Care of Low Birth Weight Babies through Kangaroo Mother Care

FLASH CARD SET

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an affiliate of Johns Hopkins University
Overview
1. This flash card deck contains flash cards on two different topics:
   • preterm and small for gestational age (SGA) newborns.
   • common breast feeding problems.

2. This set of flash cards is developed to help health workers identify:
   • preterm or SGA newborns.
   • common breast feeding problems and its management.

3. These cards can be used in a variety of ways:
   • As a training tool together with training package on “Care of Low Birth Weight Babies through Kangaroo Mother Care”.
   • As a job aid during regular clinical practice.
About This Card Set

FLASH CARD, FRONT
The front of each card displays a color version of image.

Example of flash card, front (above) and back(below)

FLASH CARD, BACK
The back of the card contains the question associated with the image.

Is this sole of:
• SGA newborn?
• preterm newborn?
The card set contains 17 flash cards. Each card is numbered to allow the trainer or health worker to track which cards were viewed during exercise. Flash cards from number 1 to 12 is for preterm and SGA and from number 13 to 17 for breast feeding problem.

The card set contains an answer key for both topics.
FOR TRAINERS

(Identification of preterm and SGA newborns)

Trainers can use the flash card to assess and enhance health workers knowledge on identification of preterm or SGA newborn.
To complete a group work:

1. Divide participants into small groups.

2. Provide one flash card deck (card 1 to 12) to each group.

3. Instruct group to
   - Select two cards sequentially (example 1&2, 3&4, 5&6 etc.)
   - Look at the image on the front of each card & answer question in the back of each card.
   - Write answers in the answer sheet.

4. Facilitator reviews the answers of the group work.

5. Facilitator sum up the exercise by explaining physical features of preterm and SGA newborns.
FOR TRAINERS
(common breast feeding problems and its management)

Trainers can use the flash card to assess and enhance health workers knowledge on identification of common breast feeding problems and its management.
To complete a group work:

1. Divide participants into small groups.

2. Provide one flash card deck (card 13 to 17) to each group.

3. Instruct group to
   - Look at the image on the front of each card & answer question in the back of each card.
   - Write answers in the answer sheet.

4. Facilitator reviews the answers of the group work.

5. Facilitator sum up the exercise by explaining common breast feeding problems and its management.
FOR HEALTH WORKERS
(Identification of preterm and SGA newborns)

Health workers can use the flash card to strengthen or refresh knowledge to identify preterm or SGA newborn and making judgments about management. Health workers can work alone or in pairs to identify preterm or SGA newborns during clinical practice.

For each card a question is asked which helps to make an appropriate decision for management.
To complete an exercise:

- Choose the number of cards (card 1 to 12) to include in the exercise.

- Shuffle the selected card so that the cards can be selected at random.

- Look at the image on the front of the selected card and answer question in the back of each card.

- Write answer in answer sheet.

- After completing all the questions for a card, look at the answer key to check for answer.
FOR HEALTH WORKERS
(common breast feeding problems and its management)

Health workers can use the flash card to strengthen or refresh knowledge to identify common breast feeding problems and making judgments about management. Health workers can work alone or in pairs to identify common breast feeding problems and perform its management during clinical practice.

For each card a question is asked which helps to make an appropriate decision for management.
To complete an exercise:

• Choose the number of cards (card 13 to 17) to include in the exercise.

• Shuffle the selected cards so that the cards can be selected at random.

• Look at the image on the front of the selected card and answer question in the back of each card.

• Write answer in answer sheet.

• After completing all the questions for a card, look at the answer key to check for answer.
Flash Card No. 1

Question

Is this sole of:
- SGA newborn?
- preterm newborn?
Flash Card No. 2
Flash Card No. 2

Question

Is this sole of:

• SGA newborn ?
• preterm newborn ?
Flash Card No. 3

Question

Is this ear cartilage of:

- SGA newborn?
- preterm newborn?
Flash Card No. 4

Question

Is this ear cartilage of:
• SGA newborn?
• preterm newborn?
Flash Card No. 5

Question

Is this genital of:

• SGA newborn?
• preterm newborn?
Flash Card No. 6

Question

Is this genital of:
- SGA newborn?
- preterm newborn?
Flash Card No. 7
Flash Card No. 7

Question

Is this breast tissue of:

- SGA newborn?
- preterm newborn?
Flash Card No. 8
Flash Card No. 8

Question

Is this breast tissue of:
• SGA newborn?
• preterm newborn?
Flash Card No. 9

Question

Is this genital of:

- SGA newborn?
- preterm newborn?
Flash Card No. 10
Flash Card No. 10

Question

Is this genital of:
• SGA newborn?
• preterm newborn?
Flash Card No. 11

Question

Is this:
• SGA newborn?
• preterm newborn?
Flash Card No. 12
Flash Card No. 12

Question

Is this:
- SGA newborn?
- preterm newborn?
Flash Card No. 13

Question

1. What is the diagnosis?
2. How to manage it?
Flash Card No. 14

Question

1. What is the diagnosis?
2. What are the causes?
3. How to manage it?
Flash Card No. 15
Flash Card No. 15

Question

1. What is the diagnosis?
2. What are the causes?
3. How to manage it?
Flash Card No. 16
Flash Card No. 16

Question

1. What is the diagnosis?
2. What are the causes?
3. How to manage it?
Flash Card No. 17

Not Enough Milk
Flash Card No. 17

Question

1. What are the causes?
2. How to manage it?
# Answer Sheet (Card 1 to 12)

<table>
<thead>
<tr>
<th>Card Number</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
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<td>4</td>
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<td>9</td>
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<tr>
<td>10</td>
<td></td>
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<tr>
<td>11</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
</tr>
</tbody>
</table>
Answer Sheet (card 13)

Diagnosis: ____________________________

Management: _________________________

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Answer Sheet (card 14)

Diagnosis: ________________________________

Causes: _________________________________

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Management:
Answer Sheet (card 15)

Diagnosis: ____________________________

Causes: ______________________________
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Management:
Diagnosis: __________________________________________

Causes: __________________________________________

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Management: ____________________________

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Answer Sheet (card 17)

Causes:

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12. 
13. 
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18. 
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Management: ____________________________

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# Answer Key (Card 1 to 12)

<table>
<thead>
<tr>
<th>Card Number</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SGA sole</td>
</tr>
<tr>
<td>2</td>
<td>Preterm sole</td>
</tr>
<tr>
<td>3</td>
<td>SGA ear cartilage</td>
</tr>
<tr>
<td>4</td>
<td>Preterm ear cartilage</td>
</tr>
<tr>
<td>5</td>
<td>Preterm male genitalia</td>
</tr>
<tr>
<td>6</td>
<td>SGA male genitalia</td>
</tr>
<tr>
<td>7</td>
<td>Preterm breast tissue</td>
</tr>
<tr>
<td>8</td>
<td>SGA breast tissue</td>
</tr>
<tr>
<td>9</td>
<td>Preterm female genitalia</td>
</tr>
<tr>
<td>10</td>
<td>SGA female genitalia</td>
</tr>
<tr>
<td>11</td>
<td>SGA newborn</td>
</tr>
<tr>
<td>12</td>
<td>Preterm newborn</td>
</tr>
</tbody>
</table>
Answer Key (card 13)

Diagnosis:
- Inverted Nipple

Management:
- Management should begin after birth.
- Manually stretch and roll the nipple between the thumb and finger several times a day.
- Teach the mother to grasp the breast tissue so that areola forms a teat, and allows the baby to feed.
- Use syringe suction method to draw nipple out.
Answer Key (card 14)

Diagnosis:
- Sore Nipple

Causes:
- Incorrect attachment: Nipple suckling.
- Frequent use of soap and water.
- Pulling the baby off the breast while s/he is still sucking.
- Candida (fungal) infection.
Management:

- Continue breastfeeding and correct the position & attachment.
- Apply hind milk to the nipple after a breastfeed.
- Expose the nipple to air between feeds.
Answer Key (card 15)

Diagnosis :
- Breast Engorgement

Causes :
- Delayed and infrequent breastfeeds.
- Incorrect latching of the baby leading to accumulation of milk in alveoli leading to painful, hard, tender breast.
Management:

- Give analgesics to relieve pain.
- Apply warm packs locally.
- Gently express milk prior to feed.
- Put the baby frequently to the breast.
Diagnosis:
- Breast Abscess

Causes:
- Untreated engorged breast, infected cracked nipple, blocked duct and mastitis.
Management:

- Give antibiotics and analgesics.
- Manually express out the milk frequently.
- Refer for incision & drainage.
- Start breastfeeding as soon as possible.
- Avoid massaging the breast with oil.
Causes:

- Infrequent breastfeeding.
- Too short or hurried breastfeeding.
- Night feeds stopped early.
- Poor suckling position / attachment.
- Breast engorgement or mastitis.
- Stressful conditions to mother.
- Poor oxytocin reflex.
Management :

- Put baby to breast frequently in a correct position.
- Ensure correct positioning.
- Build mother’s confidence.
- Gentle massage at the back of mother.
- Galactagogues eg. Metoclopramide (Tab Perinorm 10 mg xTDS x 5 days) may help in increasing milk production by increasing prolactin secretion
- Provide other milk to the baby (formula feed, other mother’s milk) till sufficient milk secretion.