

State TOT on

Family Participatory Care for improving newborn Health

30th April, 2019

SIHFW, Parimahal, Shimla, Himachal Pradesh



State Level Training of Trainers
Family Participatory Care For Improving Newborn Health



Organized by : National Health Mission, Himachal Pradesh in Technical Collaboration with USAID
Supported - Vriddhi Scaling Up RMNCH+A Interventions & RML Hospital ,New Delhi



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Context and Inauguration:

FPC has emerged as an important concept of health care as it provides partnership between health care staff and families in care of sick newborns admitted in SNCU. Under it, the capacities of parents-attendants are built in newborn care through a structured training program.

Scope of FPC includes following things:

- Precautions that needs to be taken before entering into SNCU.
- Development supportive care
- Involvement of parents in newborn care
- Counselling before discharge

To Improve Quality of care for newborns Government of Himachal Pradesh has taken a decision to implement Family Participatory Care (FPC) in all SNCUs .The state level ToT for FPC was organized in SIHFW, Parimahal, Shimla for all 12 districts including all 13 SNCUs. Participants came across all districts and medical colleges including Pediatricians and Ward sisters, Staff nurses and Nutritional counsellors. A total of 52 participants (Pediatricians-13, Wards sisters-12, Staff Nurses-17 and Nutritional counsellors-10) have been trained.

USAID-Vriddhi project provided the technical support for conducting TOT on FPC.

Facilitators for the TOT were Dr. Harish Kumar (Project Director from *Vriddhi* Project), Dr. Prasant Saboth (Senior Advisor-Newborn), Dr. Nidhi (RTA), Dr. Anil Gupta (STA) and Mr. Naresh.

Dr. Harish Project Director from *Vriddhi* Project and Dr. Prasant Saboth Senior Advisor-Newborn were the chief facilitators of this training.

Methodology of Workshop:

1. Presentation by resource persons from Vriddhi project were given.
2. Hands-on Training for participants through Skill Stations

Training workshop started under chairmanship of worthy MD NHM. In presence of him, Dr. Harish started the introductory session and elaborated the need for FPC. It was emphasized that, involving families for the care of newborn will tremendously reduce the work load of staff along with reduced infection rates.

He also gave an overview of the Family Participatory Care (FPC). FPC implementation is essential for early childhood and Development. Family Participatory Care is an approach that aims to develop and nurtures the family's vital role in caring for their young infant throughout the period of hospitalization.

The FPC approach allows both mother and father to enjoy continuous access to babies under guidance of nursing staff. It creates an environment that is both developmentally supportive for the sick baby and culturally sensitive and responsive to the family's need for emotional support and information. This also facilitates lactation, empowers families and helps them cope with the stresses of parenting. It calms their anxiety and builds a relationship of trust with the medical staff. Overall it provides parents with a positive health-care experience. FPC also enables at-risk neonates to transition smoothly from hospital to home – ensuring a continuum of care that increases their chance of surviving and thriving after discharge.

Sessions :

FPC Session 1:

Key steps to be followed by mother before entering into nursery were explained. Do's and don't before entry were explained and demonstration on hand washing and gowning was given. Further it was explained how to introduce mother to the environment of nursery. It was further emphasized that introduction of mother into

nursery will be instrumental in reducing anxiety amongst mothers and enhance the care of a newborn.

FPC Session 2:

Developmentally supportive care was explained to the participants. Importance of soothing touch to a baby was explained, how a transition of baby from womb to the external environment can be made smooth. It was emphasized how nesting makes newborn feel secure. Proper Attachment for breastfeeding, manual expression of milk and feeding with paladai was also demonstrated.

Other concepts explained were:

- **Appropriate Handling and Positioning:** Positioning and handling care of Low birth weight baby at SNCU/NBSU: Nesting is very important, it simulates the environment of uterus.
- Firm Touch/pressure helps the baby to feel secure in the Nursery
- Position of baby should be changed within 2-4 hours,
- Recognizing infant's cues and provide care according to it
- Socio-Emotional bonding for caregiver and infant
- Containment: This position facilitates the baby to keep the hand in the mouth known as non-nutritive sucking and calms down the baby
- Essential Breastfeeding: positioning and attachment of breast feeding.

FPC Session 3:

Technique of KMC, its benefits, duration for which KMC needs to be done and selection of newborn eligible for KMC were explained. Participants were told that KMC has to be initiated at facility level under the guidance of trained health personal and may be continued at home according to the requirement of the LBW baby.

FPC Session 4:

All the session points were consolidated in this session along with information on danger signs and importance of follow up visit and immunization.

Communication Skills:

Importance of communication was emphasized through a group discussion. Caregivers were sensitized about the fact that a repeated support to the mother should be given without any bias, scolding, judgement and nonverbal gestures. Making mothers feel comfortable is very crucial as it is a very new concept for them and every new initiative invites some errors and needs a repeated support.

Effective Communication can help in:

- Addressing doubts and queries of mothers/family members regarding care of baby
- Helping the mothers to adopt good practice
- Understanding the problems of mothers to adopt the evidence based practice

Fundamentals of Effective Communication skills: For effective communication service provider should build a relationship with the mother/senior members which helps to understand the situation or a problem.

- Service provider should ask open-ended questions to find out what the baby's problem are and what the mother is already doing for her baby and even encourage the mother to ask questions
- Maintain Eye contact as appropriate
- Use Body Language to show that you are listening to the family
- Use words that mother and other family members understands
- Always keep smile on your face
- While teaching the mother, give proper information, always show an example, demonstrate and let her practice

SNCU Quality care Index (SQCI): Vriddhi project has developed methodology to generate SQCI from already existed data source of SNCU. SQCI would be helpful to facilitate data analysis and thus utilization of data by SNCU staff, programme managers and policy makers. There are 7 criteria on which assessment of SNCU can be done along with composite index of all 7 criteria. Dr. Harish presented the SQCI of Himachal Pradesh to the Mission director and participants with analytic points to be focused by Himachal Pradesh

Data, Recoding and Reporting process: Mr. Naresh emphasized on the importance of data, interpretation of it and its use in planning upto taking action for improving quality of care. Also discussed processes to record and report regarding FPC.

Planning for FPC in HP

This session was facilitated by Dr. Nidhi Chaudhary. Discussions focused on process for initiating FPC in any SNCU/NBSU. Monitoring framework and action plan for FPC were introduced. Facility wise teams prepared their action plan and shared these with the group.

Way Forward

Child health division of NHM Himachal Pradesh is up with roll out of action plan with the Family Participatory Facilities. NHM will monitor these facilities for supportive supervision visits to assess progress and help them to overcome the gaps and barriers. She also emphasized the need of baseline assessment of selected SNCUs regarding FPC.

Vote of Thanks

At the end of the workshop Dr. Mangla Sood, conveyed sincere thanks to all facilitators and participants. Importance of FPC was again emphasized with the group.

Annexures

Few pics:





Agenda



State Level Training of Trainers on Family Participatory Care for Improving Newborn Health

Venue- SIHFW, PARIMAHAL, SHIMLA

Date: 30th April

Organized by- National Health Mission HP in technical collaboration with USAID Supported- VRIDDHI: Scaling up RMNCH+A Interventions

Agenda

Time	Session Topic	Facilitator
09:30-10:00	Registration	SIHFW, NHM and Vriddhi project team
10:00-10:10	Welcome to Participants	Child Health, NHM-HP
10:10-10:20	Objective of the Training program & Introduction of Participants	Child Health, NHM-HP
10:20-10:35	Journey of FPC in India	Dr Harish Kumar, Project Director, USAID-VRIDDHI Project
10:35-10:45	Inaugural Address	Mission Director, NHM-HP
10:45-11:00	Tea Break	
11:00-11:20	Introduction to FPC & Training Package	Dr Harish Kumar, Project Director, USAID-VRIDDHI Project
11:20-12:00	Model FPC Session I	Dr Prasant Ku Saboth, VRIDDHI National Team
12:00-12:30	Concept of Developmentally supportive Care	Dr Harish Kumar, Project Director, USAID-VRIDDHI Project
12:30-13:30	Model FPC Session II	Dr Nidhi, RTA, USAID-VRIDDHI
13:30-14:15	Lunch Break	
14:15-15:00	Model FPC Session III	Dr Anil Gupta, STA, USAID-VRIDDHI Project - HP
15:00-15:45	Model FPC Session IV	Dr Prasant Ku Saboth, VRIDDHI National Team
15:45-16:15	Operationalizing FPC –Steps in Implementation	Dr Nidhi, RTA, USAID-VRIDDHI
16:15-16:45	Monitoring Framework and action plan	Mr. Naresh Joshi, VRIDDHI National team
16:45-17:15	SQCI	Dr Harish Kumar, Project Director, USAID-VRIDDHI Project
17:15-17:20	Vote of thanks	NHM-HP



Preparatory Checklists

S. No	Items	Number
1	Venue finalisation	1
2	Letter for participant nomination	1
3	Letter of invite to participants	1
4	Laptop	1
5	LCD Screen	1
6	Projector with pointer	1
7	Attendance Sheet	1
8	Banner	1
9	Flip Charts	4
10	White Board	1
11	White board markers	8
12	Thick tip markers	12
13	Participant bags	40
14	Notepad	40
15	Pens	40
16	FPC videos	1
17	Radiant Warmer	1
18	Baby weighing scale	1
19	Infantometer/Length scale	1
20	Measuring tape	1
21	MCP Cards	40
22	Hand washing – Bucket, basin and mug	1 each
23	Liquid Soap	1
24	Wipes for use after hand washing in a drum	10

25	Mother's Gown in a drum	2
26	Cheatle's forceps with autoclaved bottle	1
27	Cheatle's forceps with autoclaved bottle	1
28	Surgical Caps	5
29	Name tag for participants and parents	1
30	Mannequin- Preemie Natalie	2
31	Neo natalie	4
32	Mama Breast	4
33	Nail Cutter	1
34	Nail polish remover	1
35	Rubber bands	10
36	Comb	1
37	KMC front open gowns	2
38	Baby sheets in a drum	4
39	Katori	2
40	Spoon	2
41	Paladai	2
42	Cotton swabs	few
43	Diapers	1 packet
44	Small cloth for bib	2
45	Baby socks and mittens	2
46	Baby Caps	2
47	Reclining chair/chair	1
48	2 pillows	2
49	KMC Binders	2
50	Printing material	1 per participant
51	Trainers Module	40
52	Handout 1	40

53	Handout 2	40
54	Handout 3	40
55	Handout 4	40
56	Agenda	40
57	FPC Session plan register	1 per SNCU
58	FPC documentation register	1 per SNCU
59	FPC Reporting format register	1 per SNCU
60	FPC Posters	1 set for each SNCU
61	Budget Approval	1
62	Registration Desk	1
63	planters	10
64	District name placards	8

Scan copy of Master Roll of attendance

State TOT on Family Participatory Care(FPC) : Attendance Sheet						
State:	Venue of Training:	Date of Training:	Name of Facilitator:			
Himachal Pradesh	SIHFW, Parimahal, Shimla	30th April 2019				
SN	Name of Participant	Mobile Number	Designation (Pediatricians, MO, Ward sister, Staff Nurse, counselor)	Facility posted	District	Signature
1	Dr Jyoti Sharma	94180-07708	Asst Prkshar (counselor)	DRPGMC TANDA	KANGRA	[Signature]
2	Anjama Varna	94183-86258	Ward Sister	Dr JNMC Chauke	Dist Chamba	[Signature]
3	Kamunjo Farnet	9736-122557	Nutrition counsellor	Dr. YS Praveen Mahua	Sirmour	[Signature]
4	deeda Radh	8988122899	Ward Sister	I.G.M.C	Bhimals	[Signature]
5	Shrini Bodiyal	826188740	Staff Nurse	Dr RKGMC Tanda	Kangra	[Signature]
6	Anu Bala	9816759999	Staff Nurse	Dr. AFSN [unclear]	Chamba	[Signature]
7	Shaily Soni	9418584170	Ward Sister	DR RKGMC	MIR	[Signature]
8	Kamla Devi	8679854568	Ward Sister	S. & S. G. MC [unclear]	Mandi	[Signature]
9	Opur Kaur	9805730234	Staff Nurse	Dr. RKGMC [unclear]	HANUMAN	[Signature]
10	Bhavana Bhatnagar	9817109999	Nutrition counsellor	Dr. RKGMC Hanjpur	Hanjpur	[Signature]
11	Tanuja	9418619901	STAFF NURSE	ZH MANDI	MANDI	[Signature]

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SN	Name of Participant	Mobile Number	Designation (Pediatricians, MO, Ward sister, Staff Nurse, counselor)	Facility posted	District	Signature	
12	Seema Devi	8627041039	Staff Nurse	SRSQMEH Nerkhok	Mandi	Seema	
13	Ridika Kandal	9817828357	Nutrition - Counselor	R.H Kullu	Kullu	Ridika	
14	Hemlata	8219030733	Staff Nurse	MANSI Kharvi	Rampur	Hemlata	
15	Dr. Tharuwada	9885190497	Medical Officer	RH Solan	Solan	Tharuwada	
16	Dr. Vinod Kumar	9418183999	PH Center	SRS Garch Mandi	Mandi	Vinod	
17	Dr. Chaman Singh Malik	9418013450	Medical Officer	C.H Sankar nagar	Mandi	Chaman	
18	Kausa Thakur	9816210362	Ward sister	CH Sankar nagar	Mandi	Kausa	
19	Saty Khatun	9418309117	Ward Sister	Dr. P. Singh Kangra	Kangra	Saty	
20	Jyoti Gupta	9452941463	Staff Nurse	CH Sankar nagar	Mandi	Jyoti	
21	Kusum Malik	7018850530	Staff Nurse	CH Pancha Sahib	Sirmour	Kusum	
22	Renuka	9817508121	Dietician	R.H. Bilaspur	Bilaspur	Renuka	

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23	MANJU GULRAIN	98059-68296	Nutrition counselor	Dr. Rigme Tanka	Kangra		
24	Awika Duri	96250 85743	(Nutrition Coun) Staff Nurse	DDZM Shimla.	SHIMLA		
25	Saiteka Kamari	9459729411	Staff Nurse	KNSH	SHIMLA		
26	Knobna Meh	9816157474	Nursing sister	KNSH	Shimla		
27	Nepan Sharma	94180 49183	N/ sister	R.H. BIP	BIP		
28	Shobha Sharma	9882837582	SN	R.H. BIP	BIP		
29	Uamla Sharma	9736529955	N/A Sister	C.H Doodh-Sala	Shimla		
30	BABINA TAYOR	94592948173	Staff Nurse	SNCU Shikha.	Shimla.		
31	Anamika Himalyan	86298884233	Staff Nurse	SNCU Rampur	Shimla		
32	Dr. Manjya Sood		MO	SNCU KMH	Shimla		
33	SN Parmita Kumari	9541174691	Staff Nurse	SNCU Solan RH.	Solan		

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34	Neena Thakur	94180332616	W/S	R.H. Solan	Solan		
35	Anup Chauhan.	8679000026	State Activator	Shimla, RE	Shimla		
36	Dr. Ankur Sengupta	9736833685	PGI, Chamba	Chamba, RE	Chamba		
37	Vidya Kaulshal	9459680317	Counselor K.N.H. Shimla	K.N.H. Shimla	Shimla		
38	Reena Gupta	9459023027	Nutrition Counselor/ Dietician	RH Solan	Solan		
39	Dr. Nirmal Kumar	94119865669	AP Pediatrics	Pischnmer	Chamba		
40	W/S Reena	9857229829	W/S	Dr. Y.S. P.N.C. Nahan	Nahan		
41	Sh. Himlesh	988885970	PHN	Dr. Y.S. P.N.C. Nahan	Nahan		
42	Dr. Sahil Anand	9418453909	Paediatrician	RH Khatolpur	Khatolpur		
43	Dr. Sarban	9418021539	Paediatrician	R.H. Solan	Wash		
44	Akshith Sharma	9465917873	SNCC Staff	RH Una	UNA		

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45	Rachna Kaur Thakur	98168-25711	W/S	R-HUDA	UNA		
46	Manjita Devi	9625504056	Nutrition Counselor	RH Unit	UNA		
47	Dr. Anita	7290902410	D.V.S. GMC Nalanda	A.S	Srinagar		
48	Bhavana Lupta	9459974922	W/S	D.D.V.Z.	Shimla		
49	Dr. Rajyash Rana	9418060035	MD Pediatric	ASHU 24	Rupnagar		
50	Ajiza Braudhooj	48329-329 UN	Nutritional Counselor	I Gate	Shimla		
51	Neelima Suman	8219269548	Nutritional Counselor	D.D.H.2 Shuk	Shimla		
52	Dr. Rohit Shrivastava	9418082488	M.Sc Pharmacology	MAHAR	Rangpur		
53	Dr. Anand	94180-60024	RN Kullu	MO	Verina		
54	Sru Anisho Rani	7807475758	RN Kullu	Kullu	Kullu		
55	ARVIND KUMAR	9313894011	Admin Data Manager	New Delhi			

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56	Nasrath Chandel Sodhi	9999704834	Sp. Data Management & Visualization	DECH1	DECH1		
57	Dr P. K. Palsak	9937475513	IPS-G/1882	Dehri	—		
58	Dr Hemish Keri	882826663	Therapist	Del.	—		
59	Dr. N. R. Dhanraj	9418021696	Physician	Mumbai	—		
60	Dr Anil Singh		STN	Shimla, SRV	Shimla		
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63							
64							
65							
66							