**Workshop on Care of Low Birth Weight Infants**

**KMC Intervention for Staff Nurses in Koppal District**

**Date:**

**Venue:**

**Rounds:**

By the end of the workshop the participant staff nurse should be able to acquire below mentioned knowledge and skills and thus be able to implement the intervention in Koppal District.

**Objectives:** By the end of the Workshop participants will be able to

* Identify LBW babies by accurate checking of weight.
* Assess if LBW is stable or not by doing a rapid examination of a baby.
* Initiate KMC for a LBW baby by first assessing eligibility, assisting mother to position baby correctly and monitoring the baby.
* Counsel a mother / family member on KMC – benefits, what is required, how to position, who else can give, for how long.
* Counsel a mother on providing KMC for as long as possible till the baby requires it
* Counsel and assist a mother on feeding a LBW baby
  + Calculate the feed requirement for a LBW baby
  + Expressing breast milk
  + Alternative feeding – using a pallada or orogastric tube
  + Care of feeding articles
* Demonstrate infection control measures
* Prepare a mother with a LBW for discharge
  + Identify danger signs - jaundice, respiratory distress, sepsis, lethargy, convulsions
  + Assess if feeding is adequate
  + Assess if weight gain is adequate

**Training Schedule**

|  |  |  |
| --- | --- | --- |
| **Time** | **Activities** | **Facilitator** |
| 9.00-9.15 am | Registration |  |
| 9.15 – 10.15am | Pretest OSCE includes   1. Checking temperature, swaddling, weight of LBW baby. 2. KMC Counseling on benefits, who, how and what and demo on position. 3. Expression Breast milk and Feeding a Newborn with pallada. 4. Inserting Orogastric tube, calculating amount of feed and giving tube feed 5. Counseling at discharge for KMC maintenance – barriers; danger signs and followup |  |
| 10.15 -10.30 am | Inauguration and setting the context |  |
| 10.30– 10.40 am | Reason for focus on care of low birth weight in Koppal context – common causes of death in newborns |  |
| 10.45– 11.00 am | TEA |  |
| 11.00 – 11.30 pm  (4 groups) | Essential Care of a LBW baby (Teaching Stations )   1. Immediate Routine Care (is the baby crying, skin-to-skin care, eye care, cord care and initiating breast feeding) |  |
| 11.30-12.00pm  (4 groups) | 1. Essential Care of Newborn ( first examination, temperature, weight, Vitamin K, classification) |  |
| 12.00 – 12.15pm | KMC– Benefits, position, requirements and demonstration of KMC counseling- Discussion and Lecture |  |
| 12.15 – 12.30pm | Breast feeding – Discussion and Lecture |  |
| 12.30 – 1.30 pm (15 minutes each station) | KMC – Teaching stations   1. Demonstration of counseling a mother/care giver for providing KMC using ALPAC-Initiation |  |
| 1. Demonstration of counseling a mother for maintenance and Monitoring a baby on KMC – A, B, C, T |  |
| 1. Feeding a LBW baby: Assessing for cues, expressing breast feeds, calculating amount of feeds to be given, assess for adequacy. |  |
| 1. Alternative method of feeding – pallada and tube feed, challenges a mother faces with feeding a LBW infant |  |
| 1.30 – 2.15 pm | LUNCH |  |
| 2.15 – 3.30 pm | 1. Care of a baby who does not cry at birth - NRP demonstration |  |
| 1. Birth Asphyxia management |  |
| 1. Respiratory Distress |  |
| 1. Hypoglycemia management |  |
| 1. Practicing infection control measures in a unit |  |
| 3.30-4.30pm | Posttest and  OSCE includes   1. Checking temperature, swaddling, weight of LBW baby. 2. KMC Counseling on benefits, who, how and what and demo on position. 3. Expression Breast milk and Feeding a Newborn with pallada; assessing feeding adequacy. 4. Inserting Orogastric tube, calculating amount of feed and giving tube feed 5. Counseling at discharge for KMC maintenance – barriers; danger signs and follow up |  |

**Rapid Assessment of Competencies for Care of LBW including KMC for Koppal Nurse**

**Assessment Plan**

**Duration- 5 mts per station, Total – 30 minutes ( 2 rounds)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Station** | **Details** | **Marks** | **Observed /Not Observed** |
|  | Checking temperature, swaddling and weight of LBW | **10** | Observed |
|  | Counseling a mother / family member on KMC– who, how, what, including demo | 10 | Observed |
|  | **REST** |  |  |
|  | Expression Breast milk, Feeding a Newborn with pallada and assessing feeding adequacy | 10 | Observed |
|  | **REST** |  |  |
|  | Inserting Orogastric tube, calculating feed to be given, and giving a tube feed | 10 | Observed |
|  | Counseling at discharge for KMC – barriers; danger signs and follow up | 10 | Observed |
|  | **REST** |  |  |
|  | **Total score** | **50** |  |