



MCH HANDBOOK Scaling up in Lao PDR

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Outline

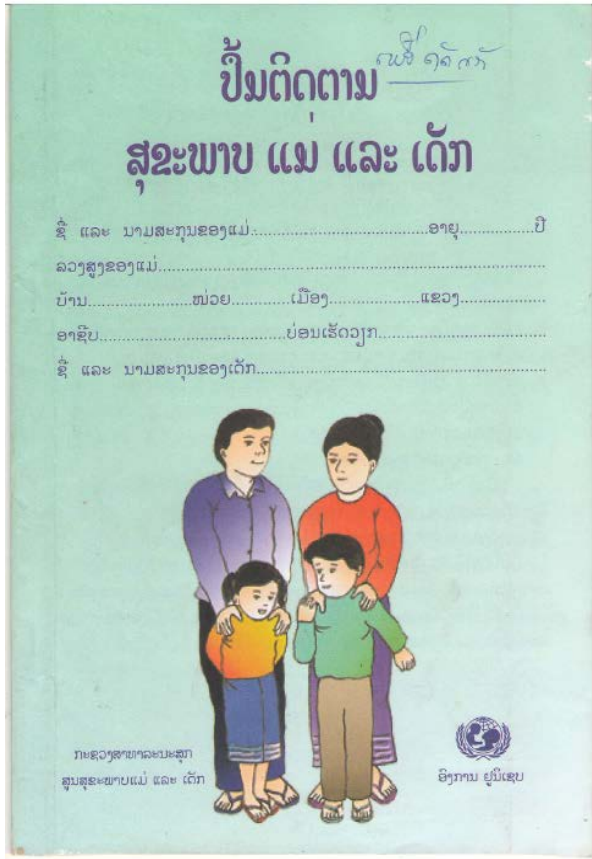
- Country Basic Information**
- Country experience in revision of Mother Handbook**
- Mother and Child Handbook revised linking with WHO
Guideline**
- Mother Handbook is planning to finalize**

I. Country basic information



- **Area: 236,800** square kilometers, **3/4 is mountains** and plateau.
- Comprising **18 Provinces, 146 Districts, 10,552 Villages.**
- Total population- 6.5 million
- **consisted with 49 ethnic groups.**
- **70% is Buddhist**, 5% Cristian, and unless believe ghost.
- GDP growth was 7%/year, GDP per capita 2,353\$.
- Industry: agriculture, hydro power, garment.

III. Experience in implementing of MCH Handbook



MCH book 1
2001



MCH book 2
2007



MCH book 3
2010



MCH book 4
2015

MCH Handbook in 2018



HISTORY (1)

- 2001: 1st MCH hand book was developed with national support from UNICEF over 10,000 copies were using in 6 provinces out of 17 provinces in Lao PDR
- 2003: The assessment of this MCH hand book was done by Osaka University.
- 2004: It was updated and printed by Rotary International(Japan) to be used in 3 more provinces
- 2006: The review on using of MCH hand book and revolving fund scheme was done in cooperation with WHO

HISTORY (2)

- 2007: 2nd The contents of this hand book included child nutrition and vaccination schedule was updated
- 2010: 3rd There is revised on growth chart as boy and girl have different color for the growth chart sheet and also we include new vaccine DPT-Hep B-Hib.
- Since this MCH hand book was developed out off government budget there are various donors supported for printing such as GAVI, Kid Smile , Denmark Red Cross, WHO, WB, JICA.... **And it was used for nation wide**
- 2014: 4th All information in this MCH hand book are computerized using the bar code in district hospital of Vientiane capital and Oudomxay province support by GAVI now expand to all provincial hospital.

HISTORY (3)

- 2016: **National RMNCH Strategy Phase2** were developed and assessment of MCH Handbook utilization were done by Lao National OBGYN Committee and UHCs.
- 2018: MCH Handbook was revised by Lao National OBGYN Committee and Mother and Child Health Center based on result of MCH Handbook utilization assessment.

Main change objectives of revision of MCH handbook in Lao, 2018

1. Align the handbook with latest recommendations from ANC/PNC 2017 guidelines, EENC, EPI, SBCC, IMCI programs
2. Design the handbook to be user-friendly: for providers and clients

1. Aligning the handbook with the latest recommendations

Title	Current handbook	Revised version
1. Family planning	Recording for FP	<ul style="list-style-type: none"> - Record for post partum FP - Updated Health education for FP in post partum
2. Safe delivery: ANC/ PNC	<p>ANC Record: Clinical assessment, IFA, VCT, STD counselling Provider job aid for risk categorization Health education: maternal danger signs, summary key messages</p> <p>PNC Record: clinical assessment, vitamin K, feeding Health education: newborn care and danger signs</p>	<p>ANC Guidelines 2017 – provider job aid Record: History, clinical assessment, para clinical assessment, provision of routine care and prevention measures, health education topics, birth and emergency plan, free space for notes Health education: Maternal danger signs, Birth and emergency preparedness, Pregnancy care, Labour care, Nutrition, breastfeeding, family planning, benefits of hospital birth</p> <p>PNC Guidelines 2017 Record: clinical assessment for 3 PNC post discharge Health education: newborn care and danger signs, nutrition and successful breastfeeding</p>
3. IP/ EMOC	Mother and baby birth record/ complication record IP care or referral record	Mother and baby birth record
4. Early Essential Newborn Care		Health education on EENC
5. Child Curative Care	<p>Record: child development, child history, notes on child illness Health education: child development, How to take care of sick child</p>	<p>Record: notes on child illness Health education: danger signs for newborns and children, accident prevention, dental care, hygiene, how to take care of sick child (IMCI)</p>
6. Immunization	Record and health education on immunization	Record and health education on immunization Updated program of immunization in both record and health education (EPI)
7. Nutrition	<p>Health education on advantages of Breastfeeding, Advice for infant and young child feeding, child development Record: Growth chart record (and explanation of charts)</p>	<p>Record: nutrition counselling during ANC, Well child clinic/ growth charts Health education: (SBCC) – successful breastfeeding in the first days, position and attachment, making more breast milk, returning to work, introducing foods, child development</p>

2. Design the handbook to be user friendly

- **User friendly for provider:**

Records and health education are job aids for the provision of care and detection of risk of problems

- **User friendly health education for mother and family:**

Health education is **centered on the mother or the child** (integrated health education by child age, not program specific) and accessible for mothers with low literacy level

Health education promotes **small doable actions** for behaviour change

EXAMPLES FOR RECORDING

OBSTETRIC HISTORY

Did the woman ever have a problem during her pregnancy or at birth ?

C section	No	Yes
Assisted vaginal delivery	No	Yes
Abdominal or uterine surgery	No	Yes
Tear grade 3 or 4	No	Yes
Grand multiparity (>6)	No	Yes
Post partum haemorrhage	No	Yes
Retained placenta	No	Yes
Antepartum bleeding	No	Yes
Pregnancy induced hypertension/convulsions	No	Yes
Any other problem during pregnancy (explain)		

Does the woman have a previous child born with problem?

Child born with handicap	No	Yes
Preterm baby (<32 weeks)	No	Yes
Low birth weight (<2500g)	No	Yes
Large baby (>4 kg)	No	Yes
Still birth	No	Yes
Any other problem after birth (explain)		

* Circle in red pen any **YES** answer

* Add date

TOPICS FOR CLIENT COUNSELLING

First ANC

How to use the MCH handbook	07/06/18	Protecting your pregnancy	07/06/18
Importance of ANC, when to come	07/06/18	Danger signs in pregnancy	07/06/18

1st trimester

Nutrition		Additional topic:	
Pregnancy care			

2nd trimester

Nutrition		Pregnancy care	
Birth and emergency plan		Additional topic:	

3rd Trimester

Nutrition		Breastfeeding	
Birth and emergency plan		Additional topic:	
Family planning			

	Plan for delivery	Plan for emergency
Location	Health center	
Birth Companion	Husband	
Transport	Relative motorbike	
Financial saving	07/06/18: 200 000 K 07/09/18: 400 000 K	

* Actual plan with woman

EXAMPLE HEALTH EDUCATION CENTERED
ON CHILD AND NOT ON PROGRAM

9-12 months

How to help your child develop

- Place toys on a chair and help your baby stand or take steps to reach them
- Give your baby safe toys to bang, drop, and hold
- Tell your child the names of things and people
- Ask simple questions or tell them simple instructions



How to feed your child

- Gradually increase the amount of food you give to your child at each meal
- Feed your child all the types of food your family eats. You can mash and chop food to make it easier to eat.
- Continue to breastfeed your child and feed your child foods 3 or more times per day
- Make meal time fun; joke with your baby and encourage them to keep eating when they lose interest.
- Wash your hands and the baby's hands with soap and water before eating.

Immunizations

- MR1
- JE

Your child should:

- _ Stand independently
- _ Make sounds while playing with toys
- _ Show emotions
- _ Point to what they want
- _ Eat frequently throughout the day
- _ Be able to drink from an open cup

If your child does not do one or more of these things yet, please tell health staff

Planning

- Finalize MCH handbook in the beginning of next year
- Print out and Distribution of MCH handbook for all government health facility
- Develop MCH handbook guideline and train health facility
- Training on MCH handbook used
- Training on ANC/PNC, FP, EENC, EmONC and cte.....



THANK YOU