



# Competency Based Learning Materials (CBLMs)

## Caregiving for Persons with Special Needs

Level-3

**Module: Provide Support During Antenatal (Pregnancy) Postnatal  
(After Delivery) & Neonatal Period**

**Code: CBLM-IS-CPS-03-L3-EN-V1**



**National Skills Development Authority  
Prime Minister's Office  
Government of the People's Republic of Bangladesh**



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The CBLM on “Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period” is developed based on NSDA approved Competency Standards and Competency Based Curriculum under caregiving for elderly persons Level-3 Occupation. It contains the information required to implement the caregiving for elderly persons Level-3 standard.

This document has been prepared by NSDA with the help of relevant experts, trainers/professionals.

All Government-Private-NGO training institutes in the country accredited by NSDA can use this CBLM to implement skill-based training of caregiving for elderly persons Level-3 course.



## How to use this Competency Based Learning Materials (CBLMs)

The module, Maintaining and enhancing professional & technical competency contains training materials and activities for you to complete. These activities may be completed as part of structured classroom activities or you may be required you to work at your own pace. These activities will ask you to complete associated learning and practice activities in order to gain knowledge and skills you need to achieve the learning outcomes.

1. Review the **Learning Activity** page to understand the sequence of learning activities you will undergo. This page will serve as your road map towards the achievement of competence.
2. Read the **Information Sheets**. This will give you an understanding of the jobs or tasks you are going to learn how to do. Once you have finished reading the **Information Sheets** complete the questions in the **Self-Check**.
3. **Self-Checks** are found after each **Information Sheet**. **Self-Checks** are designed to help you know how you are progressing. If you are unable to answer the questions in the **Self-Check** you will need to re-read the relevant **Information Sheet**. Once you have completed all the questions check your answers by reading the relevant **Answer Keys** found at the end of this module.
4. Next move on to the **Job Sheets**. **Job Sheets** provide detailed information about *how to do the job* you are being trained in. Some **Job Sheets** will also have a series of **Activity Sheets**. These sheets have been designed to introduce you to the job step by step. This is where you will apply the new knowledge you gained by reading the Information Sheets. This is your opportunity to practise the job. You may need to practise the job or activity several times before you become competent.
5. Specification **sheets**, specifying the details of the job to be performed will be provided where appropriate.
6. A review of competency is provided on the last page to help remind if all the required assessment criteria have been met. This record is for your own information and guidance and is not an official record of competency

When working through this Module always be aware of your safety and the safety of others in the training room. Should you require assistance or clarification please consult your trainer or facilitator.

When you have satisfactorily completed all the Jobs and/or Activities outlined in this module, an assessment event will be scheduled to assess if you have achieved competency in the specified learning outcomes. You will then be ready to move onto the next Unit of Competency or Module



Approved by

---th Executive Committee (EC) Meeting of NSDA

Held on -----





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## **Module Content**

**Unit Title:** Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period

**Unit Code:** OU-IS-CPS-03-L3-V1

**Module Title:** Providing support during antenatal (pregnancy), postnatal (after delivery) & neonatal period

**Module Descriptor:** This module covers the knowledge, skills and attitudes required to provide support during pregnancy, maternity and neonatal. It includes providing pregnancy care, assisting during delivery, supporting in breast feeding, supporting in maternity care, neonatal care, managing the cases of violence during pregnancy.

**Nominal Hours: 70 hours**

### **Learning Outcomes:**

Upon completion of this module the trainees must be able to:

1. Provide pregnancy care
2. Assist during delivery
3. Support in breast feeding
4. Support in maternity care
5. Neonatal Care
6. Manage the cases of violence during pregnancy.

### **Assessment Criteria:**

1. The necessity of pregnancy care is explained.
2. Pre-pregnancy risk is assessed.
3. Pre-pregnancy preparation suggestions are followed.
4. Ailment due to pregnancy is managed as doctors advised.
5. Emergency situation during pregnancy is detected and taken care.
6. Vaccination is ensured as prescribed
7. Comfort a woman giving birth is ensured
8. Assisted delivery procedures are interpreted
9. Newborn care is assisted
10. Breastfeeding is interpreted
11. Breastfeeding position and latch are recognized
12. Breastfeeding mother is supported during breastfeeding
13. Breastfeeding difficulties are recognized and supported
14. Maternity care is defined
15. The need of maternity care is explained
16. Client is assisted with maternity care

17. Contraceptive after delivery is promoted
18. Neonatal care is explained
19. Need and levels of neonatal care are identified
20. Routine care of the newborn at birth is provided
21. Neonatal care is provided.
22. Care for specific condition of newborn is assisted.
23. Types of Violence are recognized
24. Counseling is provided to clients against violence
25. Violence cases are reported to respected authority as per standard procedure

## Learning Outcome: 1 Provide Pregnancy Care

Assessment Criteria	<ol style="list-style-type: none"> <li>1. The necessity of pregnancy care is explained.</li> <li>2. Pre-pregnancy risk is assessed.</li> <li>3. Pre-pregnancy preparation suggestions are followed.</li> <li>4. Ailment due to pregnancy is managed as doctors advised.</li> <li>5. Emergency situation during pregnancy is detected and taken care.</li> <li>6. Vaccination is ensured as prescribed</li> </ol>
Conditions and Resources	<ol style="list-style-type: none"> <li>1. Real or simulated workplace</li> <li>2. CBLM</li> <li>3. Handouts</li> <li>4. Laptop</li> <li>5. Multimedia Projector</li> <li>6. Paper, Pen, Pencil, Eraser</li> <li>7. Internet facilities</li> <li>8. White board and marker</li> </ol>
Contents	<ol style="list-style-type: none"> <li>1 Pregnancy care</li> <li>2 Pre-pregnancy risk.</li> <li>3 Pre-pregnancy preparation suggestions.</li> <li>4 Ailment due to pregnancy.</li> <li>5 Emergency situation during pregnancy</li> <li>6 Vaccination</li> </ol>
Training Methods	<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Presentation</li> <li>3. Demonstration</li> <li>4. Guided Practice</li> <li>5. Individual Practice</li> <li>6. Project Work</li> <li>7. Problem Solving</li> <li>8. Brainstorming</li> </ol>
Assessment Methods	<ol style="list-style-type: none"> <li>1. Written Test</li> <li>2. Demonstration</li> <li>3. Oral Questioning</li> </ol>

## Learning Experience-1: Provide Pregnancy Care

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period.	1. Instructor will provide the learning materials provide pregnancy care
2. Read the <b>Information sheet/s</b>	2. Information Sheet-1: Provide pregnancy care
3. Complete the <b>Self-Checks &amp; Answer key sheets.</b>	3. Self-Check No. 1: Provide pregnancy care  Answer key No. 1: Provide pregnancy care
4. Read the <b>Job/ Task sheet and Specification Sheet</b>	4. Job/ task sheet and specification sheet  Task sheet-1.1:



## Information Sheet 1: Provide Pregnancy Care

### Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 1.1 Pregnancy care
- 1.2 Pre-pregnancy risk.
- 1.3 Pre-pregnancy preparation suggestions.
- 1.4 Ailment due to pregnancy.
- 1.5 Emergency situation during pregnancy
- 1.6 Vaccination

### 1.1 Pregnancy care

<p><b>Pregnancy:</b></p> <p>Pregnancy is the condition in which a fertilized ovum implants in the uterus and grows. Gestation period is 280 days or 40 weeks.</p> <p><b>Pregnancy Period:</b></p> <ul style="list-style-type: none"><li>▪ First trimester / early pregnancy: First 12 weeks of pregnancy</li><li>▪ Second trimester / mid pregnancy: 13 - 24 weeks of pregnancy</li><li>▪ Third trimester / late pregnancy: 25 - 40 weeks of pregnancy</li></ul>	
<p><b>Importance of care during pregnancy</b></p> <p>Prenatal care, also known as antenatal care, is a type of preventive healthcare. It is provided in the form of medical checkups, consisting of recommendations on managing a healthy lifestyle and the provision of medical information such as maternal physiological changes in pregnancy, biological changes, and prenatal nutrition including prenatal vitamins, which prevents potential health problems throughout the course of the pregnancy and promotes the mother and child's health alike.</p>	

## 1.2 Pre-pregnancy risk

Pre-pregnancy risk refers to the various factors and conditions that can increase the chances of complications or adverse outcomes during pregnancy if they are not addressed before conception. These risks encompass a wide range of issues, including chronic medical conditions like diabetes or hypertension, lifestyle factors such as smoking or substance abuse, inadequate prenatal care, and genetic factors. Identifying and mitigating pre-pregnancy risks through proper medical evaluation, lifestyle adjustments, and counseling is crucial to ensuring a healthier pregnancy and reducing potential harm to both the mother and the developing fetus.

- **Height**

A systematic and meta-analysis based on 56 studies on the effect of maternal height on preterm birth and low birth weight showed that the risk of preterm birth and low birth weight was significantly higher among short-statured women,<sup>13</sup> and such association has also been reported in other studies.

Shorter mothers have shorter pregnancies, smaller babies, and higher risk for a preterm birth. New research has found that a mother's height directly influences her risk for preterm birth.

- **Weight**

Obesity before pregnancy is associated with an increased risk of several adverse outcomes of pregnancy. The risk profiles among lean, normal, or mildly overweight women are not, however, well established.

Higher maternal weight before pregnancy increases the risk of late fetal death, although it protects against the delivery of a small-for-gestational-age infant.

- **Diabetes**

Diabetes during pregnancy—including type 1, type 2, or gestational diabetes—can negatively affect the health of women and their babies. For women with type 1 or type 2 diabetes, high blood sugar around the time of conception increases babies' risk of birth defects, stillbirth, and preterm birth.

- **Blood pressure**

Pregnancy and neonatal outcomes were assessed according to the pre-pregnancy BP categories. Having a pre-pregnancy SBP  $\geq 130$  mmHg significantly increased the risk for composite morbidity compared to an SBP of 110 – 119 mmHg (OR = 1.681, 95% CI: 1.586 – 1.783). Having a pre-pregnancy DBP ( $\geq 85$  mmHg) also increased the risk of the primary outcome compared to a DBP of 75 – 79 mmHg (OR = 1.560, 95% CI: 1.420 – 1.715). Even at normal and elevated BP ( $< 130/80$  mmHg), lower BP was associated with a significantly lower risk of the primary outcome. This linear relationship between BP



and composite morbidity was consistent in the SBP, DBP, and mean arterial pressure categories.

- **Anaemia**

Anemia is when you don't have enough red blood cells to carry oxygen throughout your body. When your body doesn't get enough oxygen from your blood, it can't function properly. A person who has anemia during pregnancy is considered anemic.

The most common causes of anemia during pregnancy are iron deficiency and folate acid deficiency. Anemia increases risk of preterm delivery and postpartum maternal infections. If Hb is < 11.5 g/dL at the onset of pregnancy, consider treating women prophylactically.

### 1.3 Pre-pregnancy preparation suggestions

Pre-pregnancy preparation is essential for a healthy and successful pregnancy journey. To prepare for pregnancy, it's advisable to start by consulting a healthcare provider for a preconception checkup. This visit can help identify and address any underlying health conditions, ensure vaccinations are up to date, and discuss any necessary lifestyle changes. Maintaining a balanced diet, engaging in regular exercise, and managing stress are crucial aspects of pre-pregnancy health. Additionally, taking a daily prenatal vitamin with folic acid is recommended to reduce the risk of certain birth defects. Quitting smoking, avoiding alcohol and illicit drugs, and limiting caffeine intake are also important steps. Lastly, couples should consider their emotional readiness for parenthood and engage in open communication about their expectations and plans for family life.

- **Make a Plan and Take Action:** Start by setting clear goals and timelines for your pre-pregnancy preparations. Create a checklist of tasks and gradually work through them.
- **See Your Doctor:** Schedule a preconception checkup with your healthcare provider. Discuss your medical history, current health status, and any medications you're taking. Address any chronic conditions and receive guidance on how to manage them during pregnancy.
- **Take 400 Micrograms of Folic Acid Every Day:** Folic acid is crucial for preventing neural tube defects in the developing fetus. Begin taking a daily prenatal vitamin containing at least 400 micrograms of folic acid before conception.
- **Stop Drinking Alcohol, Smoking, and Using Certain Drugs:** These substances can harm your baby and increase the risk of complications. Quitting before pregnancy is ideal, as early exposure can be harmful.

- **Avoid Toxic Substances and Environmental Contaminants:** Minimize exposure to harmful chemicals, such as lead, pesticides, and certain cleaning products. Be cautious in occupational settings with potential hazards.
- **Reach and Maintain a Healthy Weight:** Achieving a healthy weight before pregnancy reduces the risk of complications. Maintain a balanced diet and engage in regular exercise to support a healthy BMI.
- **Get Help for Violence:** If you're in an abusive relationship, seek help and support to ensure your safety. Domestic violence can have severe consequences during pregnancy.
- **Learn Your Family History:** Understanding your family's medical history can provide valuable insights into potential genetic risks or conditions that may affect your pregnancy.
- **Get Mentally Healthy:** Address any mental health concerns and seek therapy or counseling if needed. Emotional well-being is crucial for a healthy pregnancy experience.

#### 1.4 Ailment due to pregnancy

Pregnancy can lead to various ailments and discomforts due to the hormonal and physical changes that occur in a woman's body during this time. Some common ailments experienced during pregnancy include:

- **Nausea and Vomiting:** Often referred to as morning sickness, nausea and vomiting can occur at any time of day during pregnancy. It is usually most common in the first trimester.
- **Acidity:** Hormonal changes during pregnancy can lead to increased stomach acid production, causing heartburn and acidity. This is more common in the later stages of pregnancy.
- **Vertigo:** Some pregnant individuals may experience dizziness or vertigo due to changes in blood pressure and blood volume.
- **Constipation:** Hormonal changes and pressure on the intestines from the growing uterus can lead to constipation during pregnancy.
- **Headache:** Headaches may occur due to hormonal fluctuations, stress, or changes in blood circulation.

- **Backache:** The extra weight and changes in posture during pregnancy can cause strain on the back, leading to backaches, especially in the later stages.
- **Edema (Swelling):** Swelling in the feet, ankles, and hands is common during pregnancy due to increased blood volume and fluid retention.

## 1.5 Emergency situation during pregnancy

An emergency situation during pregnancy can be a critical and potentially life-threatening event that requires immediate medical attention. Some common emergency situations during pregnancy include:



- **Vaginal Bleeding:** Any significant vaginal bleeding during pregnancy, especially in the second or third trimester, should be considered an emergency. It may indicate various issues, such as placenta previa, placental abruption, or other complications.
- **Severe Nausea or Vomiting:** While some nausea and vomiting are common during pregnancy, severe and persistent symptoms can lead to dehydration and electrolyte imbalances, which require medical intervention.
- **Decreased Movements of the Baby:** If you notice a significant decrease in your baby's movements or if you're concerned about fetal activity, contact your healthcare provider immediately. This could be a sign of fetal distress.
- **Fever:** A high fever during pregnancy, especially if accompanied by other symptoms, can indicate an underlying infection that may be harmful to both the mother and the baby.

- **Severe Abdominal Pain:** Intense and persistent abdominal pain can be a sign of various issues, including ectopic pregnancy, appendicitis, or other abdominal complications that require urgent attention.
- **Suspected Ruptured Membrane (Amniotic Sac):** If you suspect your amniotic sac has ruptured (your water has broken), and you are not in labor, contact your healthcare provider immediately. Prolonged rupture of the membranes can increase the risk of infection.
- **Seizures:** Seizures during pregnancy are a medical emergency and can have serious consequences for both the mother and the baby. Immediate medical help is essential.
- **Shock:** Symptoms of shock, such as rapid heart rate, low blood pressure, confusion, and cold, clammy skin, require immediate medical attention. Shock can result from various complications during pregnancy.

## 1.6 Vaccination

Most vaccines are safe during pregnancy and some, such as the flu vaccine and Tdap (adult tetanus, diphtheria and acellular pertussis vaccine), are specifically recommended during pregnancy. Learn about vaccinations during pregnancy and learn more about COVID-19 vaccines while pregnant or breastfeeding. Having the right vaccinations at the right time can help keep you healthy and help protect your baby from some diseases during the first few months of life.

Vaccination during pregnancy is an important aspect of prenatal care to protect both the mother and the developing baby from certain infections. The vaccinations recommended during pregnancy include:

**Influenza (Flu) Vaccine:** The flu vaccine is strongly recommended for pregnant individuals, especially during flu season (typically in the fall and winter). Influenza can cause severe illness in pregnant women and may lead to complications. The flu shot (inactivated influenza vaccine) is safe to receive during pregnancy and provides protection for both the mother and the baby.

**Tdap Vaccine:** The Tdap vaccine (Tetanus, Diphtheria, and Pertussis) is typically recommended during the third trimester (between weeks 27 and 36) of each pregnancy. It helps protect the newborn from pertussis (whooping cough), which can be life-threatening for infants. By receiving the Tdap vaccine during pregnancy, the mother passes on protective antibodies to the baby.

## Self-Check Sheet - 1: Provide Pregnancy Care

### Questionnaire:

1. What is pregnancy care?

**Answer:**

2. Who provides pregnancy care?

**Answer:**

3. What does prenatal care involve?

**Answer:**

4. Why is prenatal care important?

**Answer:**

5. What does postpartum care include?

**Answer:**

6. How can I find a suitable pregnancy care provider?

**Answer:**

7. How can you be a supportive advocate for the rights and needs of individuals with special needs in various settings?

**Answer:**

## **Answer Key - 1: Provide Pregnancy Care**

1. What is pregnancy care?

**Answer:** Pregnancy care refers to the medical and supportive care provided to expectant mothers throughout their pregnancy, encompassing prenatal, childbirth, and postpartum care

2. Who provides pregnancy care?

**Answer:** Pregnancy care is typically provided by healthcare professionals, including obstetricians, midwives, nurses, and other members of the prenatal care team

3. What does prenatal care involve?

**Answer:** Prenatal care involves regular check-ups, medical screenings, and monitoring of the mother's health and the baby's development during pregnancy

4. Why is prenatal care important?

**Answer:** Prenatal care is essential to ensure the well-being of both the mother and the baby, as it allows healthcare providers to identify and address any potential health concerns and provide guidance on healthy pregnancy practices

5. What does postpartum care include?

**Answer:** Postpartum care involves follow-up assessments and support for the mother after childbirth, focusing on her physical recovery, emotional well-being, and guidance on newborn care

6. How can I find a suitable pregnancy care provider?

**Answer:** You can find a suitable pregnancy care provider by asking for recommendations from friends or family, consulting your primary care doctor, or contacting your local healthcare facility to inquire about available obstetricians, midwives, or prenatal clinics

## **Task Sheet - 1: Practice on Pregnancy Care**

**Objectives:** Learn and practice key components of pregnancy care, including proper nutrition, exercise, and monitoring

### **Working Procedure:**

1. Begin the session by discussing the significance of prenatal care for the health and well-being of both the mother and the developing baby.
2. Create scenarios related to pregnancy care, including situations involving common discomforts, monitoring, and recognizing warning signs.
3. Highlight the objectives and key components of the practice session.
4. Explain why prenatal care is crucial for a healthy pregnancy.
5. Discuss the benefits of regular check-ups and early detection of potential issues.
6. Break down the essential elements of pregnancy care, including nutrition, exercise, and monitoring.
7. Discuss the importance of a balanced diet, prenatal vitamins, and staying hydrated.
8. Explain how to monitor and manage weight gain and blood sugar levels.
9. Summarize the key takeaways from the practice session.
10. Reinforce the importance of regular prenatal care and self-monitoring during pregnancy.

## Learning Outcome: 2 Assist During Delivery

Assessment Criteria	<ol style="list-style-type: none"> <li>1. Comfort a woman giving birth is ensured.</li> <li>2. Assisted delivery procedures are interpreted.</li> <li>3. Newborn care is assisted.</li> </ol>
Conditions and Resources	<ol style="list-style-type: none"> <li>1. Real or simulated workplace</li> <li>2. CBLM</li> <li>3. Handouts</li> <li>4. Laptop</li> <li>5. Multimedia Projector</li> <li>6. Paper, Pen, Pencil, Eraser</li> <li>7. Internet facilities</li> <li>8. White board and marker</li> </ol>
Contents	<ol style="list-style-type: none"> <li>1 Comfort a woman giving birth.</li> <li>2 Assisted delivery procedures.</li> <li>3 Newborn care.</li> </ol>
Training Methods	<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Presentation</li> <li>3. Demonstration</li> <li>4. Guided Practice</li> <li>5. Individual Practice</li> <li>6. Project Work</li> <li>7. Problem Solving</li> <li>8. Brainstorming</li> </ol>
Assessment Methods	<ol style="list-style-type: none"> <li>1. Written Test</li> <li>2. Demonstration</li> <li>3. Oral Questioning</li> </ol>



## Learning Experience-2: Assist During Delivery

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period.	1. Instructor will provide the learning materials Assist During Delivery
2. Read the <b>Information sheet/s</b>	2. Information Sheet-2: Assist During Delivery
3. Complete the <b>Self-Checks &amp; Answer key sheets.</b>	3. Self-Check No. 2: Assist During Delivery  Answer key No. 2: Assist During Delivery
4. Read the <b>Job/ Task sheet and Specification Sheet</b>	4. Job/ task sheet and specification sheet  Task sheet-2.1:

## Information Sheet 2: Assist During Delivery

### Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 2.1 Comfort a woman giving birth.
- 2.2 Assisted delivery procedures.
- 2.3 Newborn care.

### 2.1 Comfort a woman giving birth



Comforting a woman during childbirth is an essential role for a birth partner, whether it be a partner, friend, or doula. Here are some ways to provide comfort during this intense and emotional experience:

- **Be Present:** Stay with the woman throughout the entire process, providing a steady and reassuring presence.
- **Offer Encouragement:** Use positive and uplifting words to support her during contractions and the pushing phase.
- **Hold Her Hand:** Physical touch can be comforting. Hold her hand and provide a gentle squeeze when needed.
- **Use Breathing Techniques:** Encourage her to practice deep breathing during contractions to help manage pain and stay focused.
- **Help with Position Changes:** Assist her in finding comfortable positions during labor and encourage movement when possible.
- **Create a Calm Environment:** Dim the lights, play calming music, or use aromatherapy to create a soothing atmosphere.

- **Advocate for Her Wishes:** Be her voice and advocate for her birth preferences with the medical team, ensuring her choices are respected.
- **Offer Distractions:** Engage her in light conversation or distract her with stories during less intense moments.
- **Be Flexible:** Be prepared to adapt to her changing needs and preferences as labor progresses.

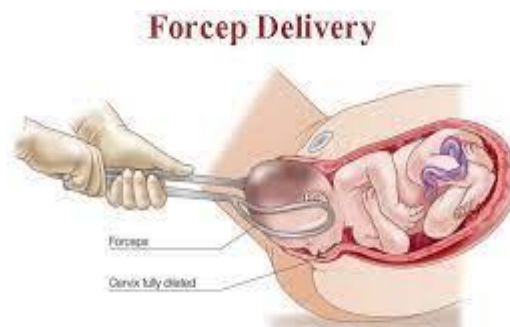
## 2.2 Assisted delivery procedures

Assisted delivery procedures are medical interventions used to assist the birthing process when certain complications arise during labor. These procedures are typically performed by healthcare professionals, such as obstetricians or midwives, and aim to safely deliver the baby while ensuring the well-being of both the mother and the child. Some common assisted delivery procedures include:

- **Vacuum Extraction (Vacuum-assisted vaginal delivery):**
  - A vacuum extractor, a soft or rigid cup with a handle and a suction pump, is placed on the baby's head.
  - During a contraction, the healthcare provider applies gentle traction to help guide the baby's head through the birth canal.



- **Forceps Delivery:**
  - Forceps are curved metal instruments designed to grip the baby's head.
  - The forceps are carefully applied to the baby's head, and gentle traction is applied during a contraction to assist in delivery.

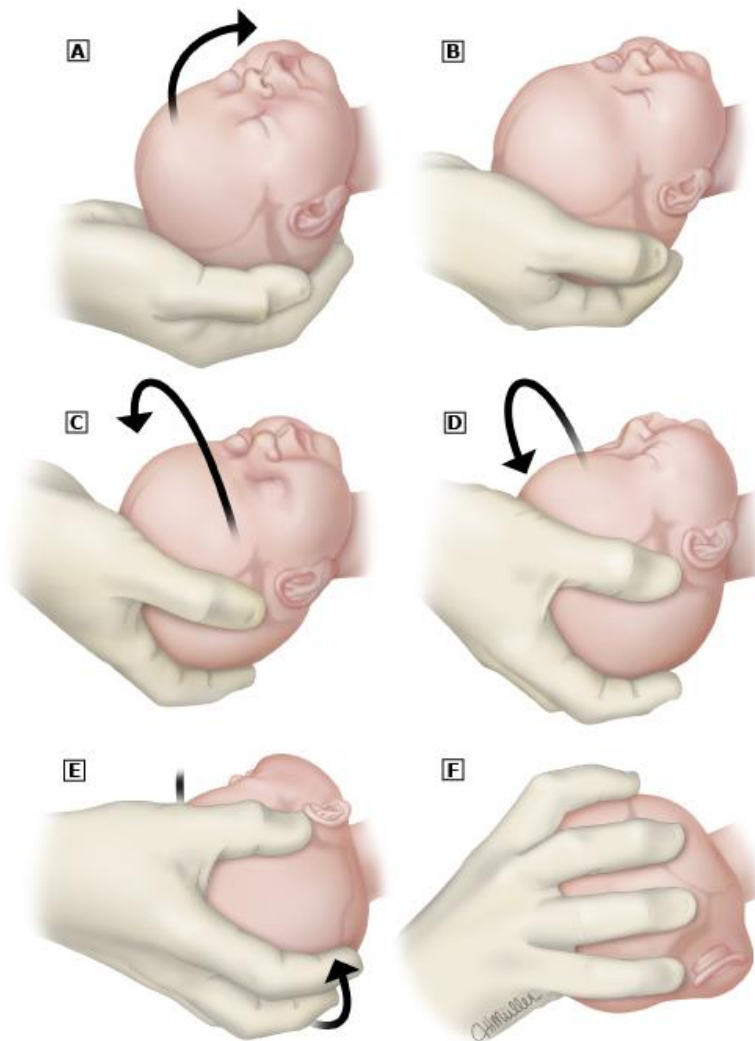


- **Episiotomy:**

- An episiotomy is a surgical incision made in the perineum (the area between the vagina and anus) to widen the vaginal opening.
- It is performed to facilitate a faster delivery and to reduce the risk of extensive tearing.

- **Manual Rotation:**

- If the baby's head is in an unfavorable position, the healthcare provider may use their hand to manually rotate the baby's head during delivery.



It's important to note that assisted delivery procedures are not always necessary and are typically reserved for specific medical indications. The decision to perform an assisted delivery is made based on the individual circumstances of each labor and the judgment of the healthcare provider. The safety and well-being of both the mother and the baby are the primary concerns during any assisted delivery procedure.

## 2.3 Newborn care

Newborn care involves providing essential support and attention to a newborn baby during the early days and weeks of life. Proper newborn care is crucial for their health, well-being, and development. Here are some key aspects of newborn care:

- **Feeding:**
  - Breastfeeding: Encourage and support breastfeeding as it provides essential nutrients and antibodies for the baby's immune system.
  - Formula Feeding: If breastfeeding is not possible or insufficient, follow proper guidelines for safe formula feeding.
- **Diapering:**
  - Change diapers regularly to keep the baby clean and dry.
  - Clean the diaper area gently to prevent diaper rash.
- **Bathing:**
  - Sponge bath the baby until the umbilical cord stump falls off and the circumcision heals (if applicable).
  - Use a mild baby soap and warm water, and ensure the room is comfortably warm.
- **Crying:**
  - Attend to the baby's cries promptly to address their needs (hunger, diaper change, comfort, etc.).

Always seek professional medical advice if you have any concerns about your baby's health or development. Each baby is unique, and understanding their individual needs is essential for providing the best newborn care possible.

## Self-Check Sheet - 2: Assist During Delivery

### Questionnaire:

1. Who typically assists during delivery?

**Answer:**

2. What are some tasks involved in assisting during delivery?

**Answer:**

3. How does assisting during delivery contribute to the birthing experience?

**Answer:**

4. Can family members or support persons assist during delivery?

**Answer:**

5. What are some important qualities of a good birth assistant during delivery?

**Answer:**

## Answer Key - 2: Assist During Delivery

1. Who typically assists during delivery?

**Answer:** The primary healthcare providers during delivery are midwives, obstetricians, and labor and delivery nurses. They may be assisted by other medical staff or trained birth assistants.

2. What are some tasks involved in assisting during delivery?

**Answer:** Tasks may include providing emotional support to the laboring woman, assisting with positioning, offering encouragement during pushing, and helping with the preparation and cleanup of delivery equipment.

3. How does assisting during delivery contribute to the birthing experience?

**Answer:** Assisting during delivery helps ensure a safe and positive birthing experience for the mother, provides support during the intense and transformative process of childbirth, and helps healthcare providers manage any complications that may arise.

4. Can family members or support persons assist during delivery?

**Answer:** In some cases, family members or support persons, such as doulas or birthing coaches, may be allowed to assist during delivery if the mother desires and it aligns with the policies of the birthing facility.

5. What are some important qualities of a good birth assistant during delivery?

**Answer:** A good birth assistant should be compassionate, attentive, calm under pressure, knowledgeable about childbirth processes, and able to work collaboratively with the healthcare team to support the mother's needs and preferences during delivery.

## **Task Sheet-2.1: Support Delivery**

**Objectives:** To provide competent and compassionate assistance to the healthcare team during childbirth, ensuring the safety and well-being of both the mother and the newborn.

### **Working Procedure:**

1. Collaborate with the healthcare team to set up necessary medical equipment.
2. Help the expectant mother get into a comfortable position for childbirth.
3. Provide support in administering any pre-delivery medications as prescribed.
4. Assist in monitoring the mother's vital signs, contractions, and cervical dilation.
5. Notify the healthcare team of any changes or concerns.
6. Collaborate with healthcare professionals to provide comfort measures, such as breathing techniques and position changes.
7. Ensure the delivery room remains organized and sterile.
8. Prepare towels and blankets for the newborn's immediate care.
9. Keep the delivery room clean and sanitized throughout the process.
10. Collaborate effectively with the healthcare team to provide coordinated care.



### **Learning Outcome: 3 Support in Breast Feeding**

Assessment Criteria	<ol style="list-style-type: none"> <li>1. Breastfeeding is interpreted.</li> <li>2. Breastfeeding position and latch are recognized.</li> <li>3. Breastfeeding mother is supported during breastfeeding.</li> <li>4. Breastfeeding difficulties are recognized and supported.</li> </ol>
Conditions and Resources	<ol style="list-style-type: none"> <li>1. Real or simulated workplace</li> <li>2. CBLM</li> <li>3. Handouts</li> <li>4. Laptop</li> <li>5. Multimedia Projector</li> <li>6. Paper, Pen, Pencil, Eraser</li> <li>7. Internet facilities</li> <li>8. White board and marker</li> </ol>
Contents	<ol style="list-style-type: none"> <li>1 Breastfeeding.</li> <li>2 Breastfeeding position and latch.</li> <li>3 Breastfeeding difficulties.</li> </ol>
Training Methods	<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Presentation</li> <li>3. Demonstration</li> <li>4. Guided Practice</li> <li>5. Individual Practice</li> <li>6. Project Work</li> <li>7. Problem Solving</li> <li>8. Brainstorming</li> </ol>
Assessment Methods	<ol style="list-style-type: none"> <li>1. Written Test</li> <li>2. Demonstration</li> <li>3. Oral Questioning</li> </ol>

### **Learning Experience-3: Support in Breast Feeding**

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

<b>Learning Steps</b>	<b>Resources specific instructions</b>
1. Student will ask the instructor about Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period.	1. Instructor will provide the learning materials Support in Breast Feeding
2. Read the <b>Information sheet/s</b>	2. Information Sheet-3: Support in Breast Feeding
3. Complete the <b>Self-Checks &amp; Answer key sheets.</b>	3. Self-Check No. 3: Support in Breast Feeding  Answer key No. 3: Support in Breast Feeding
4. Read the <b>Job/ Task sheet and Specification Sheet</b>	4. Job/ task sheet and specification sheet  Task sheet-3.1:

## Information Sheet 3: Support in Breast Feeding

### Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 3.1 Breastfeeding.
- 3.2 Breastfeeding position and latch.
- 3.3 Breastfeeding difficulties.

### 3.1 Breastfeeding

Breastfeeding is the act of feeding an infant with breast milk produced by the mother's mammary glands. It is considered the best and most natural way to nourish a newborn baby. Breast milk provides essential nutrients, antibodies, and other bioactive components that promote optimal growth, development, and immune system support for the baby.

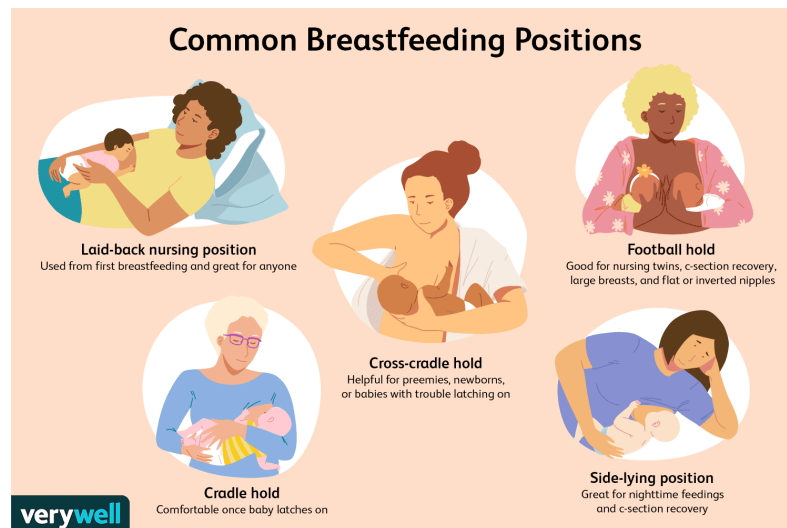


Remember that breastfeeding is a learning process for both the mother and the baby, and it may take time to establish a successful breastfeeding relationship. Patience, support, and perseverance are essential for a positive breastfeeding experience. If breastfeeding is not possible or not the preferred option for the mother, formula feeding can also provide adequate nutrition for the baby's growth and development. Ultimately, the goal is to ensure the baby's well-being and meet their nutritional needs in the best way possible.

## 3.2 Breastfeeding position and latch

Proper breastfeeding position and latch are crucial for a successful and comfortable breastfeeding experience for both the mother and the baby. Here are some common breastfeeding positions and tips for achieving a good latch:

### Breastfeeding Positions:



### Cradle Hold:

- Sit comfortably with good back support.
- Hold the baby's head with the crook of your arm on the same side as the breast you're using.
- Bring the baby's body close to your chest, with their nose aligned to your nipple.
- Support the baby's neck and shoulders with your forearm, and use your other hand to support your breast if needed.

### Cross-Cradle Hold:

- Similar to the cradle hold, but you use the opposite arm to support the baby's head.
- Hold the baby with the crook of your arm on the opposite side of the breast you're using.
- This position provides more control and support for the baby's head and latch.

### Side-Lying Position:

- Lie on your side with the baby facing you.
- Support the baby's head and bring them close to your breast.
- This position is especially useful for nighttime feedings or when you need to rest while nursing.

### 3.3 Breastfeeding difficulties

- **Crack nipple:**

Cracked nipples are characterized by red, irritated, and scabbed skin on or around the nipple. Using gentle creams and avoiding harsh soaps, chemicals, and tight clothing can help treat and prevent nipple cracking.

Cracked nipples are most often due to nipple trauma. It can affect both men and women as a result of chafing against clothing or tissue damage from cuts or blows. It may be more likely if the nipples protrude more.

- **Breast abscess:**

A breast abscess can form if you have a breast infection (called mastitis) and it's not treated quickly. Mastitis most often affects breastfeeding women. It can also happen in women who are not breastfeeding, but this is less common.

Bacteria most often cause breast abscesses. The most common types of bacteria are named *Staphylococcus aureus* and *Streptococcus*. Sometimes anaerobic bacteria (which grow without oxygen) can cause breast abscesses.

- **Flat nipple:**

Most women's nipples protrude and become more erect when stimulated by touch or sensation, but some have nipples that are flat or inverted. And some women have had one or both nipples pierced. Many mums with inverted, flat, or pierced nipples breastfeed with no problems at all, but others need extra support.

- **Engorged breast:**

Breast engorgement is when, for whatever reason, your breasts become overly full. They may feel hard, tight and painful. In the early days, engorgement can be due to your milk coming in. Newborns need feeding little and often. It can take a few days for your milk supply to match your baby's needs.

- **Inverted nipple:**

Inverted nipples are often congenital, meaning they have been present since birth. This condition may result from milk ducts that do not fully develop or because the nipple base remained small while in the womb. Nipple inversion can occur in both males and females and often affects both sides instead of just one.

## Self-Check Sheet - 3: Support in Breast Feeding

### Questionnaire:

1. What is meant by "support in breastfeeding?"

**Answer:**

2. Who can offer support in breastfeeding?

**Answer:**

3. What are some ways to offer support in breastfeeding?

**Answer:**

4. Why is breastfeeding support important?

**Answer:**

5. Can breastfeeding support be provided remotely or online?

**Answer:**

6. How can partners and family members contribute to breastfeeding support?

**Answer:**

## **Answer Key - 3: Support in Breast Feeding**

1. What is meant by "support in breastfeeding?"

**Answer:** Supporting breastfeeding involves providing assistance, guidance, and encouragement to mothers to establish and maintain successful breastfeeding for their infants.

2. Who can offer support in breastfeeding?

**Answer:** Support in breastfeeding can be provided by healthcare professionals, lactation consultants, breastfeeding support groups, family members, and friends who have knowledge and experience in breastfeeding.

3. What are some ways to offer support in breastfeeding?

**Answer:** Support in breastfeeding can include providing information on proper latch and positioning, offering emotional encouragement, helping with troubleshooting breastfeeding challenges, and promoting a supportive breastfeeding environment.

4. Why is breastfeeding support important?

**Answer:** Breastfeeding support is crucial to help mothers overcome challenges, build confidence, and sustain breastfeeding, as it offers numerous health benefits for both the baby and the mother.

5. Can breastfeeding support be provided remotely or online?

**Answer:** Yes, breastfeeding support can be offered remotely or online through virtual consultations, online support groups, and educational resources, making it accessible to mothers regardless of their location.

6. How can partners and family members contribute to breastfeeding support?

**Answer:** Partners and family members can provide emotional support, assist with household tasks to allow the mother more time for breastfeeding, and attend breastfeeding classes together to learn about breastfeeding techniques and challenges. Their support can positively impact the breastfeeding experience.

## **Task Sheet-3.1: Support Breastfeeding**

**Objectives:** To provide comprehensive support and guidance to new mothers in initiating and maintaining successful breastfeeding, ensuring the health and well-being of both the mother and the baby.

### **Working Procedure:**

1. Determine the mother's interest and willingness to breastfeed.
2. Inquire about any concerns or challenges she may have regarding breastfeeding.
3. Explain the breastfeeding process, latch techniques, and common breastfeeding positions.
4. Observe and guide mothers in proper latching techniques to ensure effective milk transfer.
5. Help mothers find comfortable feeding positions to prevent discomfort and promote successful breastfeeding.
6. Provide advice on maintaining a proper breastfeeding schedule and feeding on demand.
7. Provide guidance on incorporating pumping into their breastfeeding routine.
8. Collaborate with neonatal care teams as needed to provide integrated care.



## Learning Outcome: 4 Support in Maternity Care

Assessment Criteria	<ol style="list-style-type: none"> <li>1. Maternity care is defined.</li> <li>2. The need of maternity care is explained.</li> <li>3. Client is assisted with maternity care.</li> <li>4. Contraceptive after delivery is promoted.</li> </ol>
Conditions and Resources	<ol style="list-style-type: none"> <li>1. Real or simulated workplace</li> <li>2. CBLM</li> <li>3. Handouts</li> <li>4. Laptop</li> <li>5. Multimedia Projector</li> <li>6. Paper, Pen, Pencil, Eraser</li> <li>7. Internet facilities</li> <li>8. White board and marker</li> </ol>
Contents	<ol style="list-style-type: none"> <li>1 Maternity care.</li> <li>2 Assisting procedure of maternity care.</li> <li>3 Contraceptive after delivery</li> </ol>
Training Methods	<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Presentation</li> <li>3. Demonstration</li> <li>4. Guided Practice</li> <li>5. Individual Practice</li> <li>6. Project Work</li> <li>7. Problem Solving</li> <li>8. Brainstorming</li> </ol>
Assessment Methods	<ol style="list-style-type: none"> <li>1. Written Test</li> <li>2. Demonstration</li> <li>3. Oral Questioning</li> </ol>

## Learning Experience-4: Support in Maternity Care

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period.	1. Instructor will provide the learning materials Support in Maternity Care
2. Read the <b>Information sheet/s</b>	2. Information Sheet-4: Support in Maternity Care
3. Complete the <b>Self-Checks &amp; Answer key sheets.</b>	3. Self-Check No. 4: Support in Maternity Care  Answer key No. 4: Support in Maternity Care
4. Read the <b>Job/ Task sheet and Specification Sheet</b>	4. Job/ task sheet and specification sheet  Task sheet-4.1:

## Information Sheet 4: Support in Maternity Care

### Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 4.1 Maternity care.
- 4.2 Assisting procedure of maternity care.
- 4.3 Contraceptive after delivery

### 4.1 Maternity care

Maternity care refers to the comprehensive healthcare provided to pregnant women throughout their pregnancy, childbirth, and the postpartum period. Maternity care aims to ensure the well-being of both the mother and the baby, promoting a safe and healthy pregnancy, a positive birthing experience, and a smooth transition to motherhood. Here are some key aspects of maternity care:



### Prenatal Care:

- Regular check-ups and medical appointments with a healthcare provider to monitor the progress of the pregnancy and address any concerns.
- Routine prenatal tests and screenings to assess the mother's health and monitor the baby's development.

Maternity care is typically provided by a team of healthcare professionals, including obstetricians, midwives, nurses, and lactation consultants, who work collaboratively to ensure the best possible outcomes for both the mother and the baby. The goal of maternity care is to promote a positive and healthy pregnancy experience and to support the mother in her journey through childbirth and early motherhood.

## 4.2 Assisting procedure of maternity care

Assisting in maternity care involves providing support and assistance to healthcare professionals, such as midwives, obstetricians, or nurses, during various stages of pregnancy, labor, and postpartum care. The specific procedures and tasks that an assistant may perform can vary based on their training, qualifications, and the regulations in their region. Here are some common assisting procedures in maternity care:

### **Prenatal Care Assistance:**

- Prepare examination rooms and equipment for prenatal check-ups.
- Assist with measurements (e.g., weight, blood pressure, fundal height) and record vital signs.
- Help collect and label specimens for prenatal tests and screenings.
- Provide educational materials to expectant mothers about prenatal nutrition, exercises, and self-care.

## 4.3 Contraceptive after delivery

After childbirth, there are several contraceptive options available to help prevent unwanted pregnancies and allow the mother to plan her family according to her preferences and health considerations. The choice of contraceptive method may depend on various factors, including the mother's medical history, breastfeeding status, and future family planning goals. Here are some common contraceptive options after delivery:

### **Hormonal Methods:**

- **Combined Oral Contraceptives (COCs):** These are birth control pills that contain both estrogen and progestin hormones, which work to prevent ovulation and thicken cervical mucus to impede sperm movement.
- **Progestin-Only Pills (Mini Pills):** These pills contain only progestin and are suitable for breastfeeding mothers since they do not affect milk supply.
- **Hormonal Implants:** A small, flexible rod placed under the skin that releases progestin continuously for up to several years.
- **Hormonal Injections:** Progestin injections administered every few months.
- **Hormonal Intrauterine Device (IUD):** A T-shaped device inserted into the uterus that releases progestin to prevent pregnancy for several years.

It's essential for new mothers to discuss contraceptive options with their healthcare provider to determine the most suitable method based on their health, breastfeeding status, and family planning goals. For breastfeeding mothers, some hormonal contraceptive methods are considered safe, but it's essential to choose those that do not interfere with milk supply.

## Self-Check Sheet - 4: Support in Maternity Care

### Questionnaire:

1. What does "support in maternity care" entail?

**Answer:**

2. Who offers support in maternity care?

**Answer:**

3. What are some ways to offer support in maternity care?

**Answer:**

4. Why is support in maternity care important?

**Answer:**

5. Can family members play a role in supporting maternity care?

**Answer:**

6. Are there support groups available for expectant mothers?

**Answer:**

## **Answer Key - 4: Support in Maternity Care**

1. What does "support in maternity care" entail?

**Answer:** Support in maternity care involves providing assistance, guidance, and emotional support to expectant mothers throughout their pregnancy and childbirth journey.

2. Who offers support in maternity care?

**Answer:** Support in maternity care can be provided by healthcare professionals, including obstetricians, midwives, nurses, doulas, and support staff specializing in prenatal and postnatal care.

3. What are some ways to offer support in maternity care?

**Answer:** Support in maternity care can include prenatal education, emotional counseling, monitoring the mother's health and baby's development, assisting during childbirth, and providing postpartum care and resources

4. Why is support in maternity care important?

**Answer:** Support in maternity care is essential for promoting a positive and safe pregnancy experience, ensuring the well-being of both the mother and the baby, and addressing any concerns or complications that may arise

5. Can family members play a role in supporting maternity care?

**Answer:** Yes, family members can play a significant role in supporting maternity care by providing emotional support, helping with household tasks, attending prenatal appointments, and being present during childbirth if desired by the mother

6. Are there support groups available for expectant mothers?

**Answer:** Yes, there are support groups and community resources specifically designed to provide emotional support and educational information for expectant mothers, helping them connect with others going through similar experiences.

## **Task Sheet-4.1: Assist Maternity Care**

### **Objectives:**

To provide valuable support to expectant mothers and the healthcare team during the maternity care process, ensuring a safe and positive experience throughout the pregnancy, childbirth, and postnatal period.

### **Working Procedure:**

1. Ensure the maternity unit is clean, organized, and well-stocked with essential supplies.
2. Collaborate with the healthcare team to maintain a safe and comfortable environment for expectant mothers.
3. Greet expectant mothers and their families with a warm and compassionate attitude.
4. Accompany expectant mothers during prenatal check-ups and consultations.
5. Help with measuring vital signs and record the mother's medical history accurately.
6. Provide educational materials and information about prenatal nutrition, exercise, and overall well-being.
7. Assist in monitoring the mother's vital signs and fetal heart rate during labor.
8. Report any unusual observations or concerns promptly to the healthcare team.
9. Adhere to strict hygiene and infection control practices to minimize risks to mother and baby.
10. Maintain a clean and sanitized environment in the maternity unit.

## Learning Outcome: 5 Neonatal Care

Assessment Criteria	<ol style="list-style-type: none"> <li>1. Neonatal care is explained.</li> <li>2. Need and levels of neonatal care are identified.</li> <li>3. Routine care of the newborn at birth is provided.</li> <li>4. Neonatal care is provided.</li> <li>5. Care for specific condition of newborn is assisted.</li> </ol>
Conditions and Resources	<ol style="list-style-type: none"> <li>1. Real or simulated workplace</li> <li>2. CBLM</li> <li>3. Handouts</li> <li>4. Laptop</li> <li>5. Multimedia Projector</li> <li>6. Paper, Pen, Pencil, Eraser</li> <li>7. Internet facilities</li> <li>8. White board and marker</li> </ol>
Contents	<ol style="list-style-type: none"> <li>1 Neonatal care.</li> <li>2 Need and levels of neonatal care.</li> <li>3 Routine care of the newborn at birth.</li> <li>4 Care for specific condition of newborn.</li> </ol>
Training Methods	<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Presentation</li> <li>3. Demonstration</li> <li>4. Guided Practice</li> <li>5. Individual Practice</li> <li>6. Project Work</li> <li>7. Problem Solving</li> <li>8. Brainstorming</li> </ol>
Assessment Methods	<ol style="list-style-type: none"> <li>1. Written Test</li> <li>2. Demonstration</li> <li>3. Oral Questioning</li> </ol>



## Learning Experience-5: Neonatal Care

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period.	1. Instructor will provide the learning materials Neonatal Care
2. Read the <b>Information sheet/s</b>	2. Information Sheet-5: Neonatal Care
3. Complete the <b>Self-Checks &amp; Answer key sheets.</b>	3. Self-Check No. 5: Neonatal Care  Answer key No. 5: Neonatal Care
4. Read the <b>Job/ Task sheet and Specification Sheet</b>	4. Job/ task sheet and specification sheet  Task sheet-5.1:

## Information Sheet 5: Neonatal Care

### Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

- 5.1 Neonatal care.
- 5.2 Need and levels of neonatal care.
- 5.3 Routine care of the newborn at birth.
- 5.4 Care for specific condition of newborn.

### 5.1 Neonatal care

Neonatal care refers to the medical care and support provided to newborn infants, typically during the first 28 days of life, often referred to as the neonatal period. This critical period requires specialized attention and medical intervention to ensure the health and well-being of the newborns, especially those born prematurely or with specific medical conditions. Neonatal care encompasses various aspects to address the unique needs of these vulnerable infants. Here are some key components of neonatal care:

- **Feeding Support:**

Premature infants may have difficulty feeding orally and may require assistance with feeding, such as tube feeding or specialized feeding methods.

- **Family-Centered Care:**

Involving parents in the care of their newborn and providing support and education to help them understand and participate in their baby's care.

Neonatal care requires a multi-disciplinary approach, involving neonatologists, nurses, respiratory therapists, occupational and physical therapists, and other healthcare professionals, all working together to provide the best possible care for these delicate infants. The goal of neonatal care is to promote the optimal health and development of newborns, ensuring they have the best chance for a healthy and thriving life.

## 5.2 Need and levels of neonatal care

Neonatal care is essential because newborn infants, especially premature or critically ill babies, have unique medical needs that require specialized attention and support. The neonatal period is a critical time for the baby's development and requires a comprehensive approach to address their medical, nutritional, and developmental needs. The need for neonatal care arises from the increased vulnerability and potential health risks that newborns face during this period.

### **Levels of Neonatal Care:**

- Level I (Basic Newborn Care):
- Level II (Special Care Nursery or Special Care Baby Unit):
- Level III (Neonatal Intensive Care Unit - NICU):
- Level IV (Regional NICU):

The appropriate level of neonatal care is determined based on the baby's medical condition and needs. Newborns are assessed shortly after birth, and if any health issues are identified, they are transferred to the appropriate level of neonatal care for the best possible medical management and support. The goal of neonatal care is to optimize the outcomes for newborns and provide them with the best chance of a healthy and successful start in life.

## 5.3 Routine care of the newborn at birth

Routine care of the newborn at birth involves a series of essential procedures and assessments to ensure the baby's well-being and to identify any immediate health issues. These routine procedures are typically performed soon after the baby's birth, and they are standard practice in most healthcare facilities. Here are the key components of routine newborn care at birth:

### **Apgar Score Assessment:**

- The Apgar score is a quick evaluation of the baby's overall condition at 1 and 5 minutes after birth.
- It assesses the baby's heart rate, respiratory effort, muscle tone, reflexes, and skin color on a scale of 0 to 10.
- The Apgar score helps the healthcare provider determine if the baby needs any immediate medical attention.

## 5.4 Care for specific condition of newborn

Specific conditions in newborns may require specialized care and attention from healthcare professionals. The care provided will depend on the specific condition the newborn is experiencing. Here are some examples of specific conditions and the corresponding care:

### **Premature Birth:**

- Newborns born prematurely require care in a Neonatal Intensive Care Unit (NICU) or Special Care Nursery.
- Care may include respiratory support, temperature regulation, intravenous nutrition, and monitoring for complications associated with prematurity.

### **Respiratory Distress:**

- Babies with respiratory distress may need supplemental oxygen or mechanical ventilation to support their breathing.
- Close monitoring of oxygen levels and respiratory rate is essential to ensure adequate oxygenation.

### **Jaundice:**

- Neonatal jaundice, caused by elevated bilirubin levels, may require phototherapy (light therapy) to help break down bilirubin in the baby's body.
- Frequent monitoring of bilirubin levels and hydration is important to manage jaundice effectively.

### **Infections:**

- Newborns with infections may need antibiotic treatment to control the infection and prevent complications.
- Monitoring for signs of sepsis and ensuring proper hydration and nutrition are crucial.

## Self-Check Sheet - 5: Neonatal Care

### Questionnaire:

1. What is neonatal care?

**Answer:**

2. Who provides neonatal care?

**Answer:**

3. What are some common components of neonatal care?

**Answer:**

4. Why is neonatal care important?

**Answer:**

5. Are all newborns admitted to the neonatal care unit?

**Answer:**

6. How long does neonatal care typically last?

**Answer:**

## Answer Key - 5: Neonatal Care

1. What is neonatal care?

**Answer:** Neonatal care refers to specialized medical care and support provided to newborn infants, typically during the first 28 days of life, to ensure their health and well-being.

2. Who provides neonatal care?

**Answer:** Neonatal care is provided by a team of healthcare professionals, including neonatologists, pediatricians, neonatal nurses, respiratory therapists, and other specialists trained in caring for newborns.

3. What are some common components of neonatal care?

**Answer:** Neonatal care includes monitoring vital signs, respiratory support, temperature regulation, feeding support, infection prevention, and providing a nurturing environment for newborns.

4. Why is neonatal care important?

**Answer:** Neonatal care is crucial because newborns are vulnerable and may require specialized medical attention, especially if they are born prematurely or have specific medical conditions.

5. Are all newborns admitted to the neonatal care unit?

**Answer:** Not all newborns require admission to the neonatal care unit. Only those who are born prematurely, have certain medical conditions, or experience complications at birth may need neonatal care.

6. How long does neonatal care typically last?

**Answer:** The duration of neonatal care varies depending on the health status of the newborn. Some infants may only require a short stay in the neonatal care unit, while others with more complex conditions may need care for several weeks or even months.

## **Task Sheet-5.1: Providing Neonatal Care**

### **Objectives:**

1. Demonstrate the ability to assess and monitor the health of newborns effectively.
2. Understand the essential procedures for providing basic neonatal care.
3. Learn how to identify and respond to common neonatal health issues.
4. Develop proficiency in promoting a safe and nurturing environment for newborns.

### **Working Procedure:**

1. Understand the importance of observing for any signs of distress or abnormal behaviors.
2. Demonstrate techniques for clamping and cutting the umbilical cord while maintaining a sterile environment.
3. Understand the significance of early breastfeeding and its benefits for newborns.
4. Understand the importance of cord stump care and prevention of infections.
5. Understand the normal ranges for neonatal vital signs and when to seek medical attention for abnormalities.
6. Identify and respond to common issues such as jaundice, diaper rash, and colic.
7. Understand the steps to take in the event of a neonatal emergency, such as choking or breathing difficulties.
8. Understand the importance of postnatal check-ups and immunizations for newborns.

## Learning Outcome: 6 Manage the Cases of Violence During Pregnancy

Assessment Criteria	<ol style="list-style-type: none"> <li>1. Types of Violence are recognized.</li> <li>2. Counseling is provided to clients against violence.</li> <li>3. Violence cases are reported to respected authority as per standard procedure.</li> </ol>
Conditions and Resources	<ol style="list-style-type: none"> <li>1. Real or simulated workplace</li> <li>2. CBLM</li> <li>3. Handouts</li> <li>4. Laptop</li> <li>5. Multimedia Projector</li> <li>6. Paper, Pen, Pencil, Eraser</li> <li>7. Internet facilities</li> <li>8. White board and marker</li> </ol>
Contents	<ol style="list-style-type: none"> <li>1 Types of Violence. <ul style="list-style-type: none"> <li>▪ Physical</li> <li>▪ Mental</li> <li>▪ Controlling</li> <li>▪ Sexual assault</li> </ul> </li> <li>2 Counseling to clients against violence.</li> <li>3 Violence cases are reported to respected authority as per standard procedure.</li> </ol>
Training Methods	<ol style="list-style-type: none"> <li>1. Discussion</li> <li>2. Presentation</li> <li>3. Demonstration</li> <li>4. Guided Practice</li> <li>5. Individual Practice</li> <li>6. Project Work</li> <li>7. Problem Solving</li> <li>8. Brainstorming</li> </ol>
Assessment Methods	<ol style="list-style-type: none"> <li>1. Written Test</li> <li>2. Demonstration</li> <li>3. Oral Questioning</li> </ol>



## Learning Experience-6: Manage the Cases of Violence During Pregnancy

In order to achieve the objectives stated in this learning guide, you must perform the learning steps below. Beside each step are the resources or special instructions you will use to accomplish the corresponding activity.

Learning Steps	Resources specific instructions
1. Student will ask the instructor about Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period.	1. Instructor will provide the learning materials Manage the cases of violence during pregnancy
2. Read the <b>Information sheet/s</b>	2. Information Sheet-6: Manage the cases of violence during pregnancy
3. Complete the <b>Self-Checks &amp; Answer key sheets.</b>	3. Self-Check No. 6: Manage the cases of violence during pregnancy  Answer key No. 6: Manage the cases of violence during pregnancy
4. Read the <b>Job/ Task sheet</b> and <b>Specification Sheet</b>	4. Job/ task sheet and specification sheet  Task sheet-6.1:

## Information Sheet 6: Manage the Cases of Violence During Pregnancy

### Learning Objective:

After completion of this information sheet, the learners will be able to explain, define and interpret the following contents:

#### 6.1 Types of Violence.

- Physical
- Mental
- Controlling
- Sexual assault

#### 6.2 Counseling to clients against violence.

#### 6.3 Violence cases are reported to respected authority as per standard procedure.

### 6.1 Types of Violence

Types of violence can be categorized into various forms, each characterized by its distinct nature and impact on individuals. Here are some common types of violence:



#### **Physical Violence:**

- Physical violence involves the use of force to cause harm or injury to another person's body.
- It includes acts such as hitting, slapping, punching, kicking, choking, and any form of physical aggression.

#### **Emotional or Mental Violence:**

- Emotional violence, also known as mental or psychological violence, involves using emotional manipulation and control to harm another person.
- Examples include verbal abuse, humiliation, threats, gaslighting, and constant criticism, which can lead to emotional distress and trauma.

#### **Controlling or Coercive Violence:**

- Controlling violence is characterized by the exertion of power and control over another person's behavior, thoughts, or decisions.
- It can involve isolating the individual from their support networks, monitoring their activities, and limiting their access to resources.

**Sexual Assault:**

- Sexual assault refers to any non-consensual sexual activity or contact, including rape, unwanted touching, and coercion into sexual acts.
- It is a severe form of violence that can cause physical and emotional trauma to the survivor.

## 6.2 Counseling to clients against violence

When counseling clients against violence, it is essential to approach the subject with sensitivity, empathy, and a non-judgmental attitude. The goal is to empower clients, provide support, and help them develop healthy coping strategies to address their experiences with violence. Here are some key points to consider while counseling clients against violence:

- Create a Safe Environment
- Listen Actively
- Validate Emotions
- Educate About Violence
- Safety Planning
- Address Cultural and Social Factors

Remember that counseling against violence requires ongoing support and understanding, as clients may face challenges and setbacks. Building a strong therapeutic alliance based on trust and empathy is essential to empower clients and support them in their journey towards healing and recovery.

## 6.3 Violence cases are reported to respected authority as per standard procedure

In Bangladesh, various government and non-governmental organizations (NGOs) provide support and assistance to individuals in need. Here's an overview of the support scenario in Bangladesh, including emergency hotlines and reporting procedures for violence cases:

**Emergency Hotlines (HOT Numbers):**

- **Emergency Services:** In case of immediate emergencies, individuals can dial 999 for police, fire, or medical assistance.
- **National Helpline for Violence Against Women and Children:** Bangladesh has established a dedicated helpline for reporting cases of violence against women and children. The helpline number is 10921. Trained operators are available to

provide support, guidance, and referrals to appropriate authorities and service providers.

### **Government Support:**

- **Social Welfare Department:** The Bangladesh government's Social Welfare Department offers various social safety net programs, including financial assistance for vulnerable populations, food aid, and disability support. Individuals in need can visit their local Social Welfare Office or contact the Ministry of Social Welfare for assistance.

### **Non-Governmental Organizations (NGOs):**

- Bangladesh has a robust NGO sector that provides a wide range of support services, including healthcare, education, poverty alleviation, and disaster relief. Organizations like BRAC, Grameen Bank, and CARE Bangladesh are well-known for their development and humanitarian work.

### **Support for Vulnerable Populations:**

- **Orphanages and Children's Homes:** For orphaned or abandoned children, there are various orphanages and children's homes run by NGOs and government organizations, such as the Department of Social Services.

### **Healthcare Support:**

- The healthcare system in Bangladesh includes government hospitals and clinics, as well as healthcare services provided by NGOs. The government has also initiated various health insurance schemes to ensure access to healthcare for all citizens.

## **Self-Check Sheet - 6: Manage the Cases of Violence During Pregnancy**

### **Questionnaire:**

1. Are there laws and policies in place to address violence during pregnancy?

**Answer:**

2. What are the potential risks of violence during pregnancy?

**Answer:**

3. How can healthcare professionals support pregnant individuals experiencing violence?

**Answer:**

4. What are some signs of violence during pregnancy?

**Answer:**

5. Who is responsible for managing cases of violence during pregnancy?

**Answer:**

## **Answer Key - 6: Manage the Cases of Violence During Pregnancy**

1. Are there laws and policies in place to address violence during pregnancy?

**Answer:** Many countries have laws and policies to protect pregnant individuals from violence. Healthcare professionals may be mandated to report cases of violence, and support services are available to help victims.

2. What are the potential risks of violence during pregnancy?

**Answer:** Violence during pregnancy can have serious consequences, including physical harm to the mother and unborn baby, stress-related complications, and adverse effects on maternal mental health

3. How can healthcare professionals support pregnant individuals experiencing violence?

**Answer:** Healthcare professionals can provide a safe and non-judgmental space for pregnant individuals to disclose violence, offer emotional support, connect them with resources, and help them develop safety plans

4. What are some signs of violence during pregnancy?

**Answer:** Signs of violence during pregnancy may include physical injuries, emotional distress, social isolation, unexplained absences, or a partner's controlling behavior

5. Who is responsible for managing cases of violence during pregnancy?

**Answer:** Healthcare professionals, including obstetricians, midwives, nurses, and social workers, play a crucial role in identifying and managing cases of violence during pregnancy

## **Task Sheet-6.1: Addressing Cases of Violence During Pregnancy**

### **Objectives:**

- Identify the signs and risk factors of violence during pregnancy.
- Understand the impact of violence on the health and well-being of pregnant individuals and their unborn babies.
- Learn effective communication skills to support pregnant individuals experiencing violence.
- Develop strategies for providing appropriate referrals and resources to pregnant individuals facing violence.

### **Working Procedure:**

1. Examine the importance of addressing violence during pregnancy for the health of both the mother and the baby.
2. Identify common risk factors that may contribute to violence during pregnancy.
3. Explore the potential consequences of violence on the physical and mental health of pregnant individuals.
4. Discuss available support services and resources for pregnant individuals experiencing violence.
5. Discuss confidentiality and the importance of respecting the individual's autonomy.
6. Identify ways to collaborate with other professionals and agencies to ensure comprehensive support for pregnant individuals.
7. Summarize key takeaways from the session.
8. Encourage participants to reflect on their learning and how they can apply it in their respective roles.

## Review of Competency

Below is yourself assessment rating for module **Provide support during antenatal (pregnancy), postnatal (after delivery) & neonatal period**

Assessment of performance Criteria	Yes	No
The necessity of pregnancy care is explained.		
Pre-pregnancy risk is assessed.		
Pre-pregnancy preparation suggestions are followed.		
Ailment due to pregnancy is managed as doctors advised.		
Emergency situation during pregnancy is detected and taken care.		
Vaccination is ensured as prescribed		
Comfort a woman giving birth is ensured		
Assisted delivery procedures are interpreted		
Newborn care is assisted		
Breastfeeding is interpreted		
Breastfeeding position and latch are recognized		
Breastfeeding mother is supported during breastfeeding		
Breastfeeding difficulties are recognized and supported		
Maternity care is defined		
The need of maternity care is explained		
Client is assisted with maternity care		
Contraceptive after delivery is promoted		
Neonatal care is explained		
Need and levels of neonatal care are identified		
Routine care of the newborn at birth is provided		
Neonatal care is provided.		
Care for specific condition of newborn is assisted.		
Types of Violence are recognized		
Counseling is provided to clients against violence		
Violence cases are reported to respected authority as per standard procedure		

I now feel ready to undertake my formal competency assessment.

Signed:

Date:



## Development of CBLM:

The Competency Based Learning Material (CBLM) of ‘**Provide Support During (Antenatal) Pregnancy, Postnatal (After Delivery) and Neonatal Period**’ (Occupation: Caregiving for Persons with Special Needs, Level-3) for National Skills Certificate is developed by NSDA with the assistance of SIMEC System, ECF consultancy & SIMEC Institute JV (Joint Venture Firm) in the month of June 2023 under the contract number of package SD-9A dated 07<sup>th</sup> May 2023.

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