

KMC Micro Planning Tool

KMC -Basic information



Mother's name & Thai card no.

.....



ASHA name, contact no & area name

.....



D.O.B. & Birth weight

.....



Whether counselling on KMC & BF done in the facility?

Yes No



KMC given in the facility?

Yes No



Date of discharge & weight on the day of discharge

.....

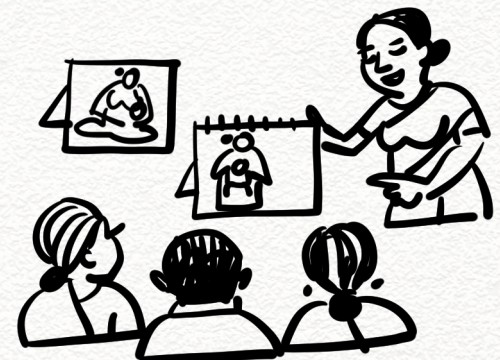
Prerequisites for KMC



1) Foster KMC



3) Pallada



5) Counselling on KMC & BF using IEC



2) 3 Pillows



4) Reclining chair

Barriers for KMC & management



Mother is anxious that KMC position may hurt the newborn

- Tell her that right position won't hurt.
- Educate on the right KMC positions.

Others



Her dress is not comfortable for doing KMC

- Educate the mother on the comfortable dress which helps to do KMC (saree, shirt etc)

Others



Mother is ill

- Identify foster KMC, educate them, demonstrate KMC & ensure KMC
- Screen the mother and quickly refer

Others



Refusal from the family members

- Identify the reason for not supporting
- Counsel on KMC benefits using BCC material

Others



Practicing alternate methods (warmer, hot water bottles etc)

- Explain why only KMC to be done

Others



Unable to sit in a KMC position for a long time

- Explain that KMC not to be practiced only in the sitting position.
- explain about other positions

Others

Barriers for KMC & management



Twins

- Demonstrate on how to give KMC for twins.
- Identify foster KMC

Others



Newborn is sick

- Refer quickly to the facility

Others



Not interested to do KMC because it is female baby (Gender)

- Explain about the importance of having girl children
- Give different examples : local women role models....

Others



Lack of encouragement from the neighbours/ worried about their response

- Boost her self confidence, tell her not to worry about other's negative response.
- Educate the neighbours

Others



workload at home

- Motivate the other family members to take up the work responsibility.

Others



Lack of trust on KMC

- Identify the reasons for not having trust.
- Give example of other mothers who practiced KMC. If possible connect to them.

Others



Not comfortable to provide KMC because of summer

- Explain that doing KMC in summer won't effect the mother/baby.
- Explain that body regulates the temperature automatically.

Others

KMC follow up

Day	day 1	day 2	day 3	day 4	day 5	day 6	day 7
Date of visit							
How many hours did you practice KMC yesterday?							
Did you give anything to the baby other than breastmilk?							
How many times did you breastfeed yesterday?							
Weight of the newborn as on today							

Guideline

This checklist has been designed to enable ASHA/health worker to do follow up on KMC in the community. The details on using this checklist are explained as below:

Section 1:

These informations to be discussed as soon the mother got discharged from the hospital. For more info refer the thai card & discharge card.

Section 2:

After the above discussion, check the materials required for KMC & ensure the same.

Section 3:

Identify the barriers for KMc using the illustrations given here and give solutions as given here. If any new solution is given, mention in the "others' column.

Section 4:

- 7 days consecutive visit soon after the discharge is important to make them to practice and continue KMC.
- In every visit ask the mother " How many hours did you practice KMC yesterday"
- Check the weight of the baby as per the PNC schedule.
- Continue follow up until baby gains weight 2500 gms.