



## Training Package for ASHAs

### Visual Aids for field usage as also for training support

The training package for ASHAs on maternal, neonatal and child health that has been developed under the NRHM, consists of a comprehensive set of two volumes of manuals for Trainers, accompanied by a package consisting of visual aids that support the training process as also provide for a continuity from the classroom to the field level, by equipping ASHAs with take away IPC materials to be used in the community. The package thus ensures synergy between what one has learnt and what one takes away as reminder materials as also consistency of content in terms of the communication to the end-audience in the field. The set of visual aids is given below.



#### **Film “ Tara, Hamari ASHA- Maa aur Shishu ki Dekhbhaal”**

The 14 minute stop-n-start animation film uses an enter-educate approach and tells the story of Tara, an ASHA who supports Kaveri and her family through the entire process of pregnancy, delivery and post-natal care. The story is interspersed with ‘learning’ slides that sum up key points dealing with technical issues as also focusing on the role of the ASHA in the community.

**Tara, Hamari ASHA**  
Maa aur shishu ki dekhbhaal

Discussion Guide



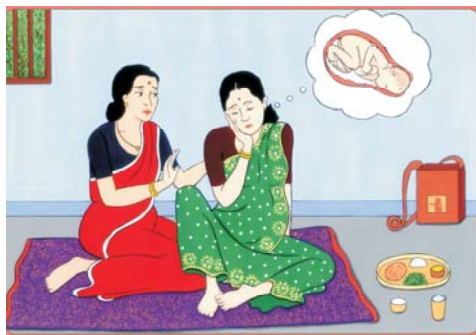
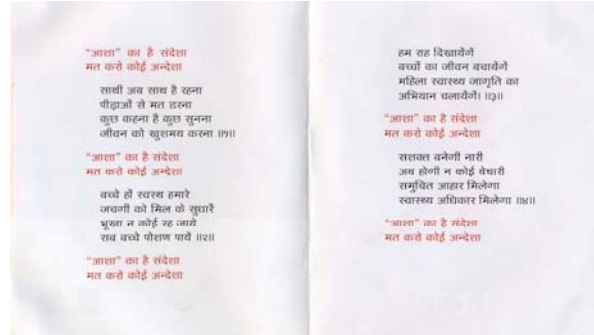
### Film Discussion Guide

This guide provides the facilitator discussion points to be used after every episode. It highlights the issues to be emphasized and helps focus the discussion around key learnings.



### ASHA Song

This song, with an accompanying booklet of lyrics, is intended to be used during the training session as a motivational tool that reminds the ASHAs of the varied and significant roles they play in the community. Beyond the classroom, the song can be used at events and gatherings, and lends itself to further creative development and add-on stanzas at the field level.



### Situation Cards

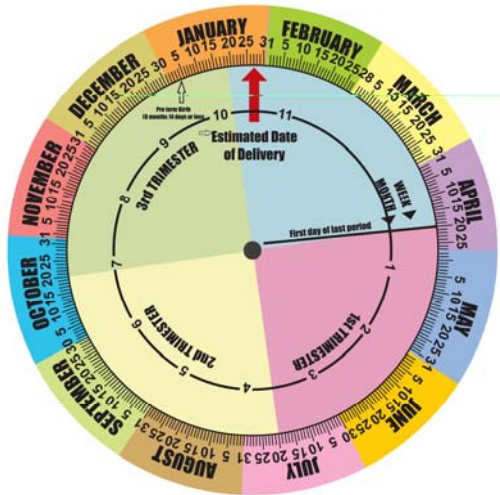
A set of 6 pictorial situation cards are provided for the trainer to use in the sessions on care during pregnancy and delivery. The cards depict a variety of situations that the ASHAs may face in the field and encourages discussion around appropriate action to be taken.



**Situations for Analysis 4 (Educating Women on Pregnancy Care)**

ASHA Dona has just been talking to Madhu about the care she needs to take. Madhu, who is small and delicate-looking, is pregnant with her first child. She has been listening attentively to all that Dona has been saying. After a few minutes, she asks Dona hesitantly, "Didi, my mother is quite worried for me. She says I'm small-built and might have a difficult pregnancy. She says I should not eat much, otherwise the baby will grow too big and I'll have a tough time during delivery. Now I'm nervous too, and don't feel like eating at all."

What can the ASHA do in this situation?



**Pregnancy Wheel**

A simple and easy-to-use field tool, the Pregnancy Wheel helps the ASHA to determine the Expected Date of Delivery of the baby.

**Malaria Prevention and Treatment: An ASHA's Role**

The poster is titled "Malaria Prevention and Treatment: An ASHA's Role" and contains 10 numbered illustrations with corresponding text:

- Creating awareness in the community about prevention and treatment of malaria, during house visits and village meetings.
- Supporting the Village Health and Sanitation Committee and other village groups in taking measures for malaria prevention, such as spraying insecticides, preventing water stagnation and avoiding cultivation of Gambusia fish in ponds and wells.
- Persuading people with suspected malarial fever to get themselves tested at the health centre.
- Screening those who are unable to go to the health centre for malarial testing, using RDT and blood slides; and sending negative slides to the laboratory.
- Treating those who test positive for malaria with chloroquine or ACT drugs, followed by prophylaxis for malarial treatment.
- Maintaining appropriate records and registers, and ensuring that blood slides are properly transported to the laboratory.
- Ensuring that a pregnant woman in a high malarial area uses an insecticide treated mosquito net during pregnancy, and also after delivery for herself and the baby.
- Referring a pregnant woman with fever and chills immediately to a doctor, and starting appropriate treatment if there is any delay in doing so.

**Posters – to accompany training and for field display**

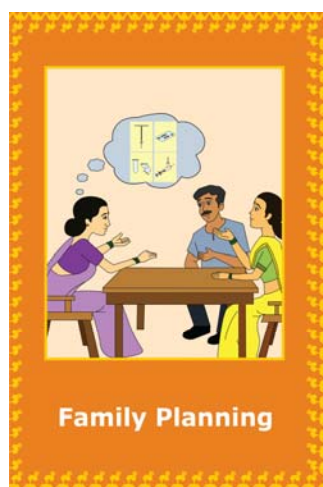
1. Breastfeeding: Good Practices
2. Care During Pregnancy and Delivery
3. Ensuring Child Health and Nutrition
4. Malaria Prevention and Treatment
5. Post Partum Care and Newborn Health
6. Safe Abortion
7. Stages of labour
8. 8 TB Treatment and Management
9. What to do just after delivery
10. 10. Women at High Risk during Pregnancy



## Checklists

A set of 6 checklists provided to the ASHAs ensures that skills learnt in the classroom are adhered to correctly in the field.

1. An ASHA's Activities
2. Asphyxia
3. Complications during the Post Partum Period
4. Home Visit (for High Risk Babies)
5. Post Partum Care- Home Visit (for Normal Babies)
6. Using Mucus Extractor



## Flipbooks: 14, to be used as IPC tools in the field

1. Assessing the Sick Child
2. Care during Pregnancy
3. Caring for High Risk Babies
4. Caring for the Newborn
5. Family Planning
6. Immunization
7. Keeping the Newborn Warm
8. Managing Anaemia
9. Managing Fever and Diarrhoea
10. Neonatal Sepsis
11. Preventing Malnutrition
12. Referral During Pregnancy
13. STI/ RTI and HIV/AIDS
14. The Right Way to Breastfeed