

Maternal and Child Health Handbook in Cambodia

Presented by: Mrs. HENG NGIM, BSN, RM
Staff of Training Unit, National MCH Center (MOH)

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Cambodia Profile

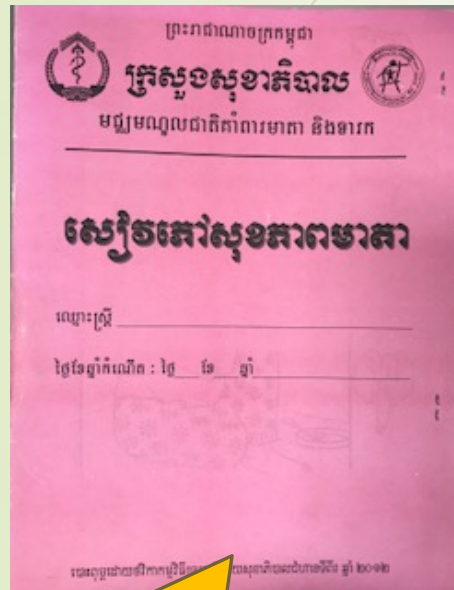


Demography

- Total Population: 15,488,336 (HIS2018)
- Total Population < 1y: 346,939 (HIS2018)
- Total Population < 5y: 1,716,108 (HIS2018)
- GDP: GDP-per capital (PPP) \$1.237 (2015 est.)
- Literacy(women): 76.1 (2014)
- Total fertility rate : 2.7 (CDHS, 2014)
- Contraceptive prevalence : 56% (CDHS,2014)
- Births attended by skilled personnel: 89% (CDHS, 2014)
- Delivery at Health Facility: 83% (CDHS, 2014)
- PNC1: 90.3% (CDHS, 2014)
- Maternal Mortality : 170/100 000 LB (CDHS2014)
- Neonatal Mortality : 18 (CDHS2014)
- Infant mortality : 28(CDHS2014)

MCH Handbook in National Health System

Record part

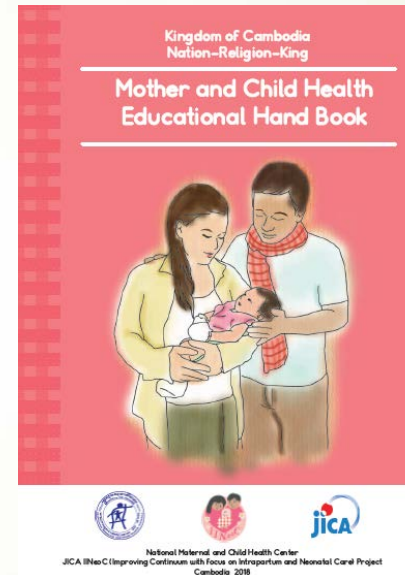


Pink card (Record for Antenatal care, Delivery and Postnatal care)



Yellow card (Immunization card)

Information part



CoC card

Health Education

Good practice 1
Integrated the MCH handbook with the existed national tools(Pink card and Yellow card).

MCH Health Educational Hand Book



Purpose

- To guide health workers to provide adequate health education to mother/family using the booklet
- To enhance mother/family's knowledge for NMCH
- To promote adequate health seeking behavior for mother

Contents

Good practice 2

Selected essential and important information only after many discussions in MCH handbook committee.

For family planning and immunization, these topics are included in the existed national cards (Pink card and yellow card).

CONTENTS

If you are pregnant ...

Why Antenatal Care Visit is important?	1
Don't forget to take Tetanus Vaccination	2
Be aware of Sexual Transmitted Infections	2
What types of Nutritious Food that mother needs to eat during pregnancy?	3
You should take care of yourself in Daily Activities	4
Watch out! These Danger Signs you need to know	5
Delivery is close! Here are the sign of Labor	6
Let's prepare for welcoming your baby!	6

During delivery ...

Baby is coming soon! These are important points to do during delivery	7-9
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After you give birth...

Health Tips for Taking Care of Your Self after delivery	10
Danger Signs for mother after delivery	11
Breastmilk is the best food for your baby	12
Let's Take Care of your baby	13-14
Danger Signs for your baby	15-16
Let's go to Postnatal Care for check-up you and your baby at health center	17-18
How to give Complementary Food to your child	19-20

During Pregnancy

1. Why Antenatal Care Visit is important?
2. Tetanus Vaccination
3. Sexual transmitted infections
4. Nutritious Food
5. Daily Activities during pregnancy
6. Danger Signs for mother
7. Signs of Labor
8. Birth preparation

During delivery

1. Important points to do during delivery

After delivery

1. Taking Care of Yourself after delivery
2. Danger Signs for mother after delivery
3. Breast feeding
4. How to take care of your baby
5. Danger signs for your baby
6. Postnatal care for check-up at health center
7. How to give Complementary Food to your child

Danger signs for Newborn



Be Alert!!

Danger Signs for Newborn

If your baby has one of the danger signs, please take baby to health center or hospital **urgently, without delay!!** You baby needs urgent treatment in health facility.

1

Fever (>37.5°C) or cold (<36.5°C)



Cold: touch the foot and fingers and body if it is cold.
Fever: lip and yes turn to be red and feel hot when touch baby's body

2

Difficult or fast breathing, severe chest in drawing or grunting



Fast breathing: >60 (breath/minute)
Slow breathing: <30 (breath/minute)

3

Convulsions



The baby's arms and legs become stiff. Recurring movement of a part of the body occur.

4

Little or no movement



The baby only moves when stimulated, or doesn't move at all with stimulation.

5

Yellow skin, especially yellow on palm and soles



Yellow appears in first 24 hours of birth or on palms, soles and eyes at any age.

6

Not feeding well



The baby cannot suck and stop feeding when the mother tries to breastfeed.

7

Bleeding or pus from cord stump



If the umbilicus is swollen and draining pus or bleeding.

8

Many(>10) skin pustules or swelling/redness of skin



Skin has pustules, especially around neck, armpit and inguinal area.

9

Eye(s) with redness and discharge pus



The eyelids become puffy, red, tender or has discharge pus.

10

Very pale or cyanosis



Baby's skin is very pale or cyanosis specially on palm, lip and eyelids.

Good practice 3

Added many illustrations and pictures so that pregnant mother could understand the meaning.

Literacy

Women/Cambodia: 76.1

Women/Svay Rieng Province: 74.2

Men/Cambodia: 84.1

Men/Svay Rieng Province: 86.7

(CDHS 2014)

MCH Continuum of Care Card

Good practice 4

Continuum of care card will motivate mother to attend ANC&PNC visit.

It is important for women to take MCH services through ANC and PNC.



Schedule of the Pilot

Target area : Svay Rieng OD and Svay Teab OD, Svay Rieng Province

Purpose: To assess the effectiveness of the health educational handbook and CoC card which is set with national tools in promoting better MCH services

•Aug. 2017– Dec. 2018

- Preparation of the MCH educational booklet
- Printing
- Pre-test

Jan. 2019

- Training of Trainers (TOT) for health worker

•Jun. 2020 -

- Post-test
- Summarization and Reporting

September, 2020

- Revise MCH Booklet after evaluation

Distribution
(18 months)

Strengths and Challenges

Strengths

- The strong commitment and ownership in local government
- Some health center midwives and some pregnant mothers want to use the MCH educational booklet (in pre-test before pilot)

Challenges

- ▶ Low knowledge, communication skill and motivation of health providers
 - Need training for health providers and monitoring/supervision during the pilot
- ▶ Lack of budget for printing
 - Gain commitment from relevant ministry and provincial health department
- ▶ Need to gain commitment from key decision makers
 - Evaluate and appeal the result of a pilot.



THANK YOU FOR YOUR ATTENTION

