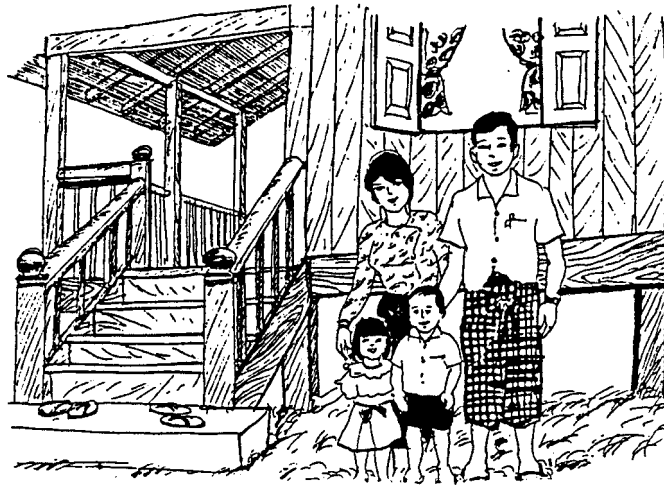


VILLAGE HEALTH

A Handbook for Village Health Workers in Southeast Asia



BOOK 5

UNIT 16 - FAMILY PLANNING

UNIT 17 - WOMENS' HEALTH, PREGNANCY AND CHILDBIRTH

UNIT 18 - HEALTH AND SICKNESS OF CHILDREN

UNIT 19 - HOW TO PREVENT DISABILITIES

UNIT 20 - HEALTH AND SICKNESS OF OLD PEOPLE

UNIT 21 - ADDICTION

Editors:

J. H. Richardus MD PhD DTM

M. Wannemacher MA

Illustrations:

G. Sharmars

Produced by the Community Medical and Development Text Translation Project (CMDTTP), in cooperation with the Payap University Research and Development Institute and the Summer Institute of Linguistics, Chiang Mai, Thailand.

1993, revised 2001

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VILLAGE HEALTH

The "Village Health" English version consists of 6 books:

Book 1: Introduction and Translation Manual

Book 2: Unit 1 - The Village Health Worker

Unit 2 - How to Prevent Many Health Problems

Unit 3 - Nutrition

Unit 4 - How to Take Care of Sick People

Unit 5 - First Aid

Book 3: Unit 6 - The Body and How the Body Works

Unit 7 - Introduction to Sickness

Unit 8 - How to Examine a Sick Person

Unit 9 - How to Use Medicines

Book 4: Unit 10 - Signs Index

Unit 11 - List of Sicknesses

Unit 12 - Dehydration, Diarrhea and Vomiting

Unit 13 - Skin Problems

Unit 14 - Eye Problems

Unit 15 - Teeth, Gums and Mouth

Book 5: Unit 16 - Family Planning

Unit 17 - Women's Health, Pregnancy and Childbirth

Unit 18 - Health and Sickness of Children

Unit 19 - How to Prevent Disabilities

Unit 20 - Health and Sickness of Old People

Unit 21 - Addiction

Book 6: Unit 22 - Family and Village Projects

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Thailand

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If you are interested in translating this book, please contact the editors at the following address:

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This book series has currently been translated into Thai, Jinghpaw, Rawang, Burmese, Sgaw Karen, and Lisu.

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TABLE OF CONTENTS - BOOK 5:

Unit 16 - Family Planning	1
Different Methods of Family Planning	2
Unit 17 - Women's Health, Pregnancy and Childbirth	4
The Menstrual Period	4
Menopause	4
Liquid that Comes out of the Vagina	5
Pregnancy	5
Signs of Pregnancy	6
How to Stay Healthy During Pregnancy	6
How to Treat Minor Problems During Pregnancy	7
Danger Signs in Pregnancy	8
Toxemia During Pregnancy	9
Visit a Health Worker During Pregnancy	9
Pregnancy Check-up Form	12
How to Prepare for Birth	14
Check the Baby's Position	14
Signs that Show Labor Will Begin Soon	15
The Stages of Labor	16
How to Care for the Baby After He is Born	19
How to Cut the Cord	19
How to Care for the Cord on the Baby's Navel	20
After You Care for the Cord	21
The Placenta	21
Severe Bleeding After Birth	22
What to Do When the Birth is Difficult	23
What to Do When the Birth Canal Tears	26
How to Care for the Newborn Baby	26
Eyes	26
Keep the Baby Warm	26
Keep the Baby Clean	27
How to Feed the Baby	27
Be Careful When You Give Medicine to the Baby	28
Problems of the Newborn Baby	28
The Mother's Health After Childbirth	31
Breastfeeding and Care of the Breasts	31
Miscarriage	34
Unit 18 - Health and Sickness of Children	35
How to Prevent Sickness in Children	35
Children's Growth	36
How to Use the Weight and Vaccination Chart	37
Health Problems of Children	42
Weight and Vaccination Chart (blank)	44

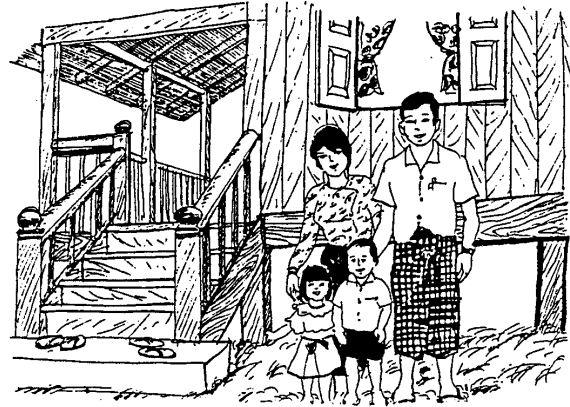
Unit 19 - How to Prevent Disabilities	45
Preventing Secondary Disabilities	47
Mentally Slow, Deaf, or Deformed Children	49
Cerebral Palsy	50
Retardation in the First Month of Life	51
Unit 20 - Health and Sickness of Old People	52
Some Common Health Problems of Old People	52
Suggestions for Young People Who Want to Be Healthy When They Are Older	54
Helping People When Someone Dies	54
Unit 21 – Addiction	55
Drinking Alcohol	55
Using Drugs	56
Pregnancy Check Up Form (blank)	59

UNIT 16

FAMILY PLANNING

[Do people want to have many children? What are the obstacles to having small families? What are the obstacles to having large families?]

Some parents want to have many children to help work in the fields, help work at home and help take care of parents when they are old.



But some parents know that many children can cause serious problems such as:

- * It is difficult to feed, clothe and educate many children.
- * When a mother has children every 1 or 2 years, she often becomes weak. Her breasts produce less milk. Her babies are more likely to be malnourished and die. Also if a woman has many children, her uterus becomes tired and she is more likely to die when giving birth to the next baby.
- * If parents have many children, there might not be enough land for them to grow food when they grow up. The children's children might not have enough food.

It is better to have fewer children and have only the children you really want. It is better to get pregnant only when you want children. This is called **family planning**.

[Is the concept of preventing pregnancy accepted?]

Birth control can help women not to get pregnant when they do not want to get pregnant. Some women have an abortion to get rid of an unwanted pregnancy. But, abortion is not a good way to limit the number of children a family wants to have. Abortions kill the baby and sometimes kill the mother also! If women use good birth control methods correctly, they will probably never want an abortion.

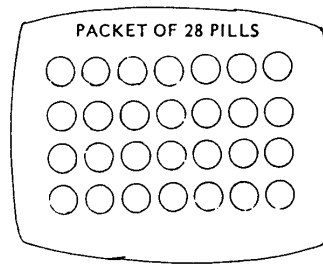
DIFFERENT METHODS OF FAMILY PLANNING (BIRTH CONTROL)

[Are there any indigenous birth control methods? What are obstacles to using the methods described below?]

There are many different kinds of birth control. You should understand each kind of birth control and help people choose birth control methods wisely. There are differences in effectiveness, safety, convenience, availability and cost. Help husbands and wives decide together about the method of birth control they want to use.

BIRTH CONTROL PILLS:

Using birth control pills is a very effective method of birth control. Birth control pills come in packets of 28 pills.



How to teach a woman how to take birth control pills:

Tell her to take the first pill 5 days after her menstrual period starts. Then take 1 pill every day before going to sleep. The pills she takes the last 7 days are a different color. After the first packet of 28 pills is gone, start taking the pills from a new packet the next day. Take one pill each night until the pills are gone, then start on a new packet. Do this as long as you do not want to become pregnant. Even if your menstrual period is not completely gone, take the next packet of pills. Usually your next period will start after you take 2 or 3 of the last 7 different colored pills.

The woman must follow the instructions if she does not want to get pregnant. If she forgets the pill one day, she should take 2 pills the next day.

When a woman first starts to take birth control pills she might have nausea and her breasts might swell and be tender. This does not mean the woman should stop taking birth control pills. The problems usually go away in 2 or 3 months. Some women might bleed more or less than usual during their menstrual period when they take birth control pills. This is usually not a problem.

Birth control pills cause women to produce less milk when they are breastfeeding a baby. Therefore it is best for women who are breastfeeding to use another birth control medicine that is injected such as *DMPA (Depo Provera)* the first 9 months after the baby is born.

BIRTH CONTROL MEDICINE THAT IS INJECTED:

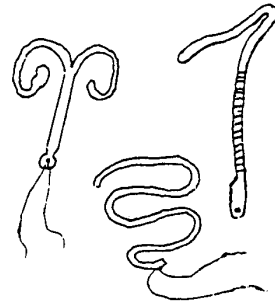
A health worker can inject special medicine called *DMPA* or *Depo-Provera* that prevents pregnancy. The health worker gives the injection every 3 months. The injections are useful for women who do not remember to take their birth control pills every day or who are nursing a baby. After 3 months the woman will probably not have a menstrual period while she receives the injections. Explain to women that this is normal.

THE CONDOM:

A condom is a thin rubber bag that a man wears on his penis when he has sex. Usually, condoms prevent pregnancy well, but there is a chance the condom will fail. Condoms can help prevent some sicknesses such as AIDS from spreading, but not always.

INTRAUTERINE DEVICE (IUD):

An IUD is a plastic object that a specially trained health worker puts into the womb to prevent pregnancy. IUD's can make vaginal infection worse. IUD's can cause pain or fall out of some women. But most women have no problem with IUD's.

BREASTFEEDING:

A woman who breastfeeds her baby will probably not get pregnant during the first 3 months after she gives birth. Especially if breastmilk is the only food the baby eats. To be sure the woman does not get pregnant, she should start another birth control method during the second month of breastfeeding. *DMPA* is the best method for this.

BIRTH CONTROL FOR PEOPLE WHO NEVER WANT TO HAVE CHILDREN:

[How are operations culturally perceived? Is permanent birth control culturally accepted?]

All of the above methods are for a husband and wife who might want to have another baby later. But if they are sure they do not want anymore children for the rest of their lives, then they can have an operation to prevent pregnancy for the rest of their lives. Men and women can have safe, simple operations that prevent the woman from getting pregnant the rest of her life. The operation for the man prevents the sperm from coming out. The operation for the woman prevents the egg from coming out. The operations do not affect sexual ability, pleasure or menstrual periods. If someone wants to get the operation, send them to a health center that has experience with the operation. Either the man or woman should have the operation, not both.

After the man has the operation, he still has enough sperm stored to cause pregnancy for 3 months. For the first 3 months after the operation the couple should use another kind of birth control.

UNIT 17

WOMEN'S HEALTH, PREGNANCY AND CHILDBIRTH

[Traditionally, who cares for sick or pregnant women?]

In many cultures sick or pregnant women are more comfortable with a woman health worker. Be sure that a woman health worker knows how to take care of sick women, care for pregnant woman and assist during childbirth.

THE MENSTRUAL PERIOD (MONTHLY BLEEDING IN WOMEN)

[What are the cultural causes, beliefs, and customs concerning the menstrual period?]

Most girls have their first menstrual period between the ages of 11 and 16. The menstrual period means that the girl is old enough to become pregnant. The normal menstrual period comes about one time every 28 days, and is 3 to 6 days long.

Irregular or painful periods are common in teenage girls. This does not usually mean there is a problem.

If the menstrual period is painful:

- * You do not need to stay in bed. Lying quietly can make the pain worse.
- * Walk around and do easy work. Drink hot drinks, or put your feet in hot water.
- * To reduce pain, give aspirin or paracetamol or soak clothes in hot water and put them on the abdomen.

A woman should always keep clean, get enough sleep, and eat nutritious foods. It is not harmful to have sex during the menstrual period.

Signs of menstrual problems:

- * For some women irregular periods are normal. But long term sickness, anemia, malnutrition or infection in the uterus can also cause irregular periods.
- * A period that does not come when it should can be a sign of pregnancy for a woman who has had sex. But many girls who have recently begun to have a period, and women over 40, often miss a period. This is normal.
- * If a women bleeds from the vagina during the first 3 months of pregnancy, then this is usually a sign of a miscarriage. See "Miscarriage" page 34.

MENOPAUSE (WHEN WOMEN STOP HAVING MENSTRUAL PERIODS)

[What are the cultural beliefs about menopause?]

Menopause is the time in a woman's life when the menstrual periods stop. After menopause, a woman cannot give birth to children. Normally, menopause happens between the ages of 40 and 50. The menstrual periods often become irregular for several months or years before they stop completely.

During menopause, it is normal for a woman to feel many discomforts such as anxiety, suddenly feeling hot, pains that travel all over the body, and sadness. After menopause is over, most women feel better again.

Women who have severe bleeding or pain in the abdomen during menopause, or who begin to bleed again after the bleeding has stopped for months or years, should seek medical help. These might be signs of cancer or another serious problem.

LIQUID THAT COMES OUT OF THE VAGINA:

All women normally have a little liquid that comes out of the vagina. The liquid is clear, white or yellow. If the vagina does not itch and there is no bad smell, then there is probably no problem. If a bad smelling liquid comes out of the vagina and the vagina itches, then the woman has a vaginal infection. See Unit 11 "Vaginal Infections" page 86.

PREGNANCY

Women who:

- * do not eat nutritious food
- * are very young
- * do not have someone to help them
- * have children who are often sick

tend to have difficult births and sick children. Often, if you help these mothers get nutritious food, teach them how to care for themselves and encourage them, then they will have a healthier pregnancy and healthier children.

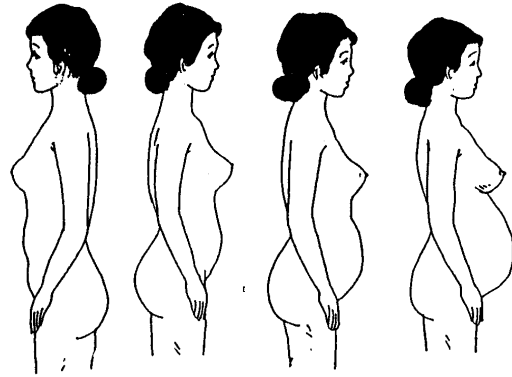


DO NOT WAIT FOR PREGNANT WOMEN TO VISIT YOU. YOU SHOULD GO VISIT THEM.

SIGNS OF PREGNANCY:

All these signs of pregnancy are normal:

- * The first sign is usually that the woman misses her menstrual period.
- * Nausea or vomiting, especially in the morning. This is usually worse during the second and third months of pregnancy.
- * The woman might need to urinate more often.
- * The abdomen gets bigger.
- * The breasts get bigger.
- * The woman gets dark areas on the face, breasts, and abdomen.
- * Around the fifth month, the child begins to move in the womb.



HOW TO STAY HEALTHY DURING PREGNANCY:

[What are food taboos and behavioral taboos for pregnant women?]

- * A pregnant woman should eat nutritious foods. Especially body building foods such as meat, chicken, eggs, fish and beans, and protective foods such as fruits and vegetables and food with iron such as green leafy vegetables. See Unit 3 "Nutrition" pages 25-28.
- * Use salt or oil that has iodine to prevent retardation.
- * Bathe every day.
- * In the last month of pregnancy, it is best not to have sex so that the bag of waters does not break and cause an infection.
- * Do not take medicines if possible. Some medicines can hurt the unborn baby. You should only take medicines that a health worker or doctor recommends. If you think you are pregnant, tell the health worker before he gives you medicine. You can take *paracetamol* or *antacids* once in a while if you need them. Vitamin pills and iron pills are helpful if you take the correct dose.

- * Do not smoke, drink alcohol or take illegal drugs during pregnancy. Smoking, alcohol and drugs are bad for the mother and hurt the baby.
- * Stay far away from children with measles and rubella.



* You can work, but try not to do heavy work or become very tired.



YES



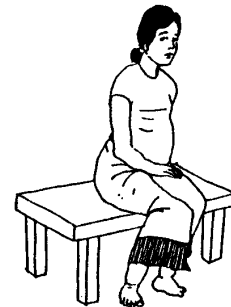
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HOW TO TREAT MINOR PROBLEMS DURING PREGNANCY:

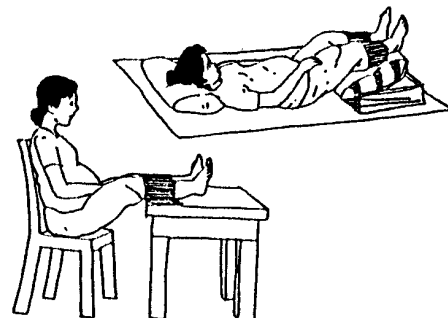
* Nausea or vomiting: Normally, nausea and vomiting are worse in the morning, during the second or third month of pregnancy. It helps to eat something dry, like crackers or rice before you get out of bed in the morning. Do not eat large meals. Eat many small meals. Try not to eat fatty foods.

* Burning or pain in the stomach or chest: Eat only small amounts of food at one time. If possible, drink milk. Do not take *antacids*. It might help to suck hard candy. Try to sleep with your chest and head raised up on something.

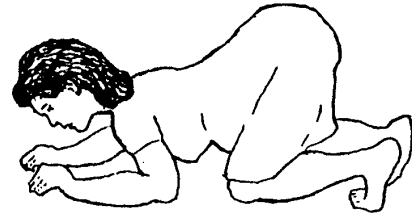
* Swollen feet: It is normal for a pregnant woman to have moderately swollen feet during the last 3 months of pregnancy. Rest many times during the day with your feet up. Eat less salt and less salty foods. Swollen hands and face are not normal. If the feet, hands and face swell, then get medical help. Women who are anemic, malnourished, or who eat a lot of salt will swell more. Therefore, eat nutritious foods with no salt or only small amounts of salt.



* Varicose veins: Put your feet up several times during the day. See Unit 11 "Varicose Veins" page 88.



- * Lower back pain: Try to stand and sit with the back straight. See Unit 11 "Back Pain" page 25.
- * Anemia and malnutrition: Many women in rural areas are anemic before they are pregnant, and become more anemic during pregnancy. If a woman is very pale and weak (anemia) or thin and weak (malnutrition), her baby might be weak or sick. She needs to eat more body building foods and food with iron such as beans, peanuts, chicken, milk, eggs, meat, fish, and dark green leafy vegetables. She should also take one iron pill (ferrous sulfate) 3 times each day, especially if it is hard to get enough nutritious foods. Iron will strengthen her blood and the baby. If possible, the iron pills should also contain *folic acid* and *vitamin C*.
- * Hemorrhoids: To relieve pain, kneel and raise your buttocks. See Unit 11 "Hemorrhoids" page 48.



- * Constipation: Drink a lot of water. Eat fruits and vegetables. Do not take strong laxatives. See Unit 11 "Constipation" page 33.

DANGER SIGNS IN PREGNANCY:

- * **Bleeding from the vagina in the first 3 months:** If a woman bleeds even a little from the vagina during the first 3 months of pregnancy, this can mean she is having a miscarriage. The woman should lay quietly. Without expert medical help, the woman might bleed to death. Take her to a hospital immediately!
- * **Bleeding from the vagina in late pregnancy:** Any bleeding during late pregnancy is dangerous. If the placenta covers the birth opening, the placenta can tear and bleed. Before labor begins, there is usually no pain when the placenta bleeds. The bleeding can stop and start again later. This is very dangerous. The baby might die inside the mother. Do not let anyone put their hands inside the vagina because that can make the bleeding worse. Take the woman to a hospital immediately! Even if the bleeding stops, take the woman to a hospital.

The placenta can also bleed inside the womb but no blood comes out. The blood is stuck in the womb. The womb becomes very hard all the time. This is different from normal labor because the womb contracts and relaxes during normal labor. The woman is in severe pain and the baby might die. Take the woman to a hospital immediately! She might need an operation to get the baby out.

**A WOMAN WHO BLEEDS FROM THE VAGINA DURING PREGNANCY
MUST GO TO THE HOSPITAL IMMEDIATELY!**

- * Severe anemia: The woman is weak, tired, and has pale skin. If you do not treat her, she might die from losing too much blood during childbirth. Nutritious food is not enough to cure severe anemia. See a health worker and get iron pills (*ferrous sulfate*). If possible, she should have her baby in a hospital. See Unit 11 "Anemia" page 21.

TOXEMIA DURING PREGNANCY:

Toxemia is high blood pressure in a woman who is 7-9 months pregnant.

Signs of toxemia:

- * The woman is in her last 3 months of pregnancy.
- * Swollen feet, hands and face.
- * Dizziness, headache, sometimes blurred vision.
- * High blood pressure.



How to treat toxemia:

- * Get medical help.
- * Stay quiet and stay in bed.
- * Eat a lot of body building foods and do not eat salty foods.
- * If the pregnant woman does not get better quickly, or cannot see well, or her face swells more, or she has convulsions, then get medical help immediately. She might die.

How to prevent toxemia:

- * Eat a lot of body building foods.
- * Use a little salt, but not a lot of salt.
- * See Unit 3, "Nutrition".

VISIT A HEALTH WORKER DURING PREGNANCY

Pregnant women should visit a health worker several times during pregnancy. Pregnant women should go to a health center to learn about pregnancy, check their health and learn how to have a healthy baby.

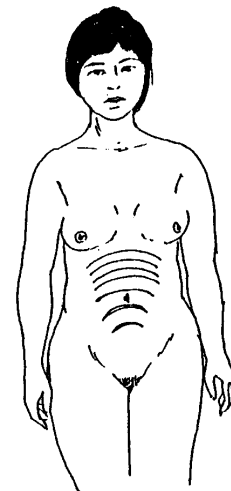
Encourage pregnant women to go to a health center or have a health worker come visit them. If they cannot go to a health center, you can check their health. A health worker should see the pregnant woman one time each month for the first 8 months of pregnancy, and one time each week during the last month of pregnancy.

How to check a pregnant woman's health:

- * Ask the woman about her health problems and needs. Find out how many times she was pregnant before, when she had her last baby, and any problems she had during previous pregnancies or childbirth.
- * Talk with her about ways she can help herself and her baby be healthy, including:
 - Eating nutritious foods such as body building foods, protective foods, and foods with iron, and calcium See Unit 3 "Nutrition" pages 23-26.
 - Stay clean.
 - Take few or no medicines.
 - Do not smoke, drink alcohol or take drugs.
 - Get enough rest.
 - Get a tetanus vaccination to prevent tetanus in the newborn baby. Get a second tetanus vaccination 4 or 5 weeks after the first tetanus vaccination.
- * Check the woman for malnutrition and anemia. Talk about the foods she eats and suggest nutritious foods if necessary. Encourage her to take iron pills, with *folic acid* and *vitamin C*. Ask her if she has nausea, stomach pain, swollen feet, back pain, varicose veins, hemorrhoids or constipation. Tell her how to treat these problems.
- * Weigh her each month if possible. She should gain 8 to 10 kilograms during the nine months of pregnancy. If she does not gain weight each month, this is a sign that the baby is not growing properly. If she gains a lot of weight in the last months, she might have toxemia. If you do not have a scale, try to estimate her weight by how she looks.
- * Check the woman's pulse and write it down each visit. If you know her normal pulse rate then you will know when her pulse is fast later. A fast pulse can be a sign of toxemia or severe bleeding. If you have a blood pressure cuff, check her blood pressure and write it down. High blood pressure is a sign of toxemia.
- * If a woman has any of the following danger signs, take her to a health center immediately:
 - Sudden weight gain.
 - Swollen hands and face.
 - High blood pressure.
 - Severe anemia.
 - Bleeding from the vagina.



- * Feel the mother's womb each time you check her. Press gently with the flat part of your hand on the abdomen, moving from the top to the bottom. Normally the womb will be 2 fingers higher each month. At 4 1/2 months, the womb is usually at the level of the navel. Each month write down how many finger widths the womb is above or below the navel.



- * After 5 months, listen for the baby's heartbeat and check for movement. You can put your ear against the abdomen to listen, but the heartbeat is difficult to hear. It will be easier if you use a stethoscope.
- * During the 9th month of pregnancy, see the pregnant woman every week. If this is her first pregnancy, explain to her about labor and birth. If you think the woman will have a difficult birth, send her to a health center to have the baby when contractions start to be about 15 minutes apart. If she lives far from a health center, send her sooner.

HOW A PREGNANT WOMAN CAN KNOW THE APPROXIMATE DATE SHE WILL GIVE BIRTH:

START WITH THE FIRST DAY OF THE LAST MENSTRUAL PERIOD.
SUBTRACT 3 MONTHS. THEN ADD 7 DAYS.

FOR EXAMPLE, SUPPOSE THE LAST PERIOD WAS MAY 10. 3 MONTHS BEFORE MAY 10 IS FEBRUARY 10. 7 DAYS AFTER FEBRUARY 10 IS FEBRUARY 17. THE BABY SHOULD BE BORN AROUND FEBRUARY 17.

- * Write down the results on the "Pregnancy check-up form" each time you check a woman. An example is shown on the next page. If you check the woman one time each month for the first 8 months and 4 times the last month, you will need 3 check-up forms.

PREGNANCY CHECK-UP FORM

Name: _____ Age: _____ Number of children: _____
 Date last child was born: _____ Ages of children: _____
 Date of last period: _____ Probable birth date: _____
 Problems with other births: _____
 Has she had a tetanus vaccination? _____ Date of last tetanus vaccination: _____

Check up number:			
Date:			
How many months pregnant?			
General health or minor problems:			
Anemia, swelling or danger signs? How severe?			
Pulse:			
Temperature:			
Weight:			
Blood pressure:			
Size of womb (number of fingers above or below navel)			

Normal signs:

Month 2 and 3: tired, nausea and vomiting
 Month 4: womb at level of navel
 Month 5: baby begins to move
 Month 7-9: feet swell, constipation, heartburn, varicose veins, some breathing difficulty, urinates frequently

Danger signs:

Bleeding from the vagina.
 Severe anemia.
 Swelling of the feet, hands and face.
 High blood pressure.
 Sudden weight gain.

THE ITEMS BELOW ARE THINGS THE HEALTH WORKER OR A PREGNANT WOMAN SHOULD HAVE READY TO PREPARE TO GIVE BIRTH. YOU SHOULD COLLECT THESE THINGS IN THE SEVENTH MONTH OF PREGNANCY IN CASE THE BABY COMES EARLY.

4 or 5 very clean cloths
(washed and ironed or boiled and dried)



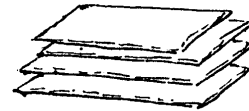
A sterile razorblade or sharp, clean knife
(boil before using)



Soap (antiseptic soap is best)



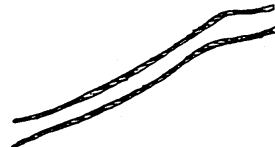
Clean cloth to cover the babies navel
(washed and ironed or boiled and dried)



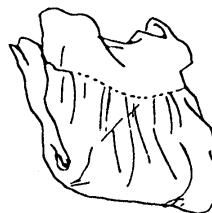
Alcohol to clean hands after washing



Two strips of clean cloth or string to tie the cord, at least this wide ----->
(washed and ironed or boiled and dried)



Clean cotton



Clean clothes for the woman

IT IS ALSO HELPFUL TO HAVE:

A flashlight



A suction bulb or syringe **without** a needle to suck mucus out of the babies mouth



Antibiotic eye ointment to put in the babies eyes.

HOW TO PREPARE FOR BIRTH

When the mother is healthy and nothing goes wrong, the baby can be born with little or no help. But sometimes there are problems with childbirth. These problems can kill the mother or child. If the pregnant woman has any of the following problems, take her to a hospital or bring a doctor or nurse to her before the baby is born:

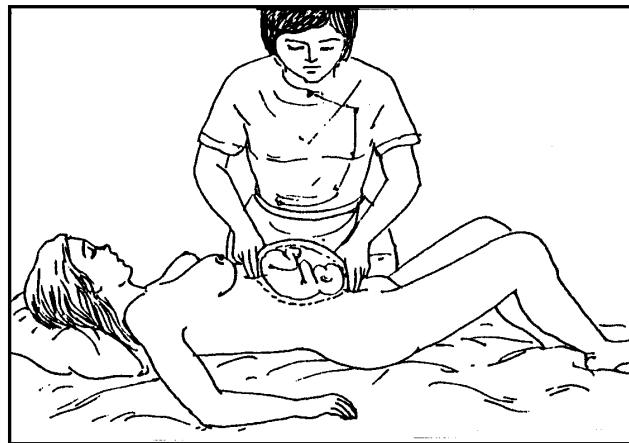
- * The woman bleeds from the vagina before labor starts. See page 8.
- * The woman has signs of toxemia. See page 9.
- * The woman has a long term or severe sickness.
- * The woman has anemia. See Unit 11 "Anemia" page 21.
- * The woman is under 15, over 40, or over 35 during her first pregnancy.
- * The woman is very short or has small hips.
- * The woman had trouble or severe bleeding with other births.
- * The woman has diabetes or heart trouble.
- * The woman has a hernia.
- * The woman looks like she will have twins.
- * The baby's bottom is down or is sideways in the womb.
- * The bag of water breaks and labor does not begin within 4 hours.

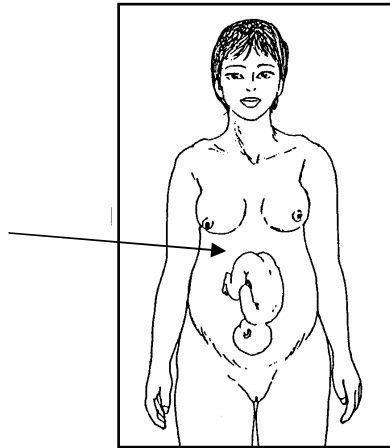
CHECK THE BABY'S POSITION

The person who will deliver the baby should check the baby's position. You should only try to deliver a baby if you have experience and training to deliver a baby. To check the baby's position in the womb, feel for the head like this:

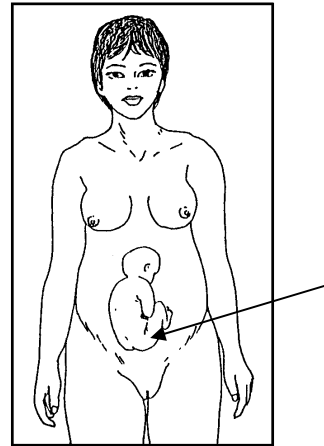
Tell the mother to breathe out all her air.

Push above the pelvic bone, with the thumb and two fingers. Feel the top of the womb with the other hand.





The baby's buttocks is wider than the head. If the buttocks is up, the baby feels larger here.



The babies head is rounder and harder than the buttocks. If the buttocks is down, the baby feels larger here.

IF THE BABY'S HEAD IS DOWN, THE BIRTH WILL PROBABLY NOT BE DIFFICULT.

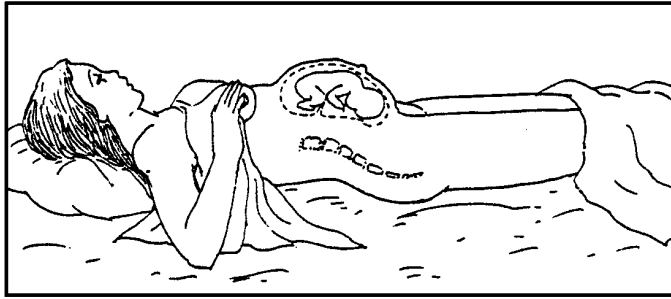
IF THE BABY'S HEAD IS UP, THE BIRTH MIGHT BE DIFFICULT. IT IS BETTER TO TAKE THE MOTHER TO A HOSPITAL OR HAVE A DOCTOR OR NURSE HELP.

IF THE BABY IS SIDEWAYS, THE BABY IS IN DANGER. TAKE THE MOTHER TO A HOSPITAL.

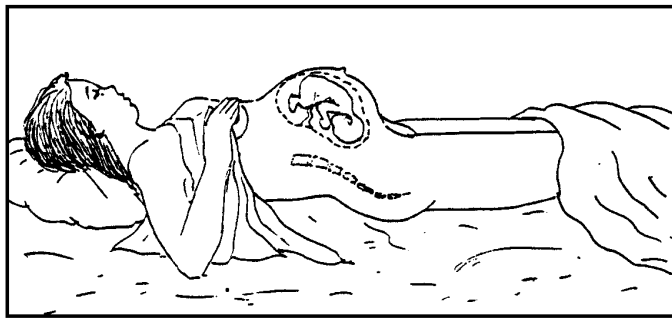
SIGNS THAT SHOW LABOR WILL BEGIN SOON

- * A few days before labor begins, the baby moves lower in the womb. The mother might need to urinate more frequently.
- * A short time before labor begins, a mucus plug or mucus might come out of the vagina. Sometimes the mucus is mixed with a little blood. This is normal.
- * A woman's womb might contract or have labor pains several days before childbirth. At first, the womb contracts every several minutes or hours. When the womb contracts stronger, more regular and more frequently, then labor begins.
- * Some women have contractions weeks before labor starts. These contractions can be weak or strong and frequent. This is not a problem.
- * When the womb contracts, it causes labor pains.

When the womb is relaxed, it looks like this:



When the womb contracts, it lifts up like this:



The birth opening opens a little bit each time the womb contracts.

- * The bag of waters holds the baby in the womb and makes the womb soft. When the bag breaks, water comes out of the vagina. The bag normally breaks after labor begins. When the bag breaks, labor usually starts. After the bag breaks, the woman should keep very clean. Walking makes the labor come more quickly.

THE STAGES OF LABOR

[Are there any harmful cultural practices associated with labor?]

Labor begins with strong contractions. The woman usually has contractions from between 7 to 20 hours. The mother should not try to push the baby out until the baby moves into the birth canal and the mother feels that she needs to push. During labor the woman should urinate and defecate as often as possible. If the bladder is full of urine and the intestines are full of feces, then there is less space for the baby to come out. Encourage the mother to urinate and defecate before delivery.

The woman should drink liquids often. Dehydration can slow labor. The woman should also eat a little food. If the woman vomits, give little sips of rehydration drink, tea or fruit juice. The woman should change positions and walk a little if possible.

During this time and before the woman wants to push, you should:

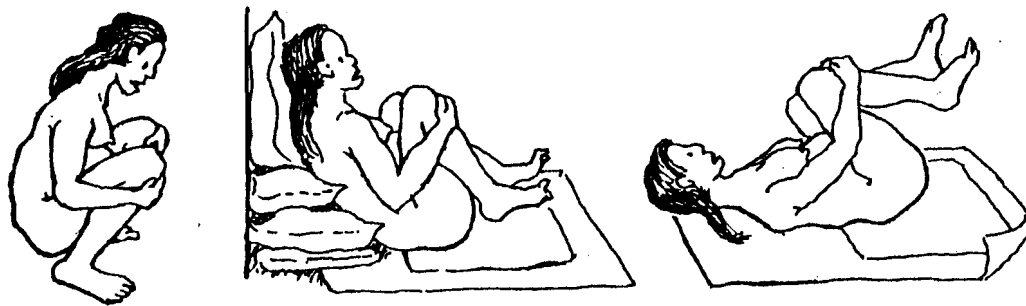
- * Wash the woman's abdomen, vagina, buttocks and legs with soap and warm water. Be sure the bed or mat is in a clean place with enough light to see clearly.
- * Spread clean sheets on the bed or mat and change the sheets when they get wet or dirty.

- * Boil a razor or sharp scissors and 2-3 strings for 15 minutes. Cover the pan until the baby is born.



You or a helper should **not** massage or push on the abdomen. You should tell the pregnant woman **not** to push until she feels she must push. If the pregnant woman is afraid or has pain, then tell her to breathe slow and deep during contractions. This will help her have less pain.

After the womb contracts for about 7-20 hours, the woman will need to push. Sometimes she wants to push after the bag of water breaks and sometimes later. During these contractions the woman should take a deep breath and push hard with her abdomen muscles in the same way she pushes when she defecates. When the womb is not contracting, the woman should rest or sleep if possible. The woman can squat, sit propped up or lie down with her knees bent.

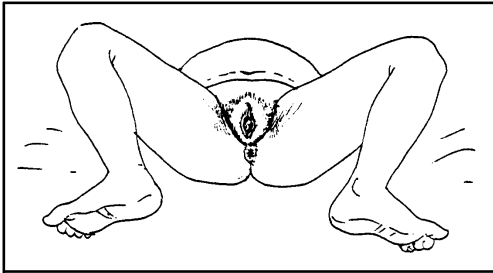


When you can see the top of the baby's head, be sure your hands are clean and the razor, strings, clean cloth and bulb syringe are ready to use. When you see the head appear, the mother should stop pushing so that the head comes out slowly and does not tear the birth opening.

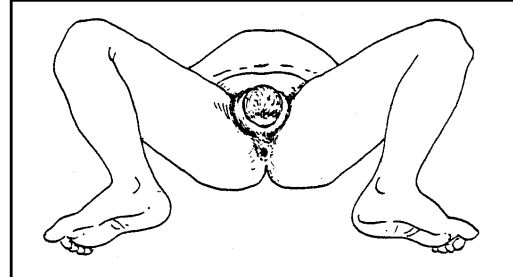
In a normal birth, nobody needs to put their hands or fingers inside the birth opening. Putting hands in the birth opening can cause a dangerous infection.

The head should come out slowly. When the head comes out, you can support the head with your hand, but **never pull the head**.

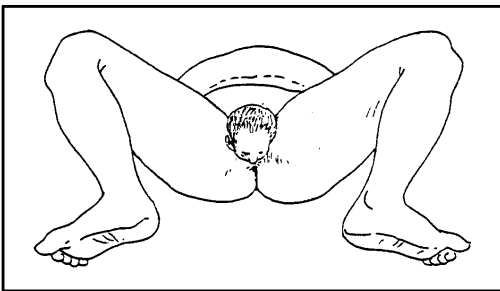
Normally, the baby's head comes out first:



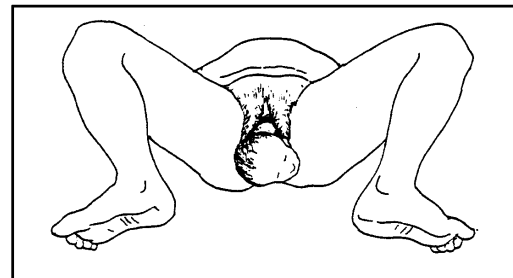
When you see this, tell the woman to push hard.



When you see this, tell the woman not to push. She should take short, quick breaths. This will help the birth opening to not tear.

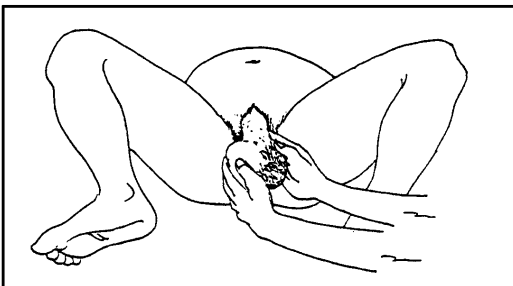


The head usually comes out with the face down.

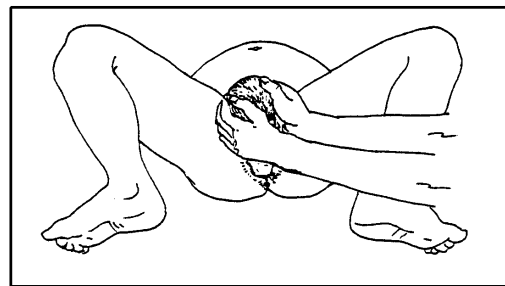


Next, the baby's body turns to one side so the shoulders can come out.

If the shoulders get stuck after the head comes out:



Take the baby's head in your hands and carefully lower the head to help the top shoulder come out.



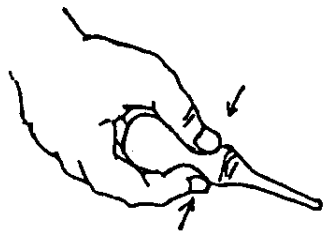
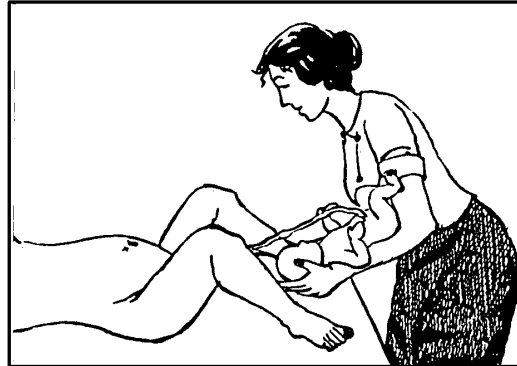
Then you can raise the head a little to help the bottom shoulder come out.

**NEVER PULL ON THE HEAD BECAUSE YOU MIGHT HURT THE BABY.
LET THE MOTHER PUSH THE BABY OUT.**

HOW TO CARE FOR THE BABY AFTER HE IS BORN

Immediately after the baby comes out:

- * Hold the baby with his head lower than his body so the mucus comes out of his mouth and throat. Hold him like this until he begins to breathe.
- * If the baby does not begin to breathe immediately, rub his back with a cloth.
- * If the baby still does not breathe, clean the mucus out of his mouth and nose with the suction bulb or a clean cloth around your finger. **Push the air out of the bulb syringe before you put it into the baby's nose or mouth.**

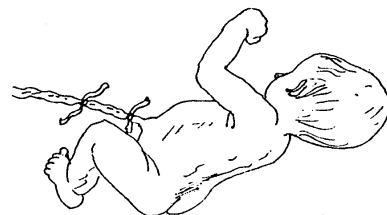
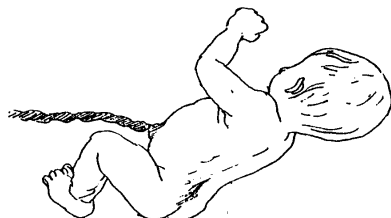


- * If the baby still does not breathe, start mouth to mouth breathing. See Unit 5 "First Aid" page 42.
- * Lay the baby on the mother's abdomen and tie the cord.
- * Wrap the baby in a clean cloth. It is important to keep the baby warm, but not hot. [Check for traditions which keep the child and mother very hot or disallow fresh air.]

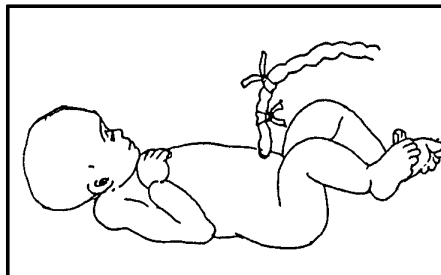
HOW TO CUT THE CORD:

[What is the traditional method of cutting the cord?]

When the child is born, the cord beats and is thick and blue. When the cord becomes thin, white and stops beating, then tie the cord with the boiled strings.



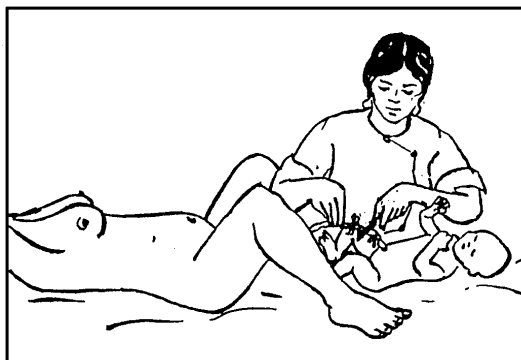
1. Take a boiled string out of the covered pot and tie it 1/2 inch (1.5 cm) from the baby's navel.



2. Take the other string out of the covered pot and tie it 1 1/2 inches (3.5 cm) from the baby's navel.

3. Pick up the handle of the boiled razor from the covered pot. Do not let the razor touch anything.

4. Cut the cord between the strings. Be careful not to touch the cut with your hands or any dirty object.

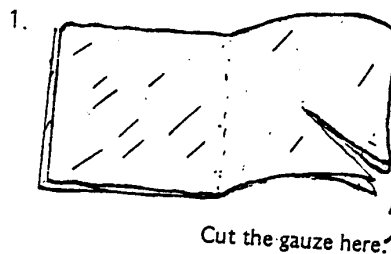


HOW TO CARE FOR THE CORD ON THE BABY'S NAVEL:

[What is the traditional method to care for the cord and navel after cutting the cord?]

Keep the cord dry to prevent sickness. If the house is clean and there are no flies, then leave the cord uncovered to dry. If there is dust and flies, then cover the cord loosely with clean gauze or a boiled and dried cloth.

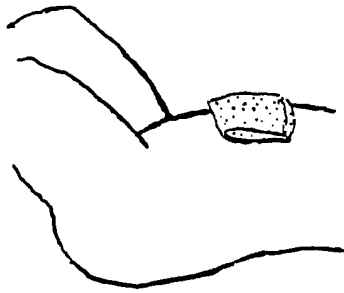
Cut the cloth with a new razor or boiled knife.



Put the cloth around the cord.

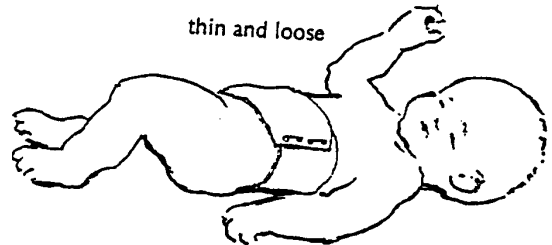


Fold the cloth over.



Wrap a clean, thin cloth around the baby **loosely**. Be sure air can get under the cloth.

Try to keep urine and wet clothes off the cord.



AFTER YOU CARE FOR THE CORD:

[What is traditional care at this point?]

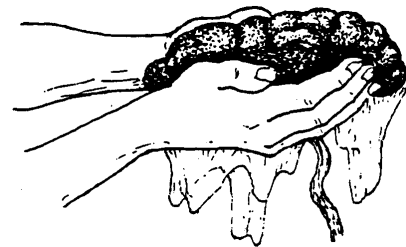
Give the baby to the mother to breastfeed. Breastfeeding makes the mother bleed less. After the baby nurses, wash the blood and fluid off the baby with a cloth and warm water. Do not put the baby in water until the cord falls off.



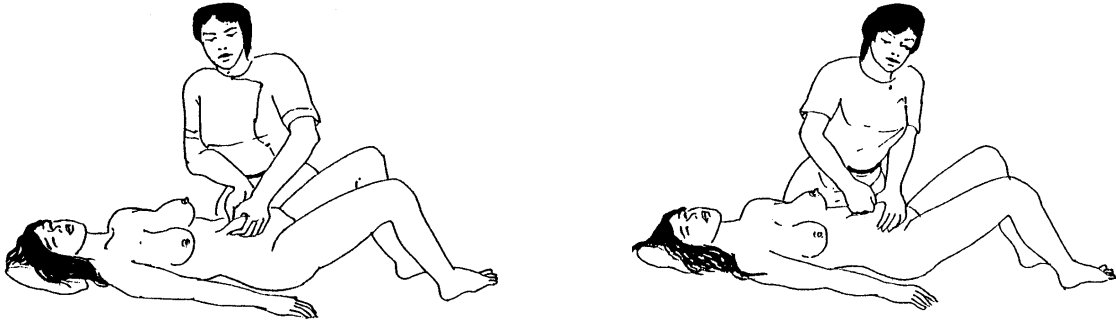
THE PLACENTA

[What is done with the placenta after birth?]

Normally the placenta comes out about 5 minutes after the baby. When the cord begins to move out of the vagina, you can gently massage the womb and push gently downward to help the placenta to come out. When the placenta comes out, pick it up and look at it. If the placenta is torn or pieces are missing, get medical help. A piece of placenta left in the womb can cause infection and severe bleeding. After the placenta comes out, give the mother one ergotrate tablet if available. Give the mother another ergotrate tablet after 15 minutes if there is more bleeding than normal and the womb is not hard.



If the placenta does not come out, do not pull on the cord. If there is little bleeding, then wait. If there is a lot of bleeding, then feel the womb. If the womb is soft, massage the abdomen gently until the womb gets hard. If the placenta does not come out soon, carefully push on the top of the womb while you support the bottom of the womb.



If the placenta does not come out and the woman continues to bleed a lot, then follow the instructions in the next section.

SEVERE BLEEDING AFTER BIRTH

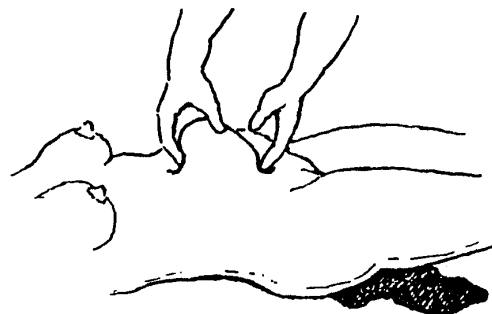
When the placenta comes out there is always some blood. Normally the woman only bleeds for a few minutes. The woman might bleed a little for a few days. This is usually not a problem. If the baby breastfeeds, the bleeding will usually slow. If the baby cannot breastfeed, then someone should stimulate the mother's nipples to slow bleeding.

Sometimes the woman will bleed inside and the blood will not come out. If the abdomen gets bigger or there are signs of shock such as a fast, weak pulse, and pale skin, then get medical help.

If a woman continues to bleed a lot:

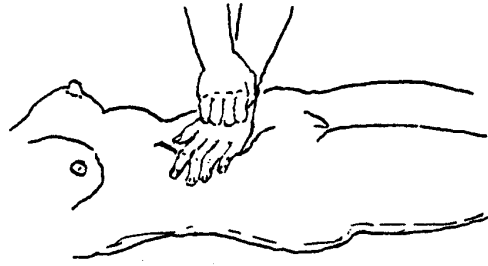
- * Get medical help. The woman might need more blood.
- * The woman should drink a lot of liquid. If she has signs of shock elevate her legs higher than her chest.
- * If you think the woman is losing too much blood and will die, then try to stop the bleeding like this:

Massage the abdomen until the womb becomes hard. Then lift the womb with the other hand and massage the bottom of the womb. When the womb becomes hard and the bleeding stops, stop massaging the womb. Check the womb every minute. If the womb gets soft, massage the womb again.



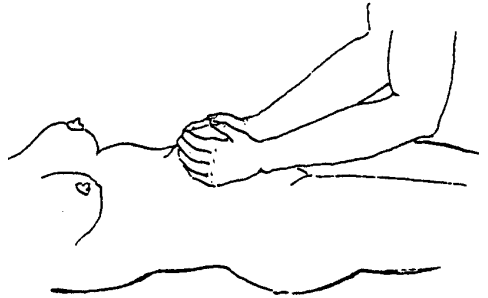
* If bleeding does not stop, do the following:

Press down hard with both hands just below the woman's navel. Continue to press down for a long time after the bleeding stops.



* If a lot of bleeding continues:

Grab the womb between your hands and squeeze hard until the bleeding stops for several minutes or until medical help comes.



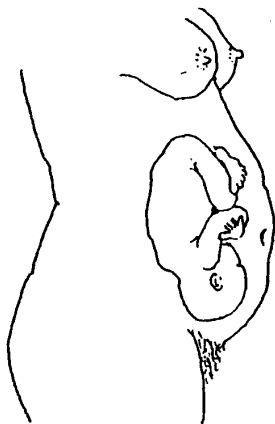
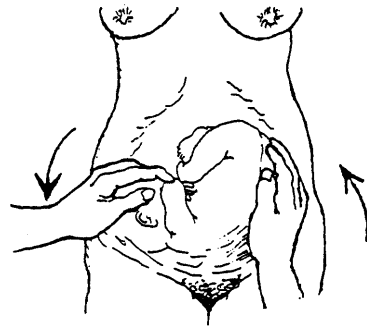
WHAT TO DO WHEN THE BIRTH IS DIFFICULT

Many things can make birth difficult. It is very important to get medical help quickly when there is a problem during labor or birth. Here are a few of the most common problems:

1. Labor stops, slows down or is very long after the water breaks. The cause might be:

* The woman is afraid or upset. Encourage her, comfort her and be sure she eats, drinks and urinates.

* The baby might be in an unusual position. If the baby is sideways, you will feel the hard head and large buttocks on the sides of the womb. Gently try to turn the baby between contractions until the head is down. But do not push hard! If the baby will not turn when you push gently, take the woman to a health center.



* If the baby's face is forward, you will feel the lumpy arms and legs instead of the smooth back. This is not a problem, but makes labor longer and causes back pain. The woman should change positions often.

* The baby's head might be too big to go through the birth canal. This can happen to short women or women with narrow hips. If you think that the baby cannot move into the birth canal, take the woman to a hospital. Very short women or women with narrow hips should have their first child at a hospital.

* If a woman vomits often or does not drink, she can become dehydrated. Dehydration slows contractions. Give the woman rehydration drink, clean water or tea to drink between contractions.

2. The baby's feet come out first. Sometimes you can feel the baby's buttocks at the bottom of the womb. If you think the baby's feet will come out first get medical help. If you cannot get help do the following:

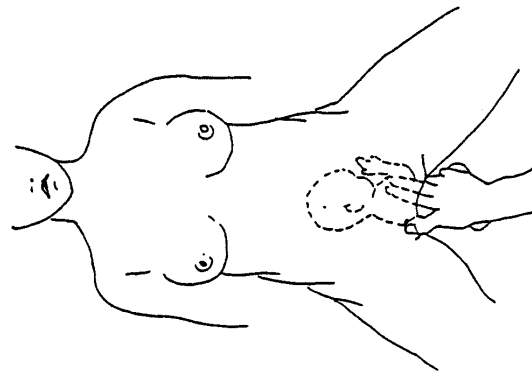
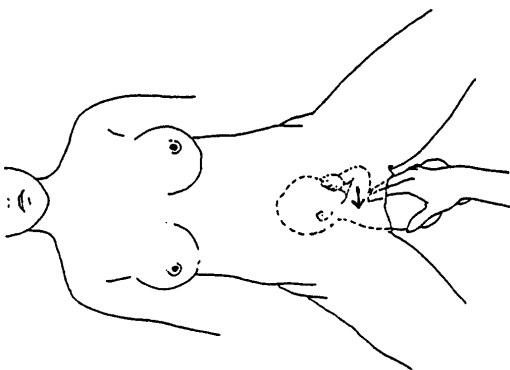
* It might be easier to have a baby feet first in this position:



* If the baby's legs come out, but not the arms, wash your hands well and rub them with alcohol.

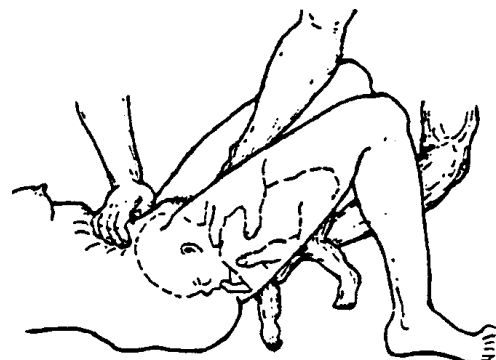
Next put your fingers inside the birth opening and push the baby's shoulders back like this:

or press his arms against his body, like this:



If the head is stuck, tell the mother to lie on her back. Put your finger into the baby's mouth and pull the head to the chest. At the same time, someone should push on the womb where the top of the baby's head is like this:

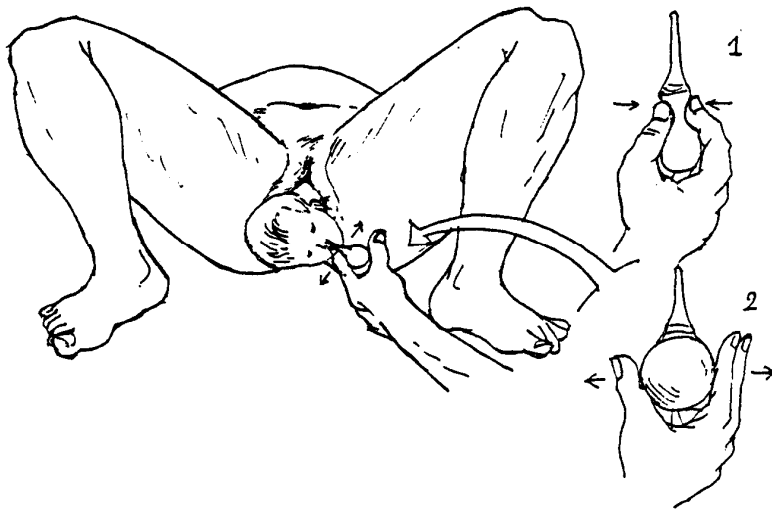
The mother should push hard, but you should **never** pull hard on the baby.



3. If the baby's hand comes out first, get medical help immediately. The woman might need an operation to get the baby out.

4. If the baby's cord is wrapped around the neck tightly and the baby cannot come out, try to gently lift the cord up and over the baby's head.

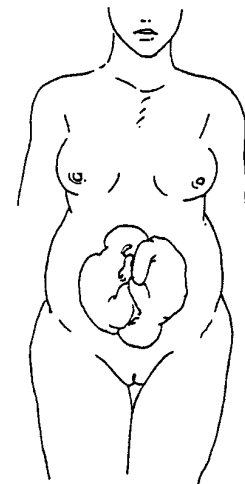
5. Sometimes the baby will defecate before he is born. When the bag of water breaks, look at the color. If the water is green, there is feces in the water. If the baby breathes in the dirty water, he might die. You must clean the baby's mouth and nose out as soon as the head comes out. This prevents the feces from going into the baby's lungs. When the head comes out, tell the mother to take short, quick breaths and stop pushing. Suck the mucus out of the baby's mouth and nose with a suction bulb. Suck until you get the mucus and feces out. Then the mother can push again.



6. It is difficult to give birth to twins. If possible, twins should be born in a hospital and the woman should move near to a hospital during the 7th month of pregnancy.

Signs that a woman might have twins are:

- * The abdomen grows faster and is larger than normal.
- * Check for twins if the woman gains weight fast or the common pregnancy problems such as nausea, backache, hemorrhoids and swelling are worse than normal.
- * If you can feel 3 or 4 large objects (2 heads and 2 buttocks) in the womb, the woman might have twins.



A woman with twins should rest and avoid hard work during the last 3 months of pregnancy.

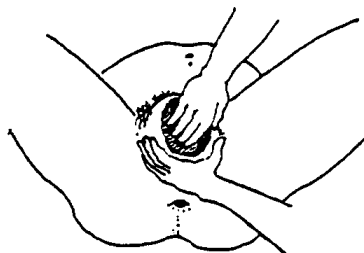
[Are there taboos or specific cultural beliefs concerning twins?]

WHAT TO DO WHEN THE BIRTH OPENING TEARS

The birth opening stretches to let the baby out. Sometimes the birth opening will tear if the baby comes out too fast. To help prevent tearing, do the following:

- * When the top of the baby's head comes out, the mother should breathe quickly and deeply to slow the birth and give the opening time to stretch.

- * When the head begins to come out, you can support the birth opening with one hand and let the head out slowly with the other hand.



- * You can also put clean cloths soaked in hot water under the birth opening to help the opening stretch.



If the birth opening tears, get a health worker who can close the tear with stitches after the placenta comes out.

HOW TO CARE FOR THE NEWBORN BABY

EYES

To prevent eye infection, put a little *antibiotic eye ointment* in each eye when the child is born.

KEEP THE BABY WARM BUT NOT HOT

[Check for harmful cultural practices here.]

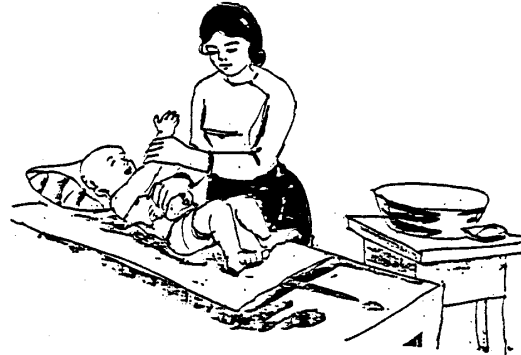
Prevent the baby from getting cold, but do not keep the child hot. Do not make the baby sweat or keep the baby in a room without fresh air. Dress the baby the same as yourself when you are comfortable. When the weather is hot, take the baby's clothes off.

KEEP THE BABY CLEAN

[What are the cultural practices for washing babies?]

The parents should follow the suggestions in Unit 2 "How to Prevent Many Health Problems" page 15-16. Be sure to:

- * Change the baby's clothes or bed linen each time it is dirty with urine or feces.
- * After to cord falls off, bathe the baby with soap and warm water.
- * The baby should sleep under a mosquito net or thin cloth.
- * People with sores, colds, sore throats, bad coughs or other infectious sicknesses should not touch or go near the baby.
- * Keep the baby in a clean place away from smoke and dust.



HOW TO FEED THE BABY

[What is a typical feeding pattern in the culture?]

Breastmilk is the best food for the baby. Babies who drink only breastmilk for the first 5 months are healthier, stronger and are less likely to die. Breastmilk is the best food for babies because:

- * Breastmilk is more nutritious than other milk or food.
- * Breastmilk is clean. Other food is difficult to keep clean. Bottle nipples are very difficult to keep clean.
- * Breastmilk is always the correct temperature.
- * Breastmilk helps babies fight sickness.

The baby should breastfeed soon after he is born. For the first few days, it is normal for the mother to produce only a little milk. The baby should breastfeed often and not bottle feed. The baby's sucking will help the mother produce milk. The baby should drink only breastmilk for the first 5 months. After that, the baby should continue to drink breastmilk and eat other nutritious foods.

Babies that drink from a bottle are more likely to get sick and die.



Babies that drink breastmilk are healthier.



A MOTHER CAN PRODUCE MORE MILK IF SHE DRINKS A LOT OF LIQUIDS, EATS NUTRITIOUS FOODS SUCH AS MILK AND BODY BUILDING FOODS, GETS ENOUGH REST AND BREASTFEEDS HER BABY OFTEN.

BE CAREFUL WHEN YOU GIVE MEDICINE TO NEWBORN BABIES

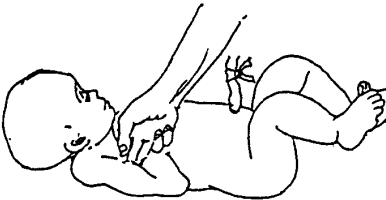
Many medicines are dangerous for newborn babies. Only use medicines that are safe for newborn babies and only when the medicine is absolutely necessary. Be sure you give the correct dose and do not give too much medicine. *Chloramphenicol* is especially dangerous for a baby. Also, you should not give *tetracycline* to a baby.

PROBLEMS OF THE NEWBORN BABY

It is very important to recognize sicknesses in babies and treat them quickly. A sickness that might kill an adult in a few days or weeks can kill a baby in a few hours.

PROBLEMS THE BABY IS BORN WITH

Examine the baby immediately after birth. If the baby shows any of the following signs, get medical help:

- * The baby does not breathe as soon as he is born.
 - * You cannot feel his pulse or hear his heartbeat or his pulse is less than 100 beats in one minute.
- 
- * The baby is white, blue or yellow after he starts breathing.
 - * The baby's arms and legs are floppy or he does not move his arms or legs when you pinch him.
 - * The baby grunts or has difficult breathing after the first 15 minutes.

You cannot treat these problems with common medicine. The baby needs medical help. A baby who does not urinate or defecate within the first 2 days should also visit a health worker.

PROBLEMS IN THE FIRST DAYS OR WEEKS

* Pus or a bad smell from the baby's cord is a dangerous sign. Watch for tetanus or septicemia. Soak the cord in hydrogen peroxide or another antiseptic. Paint the cord with gentian violet and leave the cord uncovered. If the skin around the cord becomes hot and red, give *amoxicillin syrup* or *ampicillin syrup*:
dose: newborn, 1/2 teaspoon (62.5 mg) 3 times each day for 4 days.

* A low temperature (below 35 C, 97F) or a high temperature (above 39 C, 102 F) can be a sign of sickness in a newborn baby. If the temperature is high, take off the baby's cloth and sponge the baby with cool water. Check for dehydration. If the baby is dehydrated, give the baby breastmilk and rehydration drink.



* Treat convulsions with fever as described above. Convulsions that start the day of birth are probably from brain damage. Check for tetanus and meningitis.
* During the first days of life, most babies lose a little weight. This is normal. After 2 weeks the baby should weigh the same as he weighed at birth. If the baby does not gain weight, he has a problem. Check the baby for sickness. Be sure the baby breastfeeds well. If you cannot find the cause of the problem or correct the problem quickly, then get medical help.

* When a healthy baby burps, milk sometimes comes up into the mouth. This is normal. Hold the baby against your shoulder and pat his back gently to help him burp out air. If the baby vomits when the mother lays him down after drinking breastmilk, then sit the baby up for a few minutes after feeding.



* If a baby vomits a lot, loses weight and becomes dehydrated, then he is sick. If the baby has diarrhea, check Unit 12 "Dehydration, Diarrhea and Vomiting" page 95.

Check for septicemia and meningitis. If the vomit is yellow or green and the baby has a swollen abdomen, the baby might have an abdominal emergency. Take the baby to a health center immediately.

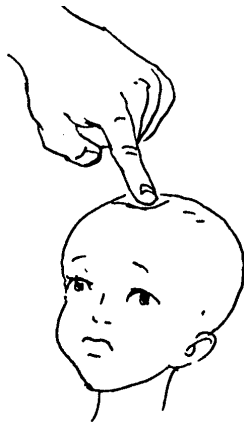
* If a baby stops sucking well for more than 4 hours, he might be sick. Especially if the baby is very sleepy, has signs of sickness, cries strangely or moves strangely. A baby who stops breastfeeding 2-5 days after he is born might have septicemia. A baby who stops breastfeeding 5-15 days after he is born might have tetanus.
* Newborn babies cannot fight sickness well. If germs get into the baby at birth, then the baby can become sick quickly. A baby can get septicemia after the second day of life. If the baby has any signs of sickness, check septicemia also.

SOMETIMES, INFECTIONS IN NEWBORNS ARE DIFFICULT TO RECOGNIZE. OFTEN THERE IS NO FEVER. IF POSSIBLE, GET MEDICAL HELP. IF YOU CAN'T GET MEDICAL HELP AND YOU ARE NOT SURE WHAT THE INFECTION IS, TREAT LIKE SEPTICEMIA.

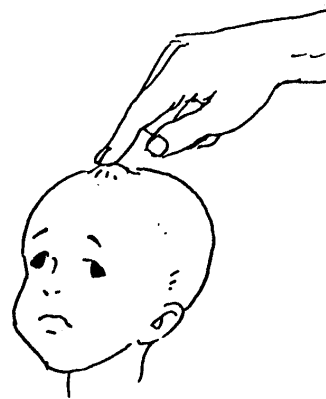
CHECK SICK BABIES AND BABIES WHO DO NOT BREASTFEED WELL FOR THE FOLLOWING SIGNS:

- * Check for difficult breathing. If the nose is stuffed, suck the mucus out. If the child breathes more than 50 times each minute, is a blue color, grunts, and the skin between the ribs sucks in when he breathes, then he has pneumonia. Babies with pneumonia often do not cough. Treat the same as septicemia.
- * Check the baby's color. Blue lips or blue skin is a sign of pneumonia. Yellow eyes on the first day or after 5 days is a sign of serious sickness. Get medical help. Yellow eyes between days 2-5 is usually not serious. The baby should drink breastmilk and rehydration drink. Take off the baby's clothes and put him in a light place, but not in direct sunlight.
- * Feel the soft spot on top of the head. [Are there cultural beliefs concerning the soft spot?]

If the soft spot is sunken, the baby might be dehydrated.



If the soft spot is swollen, the baby might have meningitis.



If a baby has meningitis and is dehydrated at the same time, the soft spot might feel normal. Be sure to check for other signs of meningitis and dehydration.

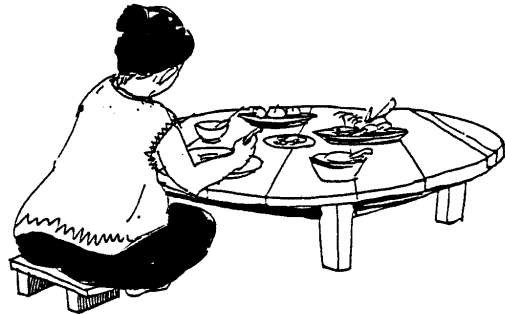
- * Watch how the baby moves. A stiff body or strange movements are signs of tetanus, meningitis and brain damage. If the baby's face tightens when you touch or move the baby, then check for tetanus. If the baby's eyes roll back and he has convulsions, then check for meningitis, dehydration or sicknesses with high fevers. Try to put the baby's head between his knees. If the baby is too stiff or screams, then he probably has meningitis.



THE MOTHER'S HEALTH AFTER CHILDBIRTH

[Check for food taboos associated with nursing mothers.]

A mother should eat a lot of nutritious foods at all times, especially during the days and weeks after she gives birth. She does not need to avoid any nutritious foods. Milk, chicken, eggs, meat, fish, nuts, vegetables, fruit, rice, corn and beans are especially nutritious. See Unit 3 "Nutrition" pages 23-26.



A mother should bathe after childbirth. The first week the mother should not sit or stand underwater. This will help prevent infection. She can use a wet cloth or pour water over herself. Women who do not bathe might become sick and make their babies sick.

If a woman gets a fever after childbirth, look for other signs of sickness and check Unit 11 "Postpartum sepsis" page 66.

BREASTFEEDING AND CARE OF THE BREASTS

[How long do women generally breastfeed? When do they start? What is their belief about colostrum?]

Start breastfeeding the baby the day he is born. The first milk that comes out is thick and yellow and protects the baby from sickness and makes him strong. The baby should drink this milk.

BEGIN BREASTFEEDING THE DAY THE BABY IS BORN.

Normally the breasts make enough milk for the baby. But if the baby gets sick and stops sucking, the milk will collect in the breast and might cause pain and infection. Therefore, when a baby is sick and will not suck, it is important for the mother to squeeze milk out of her breasts with her hands. This will help the breasts produce enough milk and help prevent infection.

To push milk out of the breasts:
Hold the breast near the back.



Move the hands forward and squeeze.



Squeeze the milk out of the nipple.



If the baby cannot suck, feed him the milk with a spoon.

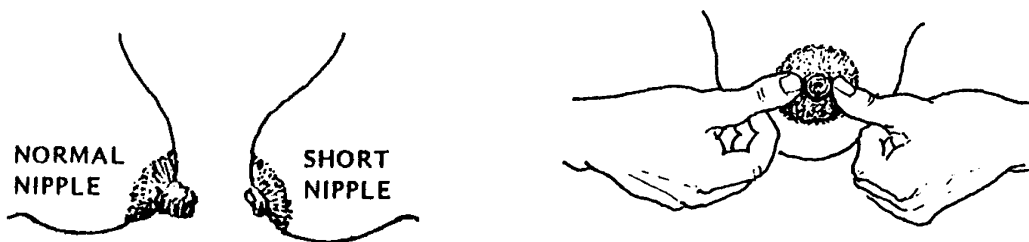


When you squeeze the milk out, you also prevent the breasts from getting too full. If the breasts get too full, they can be painful and can develop an abscess. It is also difficult for a baby to suck a full, hard breast.

Always keep the breasts clean. Do not use soap each time you wipe your nipples because soap can cause skin cracks and painful nipples.

PAINFUL NIPPLES

Sometimes babies bite the nipple instead of putting the whole nipple in their mouth. This can cause painful nipples. Women with short nipples often get painful nipples. A woman with short nipples can pull her nipples several times a day when she is pregnant. This will make it easier for the baby to suck and prevent painful nipples.

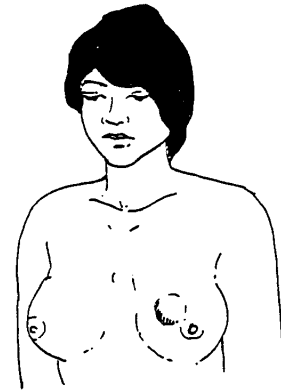


The mother should continue to breastfeed the baby, even when the nipples hurt. Start breastfeeding on the side that hurts least. If a lot of blood and pus come out of the nipple, squeeze the milk out with your hands and throw the milk away. Let the baby drink breastmilk from the other breast. Be sure the whole nipple is in the baby's mouth when he breastfeeds.

BREAST ABSCESS

Germs can enter a painful or cracked nipple and cause an abscess. An abscess makes part of the breast becomes hot, red, swollen and painful. The lymph nodes in the armpits are often painful and swollen. Squeeze the milk out of the breast with the abscess and throw the milk away. Let the baby drink breastmilk from the other breast.

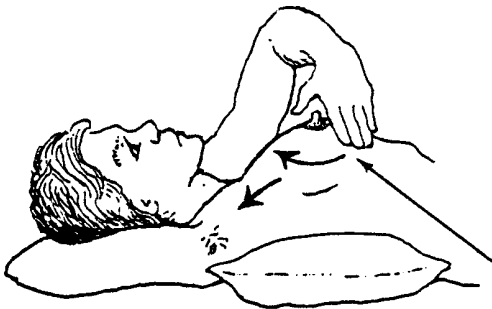
To reduce pain, give *aspirin* or *paracetamol*:
dose: adult, 1-2 tablets of 500 mg, 4 times each day.



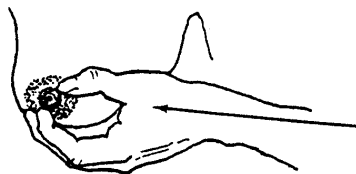
See Unit 13 "Abscess" page 107 for further treatment. To prevent a breast abscess, the mother should keep the breast clean and put a little vegetable oil or baby oil on the nipple after each time she breastfeeds the baby. If the nipples crack, breastfeed the baby often, for short times.

HOW TO EXAMINE THE BREASTS

Every woman should learn how to examine her breasts for signs of cancer. A woman should examine her breasts one time each month. To examine the breasts:



- * Look at your breasts for a difference in size or shape. Look for a painless lump.
- * Lie down with a folded blanket under your back. Feel your breasts with the flat part of your fingers. Press the breast and roll the breast beneath your finger tips. Start near the nipple and feel around the breast and into the armpit.



- * Next, squeeze the nipples and check if blood or fluid comes out.

If you find a lump or if liquid comes out of the breast, then get medical help. Many lumps are not cancer, but you should check for cancer early.

MISCARRIAGE

A miscarriage is the death of the unborn baby. A miscarriage is most common in the first 3 months of pregnancy. Most women have one or more miscarriages in their lifetime. A woman who bleeds a lot from the vagina after she missed one or more periods probably is having a miscarriage. The tiny baby and the placenta must come out, but they might be so small that the woman does not see them.

How to treat a miscarriage:

If the woman bleeds a lot or bleeds for several days:

- * Get medical help. The woman might need an operation.
- * The woman should stay in bed until she stops bleeding and 2-3 days afterwards.
- * If the woman bleeds severely, follow the instructions for "Severe Bleeding After Birth" pages 22-23.
- * If the woman has a high fever, check for other signs of sickness. Be sure to check for signs of "Postpartum sepsis" (childbirth fever), Unit 11, page 66.

UNIT 18

HEALTH AND SICKNESS OF CHILDREN

HOW TO PREVENT SICKNESS IN CHILDREN

Children should eat **nutritious foods**, **stay clean** and receive **vaccinations** to stay healthy and prevent sickness. See Unit 2, "Cleanliness", page 10, "Vaccinations", page 16, and Unit 3 "Nutrition" for more information.

NUTRITIOUS FOODS

[What foods are fed to children? What foods are not?]

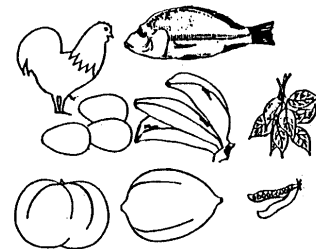
Children should eat the most nutritious food available to prevent sickness and grow strong.

The best foods for children at different ages are:

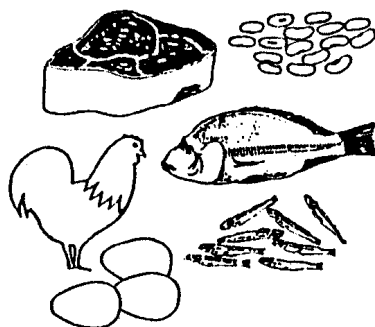
- * Breastmilk only for the first 4 to 6 months of life. It is easy for germs to live on other kinds of food and bottles and cups. Breastfeeding is clean and nutritious.



- * During months 4-12, the baby should drink breastmilk first, after that feed him mashed beans, eggs, meat, fish, cooked or peeled fruit and vegetables in boiled rice.



- * After 1 year, the child should eat body building foods such as meat, milk, eggs, fish, nuts and beans. He should also eat protective foods such as fruits and vegetables and energy foods such as rice, corn and potatoes at every meal.



- * It is very important for children to get enough food to eat.
- * Parents should know the signs of malnutrition, check their children for malnutrition and try to give nutritious foods to their children. Teach the information above to parents and people who take care of children in the village. See Unit 3 "Nutrition" pages 23-28.

CLEANLINESS

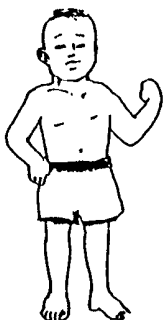
Children will be healthier if their village, their home and their bodies are clean. Teach children how to be clean.

- * Bathe children often. Change children's clothes often. This helps prevent skin problems.
- * Teach children to wash their hands when they get up in the morning, after they defecate and before they eat food. This helps prevent spreading sickness.
- * Make latrines and teach children to use the latrines. This helps prevent spreading germs in feces.
- * Be sure children wear shoes outside. This helps prevent hookworm.
- * Teach children to brush their teeth. Do not let children eat a lot of candy or soft drinks. This helps prevent toothaches.
- * Cut children's fingernails short. This helps prevent germs from living under the fingernails.
- * Children who are sick or have sores, lice, scabies or fungus should not sleep with other children or use the same clothes or towel. This helps to prevent spreading germs and bugs.
- * Do not let children put dirty things in their mouths. Do not let dogs lick a child's face.
- * Children, especially babies, should only drink clean or boiled liquids.

VACCINATIONS

Vaccinations prevent most of the dangerous sicknesses mentioned in this chapter. Be sure children get all the vaccinations they need. Teach parents to take their children to be vaccinated. See Unit 2, "Vaccinations" page 16 for more information.

CHILDREN'S GROWTH



A healthy child gains weight every month. If a child eats nutritious food and does not have a serious sickness, then he should grow each month. A child who grows well is healthy. A child who grows slower than other children, stops gaining weight or loses weight, is not healthy. The child is not eating enough nutritious food, he has a serious sickness, he does not get the love and care he needs, or a combination of these things.



A good way to check if a child is healthy and eats enough nutritious food is to weigh the child each month. You can write the weight on a "Weight and Vaccination Chart" in order to see if the child is gaining weight normally.



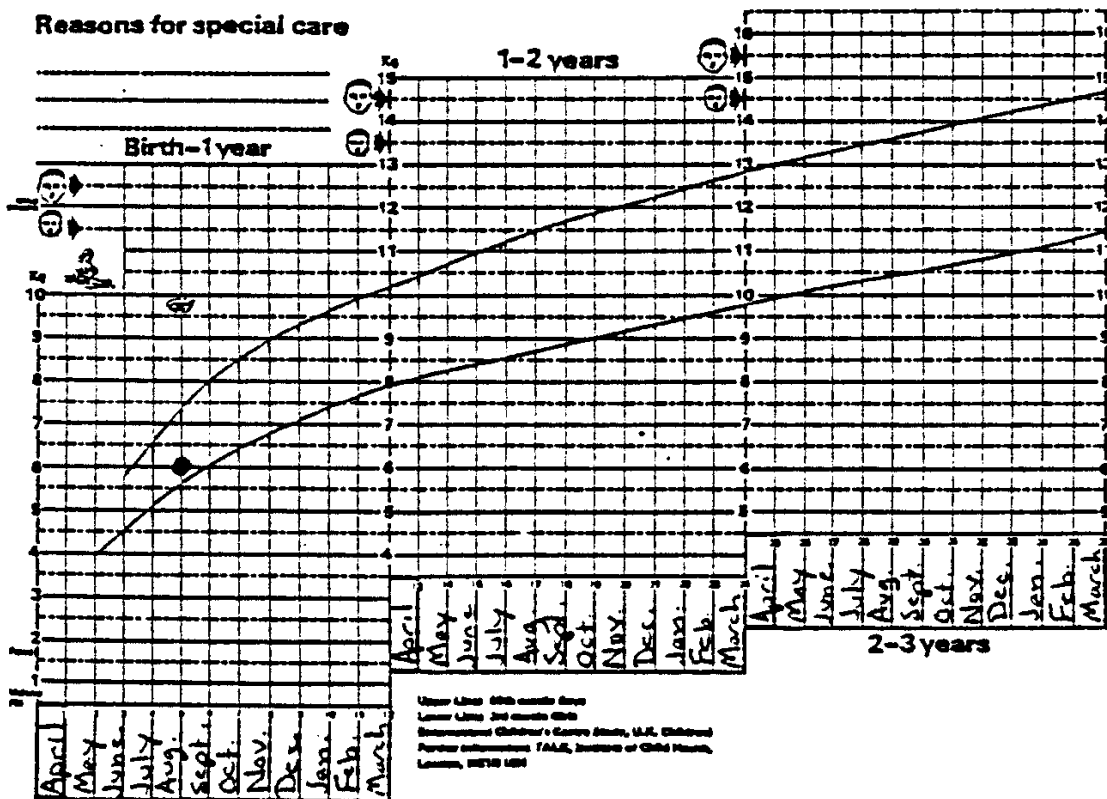
Every mother should have a "Weight and Vaccination Chart" for each child under 5 years old. The mother should take her children to a health worker or clinic every month to weigh her children.

Keep the chart in a plastic envelope to protect it.

HOW TO USE THE WEIGHT AND VACCINATION CHART

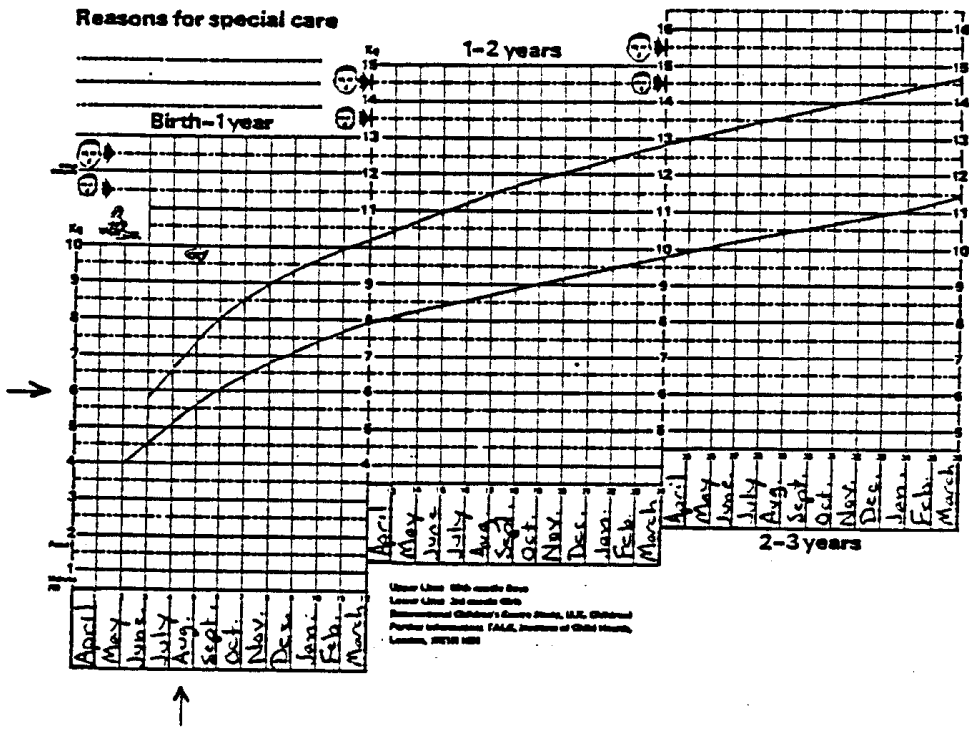
[Are these available in clinics?]

1. Write the months of the year in the little squares at the bottom of the chart. Write the month the baby was born in the first square for each year. This chart shows the baby was born in April.



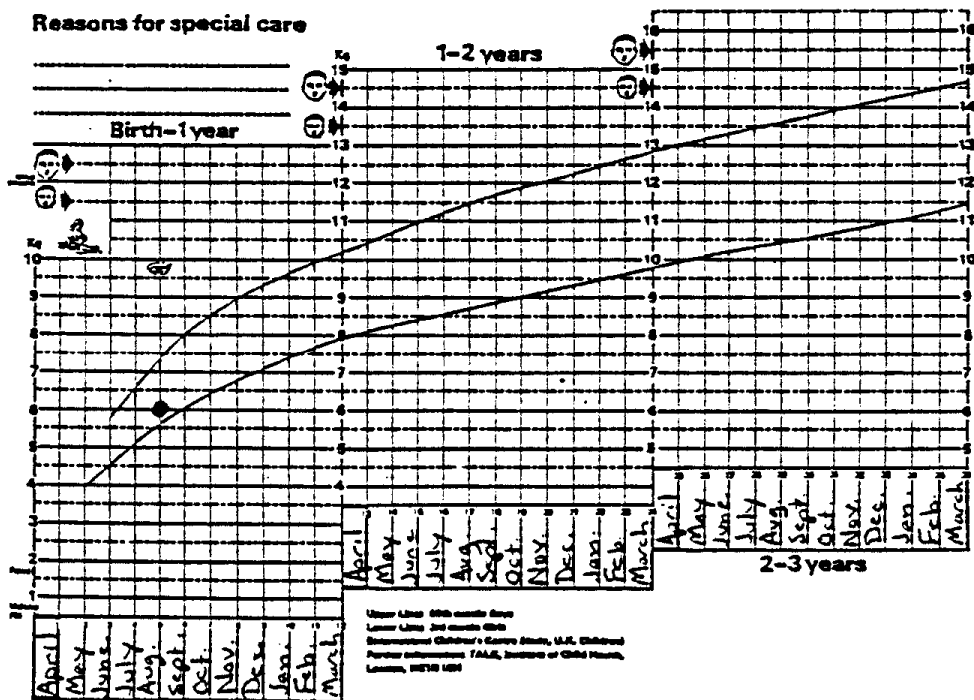
2. Weigh the child. Suppose the child weighs 6 kilograms in August.

- Look at the card. Kilograms are on the left side of the card. Look for the number of kilograms the child weighs.



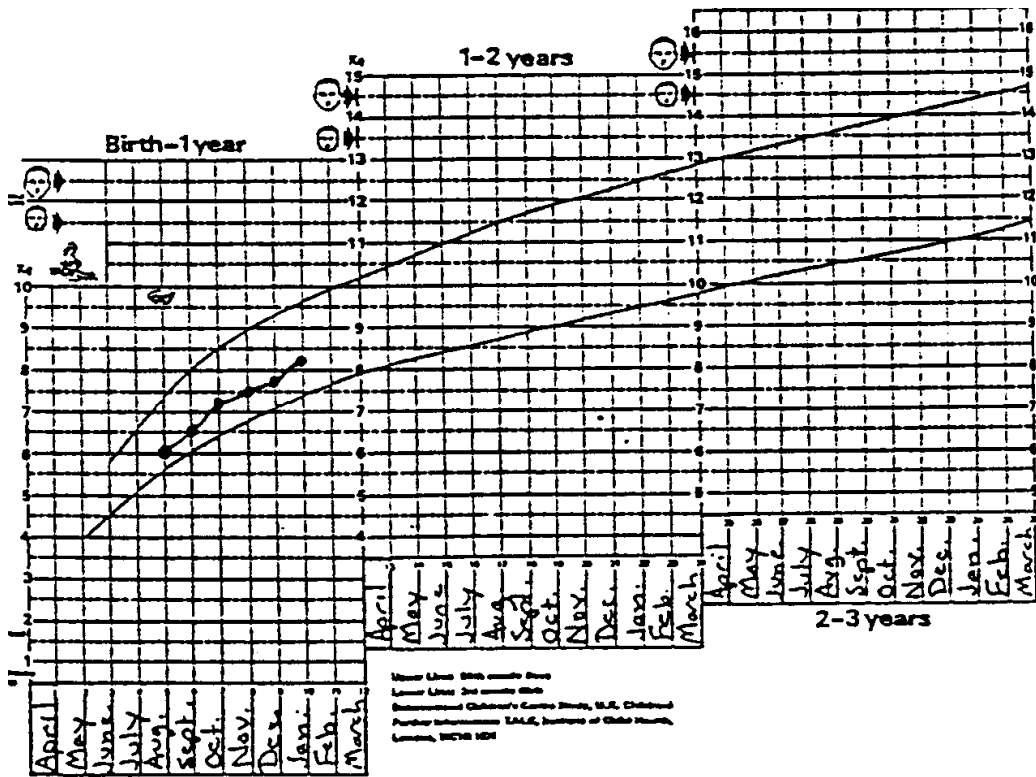
Then look for the month that you weighed the child at the bottom of the chart.

- Follow the line that goes across from the weight, for example, 6 kg, and the line that goes up from the month, for example, August. Put a dot where the lines cross.



Weigh the child each month and put a dot on the chart for the child's weight that month. If the child is healthy, the new dot each month will be higher than the dot from the last month. Draw a line through the dots to see if the weight goes up or down.

This is the Weight Chart of a healthy child who eats nutritious foods.



The dark, curved lines on the chart show the healthy weights for children. The weight of a healthy child will be between the dark lines. If the line of dots you mark stays between the dark lines and continues to rise, the child is probably healthy.

A healthy child who eats enough nutritious food, usually begins to:

- * Sit without help between 6-8 months.
- * Walk without help between 12-16 months.
- * Says single words between 11-18 months.
- * Says short sentences when he is 3 years.

The weight chart below shows how a child's weight changes when the child's health changes.

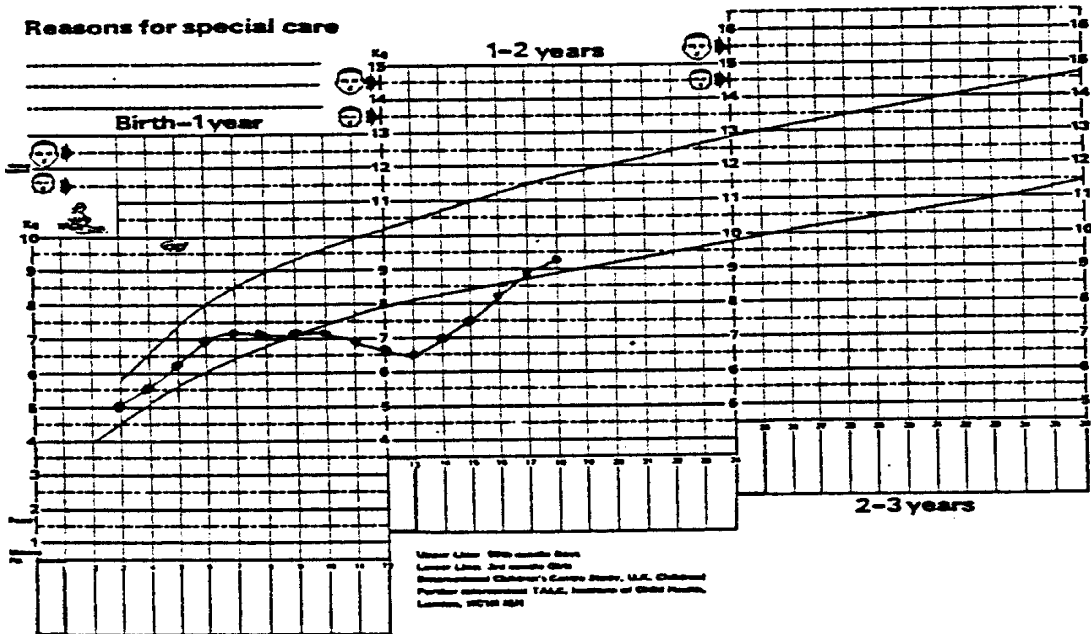
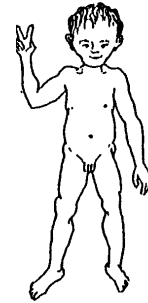
The baby was healthy and gained weight well for 6 months because he ate only breastmilk.



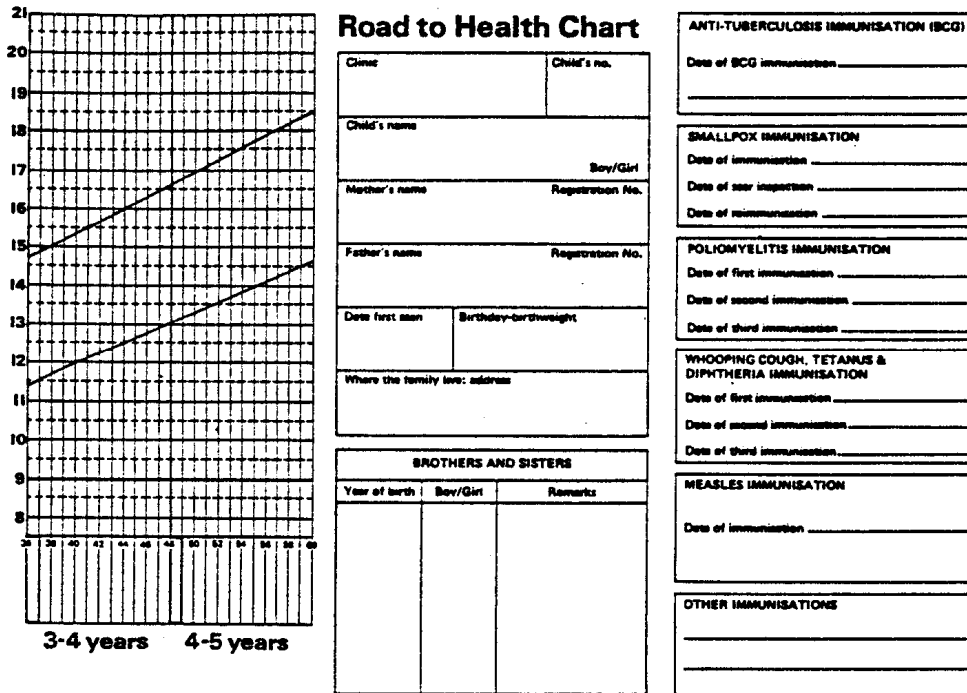
At 6 months the mother became pregnant and stopped breastfeeding. The baby ate little food and did not gain weight.



At 10 months the baby got sick and lost weight. When the child was 13 months his mother learned to give him nutritious food. The child began to gain weight and was healthy again.



The card also contains a section to write down vaccinations. The health worker should fill in the blank for each vaccination when the child receives the vaccination. The mother or health worker should be sure the child receives all of the vaccinations on the card.



The "Weight and Vaccination Chart" can help the mother or health worker know when the child is sick, when the child needs more nutritious food and when the child needs more vaccinations.

HEALTH PROBLEMS OF CHILDREN

Sickness in children can become serious very quickly. A sickness that affects an adult for days or weeks can kill a small child in a few hours. Therefore it is very important to recognize signs of sickness in children quickly and treat the child quickly.

Children commonly get the sicknesses listed below. The sicknesses are described in Unit 11 "List of Sicknesses". Unit 10 "Signs Index" will help you decide what sicknesses to check.

List of Common Child Sicknesses:

- Malnutrition - slow growth, thin arms and legs (Unit 11, page 58)
- Diarrhea - (Unit 12, page 95)
- Convulsions - (Unit 11, page 33)
- Chickenpox - fever, itchy blisters (Unit 11, page 29)
- Meningitis - high fever, stiff neck, convulsions (Unit 11, page 61)

Anemia - pale, tired (Unit 11, page 21)

Worms - diarrhea (Unit 11, page 90)

Amebas - diarrhea, sometimes bloody feces (Unit 11, page 20)

Scabies - itchy rash (Unit 13, page 116)

Sores - (Unit 13, page 118)

Impetigo - crusty yellow patches (Unit 13, page 111)

Fungus infection - itchy skin patches (Unit 13, page 109)

Red eye - itchy, watery, red eye (Unit 14, page 124)

Colds and flu - runny nose, cough, sore throat, headache (Unit 11, page 31)

Ear infection - ear pain, fever (Unit 11, page 38)

Sore throat - (Unit 11, page 72)

Common Child Sicknesses that vaccination can Prevent:

Measles - cold signs, fever, later rash (Unit 11, page 60)

Rubella - fever, rash (Unit 11, page 70)

Mumps - fever, pain in mouth, swollen neck (Unit 11, page 62)

Whooping cough - cold signs, severe cough (Unit 11, page 89)

Diphtheria - cold signs, thick mucus covers throat (Unit 11, page 37)

Polio - cold signs, fever, sore or weak muscles (Unit 11, page 65)

Common Health Problems that Children are Born With:

Birth defects - club foot, hare lip (Unit 19, page 45)

Dislocated hip

Retardation - (Unit 19, page 51)

Hernia - lump in groin or navel (Unit 11, page 50)

Hydrocele - swollen testicle (Unit 11, page 50)

Cerebral Palsy - stiff muscles, jerky movements, legs cross (Unit 19, page 50)

MALNUTRITION

Malnutrition makes children weak. Malnourished children get other sicknesses very easily. Be sure to give children nutritious food all the time, not just when they are sick or have signs of malnutrition. See Unit 11 "Malnutrition" page 58.

DIARRHEA

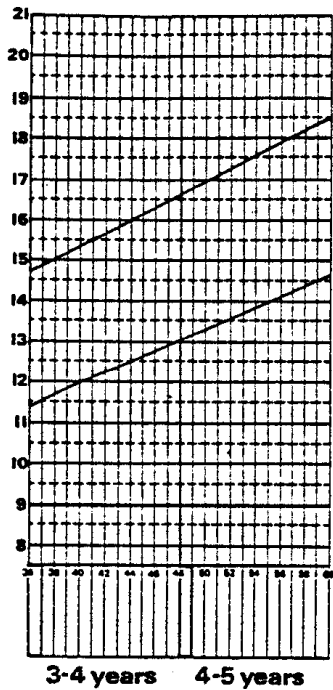
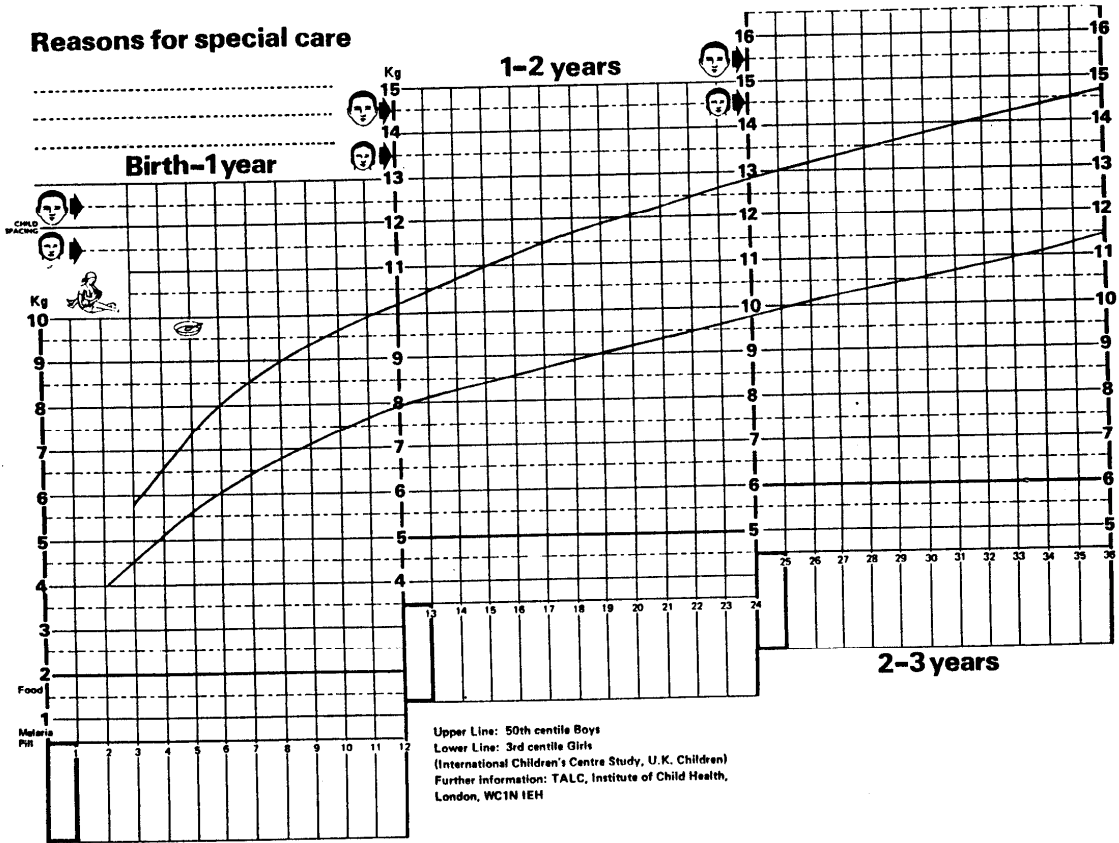
Diarrhea kills more children than any other sickness. Be sure to treat diarrhea quickly and teach parents how to treat and prevent diarrhea. See Unit 12 "Diarrhea" page 95.

FEVER

A high fever (over 39 C, 102 F) can cause convulsions and brain damage in small children. To lower the fever, wipe the child with cool, wet clothes, give paracetamol and lots of liquids. See Unit 10 "Signs Index" page 1 for sicknesses that cause high fevers.

STOMACH PAIN IN BABIES

It is common for babies to have stomach pain and cry a lot. Sometimes gas in the stomach causes the pain. Be sure to help babies burp after they drink. You can also spread the buttocks to help release gas in the intestines. Stomach pain in babies usually goes away after the baby is 3 months.



Road to Health Chart

Name		Child's no.
Child's name		
Mother's name		Boy/Girl
Father's name		Registration No.
Date first seen	Birthday-birthweight	
Where the family live: address		
BROTHERS AND SISTERS		
Year of birth	Boy/Girl	Remarks

ANTI-TUBERCULOSIS IMMUNISATION (BCG)
Date of BCG immunisation _____
SMALLPOX IMMUNISATION
Date of immunisation _____
Date of scar inspection _____
Date of reimmunisation _____
POLIOMYELITIS IMMUNISATION
Date of first immunisation _____
Date of second immunisation _____
Date of third immunisation _____
WHOPPING COUGH, TETANUS & DIPHTHERIA IMMUNISATION
Date of first immunisation _____
Date of second immunisation _____
Date of third immunisation _____
MEASLES IMMUNISATION
Date of immunisation _____
OTHER IMMUNISATIONS

UNIT 19

HOW TO PREVENT DISABILITIES

[What are the perceived causes of birth defects? How are deformed or retarded people cared for in the community? What is their place in society?]

To prevent disabilities, you must understand the causes of disabilities. Poor nutrition helps cause a lot of disabilities. For example:

- * When mothers do not get enough food to eat during pregnancy, often their babies are born early or underweight. These babies are much more likely to have cerebral palsy, which is one of the most common severe disabilities. Also, poor nutrition during the first months of pregnancy causes some birth defects.
- * When babies and young children do not get enough nutritious foods to eat, they get sick more easily and more seriously. Diarrhea in a fat baby is usually a mild sickness. But in a very thin, malnourished baby, diarrhea often leads to serious dehydration, high fever, and sometimes brain damage that causes convulsions or cerebral palsy.
- * A dirty home and village, crowded areas, and poor nutrition, make sicknesses such as tuberculosis more common. Tuberculosis can cause some severe disabilities.
- * A lack of basic health and rehabilitation services in poor communities make disabilities more common and more severe. Often people get secondary disabilities that they can prevent with early care.

Many times poverty helps cause poor nutrition, dirty villages and a lack of health services. Preventing poverty can take a long time. But, the family and community can help prevent some disabilities now. For example:

- * Polio. Polio vaccinations can prevent polio. In places where vaccinations are not available or not fully effective, families and communities can help lower the chance of paralysis from polio in other ways such as:
 - Breastfeeding their children as long as possible.
 - Not letting their children get unnecessary injections.
- * Brain damage and convulsions can become less frequent if mothers eat nutritious foods during pregnancy and if health workers make sure the birth is clean and safe. The child should also receive the measles vaccine.
- * Mothers can prevent some birth defects and mental retardation if they avoid most medicines during pregnancy, and spend the money they save to buy nutritious food. Pregnant women should also avoid tobacco and alcohol.



- * People who drink alcohol and take drugs often fall and get spinal cord injuries. They can prevent many spinal cord injuries if they stop drinking alcohol and stop taking drugs. They should spend the money on nutritious foods or education instead.
- * Leprosy can cause many deformities. People should treat leprosy early. This will help cure leprosy and prevent the spread of leprosy. People who take the treatment for leprosy cannot spread leprosy. Family members of a person with leprosy should help the person with leprosy and not fear or reject him.
- * Children who do not eat enough foods that contain vitamin A can become blind. Eating yellow or orange vegetables, fruits and dark green leafy vegetables can prevent blindness. Also, eating iodized salt during pregnancy can prevent some kinds of deafness and mental retardation.
- * Poisons in food, water and the air can cause disabilities. Using poisons (pesticides and herbicides) to kill insects and weeds can cause health problems. Often people use these poisons without knowing the precautions they should take. People can become paralyzed, blind or disabled when they breathe the poison or drink water that is mixed with the poison.

To prevent these problems, people need to learn about the dangers. Do not use a pesticide container for drinking water. Burn or destroy old pesticide containers so children and animals do not get them. Always spray pesticides so that the pesticide blows away from you and other people nearby. Store pesticides in a safe place away from food.



- * Eating poisonous plants such as poison mushrooms and poison berries can cause disabilities.[Other local examples?]
- * Dangerous work conditions and lack of basic safety causes many disabilities. Burns, amputations, eye injuries and back and head injuries can cause disabilities. Always wear dark glasses when welding.
- * Certain medicines can cause disabilities. Be sure you know the precautions for a medicine who is allowed to take a medicine before you give the medicine. Be sure the medicine is safe for children, pregnant women or nursing women before you give the medicine to them.

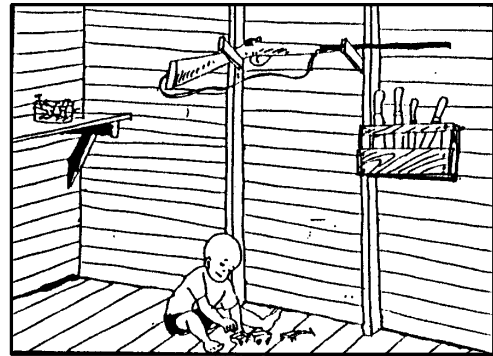
PEOPLE IN THE COMMUNITY SHOULD BE RESPONSIBLE FOR PREVENTING DISABILITIES

[What is the community's attitude toward the disabled and their families?]

Many ways to prevent disabilities depend on increasing community awareness and community participation. These changes do not just happen. You need to educate and organize the community to help prevent disabilities.

Most healthy people are not very concerned about preventing disabilities. Often people think they will never become disabled, but some of the people will become disabled.

The people who are most concerned about disabilities are usually disabled persons and their families. Because of this concern, they can become good community educators to help prevent disabilities.



PREVENTING SECONDARY DISABILITIES

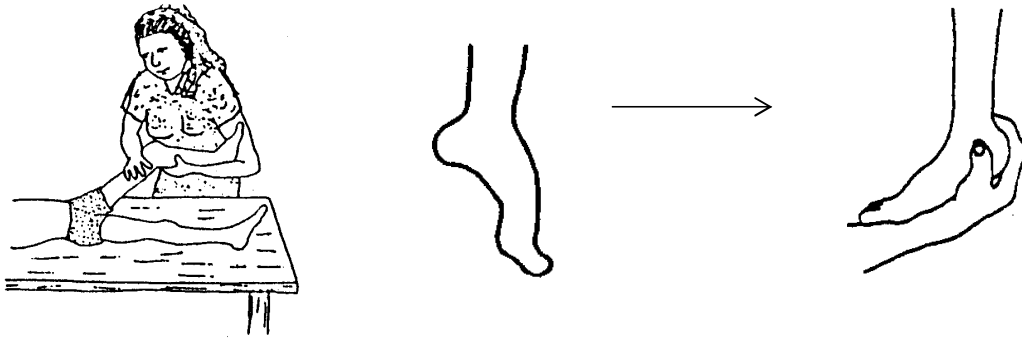
So far we have talked about preventing sickness and accidents that cause disabilities, such as polio or spinal cord injury. But preventing secondary disabilities is also very important. Secondary disabilities are further disabilities or complications that appear after the original disability.

For example, think about the child with polio or cerebral palsy who is not able to walk. She gradually loses the normal range of motion of her joints in her legs. Her muscles become shorter because she does not stretch the muscles. The short muscles do not allow her to straighten her legs. This secondary disability can limit moving or walking even more than the original paralysis.

A health worker can correct most problems from short muscles, but it might take a long time and a lot of money, maybe even surgery.

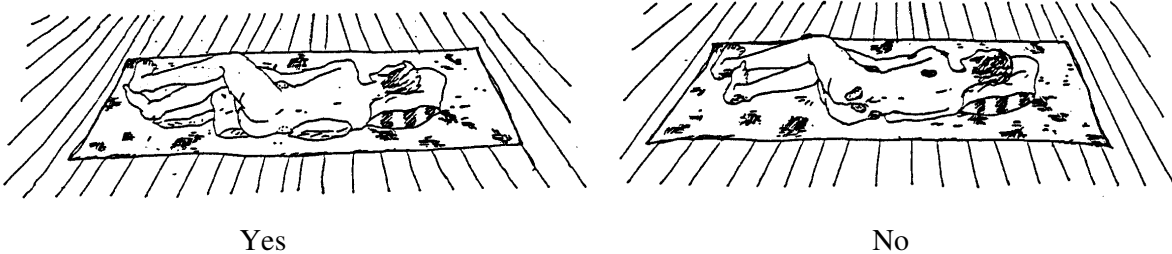
PREVENT SHORT MUSCLES BEFORE THEY START!

Help the person move or stretch his legs every day.



Many other secondary disabilities will also develop unless people prevent them. Some examples are:

* Bed sores in people with spinal cord injury. See Unit 4 "How to Take Care of Sick People" page 32.



* Spinal curve in a child with a weak back or with one leg shorter than the other leg.



* A person with convulsions might injure his head on hard objects near him. Move the hard objects and put a pillow under his head.

Some disabled children might develop serious behavior problems. This is often because people give them more attention when they are bad. The biggest problem for many disabled people is that other people do not understand or accept them.

MENTALLY SLOW, DEAF, OR DEFORMED CHILDREN.

Sometimes parents have a child who is born deaf, mentally slow, or deformed. Often no one knows what caused the problem. You should not blame anyone. Often the problem is noone's fault.



However, certain things greatly increase the chance of birth defects. A baby is less likely to have something wrong if parents take certain precautions.

- * Women who do not eat nutritious food during pregnancy can more often have children with mental slowness or birth defects.

TO HAVE HEALTHY BABIES, PREGNANT WOMAN MUST EAT NUTRITIOUS FOOD.

- * Smoking or drinking a lot of alcohol during pregnancy causes babies to be born small or to have other problems. Do not drink alcohol or smoke, especially during pregnancy.
- * After age 35, there is more chance that a mother will have a child with birth defects. Mongolism (Down's syndrome), which looks similar to cretinism, is especially common in babies of mothers older than 35.

IT IS WISE TO PLAN THE FAMILY SO THAT THERE WILL NOT BE ANY MORE CHILDREN AFTER THE MOTHER IS AGE 35.

- * Many different medicines can harm the baby inside a pregnant woman.

USE AS LITTLE MEDICINE AS POSSIBLE DURING PREGNANCY. ONLY USE ONLY MEDICINES THAT ARE SAFE FOR PREGNANT WOMEN.

[Is marriage between blood relatives common?]

- * When parents are blood relatives, such as cousins, there is more chance that their children will have birth defects. Crossed eyes, extra fingers or toes, club feet, hare lip and cleft palate are common birth defects.



To lower the chance of having children with these problems, do not marry a close relative. If you have more than one child with a birth defect, think about not having more children. If a child is born with a birth defect, take him to a health center. Often a doctor can do something to help the child.

- * If a newborn baby's feet are turned inward or have the wrong shape (club feet), then try to bend them to the normal shape. If you can bend the feet easily, repeat this several times each day. The feet should slowly grow and become normal. If you cannot bend the baby's feet to the normal shape, take the baby to a health center at once. The doctor can put the feet in casts to help straighten the feet. For the best results, it is important to **do this within 2 days after birth**.
- * Problems during birth sometimes cause brain damage. The brain damage can cause cerebral palsy or convulsions. The chance of brain damage is greater if the baby is slow to begin breathing after birth. Using the drugs called *oxytocins* can also cause brain damage.
- * A lack of iodine in a pregnant woman's food can cause cretinism in her baby.

Signs of cretinism:

A baby with cretinism has a puffy face and he looks bored. The tongue hangs out and his forehead might have hair. He is weak, eats poorly, does not cry very much and sleeps a lot. He is retarded and might be deaf. He will begin to walk and talk later than normal babies.



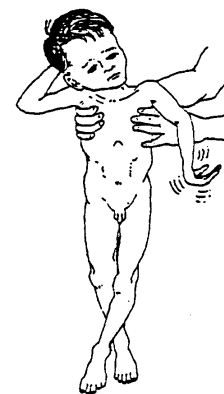
How to treat and prevent cretinism:

If you think a baby might have cretinism, take him to a doctor immediately. The sooner he gets special medicine the more normal he will be.

To help prevent cretinism, pregnant women should eat iodized salt instead of ordinary salt.

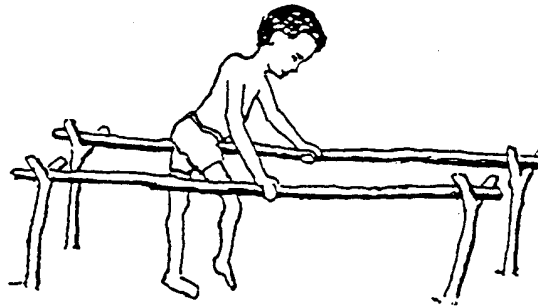
CEREBRAL PALSY (spastic child):

A child who has cerebral palsy, has tight, stiff muscles that he cannot control well. His face, neck and body might twist, and he moves in a jerky way. Often, the tight muscles on the inside of his legs cause the legs to cross like scissors. At birth the child might seem normal or floppy. The stiffness comes as he gets older. He might be mentally slow.

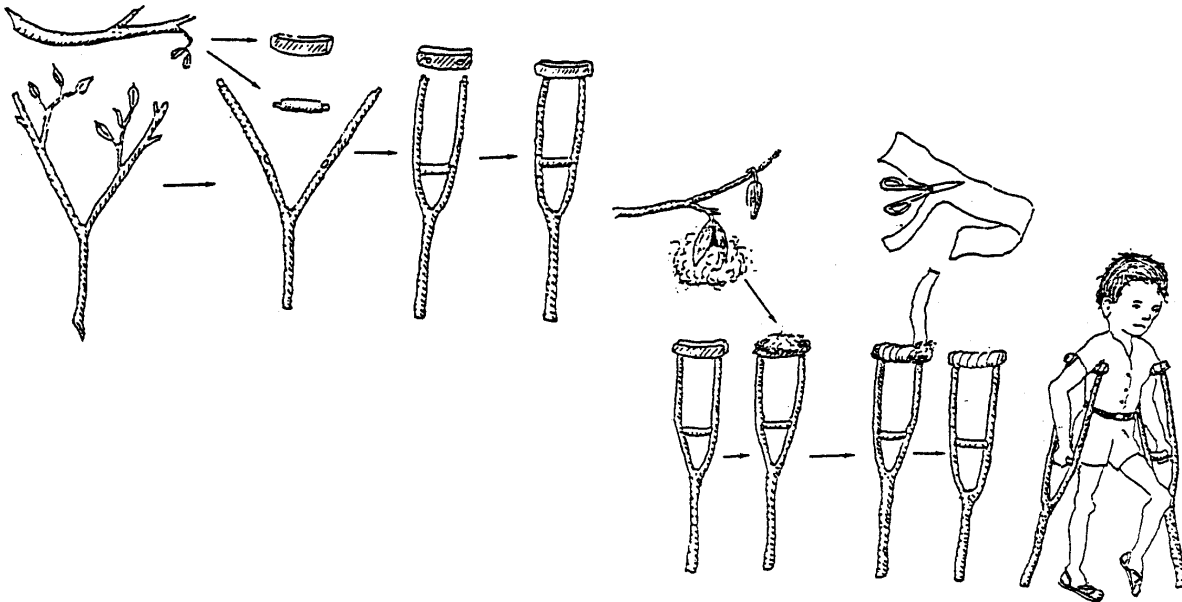


There are no medicines that cure cerebral palsy. The child needs special care. To prevent tightening of the muscles in the legs or in the feet, treat the child the same as for club foot.

Help the child to roll over, sit and stand. Then teach him how to walk between 2 poles. Later make some crutches.



HOW TO MAKE SIMPLE CRUTCHES.



Even if he has difficulty speaking, he still might have a good mind and be able to learn many skills. **Help him learn and help him help himself.**

TREAT A CHILD WITH CEREBRAL PALSY THE SAME AS A NORMAL PERSON. USUALLY HIS MIND IS GOOD.

RETARDATION IN THE FIRST MONTHS OF LIFE

Some children who are healthy when they are born do not grow well. They become mentally slow because they do not eat enough nutritious foods. During the first few months of life the brain develops more rapidly than any other time. Therefore, the nutrition of the newborn baby is very important. Breastmilk is the best food for the baby. See Unit 3 "Nutrition" pages 27-28.

UNIT 20

HEALTH AND SICKNESS OF OLD PEOPLE

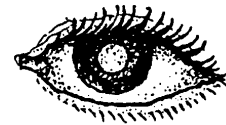
The sicknesses listed in this unit are explained in detail in Unit 11 "List of Sicknesses". If you think an old person has one of the health problems in this unit, then read about the problem in Unit 11.

[How are old people treated when they are sick?]

SOME COMMON HEALTH PROBLEMS OF OLD PEOPLE

Eyes:

Many people older than 40 years cannot clearly see things close to them. Glasses can often help them see better. Everyone over 40 years old should know the signs of glaucoma. Cataracts and seeing spots are also common for old people.

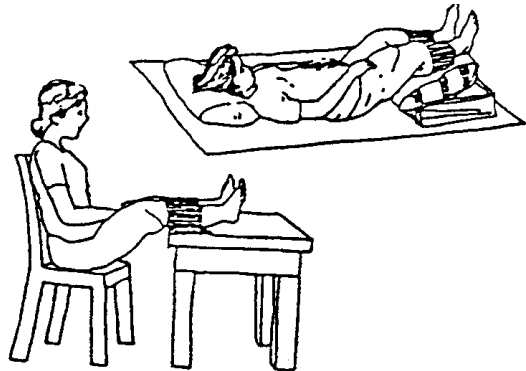


Weakness and tiredness:

Old people usually have less strength and are more tired than younger people. This is normal. But, old people will be weaker if they do not eat nutritious foods. Old people should eat some body building foods and some protective foods every day. If the old person does not have good teeth, someone should mash the foods so the old person can eat the foods easily.

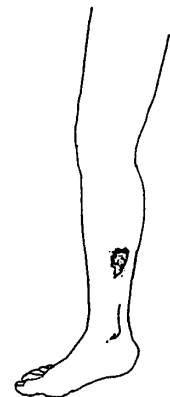
Swollen feet:

Poor blood circulation and heart problems often cause swollen feet in old people. An old person with swollen feet should keep the feet up as much as possible. Walking also helps. Standing and sitting with the feet down will make the feet swell more.



Long term sores on the legs or feet:

Poor circulation, varicose veins and diabetes can cause sores on the legs and feet. The sores usually heal slowly. Clean the sore every day with boiled water and soap. Change the bandage often. The person should keep the leg up when he sits or sleeps. If the sore gets infected, treat the sore. See Unit 5 "First Aid" page 48.



Difficulty urinating:

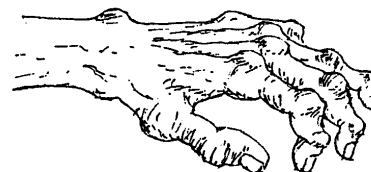
Old men who have difficulty urinating or whose urine only drips out of the penis probably have a prostate problem.

Long term cough:

Old people who cough a lot should not smoke. Check for tuberculosis, asthma and heart problems.

Arthritis:

Old people often get arthritis. The joints become swollen, painful and sometimes warm.

**Heart problems:**

Heart trouble is most common in old people. Especially old people who are fat, who smoke or who have high blood pressure.

Stroke:

A blood clot or a broken blood vessel in the brain can cause a stroke in old people. If an old person falls down unconscious and has a red face and strong pulse, then check for stroke. See Unit 5 "First Aid" page 57.

**Deafness and trouble hearing:**

Often, old people slowly lose their hearing. Sometimes a doctor can help them, but usually there is nothing you can do.

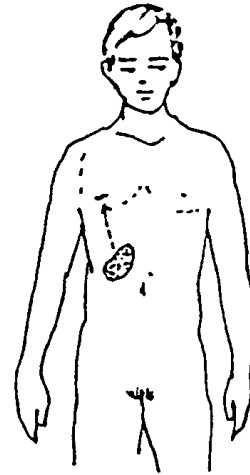
Some old person cannot sleep well:

Many old people do not sleep as much as younger people. This is normal. Here are some suggestions that might help an old person sleep better:

- * Do some work every day.
- * Do not drink coffee or black tea, especially in the afternoon and night.
- * Drink a glass of warm milk before going to sleep.
- * Take a warm bath before going to sleep.

Gallbladder problems:

Old women who are fat have gallbladder problems more than other people. An old person with pain in the abdomen at the bottom of the right rib cage might have gallbladder problems.



SUGGESTIONS FOR YOUNG PEOPLE WHO WANT TO BE HEALTHY WHEN THEY ARE OLDER

Young people who do not eat nutritious food, who smoke, who drink alcohol and who do not take care of their bodies when they are young have more health problems when they are old people.

Young people will probably have less health problems when they are old if they:

- * Eat nutritious foods. Do not eat a lot of fatty food or sweets. Do not get fat.
- * Do not drink a lot of alcohol.
- * Do not smoke cigarettes or opium.
- * Work hard and keep learning.
- * Try to get enough sleep and rest.
- * Get help when you have health problems.

HELPING PEOPLE WHEN SOMEONE DIES

[This section could be written by a Christian from each group or adapted by them. Discuss how everyone dies. Tell how the person can have hope. Tell how to best comfort the family and friends of the dead person.]

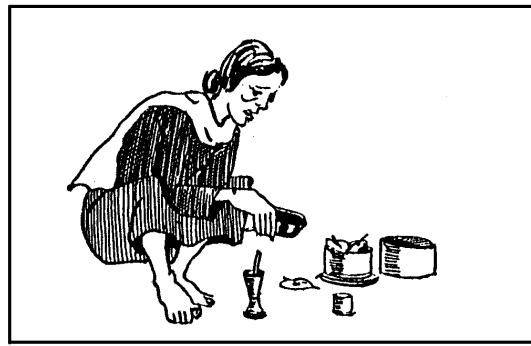
Sometimes a person would rather die at home with his family and friends than at a health center. Sometimes a person will get better if he stays at a health center. Sometimes the person will not get better, no matter where he stays. Help the family decide what is best. Many times people continue to spend all their time and money trying to find a better medicine or a better doctor. This can cause the family to go in debt and not have enough nutritious food. This might not be wise, especially if the person is very old and ready to die. If a person will die soon, love and kindness will help more than medicine. Help the family decide what is best.

UNIT 21

ADDICTION

[What drugs are used illegally or improperly? Who uses them? For what reasons?]

Using drugs improperly and using illegal drugs damages people's health, and harms the people around them. Addiction means that somebody continues to use certain drugs or alcohol although it has a bad effect on his health, the family and the community. People can avoid or stop many of these bad habits. The first thing people must do is understand why stopping these habits is important.



People can become addicted to many things such as smoking tobacco, drinking alcohol and using opium or betel nut. This manual describes tobacco smoking in Unit 2 "How to Prevent Many Health Problems" page 19. In this unit we will learn about alcohol and drug addiction.

DRINKING ALCOHOL

[What problems does this cause? Who drinks the most? Why do they drink alcohol?]

A little alcohol occasionally might not harm a person. But often drinking a little alcohol leads to drinking more alcohol. Drinking a lot of alcohol causes many health problems, even for the people who do not drink alcohol. If one person drinks a lot of alcohol, it can hurt the family and community in many ways. A person who gets drunk can lead to much unhappiness, waste a lot of money and become violent.



Some fathers spend their money on alcohol when their children are hungry. Some people spend their extra money on alcohol instead of nutritious foods. This causes sickness and keeps the family poor. Many people hate themselves because they get drunk and hurt people they love.

Signs of drinking too much alcohol:

- * The person drinks a lot of alcohol and cannot stop it.
- * Often, the nose and eyes are red.
- * The arms, hands, legs and feet might become numb. There also might be pain that goes down the arms and legs.
- * Anemia.
- * The heart might become weak and stop functioning well.

When an alcoholic person stops drinking alcohol for a long time, he becomes very grumpy, trembles and sweats a lot. He might see or hear things that are not real. He might have crazy behavior and possibly convulsions. These signs usually begin between 24 and 72 hours after the last time he drank alcohol.

How to treat a person who drinks too much alcohol:

- * First, the person must admit that he drinks too much alcohol. The person must admit that drinking alcohol causes problems. He must be honest with himself and other people.
- * Absolutely forbid the person to drink alcohol.
- * Family, friends, the village health worker and other people must help, support and encourage the person who is trying to stop drinking alcohol. People who were alcoholics in the past and who have stopped drinking alcohol are often the best people to help other people stop drinking alcohol.
- * Give nutritious foods and multivitamin tablets:
dose: 2 or 3 tablets each day.

How to prevent drinking too much alcohol:

Drinking too much alcohol is not just a problem of the person who drinks alcohol. It is a problem of the whole community. A community that knows the problems alcohol causes can do a lot to educate and encourage people not to drink alcohol. Also, the community can help the people who want to stop drinking alcohol. The village health worker can organize meetings to discuss the problems and educate the people.

USING DRUGS:

[Where do people get illegal drugs? How do people attempt to stop using addictive drugs? Why do they want to stop? Who helps them stop?]

There are different kinds of drugs. They can be divided into:

- 1) Drugs that stimulate.
- 2) Drugs that sedate.
- 3) Drugs that make your mind go crazy.

When people take drugs, the drugs will affect them in a certain way. If a person takes the drug regularly or for a long time, the body will start to want the drug all the time. If the person suddenly stops taking the drug, the body will react badly.

1. Drugs that stimulate. (*Caffeine, amphetamines, betel nut*)



Effects of drugs that stimulate:

- * Trembling.
- * Rapid pulse and rapid breathing.
- * Fast speech.
- * Being over active.
- * Confusion.

Effects of suddenly stopping drugs that stimulate:

- * Sleeping a lot.
- * Depression.
- * Poorly coordinated movements.
- * Low blood pressure.
- * The person wants to use the drug again.

2) Drugs that sedate. (*alcohol, tranquilizers, barbiturates, opium, heroin*)



Effects of drugs that sedate:

- * Slurred speech.
- * Sleeping a lot.
- * Low pulse and low respiration.
- * Poorly coordinated movements.
- * Lowered blood pressure.

Effects of suddenly stopping drugs that sedate:

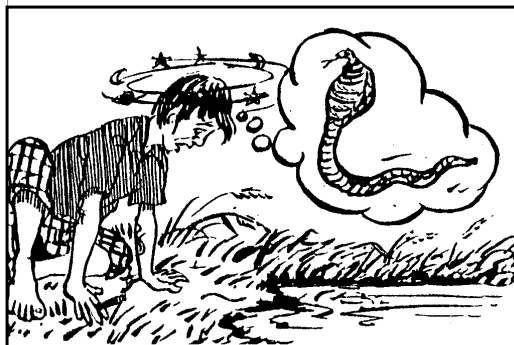
- * Being nervous.
- * Rapid pulse.
- * Being afraid.
- * Convulsions.

3) Drugs that make your mind go crazy. (*LSD*, some mushrooms, marijuana)
[what other hallucinogens are available?]

Effects of drugs that make your mind go crazy:

- * Dangerous, violent or crazy behavior.
- * Nonsense speech.
- * Seeing or hearing things that are not there.

There are no effects when a person suddenly stops using the drug.



How to treat drug addiction:

A health worker should help the drug addict stop using the drug. This is especially important with drugs that sedate such as opium and heroin. The effects of suddenly stopping to use a drug can be dangerous. Usually, people who are trained to help people stop using drugs should help drug addicts stop using drugs.

How to prevent drug addiction:

The village health worker should know the risks of certain drugs for the individual and the community in order to prevent drug addiction. The village health worker can help educate and motivate the people not to use drugs.

PREGNANCY CHECK-UP FORM

Name: _____ Age: _____ Number of children: _____
 Date last child was born: _____ Ages of children: _____
 Date of last period: _____ Probable birth date: _____
 Problems with other births: _____
 Has she had a tetanus vaccination? _____ Date of last tetanus vaccination: _____

Check up number:			
Date:			
How many months pregnant?			
General health or minor problems:			
Anemia, swelling or danger signs? How severe?			
Pulse:			
Temperature:			
Weight:			
Blood pressure:			
Size of womb (number of fingers above or below navel)			

Normal signs:

Month 2 and 3: tired, nausea and vomiting
 Month 4: womb at level of navel
 Month 5: baby begins to move
 Month 7-9: feet swell, constipation, heartburn, varicose veins, some breathing difficulty, urinates frequently

Danger signs:

Bleeding from the vagina.
 Severe anemia.
 Swelling of the feet, hands and face.
 High blood pressure.
 Sudden weight gain.