

# HOME BASED LIFE SAVING SKILLS



**TAKE ACTION CARDS**



## Home Based Life Saving Skills Curriculum

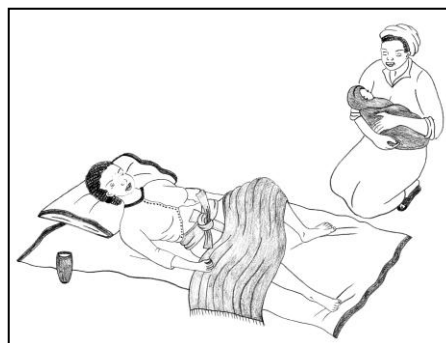
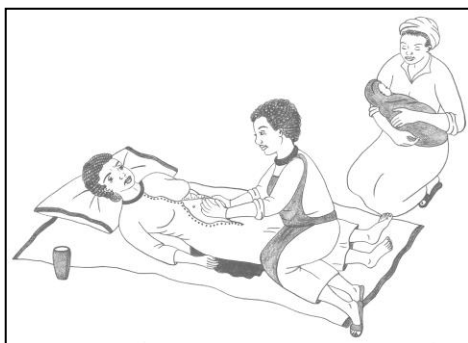
This curriculum consists of the Home Based Life Saving Skills (HBLSS) Manual, Large Picture Cards, and a Take Action Care booklet. In addition, the planning and implementation book, *Guidelines for Decision Makers and Trainers*, can be used to support program activities.

### 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.

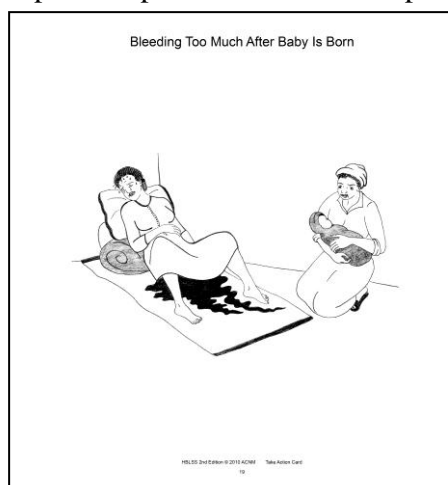
### Large Picture Cards

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.

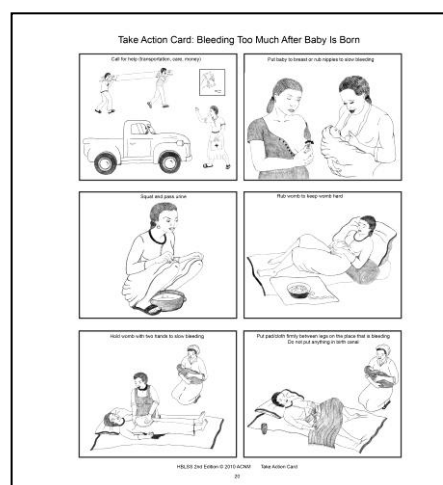


### Take Action Card Booklet

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.



problem side (front)



action side (back)

# Home Based Life Saving Skills

2nd Edition



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Deborah A. Armbruster

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2010**

ISBN

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# Home Based Life Saving Skills

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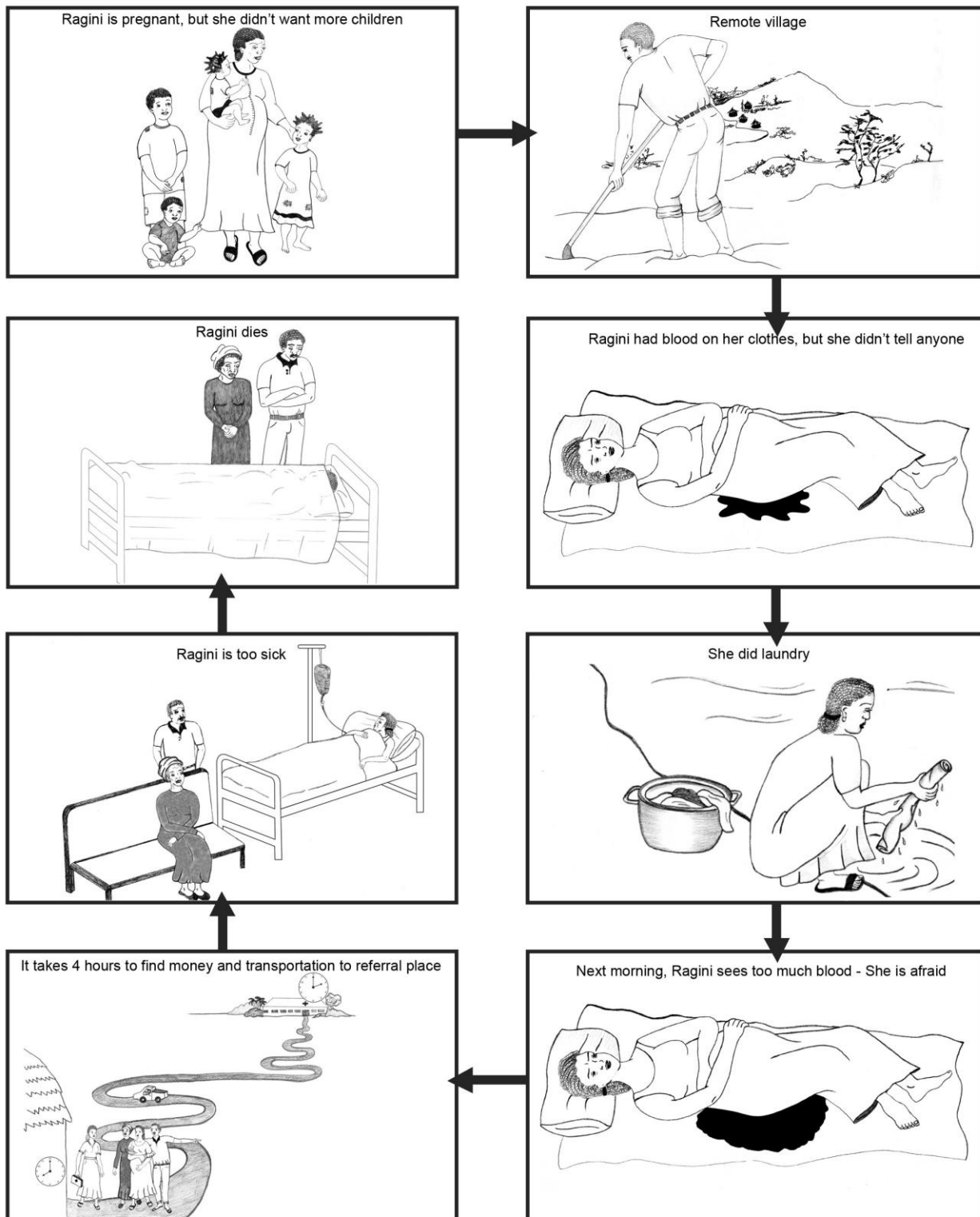
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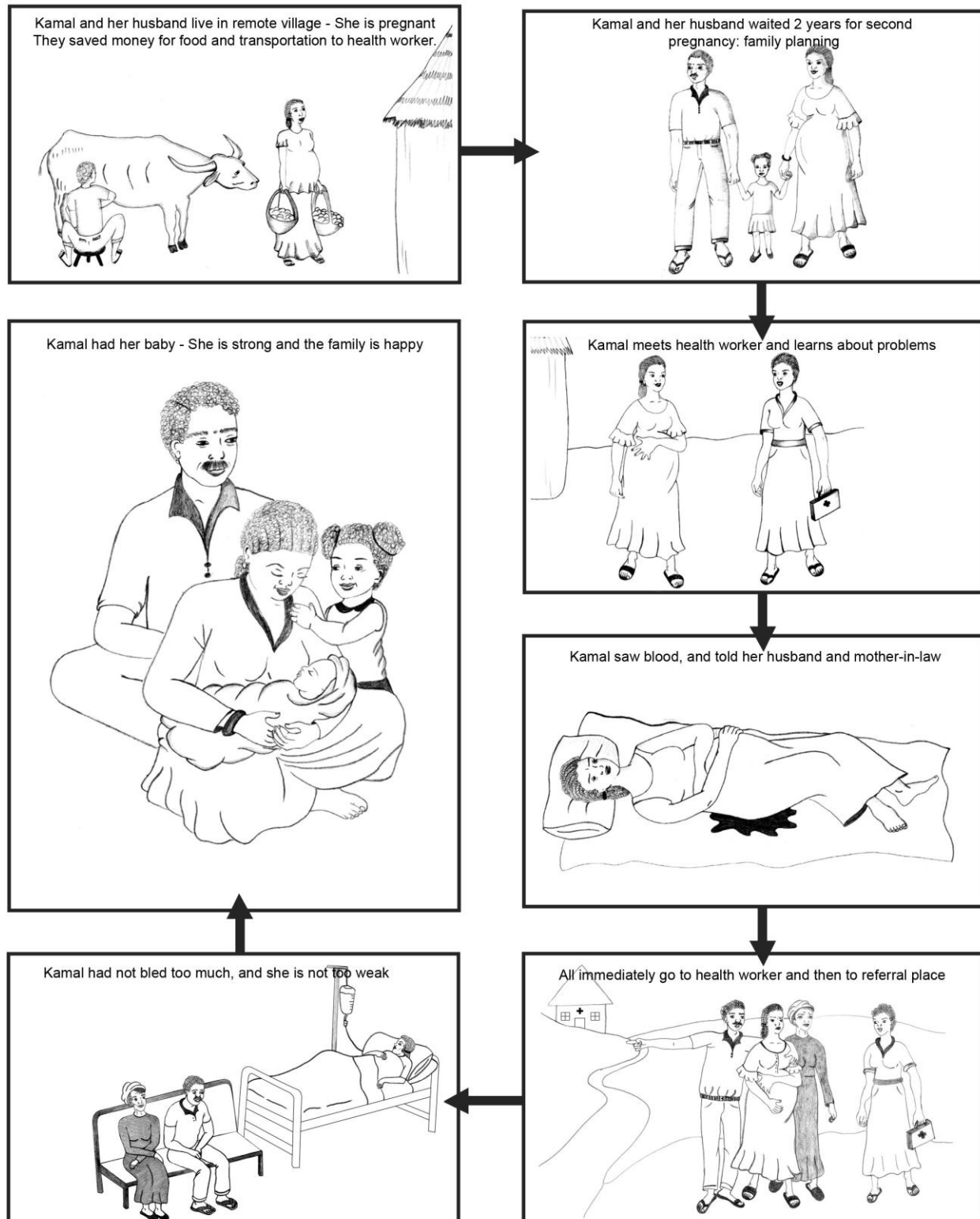
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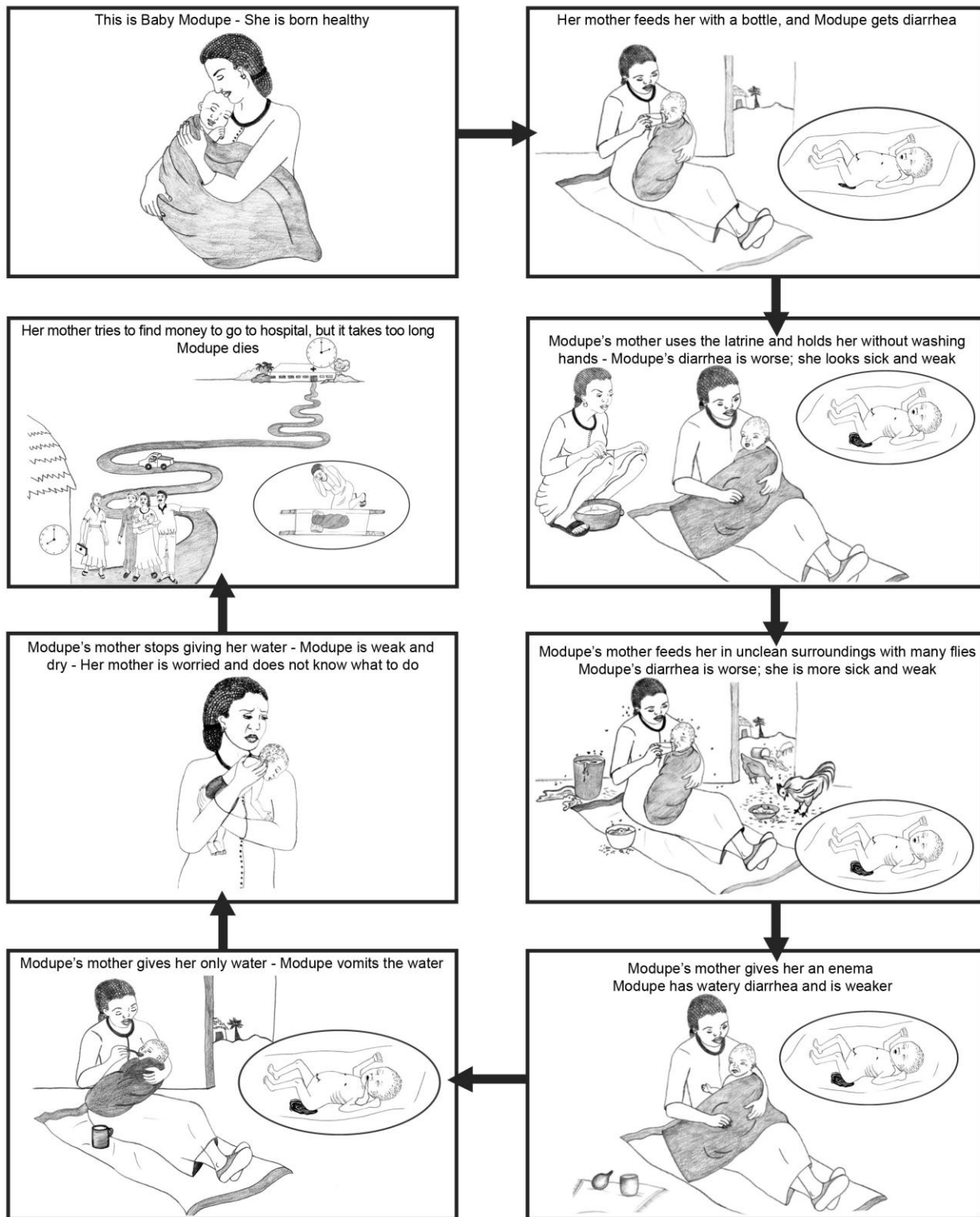
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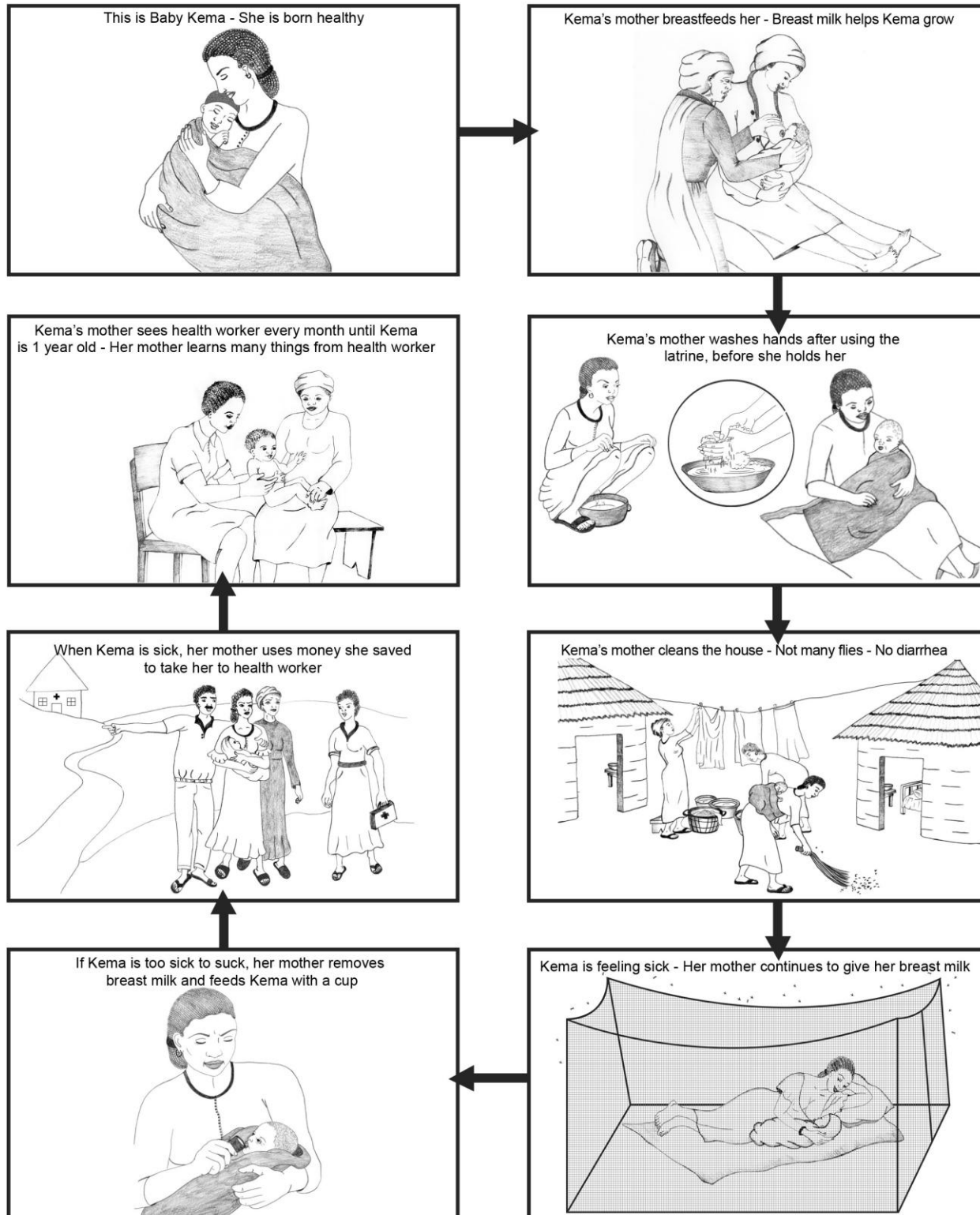
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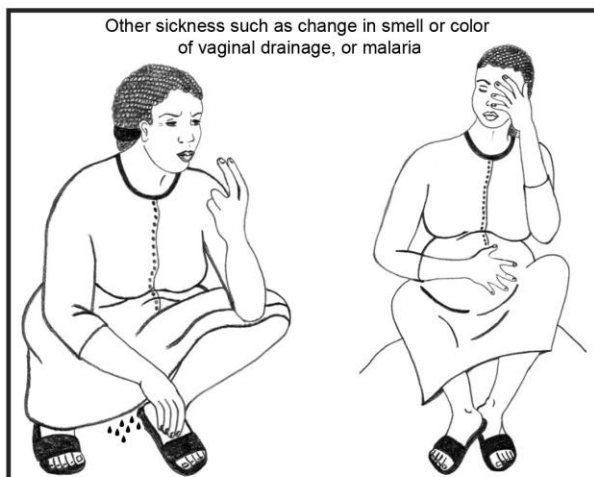
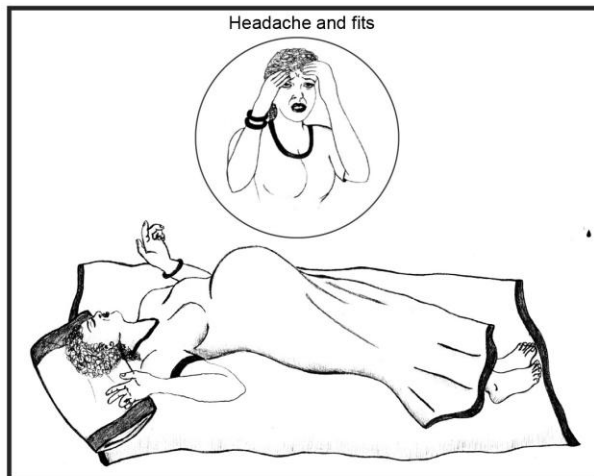
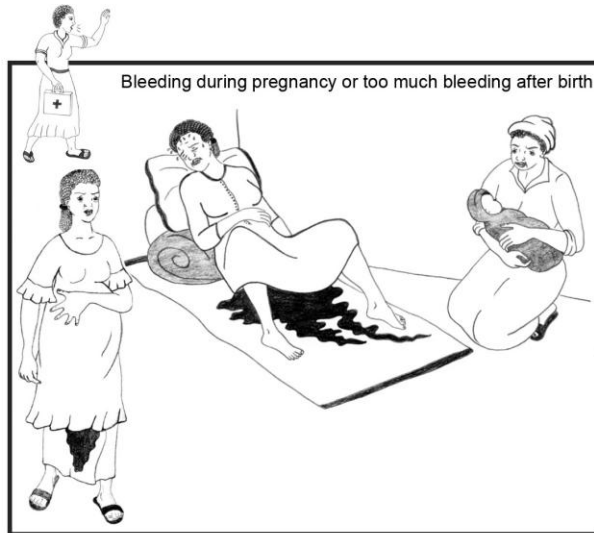
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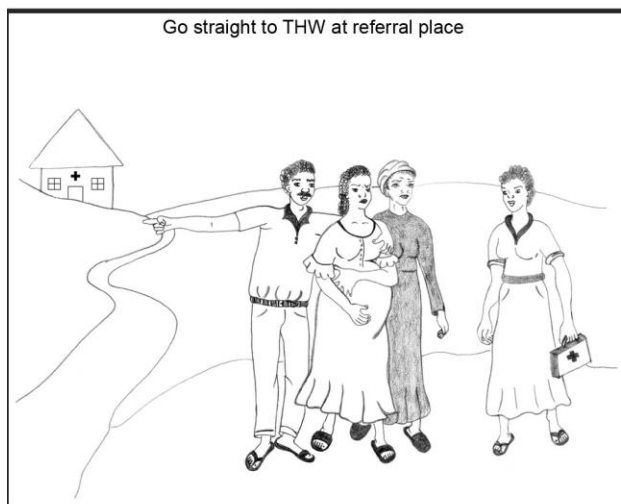
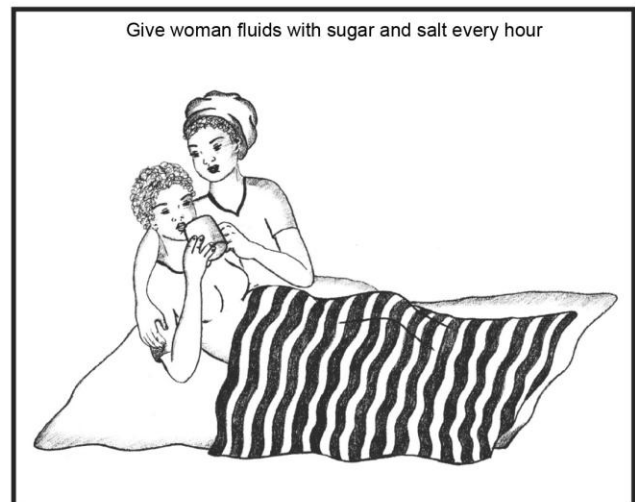
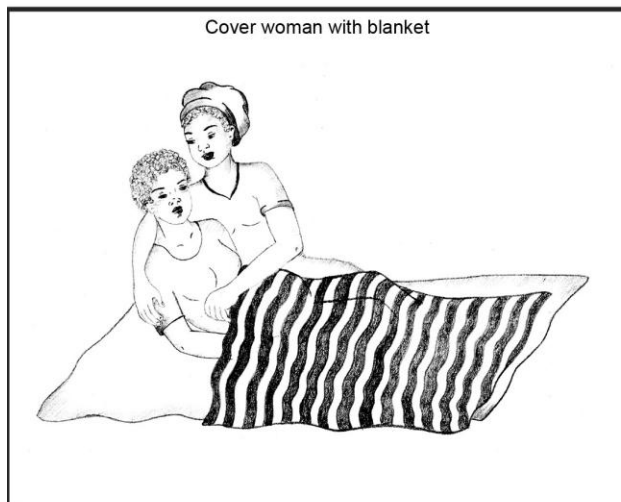
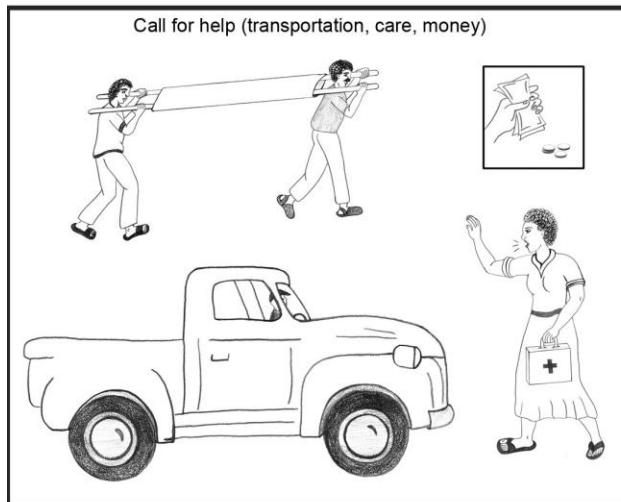
## Kema's Story: Breaking the Circle of Sickness



## Take Action Card: Woman Problems

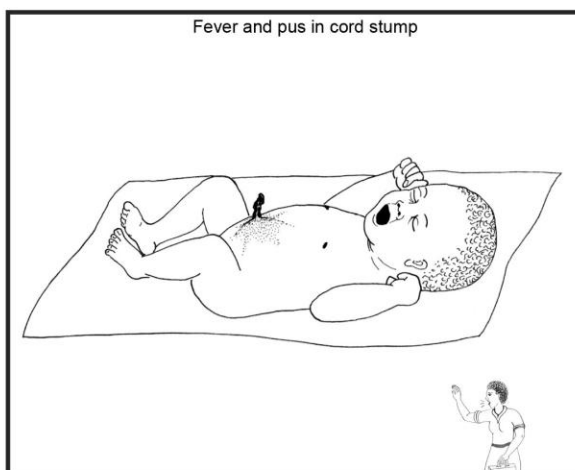
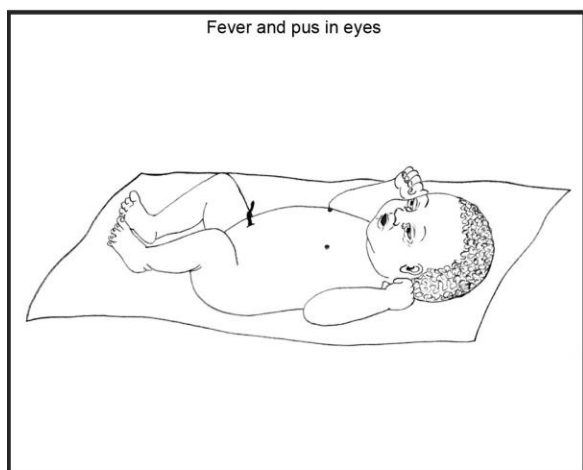
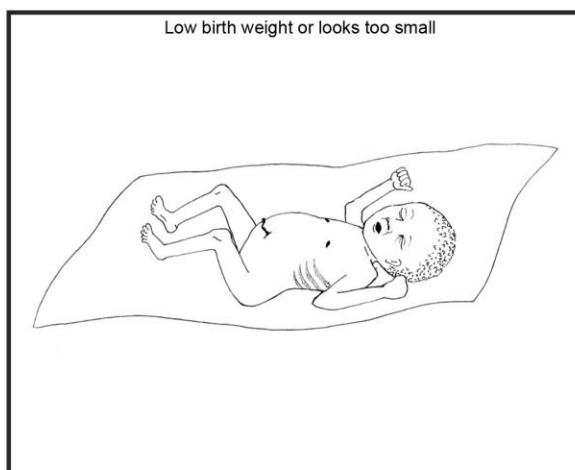
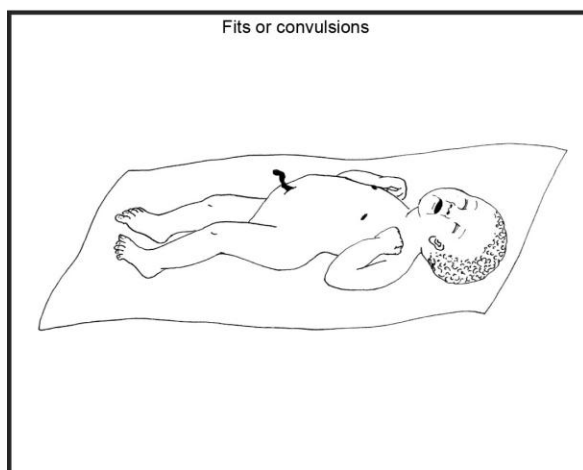
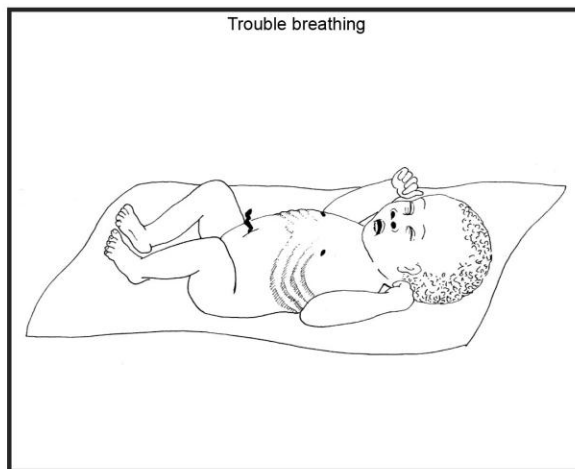


## Take Action Card: Referral of a Woman

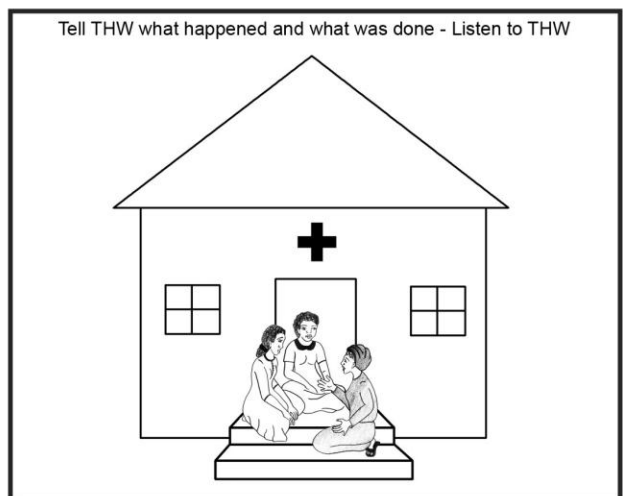
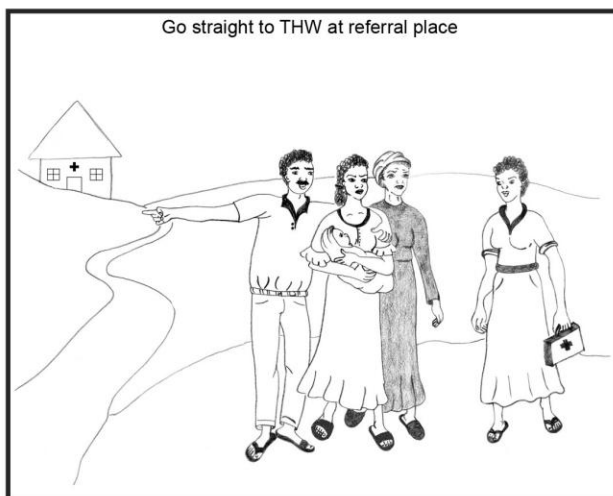
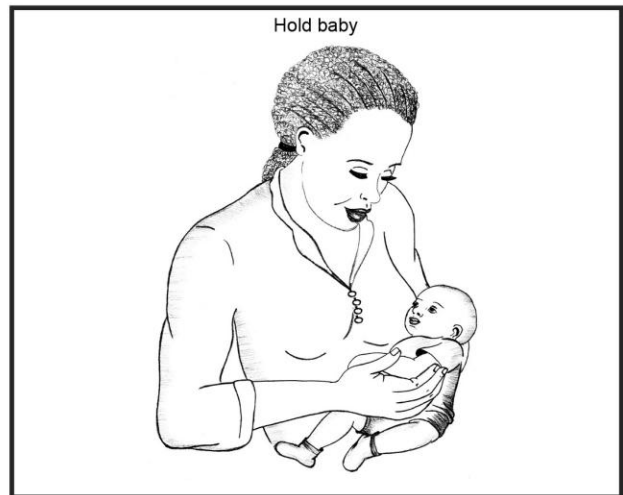
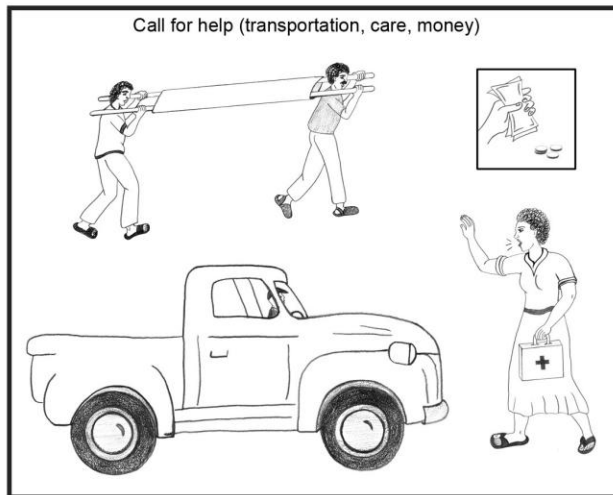




## Take Action Card: Baby Problems



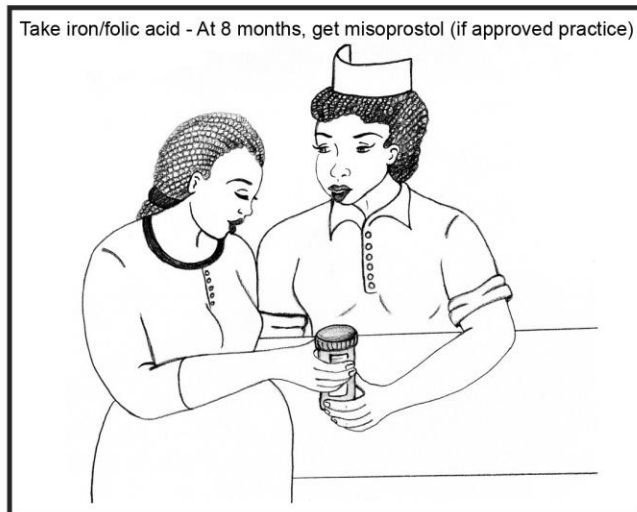
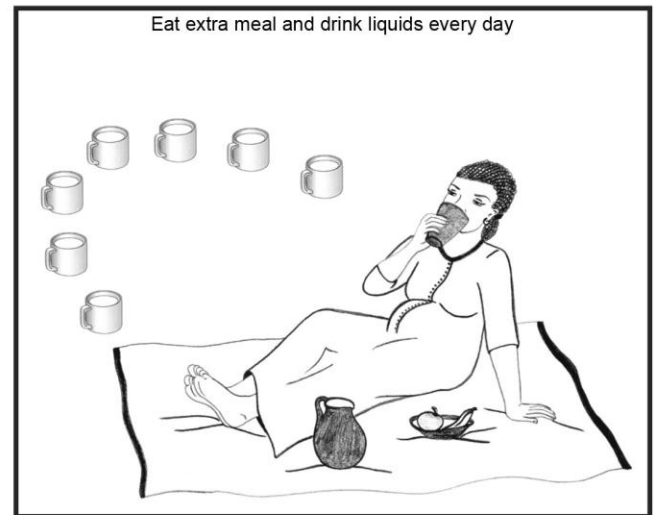
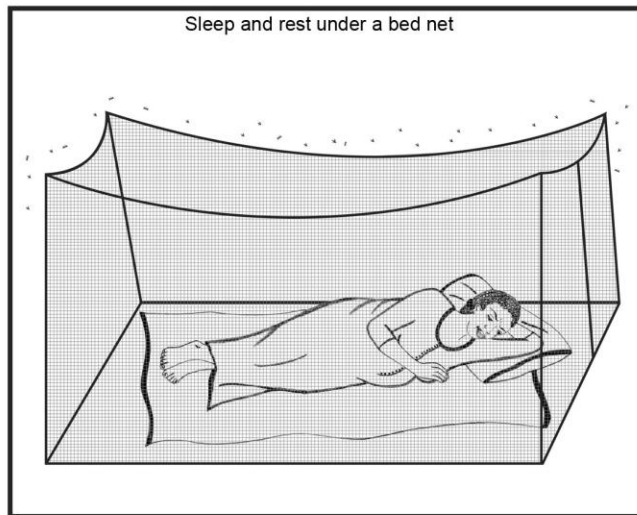
## Take Action Card: Referral of a Baby



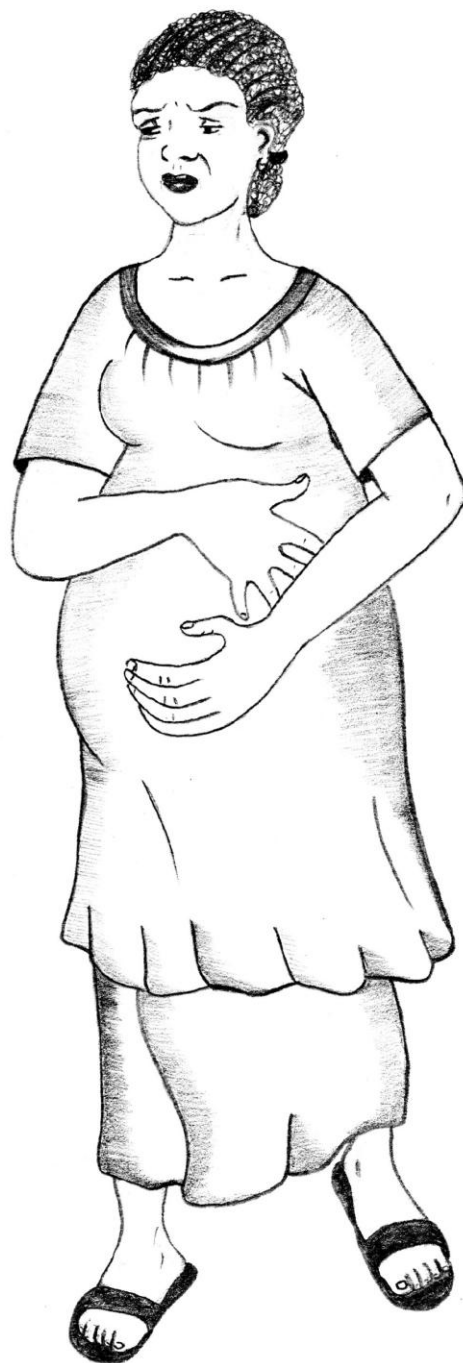
## Prevent Problems During Pregnancy



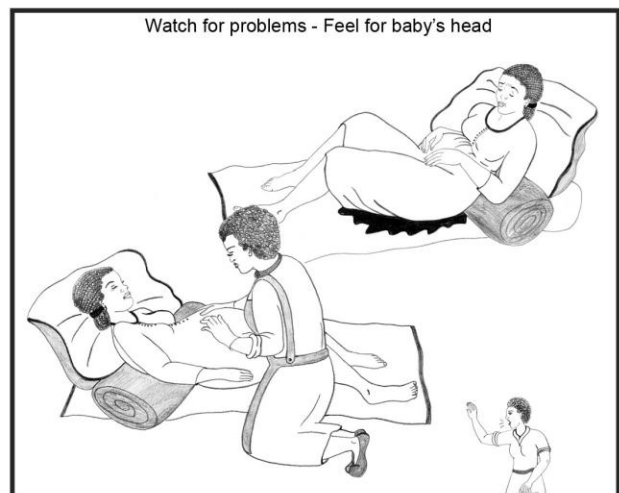
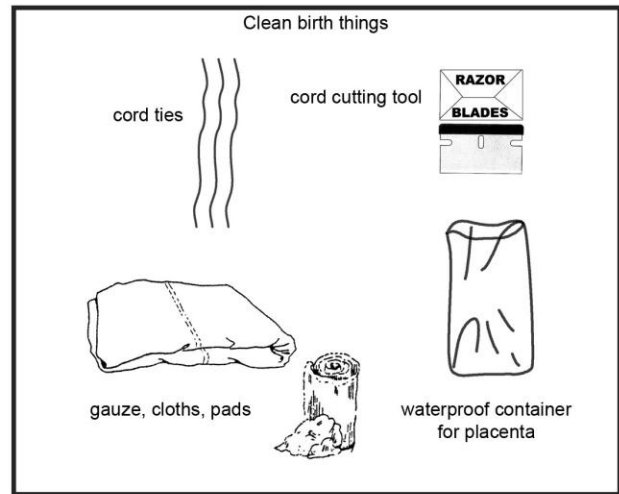
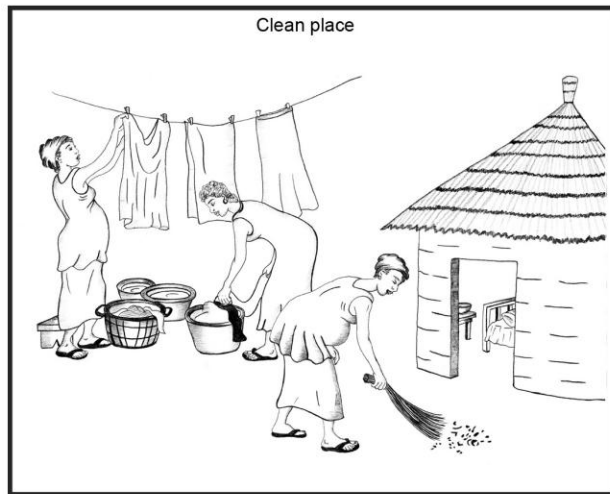
## Take Action Card: Prevent Problems During Pregnancy



## Prevent Problems Before Baby Is Born



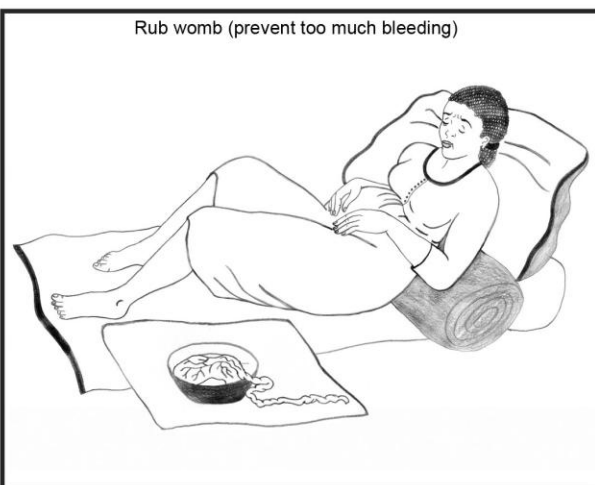
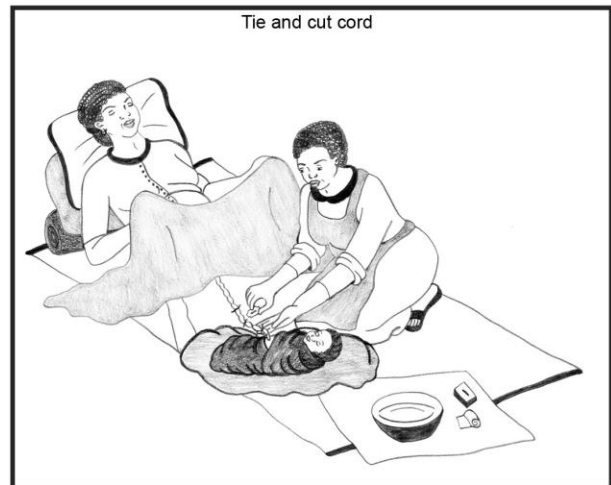
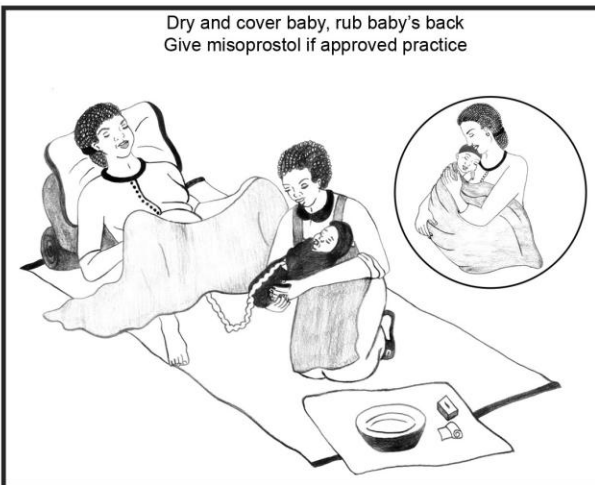
## Take Action Card: Prevent Problems Before Baby Is Born



## Prevent Problems After Baby Is Born: First Actions



## Take Action Card: Prevent Problems After Baby Is Born: First Actions

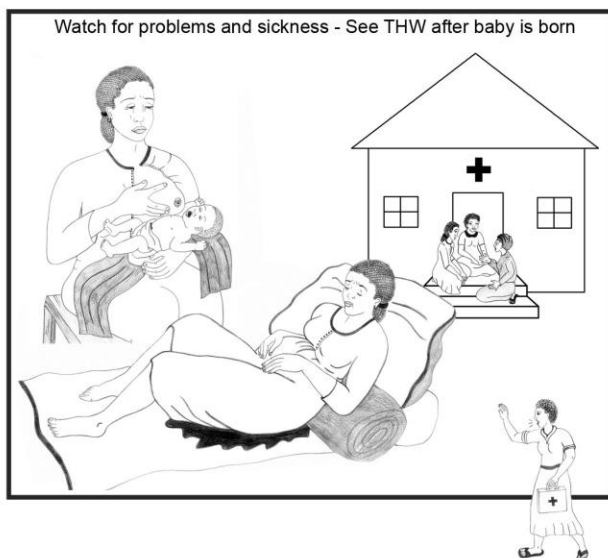
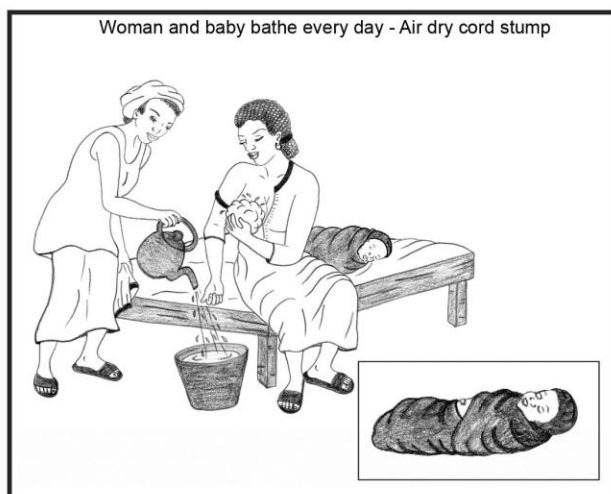




## Prevent Problems After Baby Is Born: Other Actions



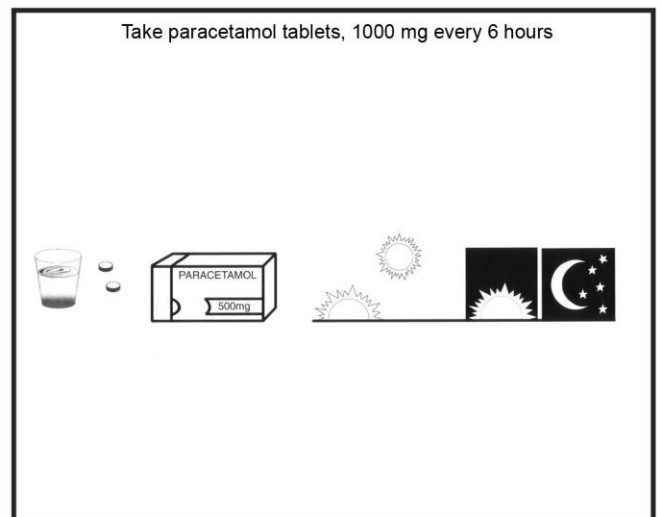
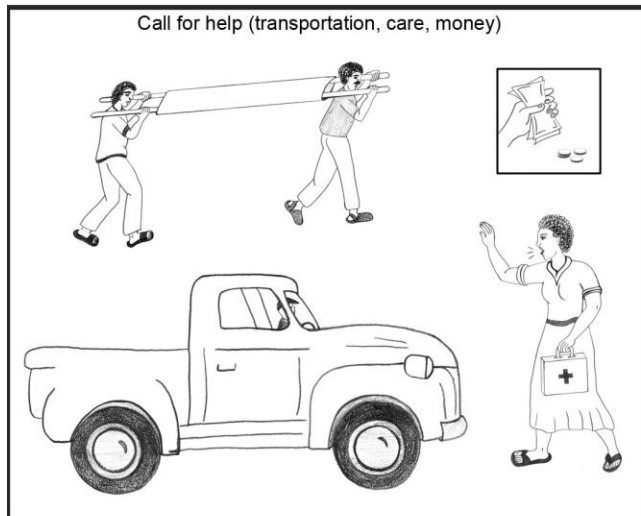
## Take Action Card: Prevent Problems After Baby Is Born: Other Actions



## Bleeding During Pregnancy



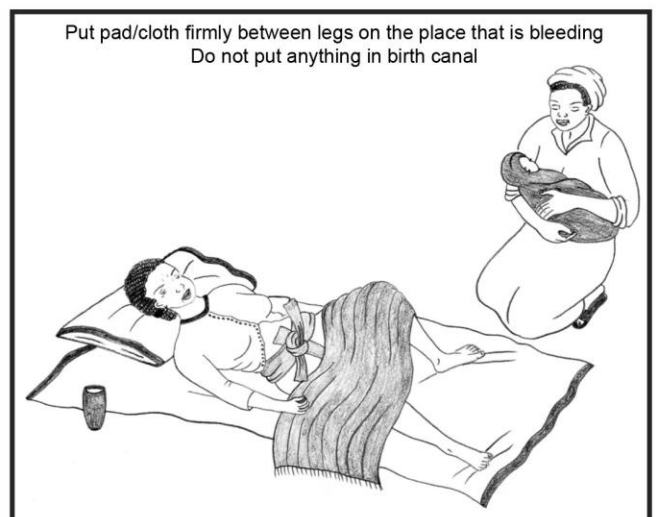
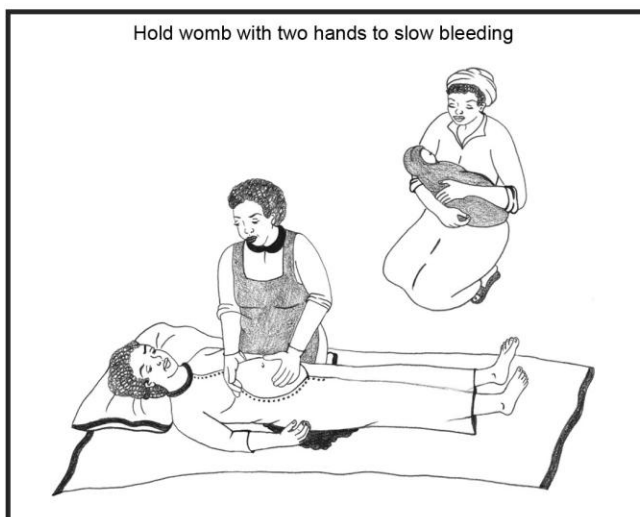
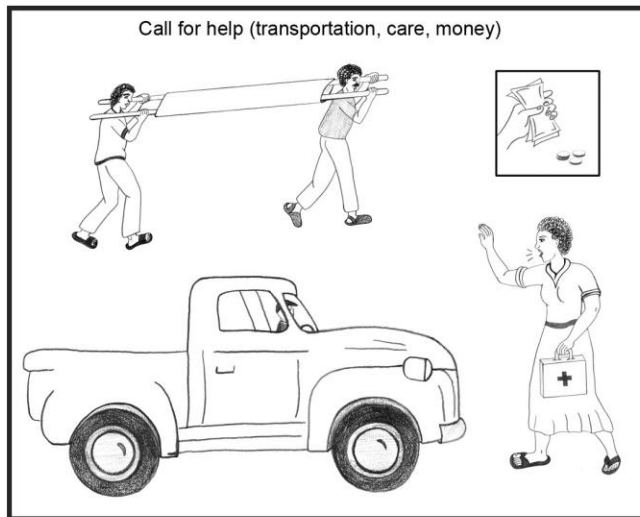
## Take Action Card: Bleeding During Pregnancy



## Bleeding Too Much After Baby Is Born



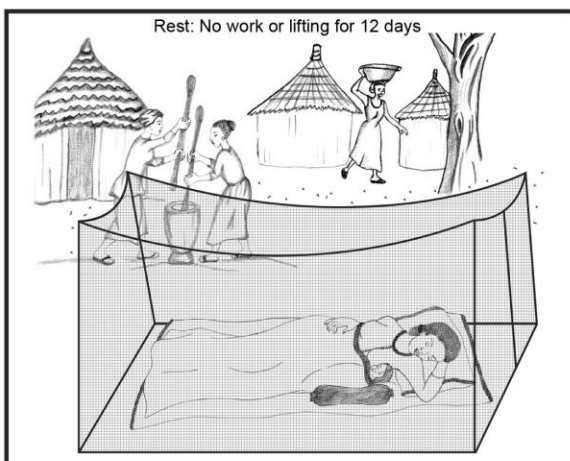
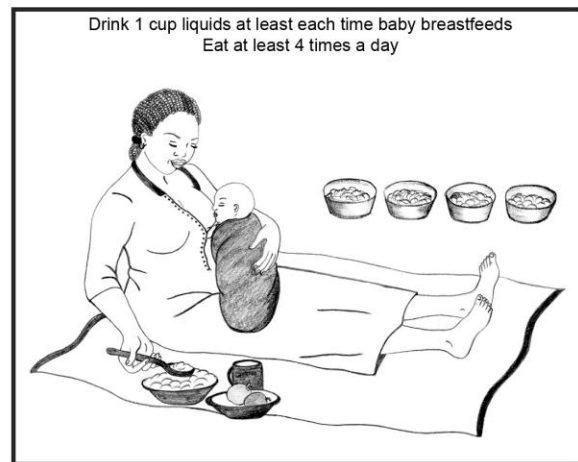
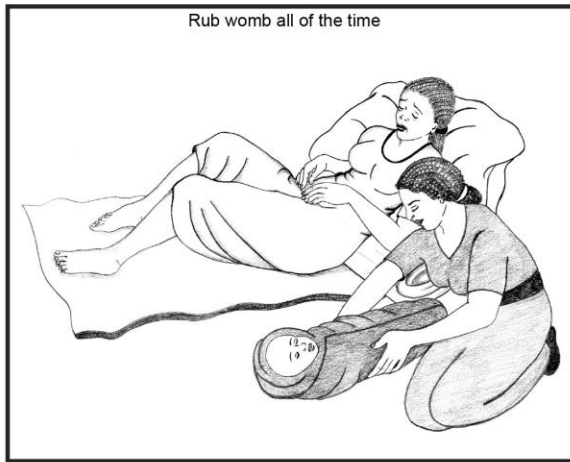
## Take Action Card: Bleeding Too Much After Baby Is Born



## Prevent Bleeding Too Much After Baby Is Born



## Take Action Card: Prevent Bleeding Too Much After Baby Is Born

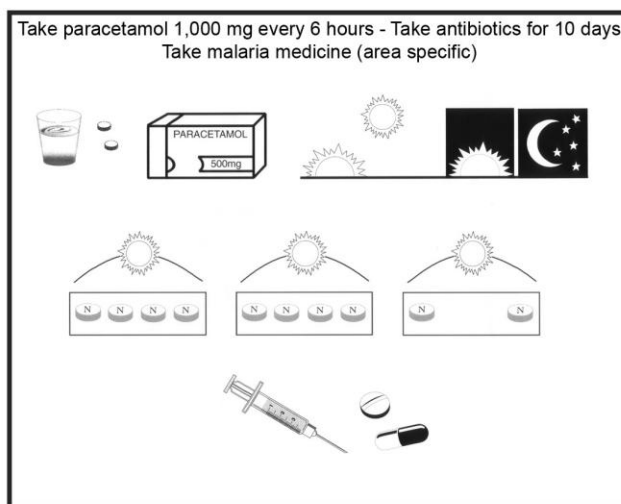
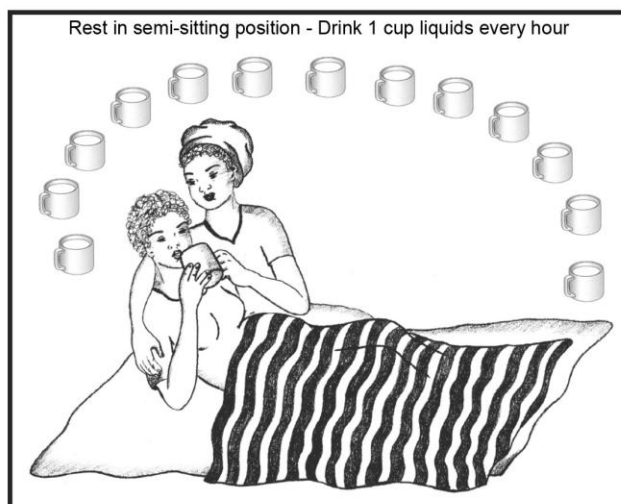
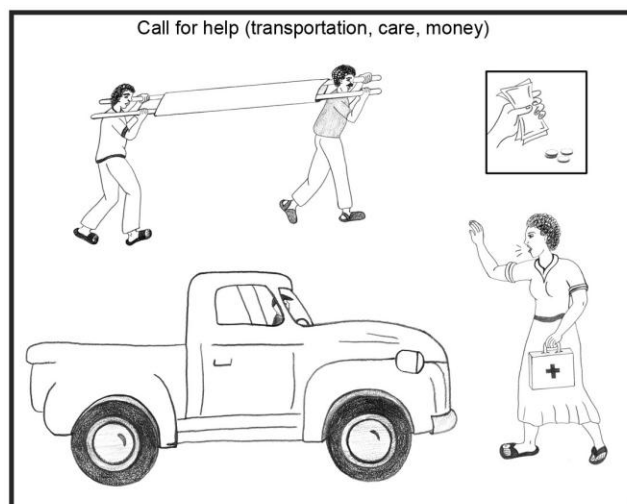




## Woman: Sickness with Pain and Fever



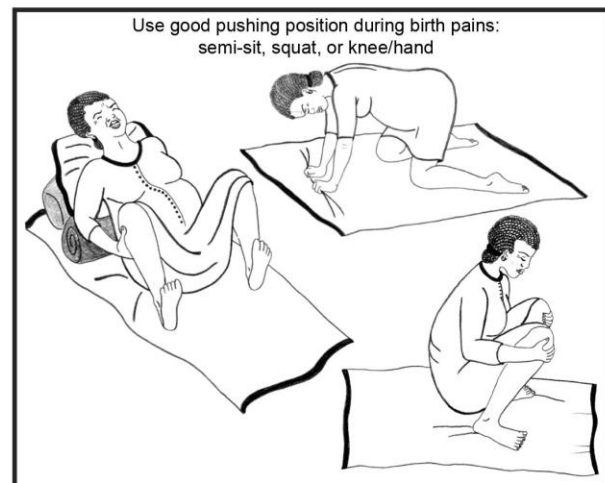
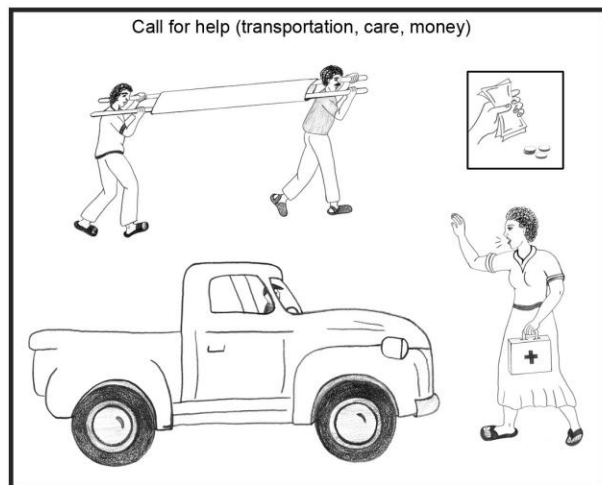
## Take Action Card: Woman: Sickness with Pain and Fever



## Birth Delay



## Take Action Card: Birth Delay



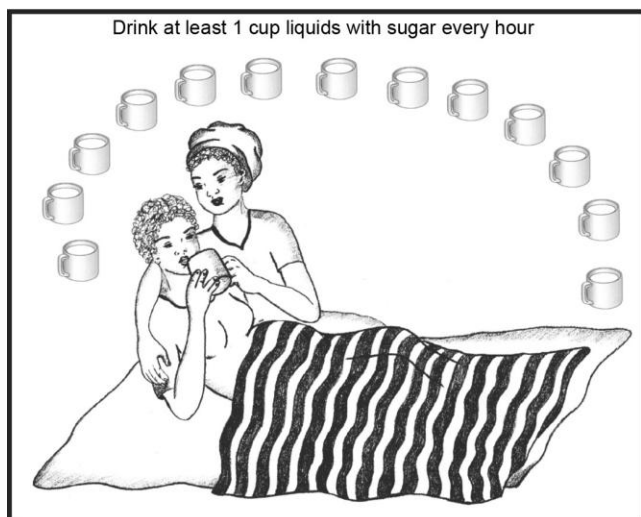
If baby is not born, stop pushing and urgently refer



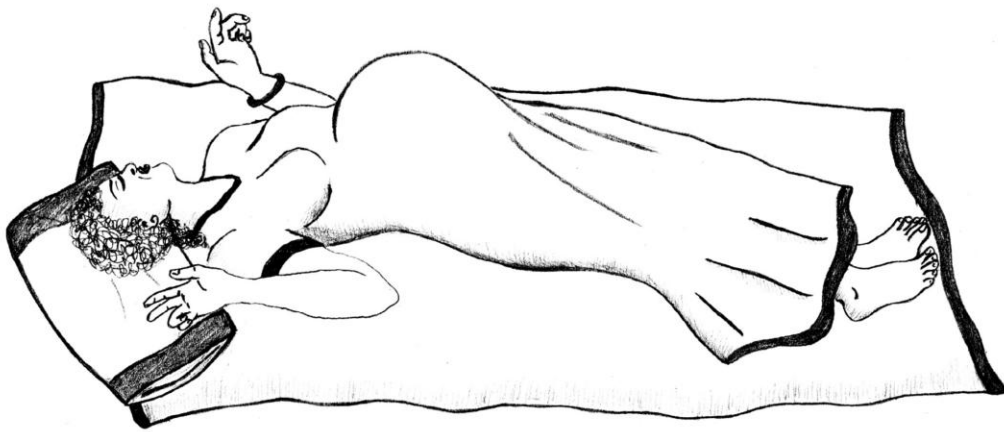
## Prevent Birth Delay



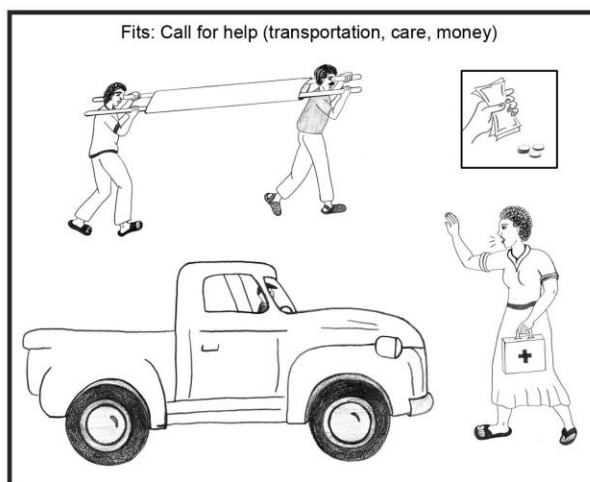
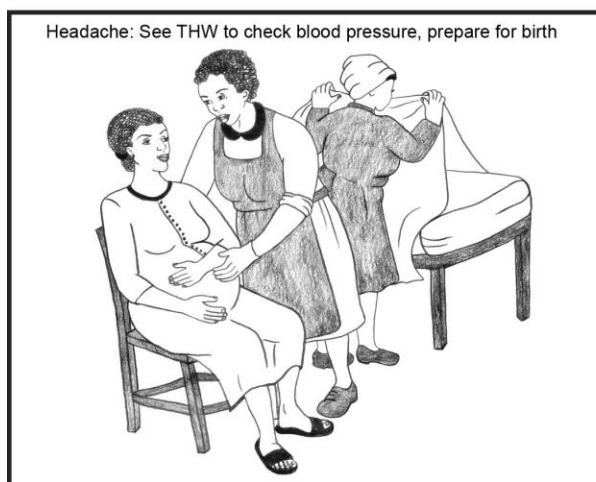
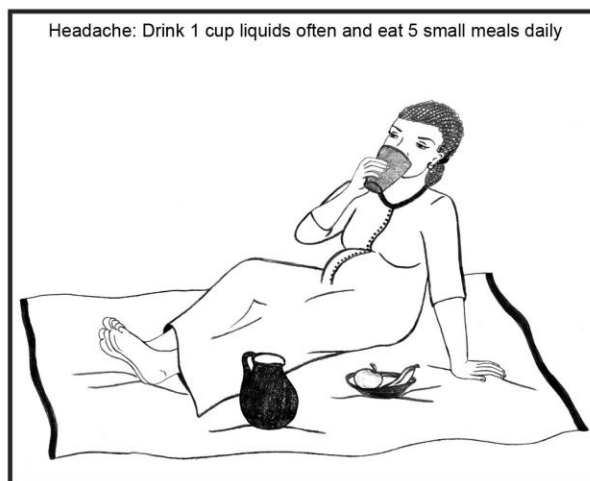
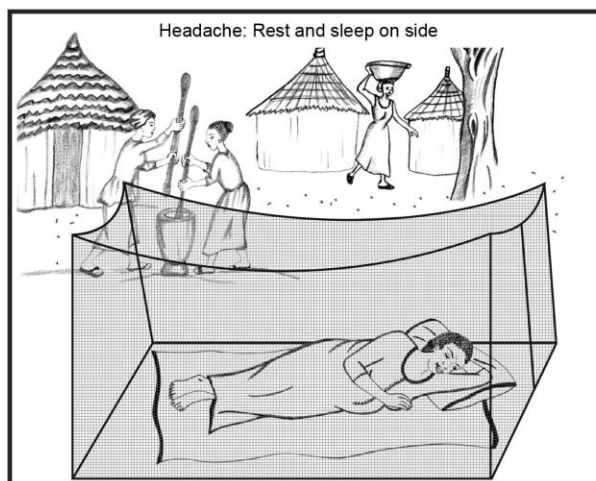
## Take Action Card: Prevent Birth Delay



## Headache and Fits



## Take Action Card: Headache and Fits





## Many Children or Many Pregnancies



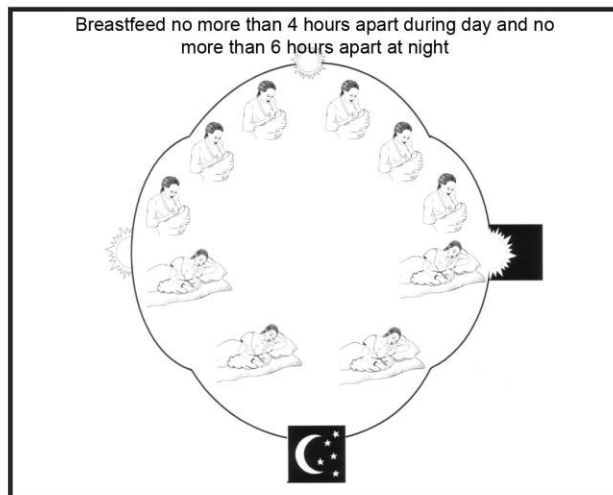
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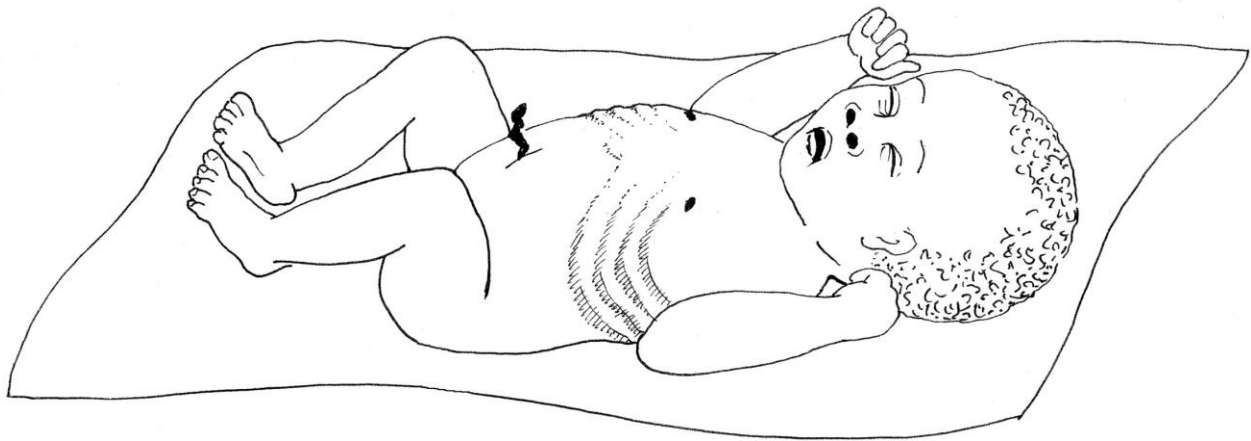
## Prevent Pregnancy Using LAM—The Breastfeeding Method



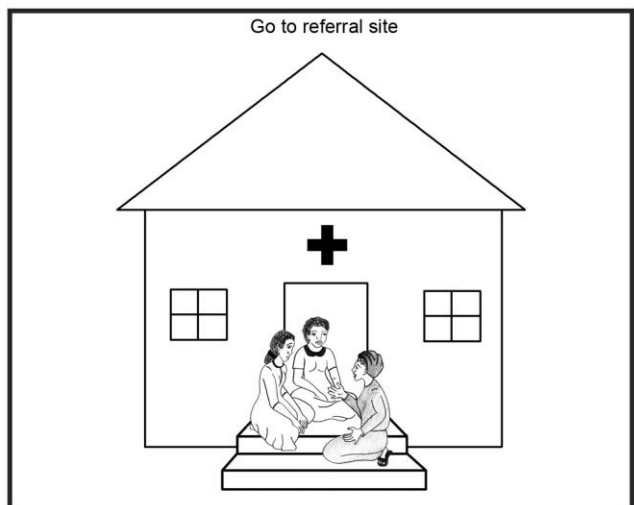
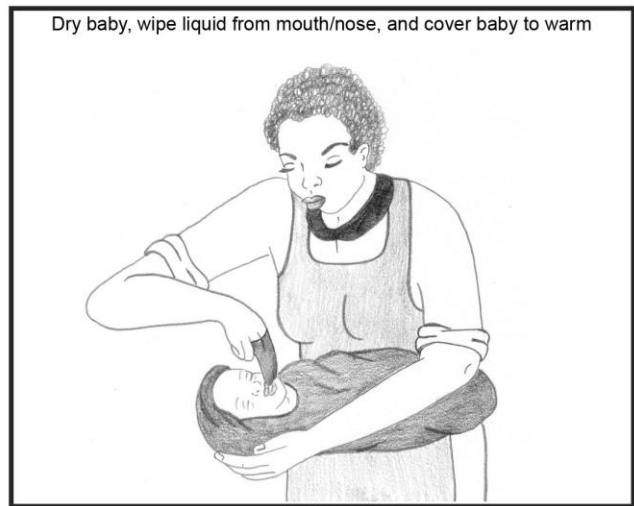
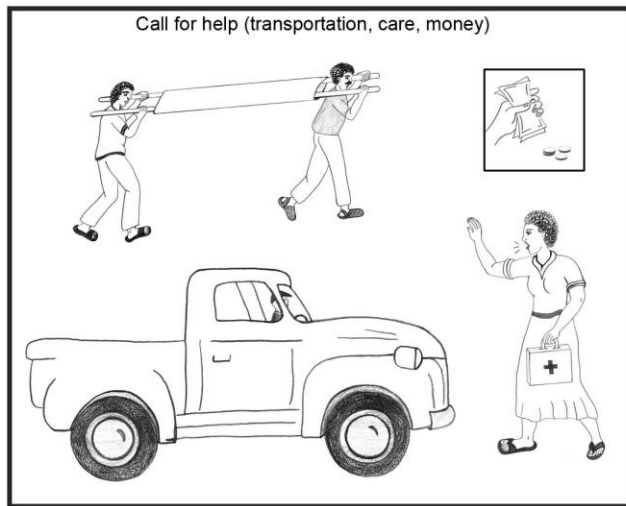
## Take Action Card: Prevent Pregnancy Using LAM—The Breastfeeding Method



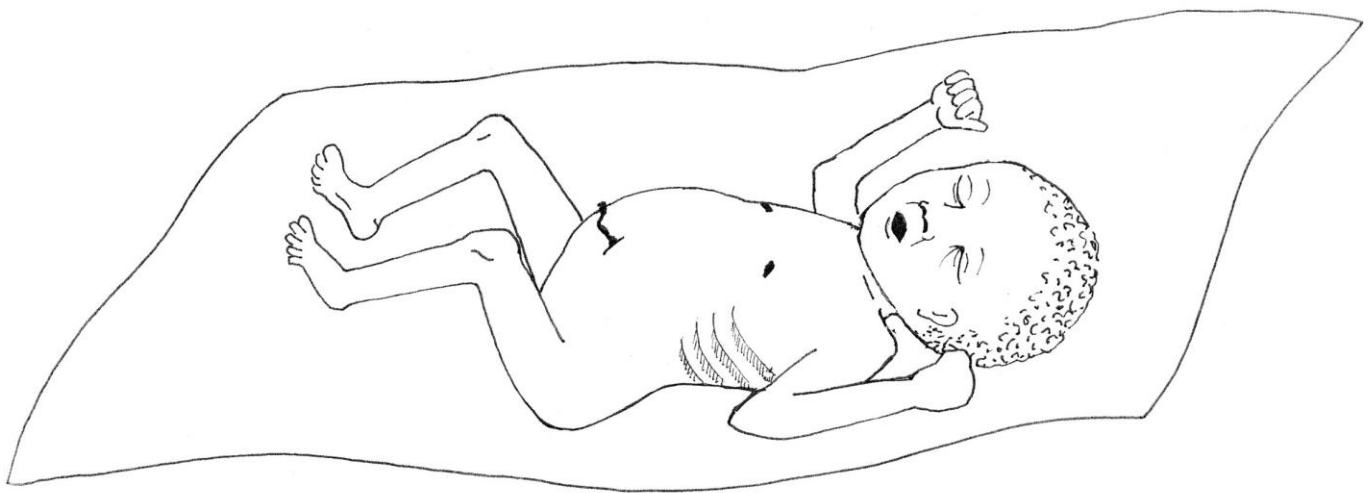
## Baby Has Trouble Breathing at Birth



## Take Action Card: Baby Has Trouble Breathing at Birth

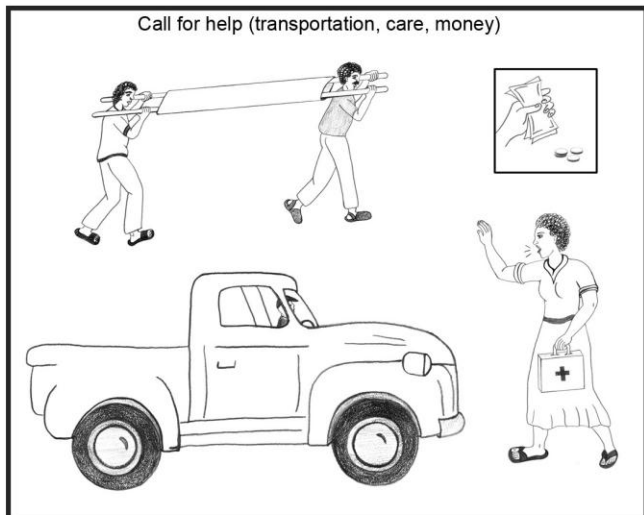


## Baby Born Too Small



## Take Action Card: Baby Born Too Small

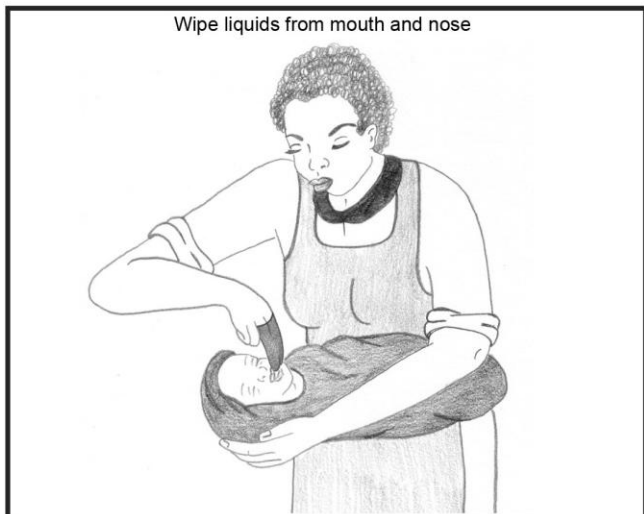
Call for help (transportation, care, money)



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



Wipe liquids from mouth and nose



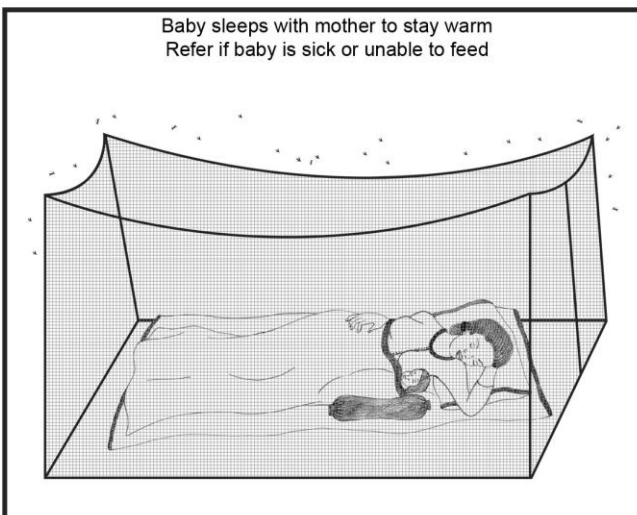
Gently rub baby's back



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

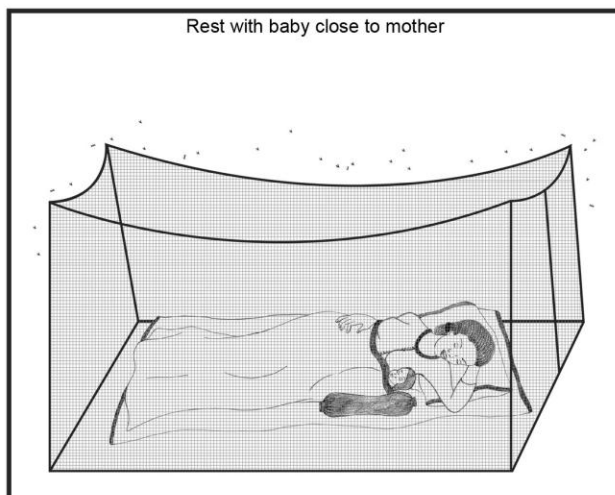
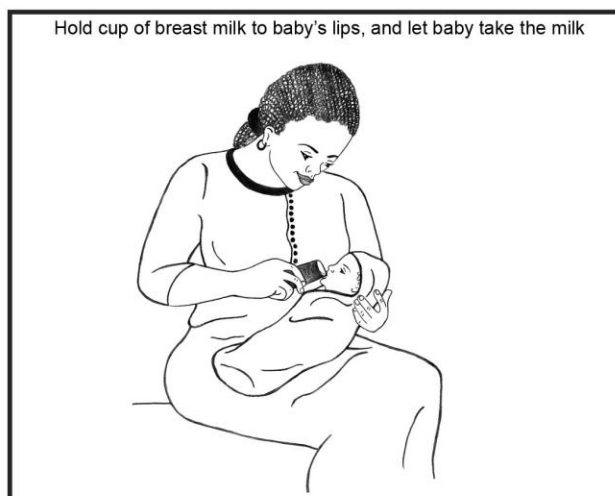




## Feed Baby with Cup



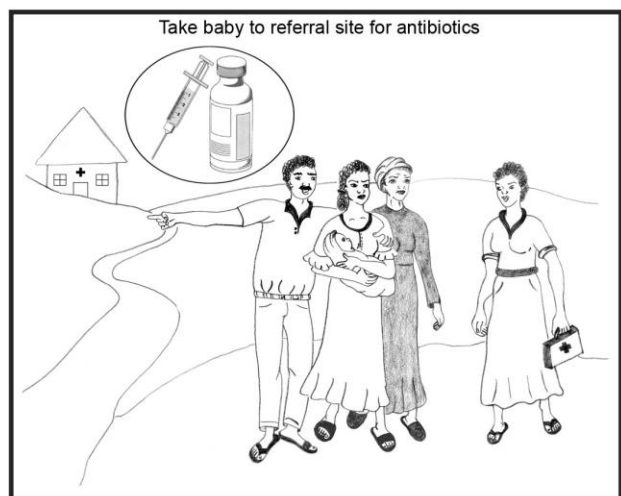
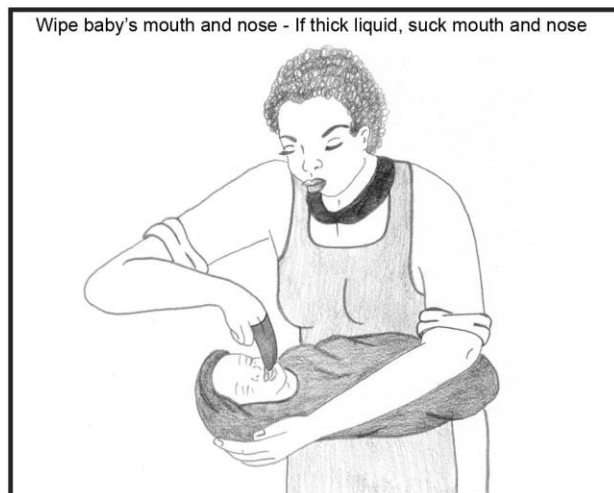
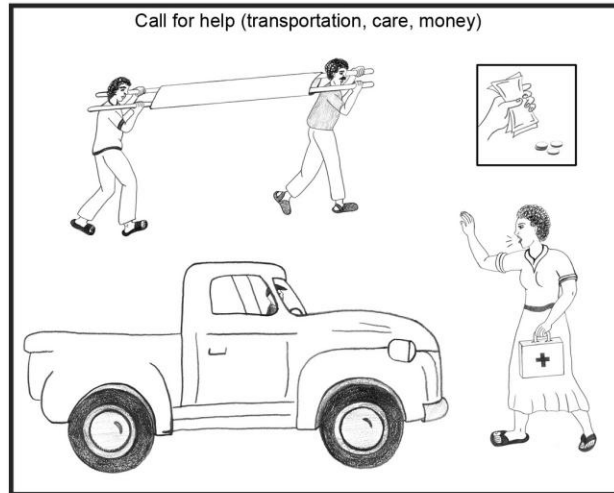
## Take Action Card: Feed Baby with Cup



## Baby Is Sick



## Take Action Card: Baby Is Sick







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