

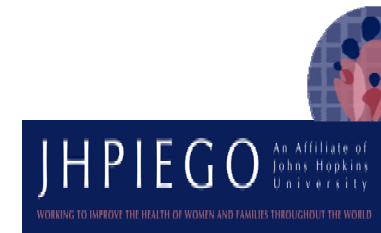
**United Republic of Tanzania
Ministry of Health and Social Welfare**



**Job Aid for the Community Health Worker in
Reproductive and Child Health and the Prevention of Malaria**

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Job Aid for the Community Health Worker in Reproductive and Child Health and the Prevention of Malaria



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Please note that this pdf file is an abridged version that only contains sections relevant to malaria.

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INTRODUCTION

This Job Aid aims at enabling you to start discussion with your client. Follow step by step all the information contained here in order to make sure that your client understands it.

Assess your clients understanding particularly where she/he cannot answer correctly. Provide your client with additional information as provided in this Job Aid.

Remember that when the discussion has started the role of the picture is over; and do not continue showing the picture/illustration after the discussion has started.

1. Focused Antenatal Care

What do you see in this picture?

What do you understand about this picture?

What are the services ?

These are services provided during pregnancy and they are :

- Counseling and education on pregnancy
- Examining
 - Blood pressure
 - Anaemia
 - HIV and AIDS
 - STIs (Syphilis)
 - The condition of the mother and unborn child.
- Immunization
- Intermittent Malaria Prophylaxis and Mebendazole
- To enable the pregnant mother to prepare Individual Birth Plan.
- To obtain Voucher for ITNs

What are the benefits of Focused Antenatal Care?

- The pregnant mother gets good results from the pregnancy

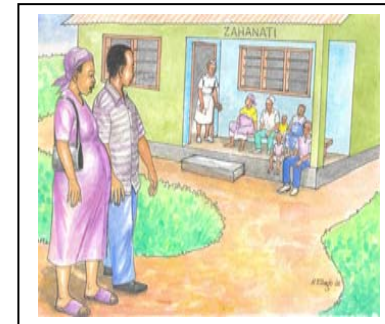
- Prevents antenatal delivery and post partum deaths.

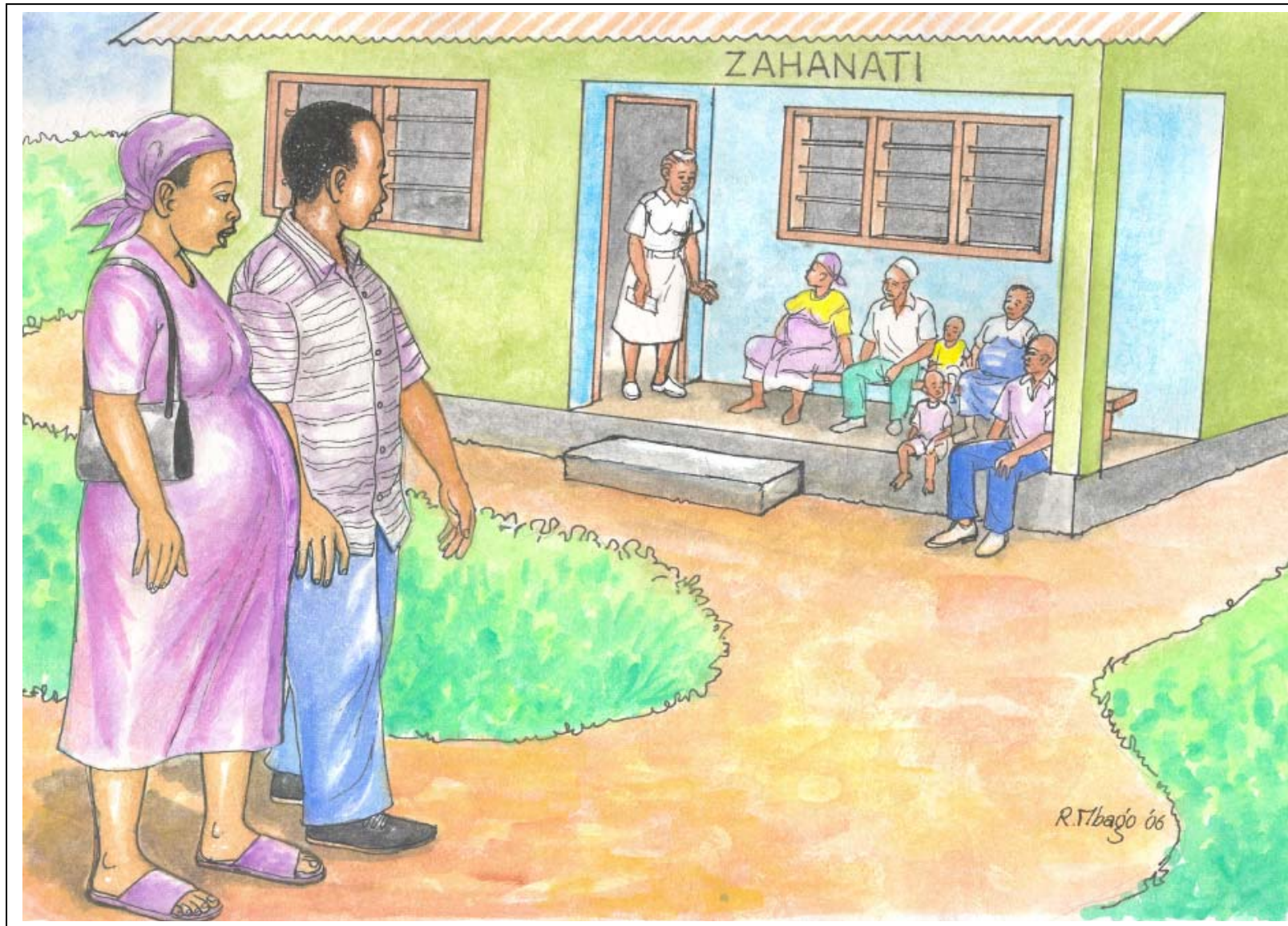
Note

- **Every pregnant mother must attend clinic at least 4 times in order to get focused care.**
- **The pregnant mother can attend clinic more than four times depending on the service provider's advice or her own health condition.**

Remember

Every woman must attend RCH clinic immediately after suspecting herself of being pregnant.





3. Malaria

What do you see in this picture?

What do you understand by the picture?

- **What causes Malaria?**

Malaria is a disease caused by parasites which infect blood and are transmitted from one infected person to another by the female anopheles mosquito.

- **How is Malaria Transmitted?**

Mosquito can transmit malaria seven days after biting on infected person.

- **Signs and symptoms of malaria**

- Fever, Headache, Joint pains, Nausea, Vomiting, Loss of appetite, Body weakness, Diarrhoea

- **Malaria in pregnancy can cause?**

- Anaemia, Premature and/or low birth weight, Abortion, Still birth and death to mother.

- **Danger signs and symptoms of malaria for an under five**

- Fever, Lethargy, Vomiting, Inactive (unable to play), Failure to feed or breastfeed, inactive/behaviour change, Convulsions, Vomiting everything, Palm pallor, unconsciousness

- **Malaria in children Under five can cause**

- Severe Anaemia
- Retarded growth
- Brain damage

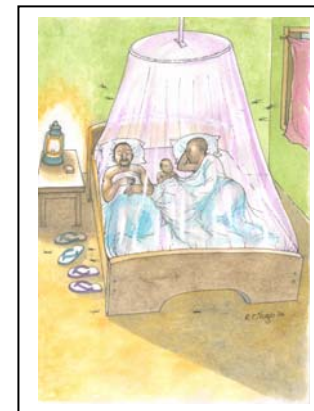
- Death

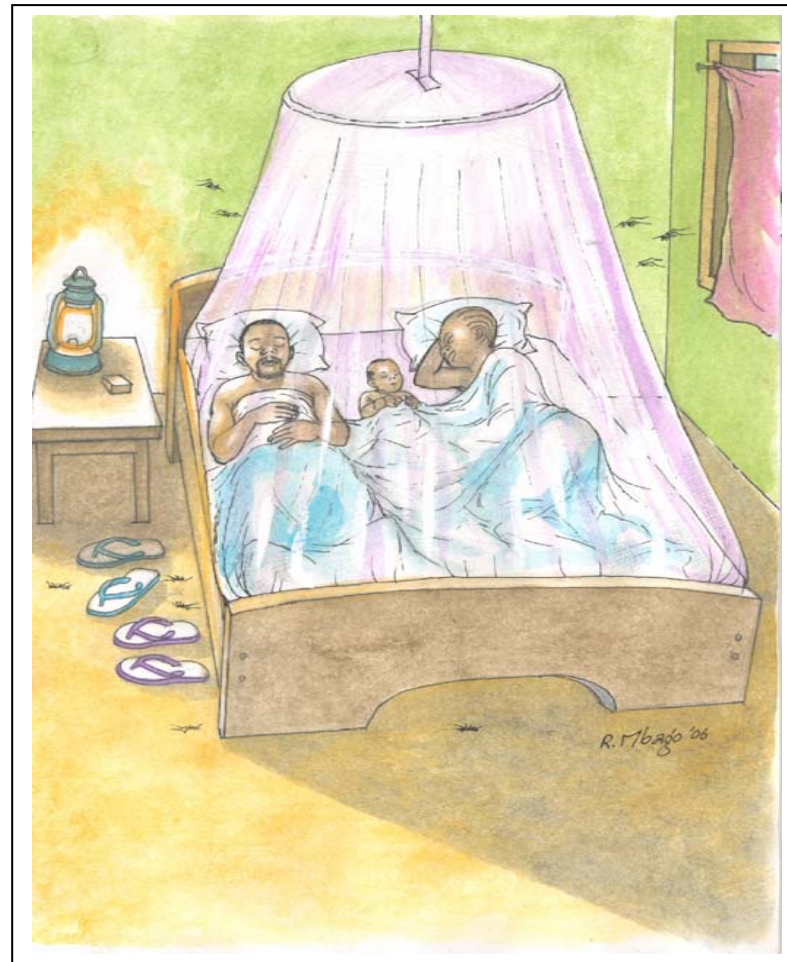
- **Pregnant mothers should be sensitized about the following:**

- Use of vouchers for buying mosquito nets and insecticides; and the use of ITNs
- Importance of taking two doses of SP as prophylaxis under the supervision of a health service provider
- Importance of environmental hygiene in order to control mosquito breeding

Remember

- **An insecticide treated net is an effective protection against mosquitoes which transmit malaria.**





4. Malaria in Pregnancy

What do you see in this picture?

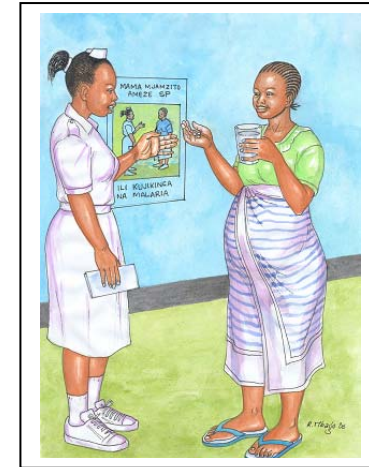
What do you understand about the picture?

Why pregnant women are more vulnerable to Malaria?

- The effects of malaria in pregnancy are depend on the malaria epidemiology and the immunity of women.
- There is a decline in immunity which is most pronounced in the first and second pregnancy and teenage pregnancy.
- Therefore pregnant women tend to get malaria more easily than women who are not pregnant because of the loss of ability to fight malaria infection.

How to reduce morbidity and mortality from malaria

- Sleep under Insecticides Treated Net (ITNs) and take other personal protective measures to reduce contact with mosquitoes
- Pregnant women should take two doses of SP as Intermittent Prevention Treatment (IPT):
 - 1st dose 20 – 24th week of pregnancy
 - 2nd dose 28 – 32nd week of pregnancy
- IPT should be administered as directed observed treatment (DOT) during antenatal care.



- SP dose can be given at any point in pregnancy after 16 weeks as long as they are at least 4 weeks apart
- It is now recommended that SP is safe from quickening up to 40 weeks of gestation
 - IPT is not a contraindication to tetanus toxoid injection and the two can be administered simultaneously
- Not all anti-malaria are safe to pregnant mothers, so should be used only after service providers advice.
- Environmental cleanliness to prevent mosquito breeding sites.
- Wear long dress covering arms and legs especially during the night.

Remember

Insist on use of insecticide treated nets.



5. How to Treat Net

What do you see in this picture?

What do you understand about the picture?

- **Steps for Treating Net**

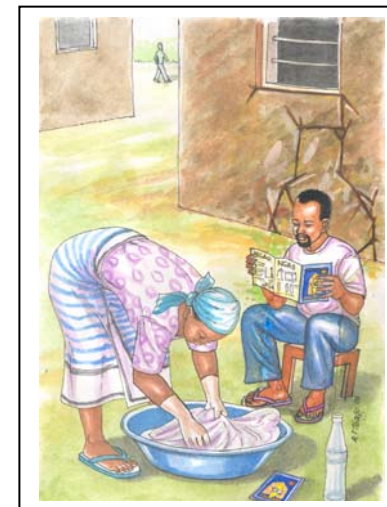
- Collect the necessary equipment and read the instruction sachets
- Put on protective gloves before treating the net
- Measure the correct amount of water according to size of net
- Pour the correct amount of water into the basin or plastic container
- Add the correct amount of insecticide
- Mix the water and insecticide thoroughly
- Unfold the clean dry net and put it in the basin or plastic container with the insecticide solution you have prepared
- Soak the net long enough to ensure that all parts of the net are impregnated
- Lift the net and wring gently
- Let the net dry in the shade
- Wash the basin with soap and lots of water
- Destroy empty containers and plastic bags so that they cannot be reused. Bury any remnants and disposable gloves
- Wash your hands with soap and water
- Retreat your net every 6 months or according to manufacturers instructions

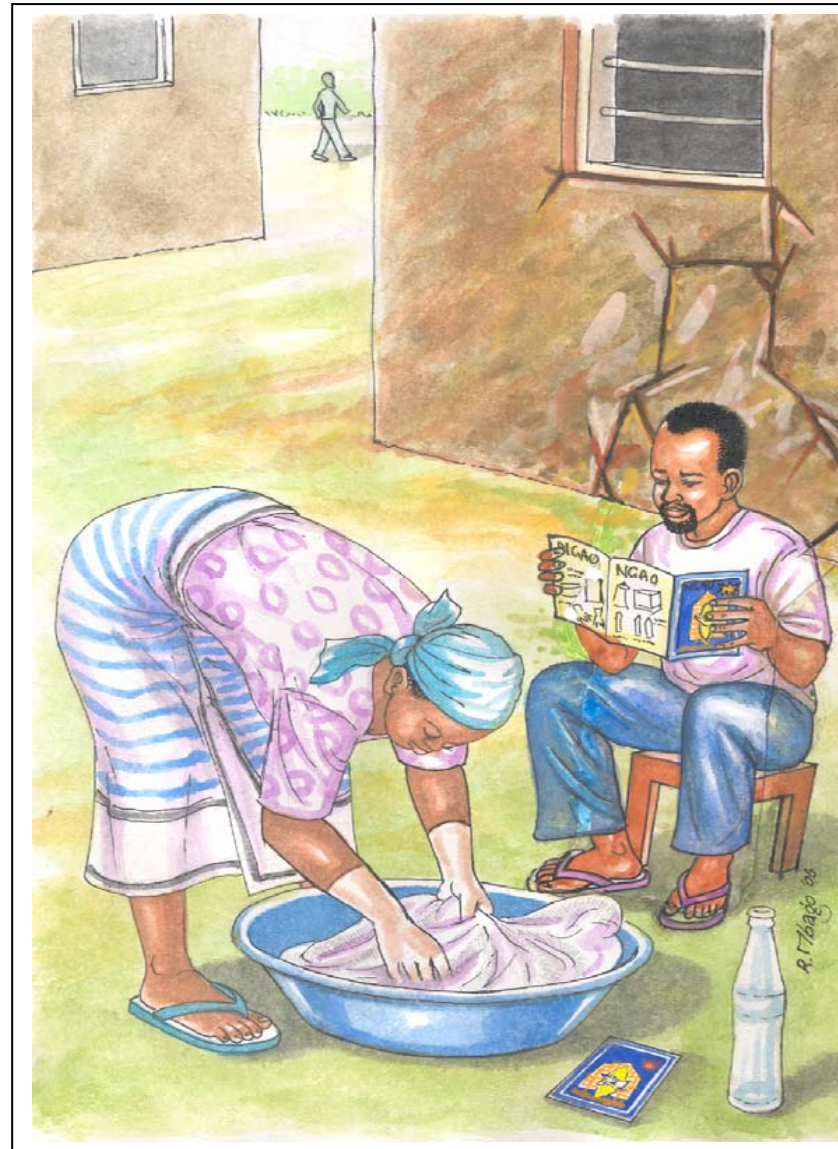
- **Benefits of Treating the Nets**

- Insecticides are an effective way of preventing malaria because it kills mosquitoes and other insects
- They reduce under five deaths resulting from malaria.

Remember

- **Remember to treat your net after every 6 months or according to the instructions of the insecticide manufacturer.**
- **If it is a net which has been treated for a long time follow the instructions on the use of such a net.**
- **If the insecticide is for a short duration read the instructions attached.**





9. Anaemia in Pregnancy

What do you see in this picture?

What do you understand about the picture?

- **What is Anaemia?**
It is a condition of having low haemoglobin than normal according to the required amount (i.e. Haemoglobin below 77dl or 11gm).
- **Signs and symptoms of Anaemia**
 - A patient with anaemia always looks pale in the conjunctiva, tongue and pal
 - Palpitations
 - Difficulty in walking
 - Buzzing in the ears
 - Dizziness
 - Feeling tired
- **Causes of Anaemia**
 - Malaria (even without symptoms).
 - Lack of iron folate due to poor dietary intake
 - Hookworm and schistomiasis
 - Advanced HIV infection
 - Chronic infection such as TB, HIV/AIDS
 - Deliveries at a short intervals (less than 3 years)
- **Effects of Anaemia in Pregnancy**
 - Premature baby
 - Low birth weight
 - Still birth or mothers death

- **Preventing Anaemia in Pregnancy**

- Sleep under ITNs to protect yourself
- Take two doses of SP
- Take mebendazole and folic and iron tablets
- Uses of latrines and wearing shoes
- Early treatment of infections
- Eat balanced diet

Remember

- **After taking SP, the pregnant mother should not take folic acid tablets until after 7 days.**
- **A pregnant woman with anaemia should immediately be referred to the health facility.**

