. Modupe has watery diarrhea and is weaker

Community Maternal and Newborn Health
Baby Kema’s Story: Breaking the Circle of Sickness

This is Baby Kema - She is born healthy

Kema’s mother breastfeeds her - Breast milk helps baby grow

Kema’s mother sees health worker every month until Kema is 1 year old - Mother learns many things from health worker

Mother washes hands after using latrine, before she holds Kema

When Kema is sick, her mother uses money she saved to take her to health worker

Kema’s mother cleans the house - Not many flies - No diarrhea

If Kema is too sick to suck, her mother removes breast milk and feeds Kema from a cup

Kema is feeling sick - Her mother continues to give her breast milk
Take Action Card: Woman Problems

too much bleeding

fever, breast pain, pain passing urine, pain in womb

swelling and fits

birth delay

other sickness

too many children
Take Action Card: Woman Referral

1. Call for help (transportation, care, money)
2. Help woman lay down
3. Cover woman with blanket
4. Give woman fluids with sugar and salt every hour
5. Go straight to THW at referral place
6. Tell THW what happened and what was done - Listen to THW
Take Action Card: Baby Problems

- Poor or no sucking
- Trouble breathing
- Fits or convulsions
- Low birth weight or looks too small
- Fever and pus in eyes
- Fever and pus in cord stump
Take Action Card: Baby Referral

Call for help (transportation, care, money)

Hold baby

Cover baby

Give breast milk every hour, and give mother something to eat/drink

Go straight to THW at referral place

Tell THW what happened and what was done - Listen to THW
Prevent Problems Before Baby Is Born
Take Action Card: Prevent Problems before Baby Is Born

Clean place

Clean birth things
- cord ties
- misoprostol
- cord cutting tool
- gauze, cloths, pads
- waterproof container for placenta

Clean woman: bathe and wear clean clothes

Clean helpers: wash hands, use apron and gloves

Eat light food - Drink liquids every hour

Watch for problems - Feel for baby's head
Prevent Problems When Baby is Born
Take Action Card: Prevent Problems When Baby is Born

- Safe and clean birth practices
- Change position often: walk, sit, or lie on side
- Do not give injection, push on belly, or put anything in birth canal
- Drink at least 1 cup liquids with sugar every hour
- Feel or look for baby's head
- Squat and pass urine
- Use good pushing position: squat, semi-sit, or whatever position woman likes
Prevent Problems after Baby Is Born: First Actions
Take Action Card: Prevent Problems after Baby Is Born: First Actions

- Dry and cover baby, rub baby’s back
- Tie and cut cord
- Squat and pass urine
- Semi-sitting position, put baby to breast, wait for placenta
- Rub womb (prevent too much bleeding)
  - Take misoprostol (if country practice)
- Put placenta in waterproof container (prevent infection)
Prevent Problems after Baby Is Born: Other Actions
Take Action Card: Prevent Problems after Baby Is Born: Other Actions

- Woman and baby bathe - Air dry cord stump
- Pass urine often, wash genitals front to back
- Drink liquids when breastfeeding, eat at least 4 times a day
- Use good position for breastfeeding
  Breastfeed every 2 hours during day and at least once at night
- Rest: no work or lifting for 12 days, baby sleeps with mother
  under bed net, use safer sex
- Watch for problems and sickness - See THW after baby is born
Baby Has Trouble Breathing at Birth
Take Action Card: Baby Has Trouble Breathing at Birth

Call for help (transportation, care, money)

Dry baby, wipe liquid from mouth/nose, and cover baby to warm

Rub baby’s back firmly and quickly

If baby not breathing, wipe mouth and nose again
Use bulb syringe or mouth suck

Hold to keep airway open, blow two small puffs of air
If not breathing, blow 40 puffs of air
Continue until baby is breathing or for 20 minutes

Go to referral site
Bleeding Too Much After Baby Is Born
Take Action Card: Bleeding Too Much After Baby Is Born

- **Referral:** Call for help (transportation, care, money)
- **Slow bleeding:** Rub nipples, put baby to breast
- **Squat and pass urine**
- **Rub womb to keep womb hard**
- **Slow bleeding:** Hold womb with two hands
- **Slow bleeding:** Put padcloth firmly between the legs on the place that is bleeding