#### Rapid Assessment of counselling skills for Care of LBW including KMC for counsellors

#### **Assessment Plan**

Station	Details	Marks	Observed /Not Observed
1.	Counselling a Mother / Care Taker	8	Observed
	on KMC Position and Why		
2.	Counselling of a Mother on	8	Observed
	maintenance – barriers of KMC		
	and discharge.		
3.	Rest		Observed
4.	Counselling on breast feeding	8	
5.	Perform steps of hand hygiene,	8	Observed
	check Temperature of a New-born		
	and swaddle the baby		
6.	Counselling on danger signs	8	Observed
	Total	40	

#### General instructions to be given by one facilitator to all the participants

- Each one will go through 5 stations and 1 rest station.
- In the station you will be expected to perform some activity. Complete the task within time given.
- The duration of each station will be 10 minutes.
- None of the facilitators will give any comments or assistance.
- A bell will ring, each one go to the assigned station based on participant number.
- Do not face the station first.
- When the bell rings again, each participant can turn and read participant instructions. Complete the task given.
- If you complete the task before time given, sit in the chair and wait.
- When the bell rings again, you must switch to the next station.
- All participants will go through all the stations.
- The rapid exercise will take approximately 60 minutes.
- No one will be allowed to go out of the room during the rapid exercise.

# **Counselling a Mother / Care Taker on**

# **KMC Position and Why**

Ms Asha has a 1800gm baby that is stable. You have to counsel her to start KMC.

Demonstrate how you would counsel

her on providing KMC

# Key for Station 1: Counselling a Mother / Care Taker on KMC Position and Why

			PARTICIPANTS S. NO												
S. NO	Observations	Marks	1	2	3	4	5	6	7	8	9	10			
1.	Introduces self and calls her by name	0.5													
2.	Explains the need for KMC, benefit	0.5x4= 2.0													
3.	Demonstrates KMC for the mother volunteer after checking what she is comfortable to use	0.5x2= 1.0													
4.	Asks the mother what would help her to give KMC	1.0													
5.	Asks the mother what would prevent her from giving KMC	0.5x2=1													
6.	Mother demonstrates how to position newborn for KMC	0.5													
7.	Has a good rapport	1.0													
8.	Recollects the information shared	1.0													
	TOTAL	8													

Counselling of a Mother on maintenance – barriers of KMC, discharge.
A 34 weeks 1900 grams female baby is born in your facility by normal delivery.

The mother is confident in giving KMC and the baby is stable and ready for discharge. Counsel the mother on KMC maintenance – barriers; discharge.

# <u>Key for Station 2: Counselling of a Mother on maintenance – barriers of KMC and discharge.</u>

			Participan					
S.	Observations	Marks	ts					
NO	Observations	IVIAIKS						
1.	Introduces self and greets parents	0.5						
2.	Discuses on the need to continue KMC for as long as possible	0.5						
3.	Checks with the mother how she can prolong KMC duration and (Using KMC binders, getting family help, KMC during sleep and rest etc.)	0.25						
4.	Checks if she has any difficulties during KMC.	0.25						
5.	Reinforces any correct information	0.5						
6.	Reinforce how to monitor the baby when on KMC  • A-Activity: is the baby moving and alert when awake or sleeping • B-Breathing: can feel the baby breathing • C-Colour: normal • T- Temperature: baby is feeling warm	0.25 x4 = 1.0						
7.	Reinforces not to give bath to the baby till baby weight reaches 2500grams.	0.25						
8.	Tells the mother to ensure baby is gaining weight on follow up.	0.25						
9.	Advises for timely immunization.	0.5						

10	Advises mother not to apply anything on the umbilical stump. Keep the napkin below the umbilical stump	0.5						
11	Discusses about practices which prevents infection.	0.5						
12	Body posture/tone of voice/eye to contact/asks for any doubts and clarifies	0.5 x4 = 2.0						
13	Reinforces information by asking mother or she summarises main points	1.0						
	TOTAL	8.0						

# **OSCE Station 3-Rest**

Ms.Rekha is a 18 year old primi, 37 weeks of pregnancy admitted in the ward due rupture of membrane. Planning to induce labour. She is not aware about breast feeding.

Counsel Rekha on breast feeding

#### **Key for Station 4: Counselling on breast feeding**

S. NO	Observations	Marks					Par	ticipa	nts Se	rial N	umbe	r		
			1	2	3	4	5	6	7	8	9	10	11	12
1	Explain the advantages of breast feeding	0.5												
2	Explains the initiation of breast feeding after delivery and about colostrums.	0.5												
3	Teach the mother correct technique of positioning  • Baby's head and													
	body in straight line	0.5												
	<ul> <li>Baby's head and body facing mother</li> </ul>	0.5												
	<ul> <li>Baby's body close to mother</li> </ul>	0.5												
	<ul> <li>Baby's whole-body well supported</li> </ul>	0.5												
4	Teach mother the exact technique of attachment  • Mouth wide open	0.5												
5	Chin touching breast	0.5												
6	More areola seen above than below	0.5												
7	<ul> <li>Lower lip everted (turned outward)</li> </ul>	0.5												
8	Discusses about the exclusive breast feeding for 6 months and continue till 2 years.	1.0												
9	Explain nothing should be given orally to the baby other than medication till 6 months.	0.5												
10	Explains about the frequency of feeding for preterm babies every 2 hours, and term babies demand feeding.	0.5												
11	Encourages breast feeding to continue even the mother and baby are ill	0.5												
12	Has a good rapport and recollects the information shared	0.5												
	Total	8												

<u>Perform steps of hand hygiene, check Temperature of a New-born and swaddle the baby.</u>

Demonstrate steps of hand hygiene check Temperature of a New-born and swaddle the baby.

# Key for Station 5: Perform steps of hand hygiene, check Temperature of a New-born and swaddle the baby.

			Participants											
S.	Records the following on the	Marks	1	2	3	4	5	6	7	8	9	10	11	12
NO	case sheet													
1	Collects the articles/supplies- thermometer, cotton swab with spirit, dry cotton balls, towel for swaddling and hand rub.	0.5												
2	Perform steps of hand washing  1. Rub hands palm to palm  2. Right palm over left dorsum with interlocked fingers and vice versa.  3. Palm and palm with fingers interlocked.  4. Backs of fingers to opposing palms with fingers interlocked.  5. Rotational rubbing of left thumb clasped in right palm and vice versa.  6. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.	0.25x 6=3												
3	Wipes thermometer with dry	0.5												
4	cotton from bulb to stem  Places the thermometer horizontal to body of the baby mannequin in arm pit, so that bulb is in close skin contact. Hold the arm close to the body	0.5												
5	Keeps the thermometer in place for 3 minutes.	0.5												
6	Removes thermometer, Checks the reading of thermometer immediately.	0.5												
7	Wipes the thermometer with spirit cotton swab from stem to bulb and then with dry	0.5												

	cotton swab.							
8	Informs the observer the	1.0						
	temperature							
9	Swaddle the baby using a long clean cloth or towel. Spread the sheet on a flat surface.  • Fold one corner on itself- place the baby's head on the infolded corner so as to cover the head till the hairline on the forehead.  • Cover the right shoulder and tuck on left side.  • Fold from the foot end and tuck beneath the chin.  • Finally cover the left shoulder and tuck on the right side.	0.25x4=1						
	TOTAL	8						

Danger signs counselling

Ms. Anu's 1500 grams baby was admitted in SNCU for respiratory problem treatment. Now the baby is doing well and ready for discharge.

Counsel the mother regarding danger signs in newborn.

#### **Key for Station 6: Danger signs counselling**

			Participant											
S.	Observations	Marks	S	1	2	3	4	5	6	7	8	9	10	11
NO														
1	Teach the mother the signs of well baby, Check daily if baby	0.5x4= 2												
	<ol> <li>Takes 10-12 feeds</li> <li>Sleeps comfortably</li> <li>a hours between</li> </ol>													
	feeds 3. Passes urine 6-8 times													
	4. Gains weight (15- 20grams/day)													
2		0.5												
	are at risk of becoming sick.													
	However, low birth weight													
	babies are at higher risk for													
	sickness.													
3		0.5x6=												
	danger sings in newborn	3												
	1. Not feeding well/													
	difficulty in feeding													
	2. Convulsions													
	3. No movement/													
	lethargy (movement													
	only when													
	stimulated)													
	4. Fast breathing (more													
	than 60 breaths per													
	minute)													
	5. Moderate or severe													
	chest in-drawing													
	6. Fever (temperature													
	>37.5°C) and low													
	temperature													
4	<35.55°C Tell the mother if there is	0.5												
4	any abnormality in Activity,	0.5												
	Breathing, Colour,													
	Temperature, to report to													
	ASHA worker or come to													
	hospital													
5	Tell the mother to return for	0.5												
	follow-up within one week	0.5												
	of discharge.													
6		0.5												
	babies' required immediate													

	attention. Some illnesses require hospitalization and special care. DO NOT DELAY if you see, any of these symptoms.							
7	Tell the mother not to stop breast feeding the baby during illness	0.5						
8	Inform the mother, while taking to hospital, ensure that the baby is well wrapped, kept warm (KMC) and continue feeding during transport.	0.5						
	Total	8						