Hooyo ku Hooyo Training for Female Community Champions

Facilitators Guide
1. By the end of this training, participants will:
   - Have a clear understanding of the Hooyo ku Hooyo demand creation strategy.
   - Roles and responsibilities of female community champion (FCC).
   - Know Somalia maternal and child health situational analysis.
   - Communication skills and group dynamics.
   - Define of safe pregnancy and benefits of facility delivery
   - Drive awareness on traditional harmful practices related to pregnancy and delivery
   - Elaborate nutrition best practices for a pregnant mother
   - Benefits of birth spacing (BS) to the family and community
   - Benefits of exclusive breast feeding and complimentary feeding best practices (FATVAH)
   - Pneumonia and its danger signs.
   - Immunization.
Training methodology

This training manual uses methods to stimulate active participation and ensure that learning objectives are met. These methods include:

- Flap chart
- Group discussions
- Role play
- Brainstorming sessions
- Demonstrations
- Documentation Practical sessions
- Pre/Post Test
SESSION 1
Roles and responsibilities

- How does Behaviour Change communication benefit Somali women and children?
- **Roles of FCC health educator.**
- HkH Strategy
- FCC’s job description
- HkH targets
SESSION 2
Communication Skills
Communication Skills: Learning objectives

By the end of the sessions, participants will be able to;

- Define communication
- Principles of Interpersonal Communication
- State components of an effective communication
- Interpersonal skills needed for effective communication
- Barriers to effective communication and ways of overcoming such barriers
Definition of communication

A two-way process whereby:

- a person or group of persons pass a message **through a channel** to another person or group of persons and gets a feedback that acknowledged the recipients understanding of the message.
Communication process

Source → Message → Receiver

Feedback/Changed behaviour
Principle of Interpersonal Communication:-

- Privacy
- Respect
- Focus on the topic
- Relevancy
- Confidentiality
- Nonjudgmental
- Eye contact
- Clear rumors and misconceptions
- Active listening
- Important message first, be brief
- Verify client has understood
Components of effective communication

- Message, must be clear and simple
- Sender, must be on the same wavelength with the receiver
- Channel/Medium, should suite the receiver
- Receiver, must be considered in the development of the message,
- Effects upon receiving the information
- Feedback or response to verify understanding.
Types of communication

- Intrapersonal communication
- Interpersonal communication
- Mass communication
- Organizational communication
Interpersonal communication

Person to person interaction, involve sharing of information or feelings between individuals, it is face to face and all persons involved are senders and receivers.
Types of communication

VERBAL

NONVERBAL COMMUNICATION
Nonverbal communication
Nonverbal communication cont.

When verbal communication does not match verbal messages, the client

- Feels uncomfortable,
- Starts a rumor and passes it on to others
- Defaults or drop out
- Uses the method incorrectly

Nonverbal communication can facilitate or hinder counseling
Verbal communication

- Spoken or written words

- How something is said is as important as what is said

- Words, tone and behavior should convey interest and concern
These emotions can influence verbal communication:

- Anger
- Frustration
- Happiness
- Disinterest
- Disapproval
- Impatience
To make your audience/listeners feel comfortable and cared for:

- Introduce yourself
- Ask for permission to speak
- Use open ended questions
- Speak at the audience’s level of understanding
- Be patient
- Don’t interrupt
- Maintain eye contact
- Say “Mmmm” “yes” to show that you are listening
Skills for effective IPC

- Active listening
- Summarizing
- Good questioning technique with emphasis on open ended questions
Questioning Techniques

Close-ended questions can only be responded to with a Yes or a No; or a number. Close-ended questions only get you the information you asked for, help you get just the answer you asked, no more. These questions also make one feel as though you’re judging their answers and that they are just a source of information. They are used to end conversations with Amina.

Open-ended question: It encourages conversation and generates more information from your conversation with Sara. With careful listening skills, you often find out more than what you asked from Sara. They expand the conversation with Sara and make one feel like you care about Sara and what they think/feel.

How to make close ended questions open ended.
You can make a close ended question open ended by using the following words:
Key words to making close ended questions open ended are:
1. Describe
2. Explain
3. Tell me
4. What
ACTIVE LISTENING

- Empathize
- Paraphrase
- Affirm
- Clarify

THE GOLDEN RULE:

while working with target audience

LISTEN MORE THAN YOU SPEAK.
Barriers to effective communication

- Attitude of the speaker or who is providing services
- Language barrier
- Knowledge of subject matter
- Cultural beliefs and values
- Physical environment
- Timing
Ways to overcome barriers

- Knowledge of audience
- Provision of relevant and credible information
- Avoidance of judgmental attitude
- Use of clear simple and culturally acceptable language the audience understands
- Use of IEC materials
- Good Interpersonal skills
When communicating verbally

K  keep
I  it
S  simple and
S  sensible.
Maternal health situational analysis in Somalia

Definition: The maternal mortality ratio (MMRatio) is the annual number of female deaths per 100,000 live births from any cause related to pregnancy.

Examples of causes…….

Somaliland has one of the highest maternal mortality rates in the world

Maternal mortality rate: 732 deaths/100,000 live births (2015 est.)

Causes of Maternal Mortality

- Post-partum hemorrhage
- Hypertension in pregnancy
- Prolonged labor
- Infection
- ETC
Child health situational analysis in Somalia

- Children and women face more health challenges in Somalia than in almost any other of the world’s Countries.
- The under-five mortality rate (U5MR) of 137 per 1,000 live births is presently the third worst in the world after Angola and Chad and one in seven Somali children dies before their fifth birthday.
- Neonatal deaths (those in the first 28 days of life) occur at a higher rate in Somalia than in any other country apart from Angola and Central African Republic. (UNICEF REPORT 2016 Situational analysis of children in Somalia)

Causes of Child Mortality:

- Diarrhea
- Pneumonia
- Malaria
- Malnutrition
- ETC
Safe pregnancy and facility delivery

- **Antenatal care**, is a type of preventive healthcare. Its goal is to provide regular check-ups that allow doctors or midwives to treat and prevent potential health problems throughout the course of the pregnancy.

- The pregnant mother should visit ANC at least 4 times during pregnancy.

- **Benefits of ANC,**
  - Antenatal care can prevent complications in both mother and baby.
  - Antenatal care provides with an opportunity to explain the importance of proper nutrition during pregnancy and breastfeeding to expecting moms.
  - During ANC visit mother can get Micronutrients supplement
  - ANC visits its opportunity to know your health status and the status of your baby like position of your baby, presentation, fetus heart rate (FHR) etc.
  - Management of labor pain.
  - Danger signs in pregnancy.

- **Risks facing pregnant mother who did not visit ANC**
  - Potential risk to develop high blood pressure, malnutrition, gestational diabetes, Anemia.
  - Risk of prolonged labor, obstructive labor, early rupture of membrane.
Nutrition in Pregnancy

- Balanced diet is the diet that gives the body to all its required nutrition. Food is classified into five major components. Like Carbohydrates, Proteins, Fats, Water, Vitamins & Minerals. Good nutrition contributes to positive pregnancy outcome when it comes to anaemia, malnutrition.

- To eat balanced diet, enough water, enough rest and take vitamin supplement, it is vital for mother and the baby.

- To take Tetanus vaccination during ANC visit.

- Delivery health facility enables the mother to get special service prevention of complications like postpartum hemorrhage and treatment of possible infections in mother and child.
Safe pregnancy and facility delivery

**Benefits of facility delivery**
- Mother delivered with assisting skilled birth attendance
- Preventing infection by using sterile equipment
- Preventing postpartum hemorrhage
- Managing maternal complications
- Managing neonatal complications

**Disadvantage of Home Delivery**
- Risk of infection, PPH, and delivery complications such as obstructed labor, prolonged labor, Malpresentation of fetuses
Safe pregnancy and facility delivery

- **Post-natal Care**: is the care given to the mother and her newborn baby immediately after the birth and for the first six weeks of life.

**PNC**

- To visit health facility once any danger sign is noticed in mother or child.
- Must Visit health facility after delivery on the 6th day and 6 weeks even without any danger signs.

**Benefits of PNC**

- To check your health such weight, HB
- To get micronutrient while you are breastfeeding
- Your baby will get the immunization
- To consult with the health care provider for the modern birth space methods, the new mother will be provided with the most suitable method that meets her need.
Traditional Harmful practices Related to pregnancy

- Traditional harmful practices that are performed to Somaliland women and children are many varying from less harmful to serious life threaten situation. The most harmful practices that are related to pregnancy includes nutrition restriction & home delivery with traditional birth attendance, which is very serious and life-threatening activity that can contribute a major rank for the maternal mortality rate in the country in terms of hemorrhage, infection and transmitted diseases like HIV AIDS.

- To come over these harmful is to provide more awareness related to the risk for the traditional birth attendance

- To educate and make awareness to the newly married young girls

- To encourage mothers to go health facility, she will get skilled birth attendance.
Session 5
Birth Spacing
Birth Spacing

**Definition:**
It is a decision taken by a couple on when to get pregnant, and the interval between the pregnancies so that they can adequately take care the children and ensure optimum health of the mother.

**Group work:**
- Benefits of birth spacing to:
  - the mother and Father,
  - the Children
  - the community
- List all the modern methods of birth spacing. Emphasize those available in Somaliland MCHs
Session 6
Infant and Young Child Feeding
Breast feeding

Introduction

Breast feeding is not one-woman job, it needs support from the government, health system, workplaces, communities and families.

When it comes to breastfeeding, timing can mean the difference between life and death. Early initiation of breastfeeding is very important.

Benefits of early initiation

- Promotes uterus contraction and prevents PPH
- Provides the baby warmth and temperature regulation
- Promotes exclusive breast-feeding

Risks of delay initiation

- PPH due to uterus atony (not contracted uterus)

Exclusive breast-feeding

- Exclusive breastfeeding means feeding the infant only breast-milk for the first six months of his life.
- Breast milk is the natural first food for babies, it provides all the energy and nutrients that the infant needs for the first months of life.
- The colostrums milk, is tick yellow, and nutritious for the baby health and immunity.
- Continue breast feeding until two years as it is written in Holy Quran.

- **Benefits of exclusive breast-feeding:**
  - Reduces the risk of breast & ovarian cancer.
  - Reduces the chance of diarrheal diseases.

- **Risk of not breastfeeding exclusively**

  - Infants who receive mixed feeding (foods & liquids in addition to breast milk before 6 month), 2.8 times more likely to die than those who were breast feed exclusively. (Global report, UNICEF 2016)
Infant & young child feeding

Introduction:

- Adequate nutrition during infancy and early childhood is essential to ensure the growth, health, and mental development of children to their full potential. Poor nutrition increases the risk of illness, and is responsible, directly or indirectly death of children. Early nutritional deficits are also linked to long-term impairment in growth and health. Malnutrition during the first 2 years of life causes stunting, leading to the adult being several centimeters shorter than his or her potential height, bone defects, slow mental development, poor immune system.

When to Start Supplementary feeding

- 6 Months
- After first 6 month introduce the baby with soft foods like (potatoes and borage), discuss how the Somali women prepares that food. Emphasize the hygiene.
- Give 75 ml or 2 to 3 spoons of food in the child, 2 or 3 times in day.
- When the baby is 7-9 months, gradually increase the amount give 125 ml (8 spoons), variety of food like fruits, vegetables, carbohydrate, protein and fate. Show the measurement to mother or care giver.
Infant & young child feeding Conti..

- Continue breast feeding

  - When the child reaches 9 months give 4 times in day (3 meals and 1 snack) per 250 / 17spoons like fruits, vegetables, carbohydrate, protein and fate.
  
  - When baby 1-2 years give the family food, (3 times a meal 175-250 ml/17 spoons) and 1-2 snacks or soft food, health, give according the child needs. Show the measurement mother and care giver.

Feeding the sick child:

- The sick child needs extra nutrition to prevent weight loss, and early recovery

- The children under 6 month give exclusive breast feeding if a child sucking well, if he/she is not sucking well express the breast-milk & give with spoon or cup.

- If child greater than 6 months, give balance diet and continue breast feeding
Session 7
Diarrhea
Diarrhea

- Diarrhea is the passing of watery stool more than 3 times within 24 hours
- Diarrhea kills 2,195 children every day—more than AIDS, malaria, and measles combined
- Diarrheal diseases account for 1 in 9 child deaths worldwide, making diarrhea the second leading cause of death among children under the age of 5

Prevention of diarrhea

- Use safe & clean water by using biyo sifeeye
- Adequate sanitation and proper human waste disposal.
- Wash hands with soap and running water before eating or feeding your child
Instruction of use of biyo-sifeeye (water treatment tablet)

- Put one tablet of biyo sifeeye for 20-liter jerrican of clean water and cover.

- Wait for 30 minutes.

- You can drink after thirty minute.

- Use biyo-sifeeye for every day, change the water after 24 hours.
Treatment of diarrhea

- If the diarrhea is mild treat at home using Shuban Daweeye (ORS & Zinc)

- One packet of Shuban Daweeye contains 2 sachet of ORS & 10 tablet of zinc

- Mix one liter of clean water in one sachet of ORS, give half liter if the child < six

- Give as much as he can if the child is > six

- Maintain oral rehydration therapy

- Take immediately to hospital, if the child vomiting, passing bloody stool or unconscious
Treatment of diarrhea

**ZINC:**

- If the child greater than 6 months, give one tablet of zinc every 24 hrs for 10 days, even if diarrhea stops.
- If the child vomiting, give one tablet after 30 min.
- If the child less than 6 months, give half a tablet every 24 hrs. In 10 days, if the child vomiting, give half a tablet after 30 min.

**Advantage of Zinc and ORS**

**ORS** contains a mixture of salt and sugar, using by oral, to treat dehydration.

- **Zinc** is a nutrient that helps the treatment of diarrhea, and also prevents the subsequent of diarrhea.

**NB:** the only easy diarrhea can be treated at home by using Shuban Daweeye. Together use ORS and Zinc.
Session 8
Pneumonia
Pneumonia

- Pneumonia is an inflammation of the lungs, most often categorized according to the causative organism. Typical symptoms might include fever, cough, dyspnea, and chest pain (BMJ Reviewed Jan 2018)

- The two common danger signs of pneumonia:
  1. Cough
  2. Shortness of breath

- If you see these signs take your child to the nearest health facility immediately
Session 9
Immunization
Benefit of Immunization

Introduction:

Vaccination is not just a personal choice. The vaccinated community helps to protect those who are not vaccinated, a concept known as “herd immunity” or “community immunity.” Simply put, when a person is vaccinated, they prevent disease from being spread to others in the community.

Benefits of Immunization

Immunization prevents illness, disability and death from vaccine-preventable diseases including, diphtheria, hepatitis B, measles, mumps, pertussis (whooping cough), pneumonia, polio, rotavirus diarrhea, rubella and tetanus. (WHO global immunization coverage 2016)

- Simple and protective way of preventing your self and family
- Controls diseases in the community
- Can safe your child’s life
- Eliminates the disease.
Risks of not immunization to children

- Pregnant women can be vulnerable diseases that can complicate her pregnancy
- The child is at risk of acquiring preventable diseases
- If outbreak occur the child will be isolated and that can affect the child’s school and other organized activities
- Can cause the child death
Session 10
HkH Strategy Review
Community Mapping
Thank you