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Logo



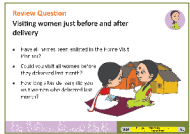
# Birth-preparedness for institutional and home delivery



Ministry of Women & Child Development  
Government of India, 2018

20





## Review Questions

### Visiting women just before and after delivery



Welcome the participants in the meeting

Tell them that we will first review the activities of the previous month



Ask

What were our action points for the last month?



Review the activities with the help of points given on the right column



- Could you visit all women before they delivered last month? If not, why not?
- How long after delivery did you visit women who delivered last month?
  - Could you remain present at birth? (If not, why?)
  - Could you visit on the day of birth? (If not, why?)
  - Could you visit them on the day they returned from hospital delivery? (If not, why?)
- Did any mother experience problems during or after delivery? Was the family prepared to handle this problem?
- Did all families provide the correct immediate care to newborn babies at birth? What did they do differently?
  - Early breastfeeding, not giving anything other than breast milk
  - Keeping the baby warm
  - Clean cord care

#### Action points from the previous month

- Participants of group A to complete writing names of all children upto 1 year of age and names of currently pregnant women in the Home Visit Planner from the data transfer sheet
- Participants of Group B to complete writing names of all left out children and pregnant mothers of their respective areas in the home visit planner
- Write down the dates of all children and pregnant mothers in the space for 'calendar month'
- We will visit all those pregnant women whose delivery is due in the next month, before they deliver
- We will visit the women again after their delivery



20 Minute

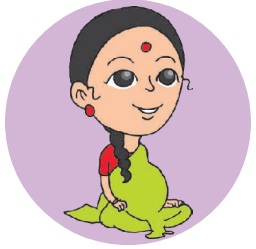
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Birth-preparedness for institutional and home delivery

F1

## Review Question

# Visiting women just before and after delivery



- Have all names been enlisted in the Home Visit Planner?
- Could you visit all women before they delivered last month?
- How long after delivery did you visit women who delivered last month?





# Why is it important to prepare for delivery?



Participants would already have a lot of common knowledge about preparing for birth. The objective is to start a discussion to bring out this knowledge.



## Display the card and ask

- What might go wrong if there is no preparedness by the family?
- Do families know what to prepare for?
- What do you think we can do to help them understand these things?



5 Minute

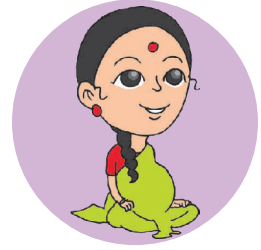
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F2



# Why is it important to prepare for delivery?



- What preparations need to be made for a delivery?
- What things do families usually prepare for, and what things do they forget?





# Preparedness for institutional delivery



## Explain

Most families will plan to deliver in the hospital. Some may plan to deliver at home. Even those who plan to deliver at home may need to go to a hospital at the last minute if something goes wrong. So, every family must prepare for a hospital delivery.



**Display the card and ask one of the participants to read the list. Discuss each of the points in detail, using the checklist given on the right. Use local knowledge. The details of the plan can be different for different villages.**



**After discussing the list, ask,**

Is anything left out?

**At the end, ask,**

Do families prepare for all of this? Do you think we can help them prepare?



**Refer to ASHA module 6, Part B and Annex 3, and the checklist of messages in ICDS Register 8**

- **The right hospital**

- Qualified nurses and doctors available
- 24 hour services
- Easy to reach during day and night
- Which hospitals in the area are best?

- **Transportation with phone numbers**

- Phone numbers available, and will respond quickly and reliably
- Low cost or free

- **Clothes for mother and baby**

- Pads for mother (if needed)
- Dry, clean cloth to wrap the baby – at least two pieces, blanket if necessary

- **People to accompany**

- To care for mother and baby
- To run around

- **Money, sufficient for**

- Transportation to and from hospital
- Any medicine purchases
- Any emergencies
- Feeding those who accompany

- **Documents**

- For claiming Janani Suraksha Yojna (JSY)/maternity benefits, as locally required

- **Someone to take care of the home**

- For at least two days
- Think of who all are required to be taken care of



10 Minute

M20

Birth-preparedness for institutional and home delivery

F3

# Preparedness for hospital delivery

- Which is the right hospital?
- Which transportation to use? What are the phone numbers to call for the vehicle?
- What clothes are needed for mother and baby?
- Who will accompany?
- How much money will be required?
- What documents are required?
- Who will take care of the home when mother is in hospital?





# Preparedness for home delivery



## Tell the participants

Most families will plan to deliver in the hospital. Some may plan to deliver at home. Even those who plan to deliver in the hospital may have to deliver at home in the last minute. So, every family must prepare for a home delivery as well.



**Display the card and ask one of the participants to read the list. Discuss each of the points in detail, using the checklist given on the right. Use local knowledge. The details of the plan can be different for different villages.**



**After discussing the list, ask,**

Is anything left out?

**At the end, ask,**

Do families prepare for all of this? Do you think we can help them prepare?



**At the end, emphasize that everyone should prepare for a home delivery, and all the materials can be used even in hospital deliveries if need be.**

**Refer to ASHA module 6, chapter 2 and Annex 3, and the checklist of messages in ICDS Register 8**

- **New blade and thread**

- Blade recently purchased, not to open packaging until just before cutting the cord, to be used without washing in water
- Thread – two pieces, six inches long, from new reel, preferably boiled in water and sun-dried

- **Soap bar**

- for attendants to wash hands before delivery

- **Clean sheet**

- Plastic, to prevent soiling of floor
- Cloth, to soak up fluid and blood

- **Clean cloth for mother**

- Washed and sundried, for use as pads – at least six

- **Place to conduct delivery**

- Well-lit, or having lamps
- Easy to clean

- **Skilled birth attendant**

- Trained, qualified nurse/ANM or doctor
- Someone who can come home when called, phone numbers available

- **Women to help**

- Women with experience in assisting childbirth



10 Minute

M20

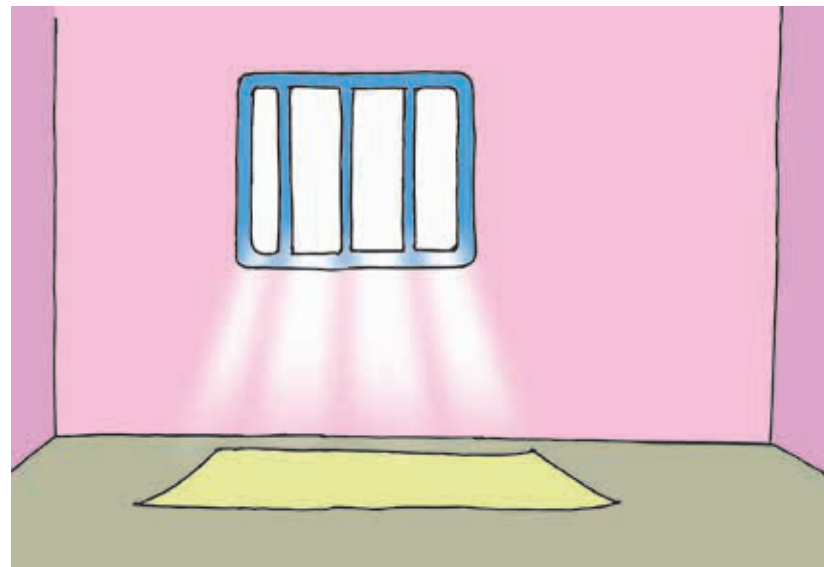
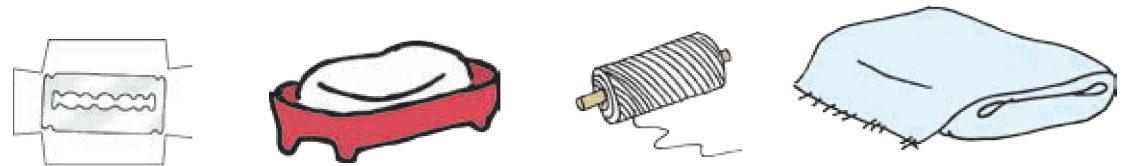
Birth-preparedness for institutional and home delivery

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# Preparedness for home delivery



- New blade and clean thread
- Soap for washing hands
- Clean sheet for mother to lie on during delivery (Cloth/Plastic)
- Clean cloth or pads for the mother
- Clean, well-lit place in the house to conduct delivery
- Skilled birth attendant with phone numbers
- Women to help





# Timing of preparations for delivery



**Display the card and discuss each question.**

**Guide the discussion using the checklist on the right.**



## Discuss

It is best to start preparing for delivery from the beginning of pregnancy, particularly for saving money. Most families will become serious about the delivery by the time of god bhara. It is best to make sure that all preparations are complete by the ninth month.

- Poor families may need to start saving money from the beginning of pregnancy
- Blade, thread, cloth should be kept ready by the 7th month, since delivery may happen anytime after that
- Identification of hospital for delivery should be completed by the 7th month, and if possible, the woman should have at least one check up at the hospital before going for delivery
- All preparations for institutional and home delivery should be completed by the 9th month
- To ensure this, the AWW/ASHA must visit the family at least twice in the third trimester:
  - At least once in the 7th month to assess preparedness and advise them,
  - At least once in the 9th month to ensure that all preparations are completed



10 Minute

M20

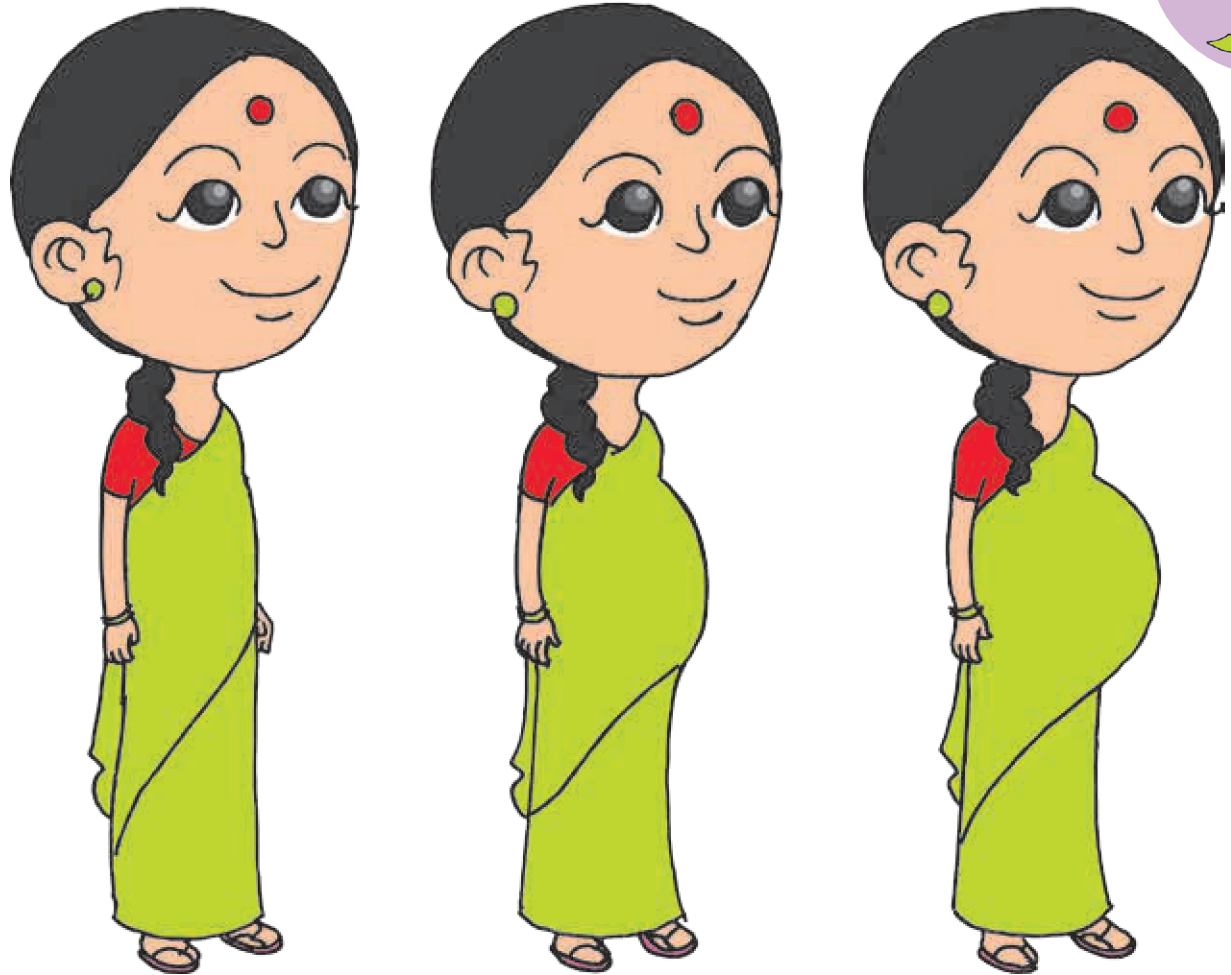
Birth-preparedness for institutional and home delivery

F5



# Timing of preparations for delivery

- At what period of pregnancy do families usually start preparing for delivery?
- At what time should they start preparing?
- At what time should we help them start preparing?





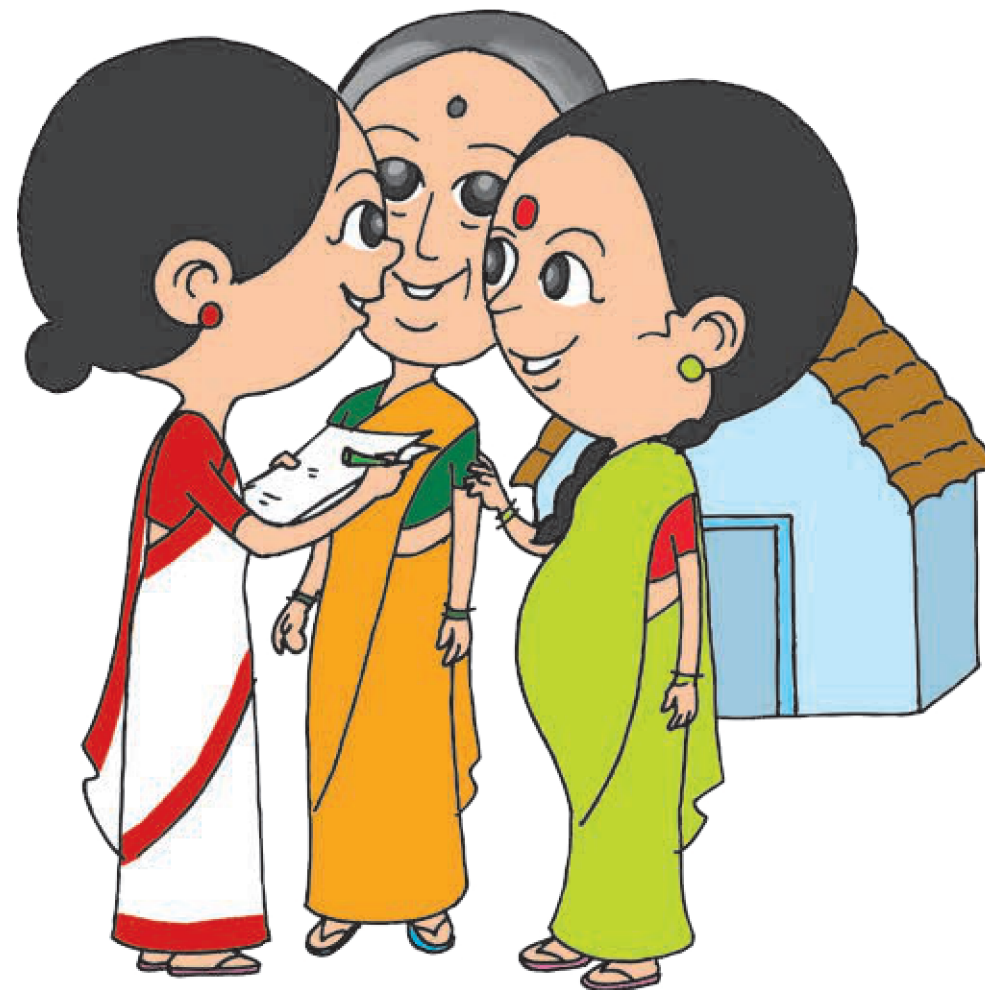
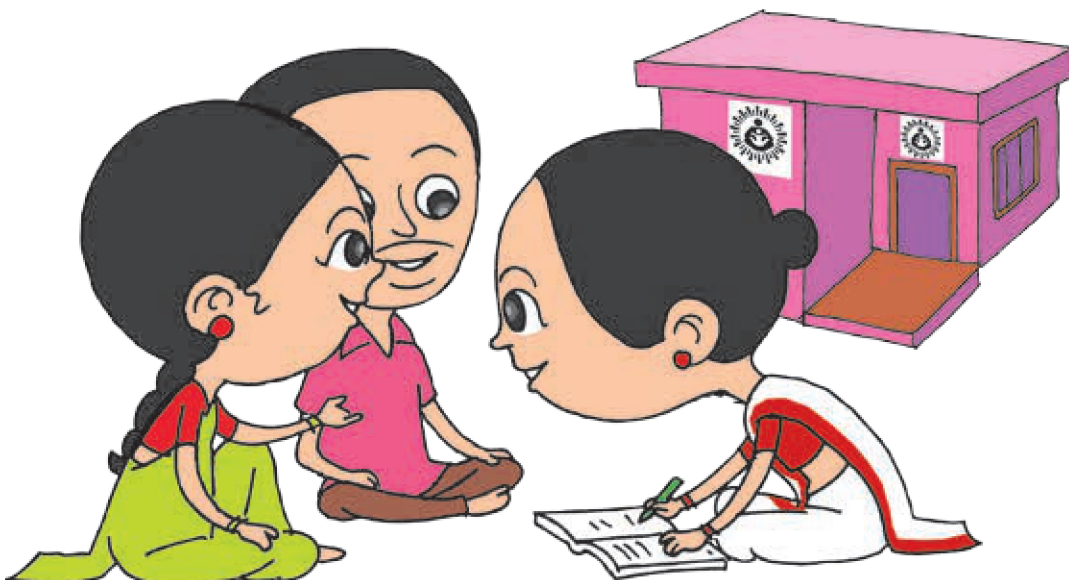


## Summary: How to prepare for delivery



Display the card, and ask participants to read the contents, line by line.

Ask the participants to listen carefully and ask questions, if any.



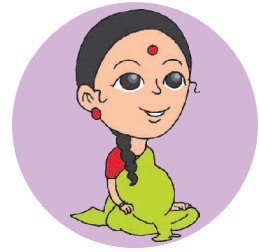
10 Minute

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Birth-preparedness for institutional  
and home delivery

F6

# Summary: How to prepare for delivery



Families of every pregnant woman must prepare for delivery in a hospital and delivery at home.

Preparations should begin early in pregnancy, definitely by the time of god bharai.

We must visit them at least twice in the third trimester: once to ensure that they have started planning, and again to ensure that they have completed planning.

## For Institutional delivery

- The right hospital
- Transportation with phone numbers
- Clothes for mother and baby
- People to accompany
- Sufficient money
- Documents for JSY
- Someone to take care of the home

## For Home delivery

- New blade and thread
- Soap bar
- Clean sheet (Cloth/Plastic)
- Clean cloth/Pads for mother
- Place to conduct delivery
- Skilled birth attendant, phone numbers
- Women to help





## Practice: Role play for counselling families for birth preparedness



Help the participants do a role play to demonstrate how they would speak to the family to assess birth preparedness for institutional delivery and home delivery.

Use the checklist on the right to facilitate the role play.

- Ask one of the AWWs to select a woman who is currently in the 7th month of pregnancy, using the home visit planner. Ask another participant to check if the woman has been correctly identified
- Ask for four volunteers to play key roles
  - Pregnant woman – 7th month
  - Mother-in-law
  - Husband
  - AWW or ASHA
- Instructions to the AWW/ASHA: first assess all preparations by asking questions, and then advise only to fill the gaps.
- After five minutes of observing the role play, ask other participants what they think went right or wrong.
- At the end, ask participants what would have gone wrong if
  - The family had not been visited or counselled
  - The family had been visited very late or only before few days left for delivery



15 Minute

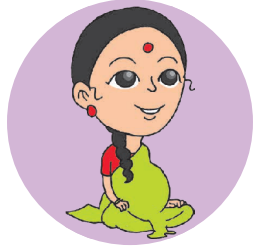
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Birth-preparedness for institutional and home delivery

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## Practice:

### Role play for counselling families for birth preparedness



How should we talk to families to ensure birth preparedness?





# Identifying third trimester pregnant women correctly



## Display the card.

Ask all participants to use their home visit planners to identify women in the third trimester using the home visit planners.

Ask how many such women they can identify (the number should be usually between 5-8 women in any village). If someone has a problem in identifying women in third trimester, ask another participant to help her.

Then ask, which of these women is likely to be in the 7th month, which one is in the 9th month.

Use the guidelines on the right to help the participants understand how to do this.

Emphasize the importance of knowing the month of pregnancy, and how this can be achieved if we register every pregnant woman early, and record LMP and EDD correctly at registration.

- Third trimester means the last three months of pregnancy (7th, 8th and 9th months)
- Column 4 of Register 8 (Home visit planner) is for recording visits made to women in the third trimester. Use the months written in this column for finding women who are in the third trimester this month.

## Example

- suppose the current month is July.
- In the sample below, the mother Shukuntala Devi is in the third trimester during June, July and August. Which means, she is at present (in July) in the third trimester.
- From this you can also see that Shakuntaladevi was in the 7th month in June, she is in the 8th month at present (July) and will be in the 9th month next month (August).

- If the home visit planner has been made correctly, you will find that all women of the same trimester of pregnancy are found one after another, on the same page or on adjacent pages. This makes it easy to find them and count them.

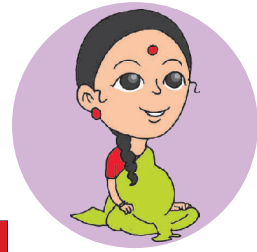
1	2	3	4	5
SerialNo. ofFamily and Individual	NamesofMothersand Children	Pregnancy 4-6months (Anycontact sufficient-preferably 2times)	Pregnancy 7-9months (Atleasttwo homevisits)	DayofBirth (Presenceatbirth, orhomevisitatthe earliestthereafter)
FamilyNo.	CalendarMonth			
IndNo.	Mother:			
	EDD:			
	DateofDelivery:			
IndNo.	Child:			





# Identifying pregnant women in third trimester correctly

- We will identify all women who are currently in the third trimester, using the home visit planner
- Among them, we will identify those who are in the 7th month, and those in the 9th month.





Integrated Child Development Services

**Home Visits Planner**

	Name	Code
District		
ICDS Project (Block)		
Sector		
Village/Ward		
Anganwadi Centre		
Anganwadi Worker		
Anganwadi Helper		



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Register





## Action Plan

# Make two visits in the third trimester and ensure preparedness



Display card, and discuss each point quickly.



### Emphasize

- Timing of 7th month visit
- Timing of 9th month visit
- Need for additional visits if problems are found in the 7th month visit
- Need for additional visits if preparedness is incomplete
- Need to first ask and assess, and only then advise
- Refer to checklist of messages in Register 8, and ASHA module 6, if need be



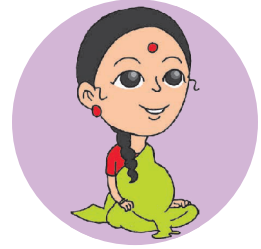
If need be, use the 'Summary' card for revision





## Action Plan

# Make two visits in the third trimester and ensure preparedness



- We will visit pregnant women at home in their seventh month
- We will meet the families to understand:
  - Are they prepared for institutional delivery?
  - Are they prepared for home delivery?
  - Are responsible members of the family involved in preparing for delivery?
- If there are gaps in preparedness, we will counsel accordingly.
- We will revisit the woman during her ninth month and ensure that preparedness is complete



- 1 *Why this Monthly Meeting ?*
- 2 *Making or updating Home Visit Planner & Initiating Home Visits*
- 3 *Planning and Organizing Community Based Events at AWC*
- 4 *Observing Breastfeeding in Newborn Babies - Why and How*
- 5 *Identification and Care of a Weak Newborn baby*
- 6 *Complementary Feeding: Diet Diversity*
- 7 *Preventing Anemia in Women*
- 8 *Assessment of Growth in Children*
- 9 *Ensuring that Complementary Feeding improves over time*
- 10 *Ensuring Exclusive Breastfeeding*
- 11 *Care of the Weak Newborn Baby - How many weak babies are we missing?*
- 12 *How to ensure timely initiation of Complementary Feeding*
- 13 *Identifying and preventing Severe Acute Malnutrition*
- 14 *Feeding During Illness*
- 15 *Supporting mothers with issues in Breastfeeding*
- 16 *How to take care of weak newborn with the help of Kangaroo Mother Care*
- 17 *Identification & Referral of Sick Newborn*
- 18 *Preventing illnesses to avert Malnutrition and Death*
- 19 *Prevention of Anemia in girls and adolescents*
- 20 **Birth Preparedness- For Institutional and Home Delivery**
- 21 *Preparation During Pregnancy: For NewBorn Care & Family Planning*

