**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**

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| **Time** | **Activities** | **Facilitator** |
| 9.00-9.15 am | Registration |  |
| 9.15 – 10.15am | Pretest OSCE includes1. 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
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| 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)
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| 11.30-12.00pm(4 groups) | 1. Essential Care of Newborn ( first examination, temperature, weight, Vitamin K, classification)
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| 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
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| 1. Demonstration of counseling a mother for maintenance and Monitoring a baby on KMC – A, B, C, T
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| 1. Feeding a LBW baby: Assessing for cues, expressing breast feeds, calculating amount of feeds to be given, assess for adequacy.
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| 1. Alternative method of feeding – pallada and tube feed, challenges a mother faces with feeding a LBW infant
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| 1.30 – 2.15 pm | LUNCH |  |
| 2.15 – 3.30 pm | 1. Care of a baby who does not cry at birth - NRP demonstration
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| 1. Birth Asphyxia management
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| 1. Respiratory Distress
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| 1. Hypoglycemia management
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| 1. Practicing infection control measures in a unit
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| 3.30-4.30pm | Posttest and  OSCE includes1. 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
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**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)**

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| **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** |  |