**Rapid Assessment of Competencies for Care of LBW including KMC for Staff Nurses Koppal**

Assessment Plan

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| --- | --- | --- | --- |
| **Station** | **Details** | **Marks** | **Observed /Not Observed** |
|  | Checking Temperature, weight and swaddling a NB | 10 | Observed |
|  | Counselling a mother / family member on KMC position and why (KMC) | 10 | Observed |
|  | REST |  |  |
|  | Expressing breast milk and feeding a newborn with pallada (KMC) | 10 | Observed |
|  | Inserting Orogastric tube, calculating amount of feed and giving tube feed | 10 | Observed |
|  | Counselling at discharge for KMC maintenance – barriers; danger signs and follow-up | 10 | Observed |
|  | TOTAL | 50 |  |

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

* Each one will go through 5 stations and 1 rest station.
* There are 5 observed stations for this rapid exercise
* In the observed station you will be expected to perform some activity. Complete the task within time given
* The duration of each station will be 5 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 50 minutes.
* No one will be allowed to go out of the room during the rapid exercise.

OSCE Overall Evaluation

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| Candidates | **Stations** | | | | | | **Grand**  **Total**  **(50)** |
| **1** | **2** | **3** | **4** | **5** | **6** |
| **MARKS** | | | | | |
| **(10)** | **(10)** | **(R)** | **(10)** | **(10)** | **(10)** |
| 1. |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |

**Requirements for Each Rapid Assessment Station**

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| --- | --- |
| **General requirements**   * Juice for volunteers and faculty * Snacks * Cellotape | * Instructions for each station * Files to place the Key for each station –5 * Bell, stopwatch |
| **Station 1: Checking the Temperature, Weight and Swaddling a new-born**   * Mannequin - baby * Thermometer * Spirit swab * Kidney tray * Container to keep thermometer in after completing the procedure * Alcohol rub solution * One baby sheet/ towel. * Weighing machine - Infant * Kidney tray * Chit of paper to record weight of mannequin * Key for scoring candidate * Table (1) / Chairs (2) * Volunteer / Observer to act as a nurse * Case Scenario | **Station 2: Counseling a Mother / Care Taker on KMC Position and Why**   * Baby- Preemie natalie * Dupatta / KMC bag * Chair (2) / Table (1) Optional * Volunteer / Observer to act as a mother * Key for scoring candidate * Case Scenario |
| **Station 3:**  **REST** |
| **Station 4:**  **Expressing breast milk and feeding a newborn with pallada (KMC**)   * Breast milk model * Pallada * Preemie natalie / NB mannequin – cap and napkin * Cloth to swaddle the baby * Container to store breast milk * Syringe to measure amount of feed * Alcohol hand scrub * Key for scoring candidate * Table-1 / Chair-2 * Volunteer / Observer to act as mother * Case Scenario | **Station 5:**  **Inserting Orogastric tube, calculating amount of feed and giving tube feed**   * Infant feeding tube 6 or 8 * Clean bowl with water * Stethoscope * Syringe * Expressed breast milk in a clean cup * Water for drinking in a clean cup * Adhesive/micropore to fix the tube * Gloves (optional) * Mackintosh to place under the face of the baby * Preemie natalie – cap and napkin * Cloth to swaddle the preemie natalie * Case Scenario * Key for scoring candidate * Volunteer/Observer to act as mother |
| **Station 6:**  **Counselling at discharge for KMC maintenance – barriers; danger signs and follow-up**   * Baby- Preemie natalie – cap and napkin * Cloth to cover baby * Chair (2) / Table (1) Optional * Volunteer / Observer to act as a mother * Key for scoring candidate * Case Scenario |  |

**OSCE Station 1:**

**Checking Temperature,Weight and Swaddling a Newborn**

1. Show how you would
   * 1. Check the Temperature, weight of newborn mannequin
     2. Swaddle / wrap the newborn mannequin.

**Key for Station 1: Checking Temperature, Weight and Swaddling a Newborn (10)**

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| **S. NO** | **Observations** | **Mark** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
|  | Collects the articles/supplies-thermometer, cotton swab with spirit, dry cotton balls, weighing machine, clean cloth or towel to place on pan of weighing machine | **0.5** |  |  |  |  |  |  |  |  |  |  |
|  | Cleans the tray/pan / weighing bag with spirit swab or soap and water soaked cotton swab or gauze. Then clean with a dry swab | **0.5** |  |  |  |  |  |  |  |  |  |  |
|  | Places clean cloth over the tray / pan / bag of weighing scale in centre and sets the weighing machine scale to zero   * adjusts knob so that reading is zero in beam scale * allows the digital scale to adjust to zero automatically or uses the knob | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | Cleans hands using alcohol hand rub | **0.5** |  |  |  |  |  |  |  |  |  |  |
|  | Removes all clothes of the baby except napkin and places the mannequin baby in the center of the tray/pan | **0.5** |  |  |  |  |  |  |  |  |  |  |
|  | Notes and records the weight accurately.   * notes the reading on the scale to the nearest 0.01kg * waits till the number displayed is more or less stable, freeze the reading | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | Swaddles the baby correctly:   * Puts clothes on – cap, socks, mitten and dress * Folds one corner of the sheet * Places the mannequin on the sheet with head on the folded part * Wraps the side over the abdomen and under the opposite side. * Does the same for the other side * Tucks the middle portion on top. * Hands over to mother | **0.25X8=2.0** |  |  |  |  |  |  |  |  |  |  |
|  | Wipes digital thermometer with dry cotton from bulb to stem and switches on the button | **0.5** |  |  |  |  |  |  |  |  |  |  |
|  | 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** |  |  |  |  |  |  |  |  |  |  |
|  | Removes thermometer once it beeps/after 3 mins, wipes the thermometer with spirit cotton swab from stem to bulb, reads the temperature on the display. | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | Informs the observer the temperature | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | Reinforces how to keep baby warm – KMC/Swaddling | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | TOTAL | **10.0** |  |  |  |  |  |  |  |  |  |  |
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**OSCE Station 2**

**Counselling a Mother / Care Taker on KMC Position and Why**

Ms Asha has a 1800gm baby that is stable. Counsel her on KMC and show how you would help her to start KMC.

**Station 3 - Rest**

**Key for Station 2: Counselling a Mother / Care Taker on KMC Position and Why**

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|  |  |  | **PARTICIPANTS S. NO** | | | | | | | | | |
| **S. NO** | **Observations** | **Marks** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
|  | Introduces self and calls her by name | **0.5** |  |  |  |  |  |  |  |  |  |  |
|  | Explains to mother the advantages of KMC (warmth/breast feeding/growth/less infection/ any other) | **0.5x4=**  **2.0** |  |  |  |  |  |  |  |  |  |  |
|  | Tells the mother what she requires to give KMC :-   * For herself: Front open dress, KMC Bag or binder or Shawl, KMC Chair if available. * For the baby: Cap, Socks, Napkin/Disposal diaper. | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | Puts cap, socks, and diaper / napkin for the baby and shows mother how to place the baby in the KMC bag if available. | **0.5** |  |  |  |  |  |  |  |  |  |  |
|  | Positions the baby for KMC:-   * Places the baby between mother’s breast in an upright position | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | * Positions the baby with arms and legs flexed and head turned - slightly extended | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | * Supports the infant from the bottom with a sling/binder and palm | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | * Secures snugly with a cloth pulled up to the ear, covers with a garment | **1.0** |  |  |  |  |  |  |  |  |  |  |
| **8** | Asks the mother what would help her to give KMC and reinforces importance of giving KMC for as long as possible. Tells her she could get help from a foster provider. | **1.0** |  |  |  |  |  |  |  |  |  |  |
| **11** | Has a good rapport, maintains good eye contact, answers questions of mother, summarises | **1.0** |  |  |  |  |  |  |  |  |  |  |
|  | TOTAL | **10** |  |  |  |  |  |  |  |  |  |  |

**OSCE Station 4**

**Expression of Breast Milk and Feeding by Pallada**

A 34 weeks 1600 grams female baby is born in your hospital by normal delivery. The baby is stable. Baby is not taking enough feed directly on Day 1. You want to try pallada feeds.

**Show how you would**

1. Express breast milk using the breast model.
2. How much feed you will give this baby
3. Feed the baby using a palada.

**Key for Station 4: Expression of Breast Milk, Calculating Amount of Feed and Feeding a Newborn with Pallada**

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| **S. NO** | **Observations** | **Marks** | **Participants Serial Number** | | | | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| 1 | Collects all articles | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 | Washes hands/ Uses alcohol scrub | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 | Demonstrates on breast model how to express breast milk   * Holds clean container under nipple * Places thumb above and first finger below and behind the dark portion of the breast * Support the breast with other fingers. Press the breast gently towards chest wall. Compresses breast between thumb and finger. *Avoids sliding thumb and finger on the skin of the breast* * Rotate the position of the thumb and fingers around the breast with each compression till milk stops dripping | **1.0x4** |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 | Checks that the baby mannequin is wrapped well, held in semi upright position close to the mother | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
| 6 | Says the measured amount (8ml) of feed is poured in the pallada using a syringe. | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
| 7 | Begins feeding the Baby   * Holds the pallada so that the end rests lightly on the baby’s lower lip, touching the outer upper lip * Tips the pallada so that milk reaches the baby’s lip * Allows baby to lick the milk to avoid choking. *Does not pour the milk into the mouth.* The baby takes approximately 30 minutes to feed. * Checks for any choking, coughing, turning blue * Burp the baby after the feed. | **0.5 x 5= 2.5** |  |  |  |  |  |  |  |  |  |  |  |  |
| 8 | Says she will or acts like she will record amount of feed given | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
| 9 | Says she will wash pallada with soap and water, then boiled water and air dry before next use | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **TOTAL** | **10** |  |  |  |  |  |  |  |  |  |  |  |  |

**OSCE Station 5**

**Alternate Feeding through Tube.**

A 32 weeks 1300 grams female baby is born in your hospital by normal delivery. Baby is stable. You have been asked to give tube feed for the baby.

**Show how you would**

1. Insert the nasogastric tube
2. Calculate the amount of feed to be given to the baby.
3. Show how you feed the baby through tube.

**Key for Station 5: Alternate Feeding through Tube**

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| **S. NO** | **Observations** | **Marks** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
|  | Tell the mother about need for tube feeding and to express breast milk. Assure her this will help to maintain breast milk | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Collect all the articles/supplies (tube 5-6 French, adhesive, clean cup with water, syringe, bowl with measured breast milk). Washes hands | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Measure the tube from tip of the nose to ear lobe to half way between tip of breast bone and umbilicus. Mark the measurement on the tube with an adhesive. | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Lubricate the tube with expressed milk. Insert the tube (5-6 French size) through mouth/nose into the stomach till the mark | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Check placement of the tube - Push 1ml air through the tube while listening for the sound of air entering the stomach using a stethoscope over the upper abdomen. Or  - Withdraw air from the stomach and look for small amounts of gastric fluid | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Fix the tube on the cheek with micropore | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Takes a measured amount of feed based on weight of newborn (1300gms – Day 1=80x1.3Kg=104/12=9ml every 2 hours. | **2.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Attach the sterile 10cc syringe (without plunger) at the outer end of the tube, pour measured amount of milk and allow milk to flow down by gravity. Close the outer end of tube after feeding. *Can rotate the plunger slightly if the feed does not go in first and then remove the plunger. Do not push the feed with the plunger.* | **2.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Record amount of feed given. Check for any abdominal distension, vomiting and record the same. | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **TOTAL** | **10.0** |  |  |  |  |  |  |  |  |  |  |  |  |

**OSCE Station 6**

**Counselling of a Mother KMC maintenance – barriers; danger signs and follow-up**

A 34 weeks 1750 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.

**Show how you would**

* Counsel the mother on KMC maintenance – barriers; danger signs and follow-up

**Key for Station 6:** Counselling a Mother on KMC maintenance – barriers; danger signs and follow-up

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|  |  |  | **Participants** | | | | | | | | | | | |
| **S. NO** | **Observations** | **Marks** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |
|  | Introduces self and greets parents. Praises her for how she has been taking care of the baby | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Checks with the mother how she can prolong KMC duration and difficulties which she encounters during KMC. | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Reinforces any correct information | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Explain that the baby is stable and is ready for discharge | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Reinforce and check with mother what she needs to observe when the baby is on KMC  A- Activity  B- Breathing  C- Colour  T- Temperature | **2.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Reinforce on need for exclusive breast feeding | **1.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Reinforce on the need to continue KMC for as long as possible | **0.5** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Informs mother when she must return for follow up:  - A week after discharge  - If any problem occurs. Tell her if there is any abnormality in ABCT, to report to ASHA worker or come to hospital | **2.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Maintains good body posture/ eye to eye contact/asks for any doubts / listens and clarifies | **0.5 x4 = 2.0** |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **TOTAL** | **10.0** |  |  |  |  |  |  |  |  |  |  |  |  |