HOME BASED LIFE SAVING SKILLS

TAKE ACTION CARDS
Home Based Life Saving Skills Curriculum

This curriculum consists of the Home Based Life Saving Skills (HBLSS) Manual, Large Picture Cards, and a Take Action Care booklet. In addition, the planning and implementation book, Guidelines for Decision Makers and Trainers, can be used to support program activities.

HBLSS Manual
The HBLSS manual contains three books: Basic Information, Woman Information, and Baby Information. Each book outlines the process to use when conducting a community meeting to teach HBLSS. Always use the Basic Information book first, and then use the meetings in the Woman Information and Baby Information books in the order that best suits the needs of the community.

Large Picture Cards
Picture cards are used in each community meeting and are an important resource to help people learn when they do not read or do not read very well. The picture cards (8-inch by 10-inch drawings) show the problems and actions that are discussed during the meeting. The cards are usually laminated or printed on card stock or other sturdy paper, or they can be copied and placed in a plastic sleeve. The same drawings are used on the picture cards and the Take Action Cards. Below are samples of two drawings from the community meeting Too Much Bleeding.

Take Action Card Booklet
The Take Action Card booklet is a reference for use at home and in the community. The front of the Take Action Card shows a drawing of a problem, and the back of the card has six boxes showing the actions to respond to the problem. The drawings can be used to remind people what they learned to do to help with a problem. See the sample below showing both sides of one Take Action Card.
Home Based Life Saving Skills
2nd Edition

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# Book 1: Basic Information

## Community Meeting 1. Introduction to HBLSS
- Ragini’s Story: The Road to Death ............................................. 1
- Kamal’s Story: The Road to Life ............................................. 2
- Modupe’s Story: Circle of Sickness .................................. 3
- Kema’s Story: Breaking the Circle of Sickness .................. 4

## Community Meeting 2. Woman and Baby Problems
- Take Action Card: Woman Problems .................................. 5
- Take Action Card: Baby Problems .................................. 7

## Community Meeting 3. Prevent Problems
- Prevent Problems During Pregnancy ................................. 9
- Take Action Card: Prevent Problems During Pregnancy .......... 10
- Prevent Problems Before Baby Is Born ................................ 11
- Take Action Card: Prevent Problems Before Baby Is Born ........ 12
- Prevent Problems After Baby Is Born: First Actions ............. 13
- Prevent Problems After Baby Is Born: Other Actions ............. 15
- Take Action Card: Prevent Problems After Baby Is Born: Other Actions ........ 16

## Community Meeting 4. Referral
- Take Action Card: Referral of a Woman ............................ 6
- Take Action Card: Referral of a Baby .................................. 8

# Book 2: Woman Information

## Community Meeting 5. Bleeding Too Much
- Bleeding During Pregnancy ............................................. 17
- Take Action Card: Bleeding During Pregnancy .................. 18
- Bleeding Too Much After Baby Is Born ............................. 19
- Take Action Card: Bleeding Too Much After Baby Is Born ....... 20
- Prevent Bleeding Too Much After Baby Is Born ................. 21
- Take Action Card: Prevent Bleeding Too Much After Baby Is Born .......... 22

## Community Meeting 6. Sickness with Pain and Fever
- Sickness with Pain and Fever ........................................ 23
- Take Action Card: Sickness with Pain and Fever .................. 24

## Community Meeting 7. Birth Delay
- Birth Delay ........................................................................... 25
- Take Action Card: Birth Delay ........................................ 26
- Prevent Birth Delay .......................................................... 27
- Take Action Card: Prevent Birth Delay ............................... 28

## Community Meeting 8. Headache and Fits
- Headache and Fits ............................................................. 29
- Take Action Card: Headache and Fits ............................... 30
Community Meeting 9. Many Children or Many Pregnancies
Many Children or Many Pregnancies .................................................................31
Take Action Card: Family Planning Methods ..................................................32
Prevent Pregnancy Using LAM—The Breastfeeding Method ............................33
Take Action Card: Prevent Pregnancy Using LAM—The Breastfeeding Method ....34

Book 3: Baby Information
Community Meeting 10. Baby Has Trouble Breathing at Birth
Baby Has Trouble Breathing at Birth ................................................................35
Take Action Card: Baby Has Trouble Breathing at Birth .................................36

Community Meeting 11. Baby Born Too Small
Baby Born Too Small ......................................................................................37
Take Action Card: Baby Born Too Small .........................................................38
Feed Baby with Cup .........................................................................................39
Take Action Card: Feed Baby with Cup ..........................................................40

Community Meeting 12. Baby Is Sick
Baby Is Sick .......................................................................................................41
Take Action Card: Baby Is Sick ........................................................................42
Ragini’s Story: The Road to Death

- Ragini is pregnant, but she didn’t want more children

- Remote village

- Ragini died

- Ragini had blood on her clothes, but she didn’t tell anyone

- Ragini is too sick

- She did laundry

- It takes 4 hours to find money and transportation to referral place

- Next morning, Ragini sees too much blood - She is afraid
Kamal's Story: The Road to Life

Kamal and her husband live in remote village - She is pregnant. They saved money for food and transportation to health worker.

Kamal and her husband waited 2 years for second pregnancy. Family planning.

Kamal had her baby - She is strong and the family is happy.

Kamal meets health worker and learns about problems.

Kamal saw blood, and told her husband and mother-in-law.

Kamal had not bled too much, and she is not too weak.

All immediately go to health worker and then to referral place.
Modupe's Story: The Circle of Sickness

This is Baby Modupe - She is born healthy

Her mother feeds her with a bottle, and Modupe gets diarrhea

Her mother tries to find money to go to hospital, but it takes too long - Modupe dies

Modupe's mother uses the latrine and holds her without washing hands - Modupe's diarrhea is worse; she looks sick and weak

Modupe's mother stops giving her water - Modupe is weak and dry - Her mother is worried and does not know what to do

Modupe's mother feeds her in unclean surroundings with many flies - Modupe's diarrhea is worse; she is more sick and weak

Modupe's mother gives her only water - Modupe vomits the water

Modupe's mother gives her an enema - Modupe has watery diarrhea and is weaker
Kema’s Story: Breaking the Circle of Sickness

This is Baby Kema - She is born healthy

Kema’s mother breastfeeds her - Breast milk helps Kema grow

Kema’s mother sees health worker every month until Kema is 1 year old - Her mother learns many things from health worker

Kema’s mother washes hands after using the latrine, before she holds her

When Kema is sick, her mother uses money she saved to take her to health worker

Kema’s mother cleans the house - Not many flies - No diarrhea

If Kema is too sick to suck, her mother removes breast milk and feeds Kema with a cup

Kema is feeling sick - Her mother continues to give her breast milk
Take Action Card: Woman Problems

Bleeding during pregnancy or too much bleeding after birth

Fever and pain in womb or breast or when passing urine

Headache and fits

Birth delay

Other sickness such as change in smell or color of vaginal drainage, or malaria

Many children or many pregnancies
Take Action Card: Referral of a Woman

Call for help (transportation, care, money)

Help woman lay down

Cover woman with blanket

Give woman fluids with sugar and salt every hour

Go straight to THW at referral place

Tell THW what happened and what was done - Listen to THW
Take Action Card: Baby Problems

- Poor or no sucking
- Trouble breathing
- Fits or convulsions
- Low birth weight or looks too small
- Fever and pus in eyes
- Fever and pus in cord stump
Take Action Card: Referral of a Baby

Call for help (transportation, care, money)

Hold baby

Cover baby

Give breast milk every hour, and give mother something to eat/drink

Go straight to THW at referral place

Tell THW what happened and what was done - Listen to THW
Prevent Problems During Pregnancy
Take Action Card: Prevent Problems During Pregnancy

- Sleep and rest under a bed net
- Eat extra meal and drink liquids every day
- Take iron/folic acid - At 8 months, get misoprostol (if approved practice)
- Watch for problems - See THW
- Feel to see if baby’s head is coming first
- Use safer sex and plan next pregnancy
Take Action Card: Prevent Problems Before Baby Is Born

- Clean place
- Clean birth things:
  - cord ties
  - cord cutting tool
  - gauze, cloths, pads
  - waterproof container for placenta
- Clean woman: bathe and wear clean clothes
- Clean helpers: wash hands, use apron and gloves
- Eat light food - Drink liquids every hour
- Watch for problems - Feel for baby's head
Prevent Problems After Baby Is Born: First Actions
Take Action Card: Prevent Problems After Baby Is Born: First Actions

- Dry and cover baby, rub baby’s back
  Give misoprostol if approved practice

- Tie and cut cord

- Squat and pass urine

- Semi-sitting position, put baby to breast, wait for placenta

- Rub womb (prevent too much bleeding)

- Put placenta in waterproof container (prevent infection)
Prevent Problems After Baby Is Born: Other Actions
Take Action Card: Prevent Problems After Baby Is Born: Other Actions

- Woman and baby bathe every day - Air dry cord stump
- Pass urine often, wash genitals front to back

- Drink liquids when breastfeeding, eat at least 4 times a day
- Use good position for breastfeeding
  Breastfeed every 2 hours during day and at least once at night

- No work or lifting for 12 days, baby sleeps with mother under bed net, practice safe sex
- Watch for problems and sickness - See THW after baby is born
Bleeding During Pregnancy
Take Action Card: Bleeding During Pregnancy

Call for help (transportation, care, money)

Squat and pass urine

Lay woman down, cover, give liquids (prevent shock)

Take paracetamol tablets, 1000 mg every 6 hours

Do not put anything in birth canal

Wear hand covers and wash hands with soap and water (prevent infection)
Bleeding Too Much After Baby Is Born
Take Action Card: Bleeding Too Much After Baby Is Born

Call for help (transportation, care, money)

Put baby to breast or rub nipples to slow bleeding

Squat and pass urine

Rub womb to keep womb hard

Hold womb with two hands to slow bleeding

Put pad/cloth firmly between legs on the place that is bleeding
Do not put anything in birth canal
Prevent Bleeding Too Much After Baby Is Born
Take Action Card: Prevent Bleeding Too Much After Baby Is Born

Rub womb all of the time

Squat and pass urine

Put baby to breast soon after birth and at least every 2 hours

Drink 1 cup liquids at least each time baby breastfeeds
Eat at least 4 times a day

Rest: No work or lifting for 12 days

Prevent pregnancy and practice safe sex
Woman: Sickness with Pain and Fever
Take Action Card: Woman: Sickness with Pain and Fever

Call for help (transportation, care, money)

Bathe or put wet cloths on head and body

Pass urine often

Rest in semi-sitting position - Drink 1 cup liquids every hour

Take paracetamol 1,000 mg every 6 hours - Take antibiotics for 10 days
Take malaria medicine (area specific)

Breastfeed at least every 2 hours during day and once at night
Birth Delay
Take Action Card: Birth Delay

Call for help (transportation, care, money)

Squat and pass urine

Feel or look for baby's head

Use good pushing position during birth pains: semi-sit, squat, or knee/hand

Use good pushing position and push with 5 strong pushing birth pains

DO NOT push on belly, give any medicine to make birth pains stronger, or put anything in birth opening

If baby is not born, stop pushing and urgently refer
Prevent Birth Delay
Take Action Card: Prevent Birth Delay

Safe and clean birth practices

Change position often: walk, sit, or lie on side

DO NOT give injection, push on belly, or put anything in birth canal

Drink at least 1 cup liquids with sugar every hour

Feel or look for baby’s head

Squat and pass urine

Use good birthing position: squat, semi-sit, or whatever position woman likes
Headache and Fits
Take Action Card: Headache and Fits

Headache: Rest and sleep on side

Headache: Drink 1 cup liquids often and eat 5 small meals daily

Headache: See THW to check blood pressure, prepare for birth

Fits: Call for help (transportation, care, money)

Fits: Lie on left side, prevent injury, do not put anything in mouth, do not restrain or give anything to drink - Prepare for fast birth

Fits: Prepare for safe and clean birth during referral
Many Children or Many Pregnancies
Take Action Card: Family Planning Methods
Prevent Pregnancy Using LAM—The Breastfeeding Method
Take Action Card: Prevent Pregnancy Using LAM—The Breastfeeding Method

Start to breastfeed as soon as possible after birth

Breastfeed no more than 4 hours apart during day and no more than 6 hours apart at night

Do not give baby a bottle or other feed

Give only breast milk until baby is 6 months

Woman does not see her menses

Use other family planning methods for safer sex
Baby Has Trouble Breathing at Birth
Take Action Card: Baby Has Trouble Breathing at Birth

**Call for help (transportation, care, money)**

**Dry baby, wipe liquid from mouth/nose, and cover baby to warm**

**Rub baby’s back firmly and quickly**

**If baby not breathing, wipe mouth and nose again**
**Use bulb syringe or mouth suck**

**Hold to keep airway open, blow two small puffs of air**
**If not breathing, blow 40 puffs of air**
**Continue until baby is breathing or for 20 minutes**

**Go to referral site**
Baby Born Too Small
Take Action Card: Baby Born Too Small

Call for help (transportation, care, money)

Warm baby by holding skin to skin on chest, and cover

Wipe liquids from mouth and nose

Gently rub baby’s back

Feed baby every two hours
If needed, use cup to give breast milk removed by hand

Baby sleeps with mother to stay warm
Refer if baby is sick or unable to feed
Feed Baby with Cup
Take Action Card: Feed Baby with Cup

Wash hands and cup

Remove (express) breast milk into cup

Sit and hold baby upright, and support baby’s shoulders and neck

Hold cup of breast milk to baby’s lips, and let baby take the milk

When finished, rub baby’s back

Rest with baby close to mother
Baby Is Sick
Take Action Card: Baby Is Sick

Call for help (transportation, care, money)

Hold baby close, cover with cloth, and gently rub baby’s back

Wipe baby’s mouth and nose - If thick liquid, suck mouth and nose

Feed baby every hour

If baby cannot suck, give expressed breast milk by cup every hour

Take baby to referral site for antibiotics