

NUTRITION & PRENATAL HEALTH DIALOGUE



Nutrition

To equip (CHVs) with basic information and skills on nutrition so that they can deliver nutrition messages while ensuring early identification of nutrition problems for timely interventions.

Key Community Practices addressed in this module:

- Understanding basic nutrition concepts
- Importance and benefits of Nutrition
- Understanding food security at the household level
- Utilization and demand for nutrition services

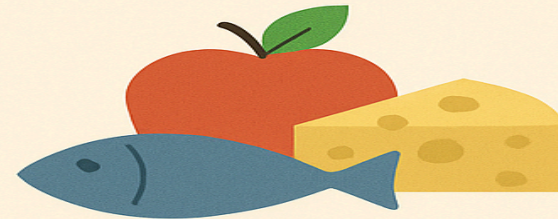
DEFINITION – FOOD, NUTRIENTS, AND NUTRITION

- **Food:** Any nutritious substance that people eat or drink to produce energy, maintain life, and promote growth.
- **Nutrients:** A substance that provides nourishment essential for growth and repair of worn-out tissues, e.g., carbohydrates, proteins, vitamins, minerals, and fats.
- **Nutrition:** The process of providing or obtaining the nutrients necessary for health and growth
- **Food Security** - when all household members have food or the ability to obtain food throughout the year, while ensuring proper use to meet their nutritional needs

DEFINITION – FOOD, NUTRIENTS, AND NUTRITION

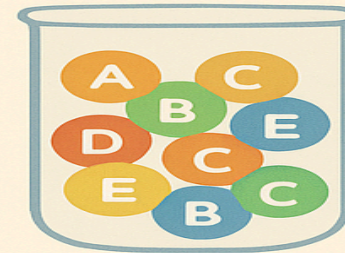
FOOD

Any nutritious substance that people eat or drink to produce energy, maintain life, and promote growth.



NUTRIENTS

A substance that provides nourishment essential for growth and repair of worn-out tissues, e.g., carbohydrates, proteins, vitamins, minerals and fats



NUTRITION

The process of providing or obtaining the nutrients necessary for health and growth



Food contains nutrients that:

- Produce energy to keep the body warm and working well
- Builds muscles, bones, and other parts of the body
- Repair and heal injuries in the body
- Help the brain and body function properly
- Help the body resist and fight disease

General messages for healthy eating for the family

Healthy eating involves choosing a variety of foods from at least 4 of the food groups daily.

Including:

- **Starchy foods**, which include cereals, root tubers, and green bananas
 - **Protein source foods**, which include flesh foods, legumes, and pulses
 - **Vegetables**
 - **Fruits**
-
- Meal planning can help ensure families have access to healthy and nutritious meals.
 - Examples of the meals of the day are breakfast, lunch, and supper.
 -
 - When households plan meals, they should try as much as possible to have in each meal a starchy food, a protein source, and a vegetable.
 -
 - Fruits can be eaten during meals or as snacks during the day.



Starchy foods



Vegetables



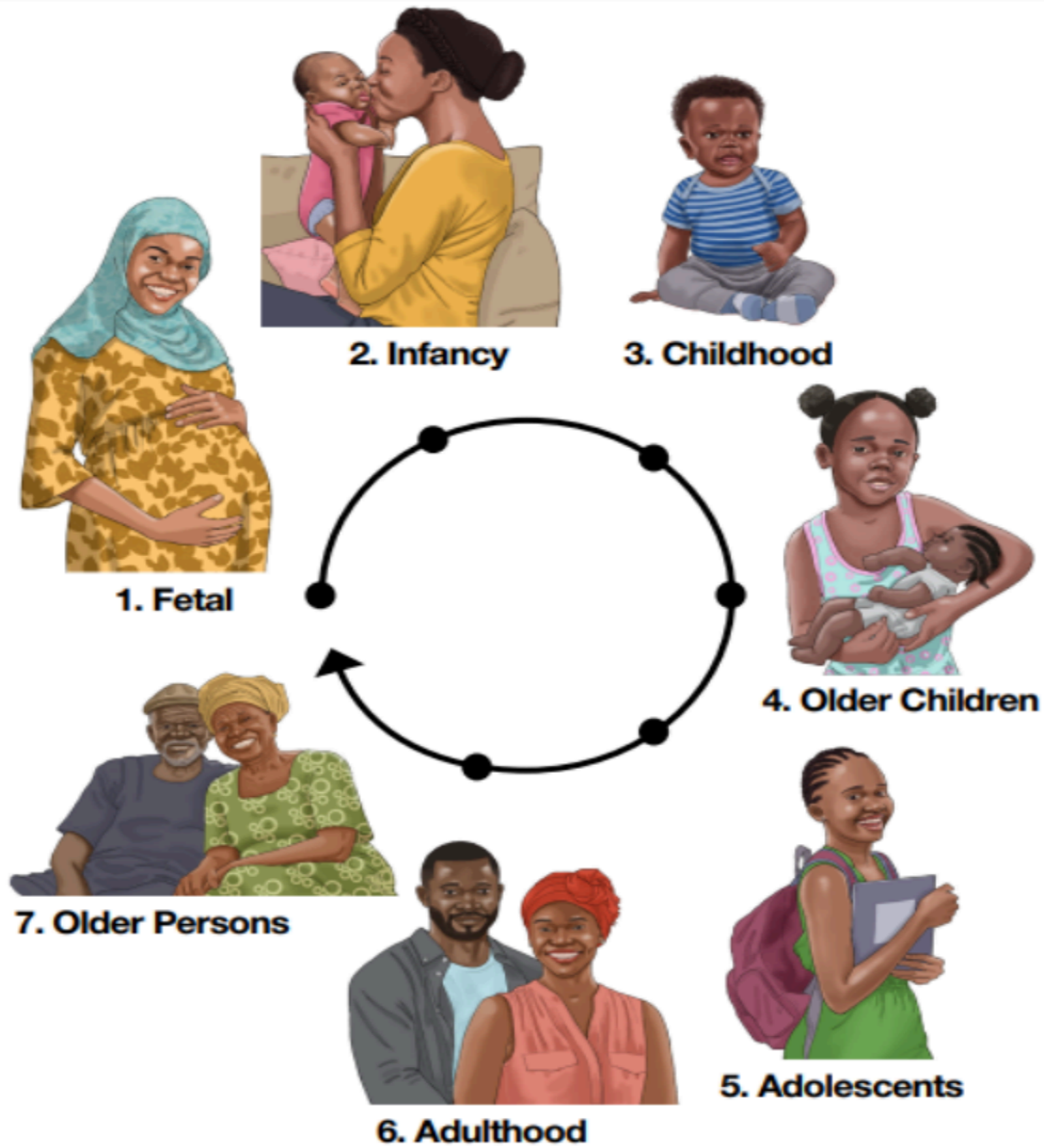
Proteins



Fruits

Healthy Eating Across the Life-course

- Every family member has daily nutritional needs. The needs vary across the life stages.
- Every family member needs to eat healthy food to meet their daily needs.
- Eating other foods starts from 6 months onwards.
- Various foods need to be combined and served together to enable the body to obtain all the required nutrients, which are important for normal body functioning.
- Involve yourself in physical activity daily to help improve your nutritional status.
- Avoid intake of foods that are high in sugar, salt, and fats. These can result in malnutrition.
- Due to the daily nutrition needs, a household/family should have adequate food all year round.



Nutrition messages for the different life stages

The HCP role is to share these messages, but link them to household members to healthcare providers to provide contextualized nutrition education and counselling.

Pregnant and breastfeeding	<ul style="list-style-type: none">• Ensure adequate intake of 3 nutritious meals and 2 snacks before and during pregnancy and lactation
Children 0-6 months	<ul style="list-style-type: none">• They should be put to the breast within one hour of birth• They should be fed on breastmilk without giving any other foods or drinks, not even water. Medicine prescribed by a qualified health worker is allowed.
Older children and adolescents (5-19 years)	<ul style="list-style-type: none">• This group experiences rapid growth and changes. They have high energy and protein needs to aid growth and development.• They should consume adequate healthy meals that include plant or animal protein-rich sources, and the inclusion of fruits, vegetables, and milk.• Encourage and foster good eating habits.• Provide them with protein-rich, energy dense nutritious snacks in between meals. They should avoid unhealthy foods. These are foods high in sugar, salt, and oil.
Adults 20-59 years	<ul style="list-style-type: none">• The age group is increasingly affected by overweight, obesity, and chronic diseases like hypertension, cancer, and diabetes.• Those who are not very active should reduce intake of energy-dense foods, sugar, and salt and increase consumption of fruits and vegetables.• Increase their physical activity levels to help the body utilize the nutrients.
Cohort 5 elderly (over 60 years)	<ul style="list-style-type: none">• This age experiences deteriorating body functions and the onset of chronic diseases that can affect their ability to eat healthily.• They should reduce intake of energy-dense foods, sugar, and salt and increase consumption of fruits and vegetables. Should eat small and frequent meals.

Nutrition 102: Eating for Good Health and Longevity

Nutrition Throughout the Life Cycle

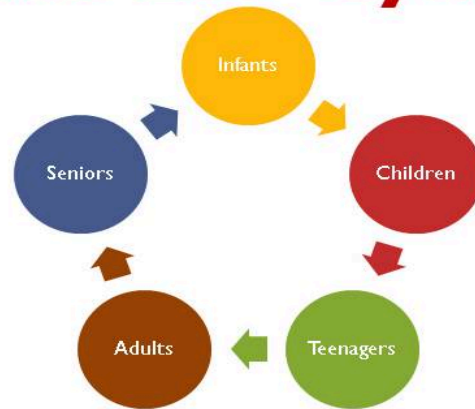


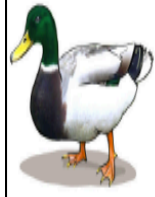
Photo Credit:

<https://thescienceofnutrition.blogspot.com/2012/07/week-4-nutrition-throughout-life-cycle.html>

Home gardening to improve access to nutritious foods

Home gardening can be used to produce a variety of foods to use for family consumption to meet nutrient needs.

- A variety of fruits, vegetables, and some root crops can be grown in the garden, which includes the rearing of small animals such as rabbits, chickens, and fish.
- A home garden is any convenient size of plot near a homestead. To ensure food is available throughout the year, practice food preservation, plant drought-resistant crops.



NUTRITION ASSESSMENTS, SCREENING, AND REFERRALS

- Any household member can be affected by a form of malnutrition.
- It can be undernutrition, where a person can be too thin/wasted, while another form of undernutrition can be kwashiorkor, which is presented by children having swollen body parts.

Referral of malnutrition - It is important for the Community Health Promoter to be familiar with case finding and referral strategies.

CHPs can find these cases by conducting screening of children who are attending health centres, at vaccination sites, at homes through door-to-door screening, and at growth monitoring programs.



**Severely thinned/
wasted child**



Adult with wasting



**Child with Kwashiorkor
and Oedema**

SCREENING FOR MALNUTRITION USING MUAC TAPE

MUAC screening can be done for children using the children's MUAC tapes and for adults using the adult MUAC tape, only for adults who are bedridden and are visibly wasted

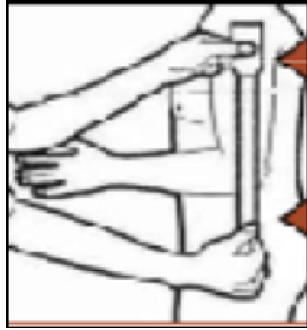
- **Step 1** -Locate the tip of the shoulder and the tip of the elbow
- **Step 2-** Place tape at the tip of the elbow and down past the tip of the bent elbow
- **Step 3-** Mark mid midpoint
- **Step 4-** Place the tape around the marked point with the right tension, not too tight or too loose.

Read the MUAC tape

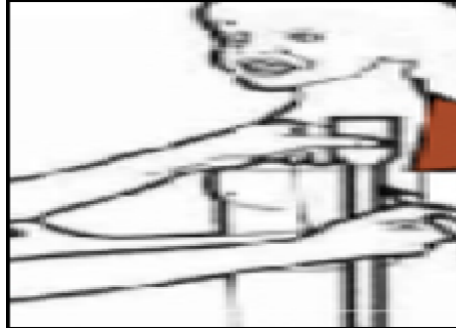
- All children or adults in the **red** and **yellow** categories are malnourished and should be referred to the facility for further management



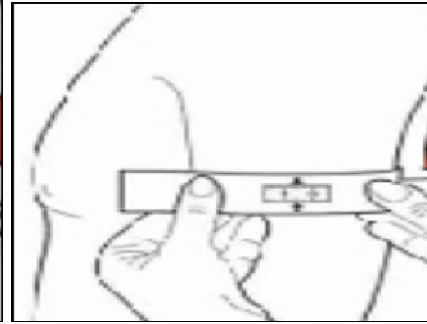
Step 1



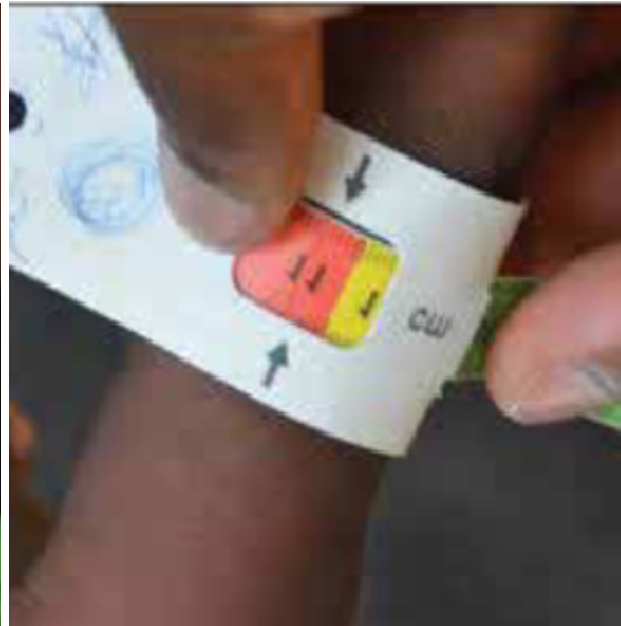
Step 2



Step 3



Step 4



OTHER NUTRITION-RELATED ASSESSMENTS

CHPs can assess for other nutrition-related components such as;

- **Dietary adequacy** – Check or ask household members if they are taking nutritious meals they are consuming starchy foods, fruits, vegetables, and protein source foods daily.
- **Household food security** – Do they have food to eat daily, or do they go without food of foods
- **Illness affecting food intake(for early referral and intervention)** – Is any of the household member too ill to affect their feeding? If a child or an adult has not eaten during the day, is refusing to eat, they should be referred to a health facility for further management.



Vitamin A Supplementation

Vitamin A Supplementation Schedule

- 6 months – 11 months Vitamin A 100,000 IU (international unit): blue Capsule.
- 12 months – 5 years Vitamin A 200,000 IU (international unit)red capsule*

- *6 months interval up to 5 years

- Note: Vitamin A plus D
- The current recommendation is to give Vitamin A and deworming at the same time for better health outcomes for the child.

- The community health provider should create awareness of this service for the caregiver.



Photo

credit:(https://www.freepik.com/premium-photo/supplements-vitamins-white-background-selective-focus-medicine_24184173.htm)

Deworming

- De-worming is given to all children above 1 year at 6-month intervals up to 5 years.

- Dose of Deworming (Albendazole):
 - 1 to 2 years: 200 mg once
 - Above 2 years: 400mg once

- Deworming twice a year to maintain appetite, enhance nutrient assimilation, and improve food efficiency in the body.

Worm infections can have a huge impact on a child's life...



Malnutrition



Reduced economic productivity



Reduced school attendance



Reduced physical & cognitive development



- All children who are one year and above should be given deworming medicine every six months, even if they look healthy.
- The medicine is called Albendazole, and it comes in tablet form.
- Children 1-2 years are given half a tablet (200mg)
- Children 2 years and above are given one full tablet (400 gm)
- The tablet can be chewed or crushed and given with a little water
- The child should swallow it completely
- It is given once every six months, which is twice per year

DEWORMING

Give once every six months to all children one year and above. Albendazole 200mg (Half a tablet) for children 1 to 2 years and 400mg (One tablet) for children 2 years and above

Age	Dosage/Tablet	Age given	Date given	Next visit
12 months (1 year)				
18 months (1 ½ years)				
24 months (2 years)				
30 months (2 ½ years)				
36 months (3 years)				
42 months (3 ½ years)				
48 months (4 years)				
54 months (4 ½ years)				
59 months (5 years)				

Prevention of Harmful Intestinal Worms

- Washing your hands regularly
- Eating carefully prepared produce in high-risk areas. Avoid eating raw produce and ensure fruits and vegetables are cleaned thoroughly before eating.
- Wearing shoes and gloves to prevent whipworms.
- Cooking meat thoroughly
- Eat well-cooked and covered foods
- Settle, filter, and treat water before drinking
- Proper disposal of human waste
- Keep animal waste away from drinking water

Protection from Harmful Intestinal Worms

Kinga kutokana na minyoo hatari ya utumbo

TO PREVENT WORM INFESTATION



Ensure to take deworming tablets every 6 months for children 1- 5 years and every 3 months for individuals 5years and older



1. Proper disposal of human waste
Kutonyea hadharani bali chooni



2. Keep animal waste away from drinking
Kuinga maji ya kunywa kutokana na wanyama au kiyesi cha wanyama



4. Always settle, filter and treat water before drinking
Tibu, chuja au chemsha maji ya kunywa



3. Eat well cooked food and well covered
Kula chakula kiiichoiva na kufunikwa vizuri.

Key Message:

Ujumbe mkuu:

Prevent worms by practising good hygiene and getting regular de-worming treatment.

Zuia minyoo kwa kuhakikisha usafi na kupata dawa za kuzuia minyoo mara kwa mara.



Nutrition Roles for Community Health Promoters

- Give key messages on nutrition to households and communities.
- Identify members of the household with malnutrition and refer them to a health facility for further management.
- Identify households with pregnant women, children under five, and breastfeeding women, and inform them of nutrition services available for them, such as
 - Pregnant women – services include weight monitoring, anemia assessment, nutrition counselling and support, and Iron Folic Acid supplementation.
 - Breastfeeding women - Assist and/or refer those having difficulty with breastfeeding.
 - Children under five – Services include monthly growth monitoring, vitamin A supplementation
- Referral of household members with chronic diseases such as diabetes, hypertension, and cancers for specialized nutrition care and support from nutritionists in facilities
- Community empowerment. Encourage and link households to development projects like water harvesting, kitchen gardening, or social protection to ensure adequate food is available.
- Organise Nutrition Education Days for nutrition experts to come and educate the community.
- Informing the community that any nutrition services are available at the health facility level, including nutrition assessment for all household members, even if they are well
- Encourage the community members to adhere to health and nutrition guidance and inform the healthcare providers of any challenges.
- Record and report on the nutrition indicators in the Community Health Information System (CHIS) registers, e.g., MOH 513 and MOH 516.
- Make a referral using the MOH 100 form.

KEY MESSAGES ON NUTRITION TO HOUSEHOLDS AND COMMUNITIES



Identify Malnutrition

Detect signs of undernutrition and refer affected family members to the nearest health facility



Support Pregnant Women

Encourage weight monitoring, anemia checks, nutrition counselling, and Iron-Folic Acid supplements



Assist Breastfeeding Mothers

Help or refer those facing breastfeeding challenges for expert support



Monitor Children Under Five

Promote monthly growth checks and ensure Vitamin A supplementation



Chronic Disease Care

Refer members with diabetes, hypertension, or cancer for specialized nutrition management



Community Empowerment

Link households to kitchen gardening, water harvesting, and social protection programs for better food security



Organize Nutrition Education Days

Invite nutrition experts to teach the community about healthy diets and practices



Inform About Services

Remind families that nutrition services are available at health facilities for everyone, even the healthy



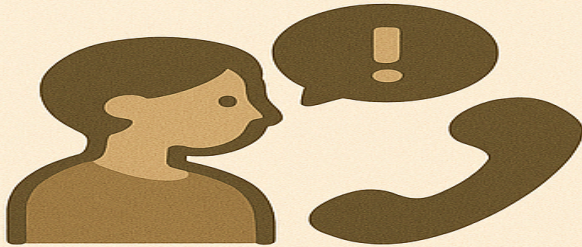
Encourage Adherence

Motivate families to follow nutrition advice and share any difficulties with health workers

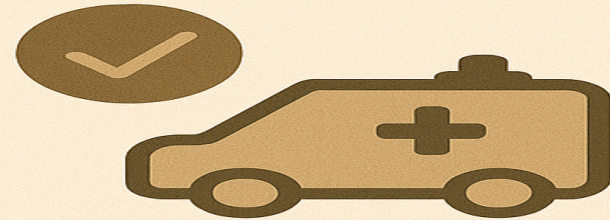
Referral Process

The referral process can be summarized into the following steps;

- Referral Preparation: Prepare the individual and their family for the referral. Explain the reason for referral, the urgency, and what to expect at the referral site.
- Communication: Contact the referral facility to inform them of the incoming patient, providing relevant details about the case..
- The referral process can be summarized into the following steps
- Transportation: Arrange for transportation if necessary. Ensure the individual reaches the referral site safely and as quickly as possible.
- Feedback: Follow up with the referral facility to receive feedback on the outcome of the referral
- Community Follow-Up: Check in with the referred individual and their family to ensure they received the necessary care and to provide any additional support
- Record Keeping: Maintain accurate records of all assessments and referrals for future reference and to track health trends in the community



**REFERRAL
PREPARATION**



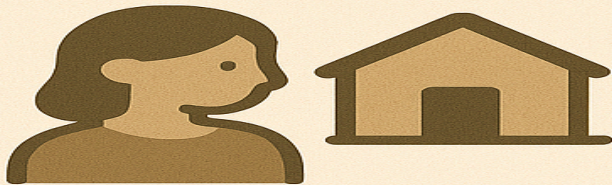
COMMUNICATION



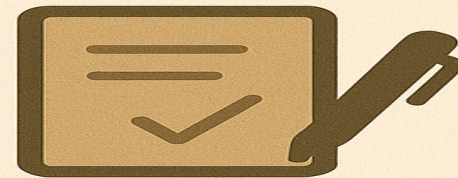
FEEDBACK



TRANSPORTATION



**COMMUNITY
FOLLOW-UP**



RECORD KEEPING

Antenatal Care

This is the care given to a woman during pregnancy to promote a healthy birth. It can also be given to a woman when she is planning to become pregnant to help ensure a healthy pregnancy. We call this pre-pregnancy care.

Every pregnant woman should start their Prenatal care as early as possible. They are supposed to attend a total of 8 ANC visits.



Photo credit: (<https://unsplash.com/photos/woman-holding-stomach-ux53SGpRAHU>).

Early signs and symptoms of pregnancy

- ❖ The most common is missed periods.
- ❖ Tender and swollen breast
- ❖ Nausea with or without vomiting
- ❖ Increased urination
- ❖ Fatigue
- ❖ Bloating

Common Pregnancy Symptoms



**missed
period**



**breast
soreness**



**increased
basal body
temperature**



**morning
sickness**



**frequent
urination**



fatigue



Importance of prenatal care

- ❖ Reduce the risk of pregnancy complications.
- ❖ Reduce the fetus's and the infant's risk of complications
- ❖ It helps ensure the medications women take are safe
- ❖ Early detection of complications
- ❖ Reduce the risk of preterm birth
- ❖ Manage maternal health
- ❖ Helps the woman prepare for labor and delivery

The importance of pre-pregnancy care is that a woman ensures.

- ❖ They have a healthy weight.
- ❖ They have control of underlying conditions like diabetes, hypertension, etc.
- ❖ They take Iron Folic Acid, fruits, and greens that will help increase their blood count.
- ❖ Take the family history of health for them and their partners
- ❖ Avoid using drugs
- ❖ Seek help for depression, anxiety, and other mental health issues
- ❖ Avoid the consumption of any type of drug

**AS SOON AS
YOU KNOW YOU ARE PREGNANT,
SEEK ANTENATAL CARE FOR:**



Respectful care throughout pregnancy will help protect you and your baby's health

Importance of Iron and Folic Acid tabs (IFAS)

According to the World Health Organization (WHO), every pregnant woman should start taking these tablets as soon as they have conceived to help them in the following ways;

- Helps prevent anemia - This is a lack of enough blood in the body
- Helps in preventing poor birth outcomes- Low birth weight, Premature birth, and poor growth in the womb
- Helps improve the health of the mother
- It prevents serious pregnancy complications
- It helps with the development of the brain

They also have a few normal side effects. They include

- Nausea
- Vomiting
- Constipation

N/B: A woman should start taking IFAS if they are planning to conceive. This will further improve the health of the mother.

Importance of FOLIC ACID during PREGNANCY

- Is a source of DNA creation
- Helps prevent neural tube defects. These include:
 - Spina bifida
 - Anencephaly
- Helps reduce risk of:
 - Pregnancy complications
 - Miscarriage
 - Premature birth
 - Low birth weight
 - Cleft lip and palate

Providence

Folic Acid

Benefits and Sources of Folate

1 Sources
Food Supplements

2 Benefits
Reduces risk of birth defects like spina bifida
Helps produce healthy red blood cells
Helps prevent folate deficiency anaemia
Lowers risk of heart disease

3 Supplements
For women of childbearing age
Take for at least 14 weeks preconception
And take for the first 12 weeks of pregnancy

Beeline Healthcare Folic Acid Supplements

Source: <https://beelinehealthcare.com/folic-acid-benefits/>

BEELINE

(https://beelinehealthcare.com/folic-acid-benefits/?srsltid=AfmBOopA2F_IKDervDxHVV9gU_b2LJVSDwgZ4H4MhuhYsYlw-3g-Q5Nu)

What is a healthy pregnancy? This is a pregnancy whereby both the mother and the baby are in good condition and without complications. This can only be achieved if a woman gets good prenatal/antenatal care.

Encouraging a healthy pregnancy



Photo credit: (https://www.cypsomersethealth.org/?page=preconception_care_entering_a_healthy_pregnancy)

IMPORTANCE OF GOOD NUTRITION DURING AND BEFORE PREGNANCY

- ❖ The health of the newborn depends on the nutrition of the mother during pregnancy and before conception; therefore, a woman needs healthy food.
- ❖ A well-nourished woman before pregnancy starts her pregnancy journey with enough nutrients for her and the baby, which will keep them in good health.
- ❖ A well-nourished woman rarely suffers from pregnancy complications, and it becomes hard for her to experience premature births.
- ❖ A woman will give birth to a healthy child.
- ❖ Poor nutrition during pregnancy puts a woman at risk of complications such as prolonged labor or even death.
- ❖ Poor nutrition can cause poor health for babies during infancy. They can develop nutritional diseases such as anemia, Kwashiorkor, etc., and also have a low immune system.

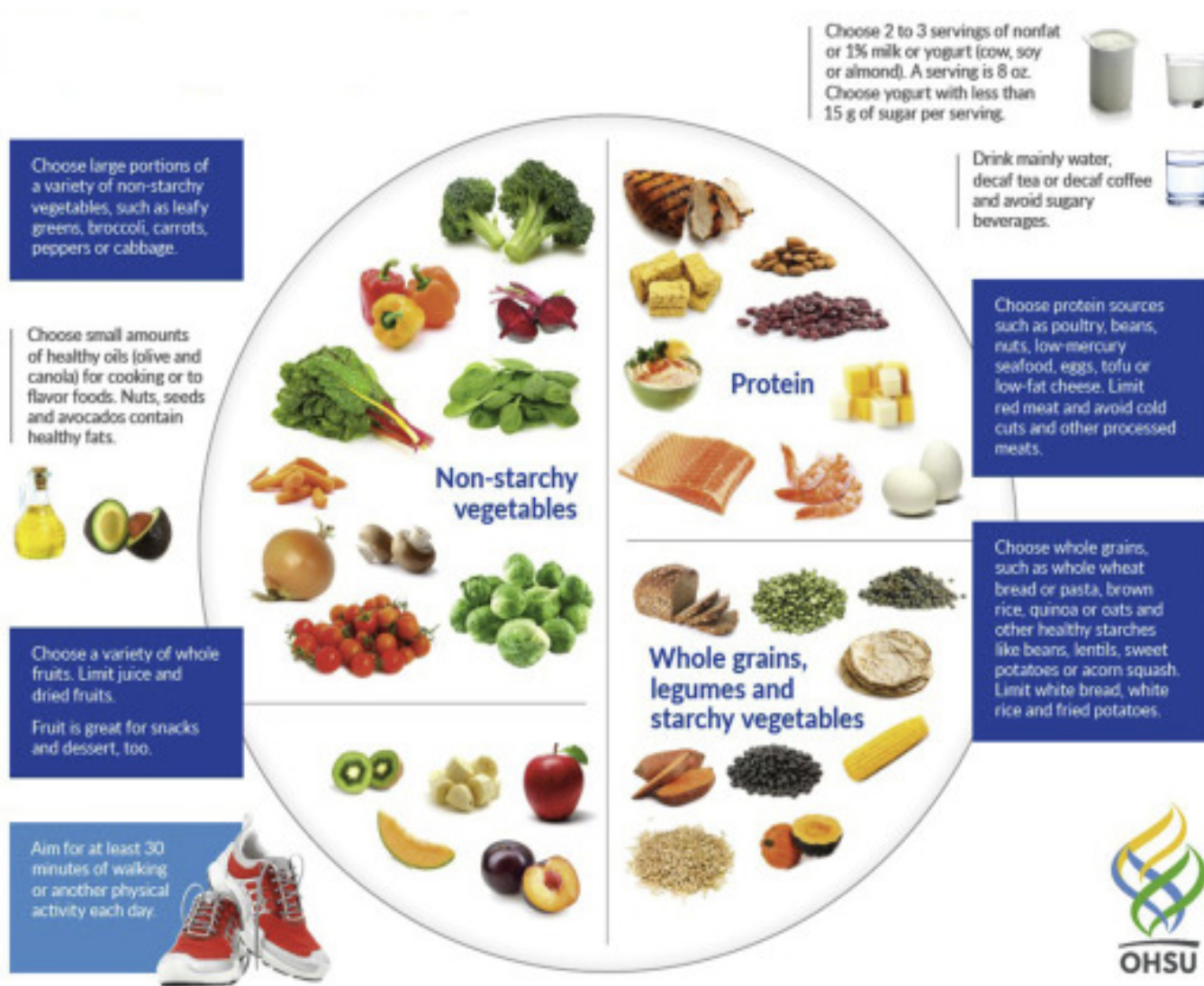


Photo credit:(<https://www.sciencedirect.com/science/article/pii/S0002937821027289>)

DANGER SIGNS DURING PREGNANCY

- ❖ Vaginal bleeding
- ❖ Severe headache and blurred vision
- ❖ Fever and too weak to get out of bed
- ❖ Severe abdominal pains
- ❖ Fast or difficult breathing

All pregnant women and their families or people around them should be informed about the danger signs to ensure that the woman is safe.



Headache that won't go away or gets worse over time



Dizziness or fainting



Changes in your vision



Fever of 100.4 °F or higher



Extreme swelling of your hands or face



Thoughts of harming yourself or your baby



Trouble breathing



Chest pain or fast beating heart



Severe nausea and throwing up



Severe belly pain that doesn't go away



Baby's movement stopping or slowing during pregnancy



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy



Overwhelming tiredness

LABOR

This is the process where the baby comes out of your womb through the birth canal (vagina). When you have labor, you will experience some contractions. It starts naturally when the pregnancy is due or through induction when it doesn't come naturally and the pregnancy is due.

SIGNS AND SYMPTOMS OF LABOR

- ❖ You may have regular pains that come and go, and they become severe with time.
- ❖ You may see something like mucus sometimes with blood that comes out through your vagina.
- ❖ You may see water come out of your body, which shows that your membranes are ruptured.

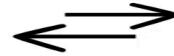


Signs Labour is *24-48 Hours Away*

1

Cervical Changes

Thinning (effacement) and opening (dilation)



2

Bloody Show

Mucus-like, slightly bloody discharge



3

Increased Pelvic Pressure

Baby descending into birth canal



4

Regular Contractions

Start mild, become more consistent



5

Water Breaking

Gush or slow trickle of amniotic fluid



6

Nesting Instinct

Sudden urge to clean and organize



7

Backaches & Abdominal Discomfort

Lower back and abdominal cramping



Photo credit: (<https://kiindred.co/pregnancy/labour-is-24-48-hours-away-signs/>)

LABOR POSITION

These are the positions you can use during labor.

10 birth active Positions

On fitball

Exercises for fitball for pregnant women help not only in the process of gestation, but also prepare the body for the upcoming childbirth. In addition, immediately after the birth of the child, the body of the mommy will recover faster.

Lying on your side

Helps correct insertion of the head into the birth canal and reduces the likelihood of injury to the baby.

Supported Squats

Stand near the wall or ask your assistant to support you from the back. Legs wider than shoulders, bent, back straight (loin pressed to the wall). Use diaphragmatic breathing.

Standing on all fours

Stay in a convenient location: on a bed or on a rug on the floor. Sway back and forth – imagine yourself as one big ball. Use diaphragmatic breathing.

Water genera

This method is used to reduce pain, increase the level of comfort during childbirth, mitigate birth stress in a newborn caused by a sharp drop in temperature, gravity, light and sound effects.

Kneeling, leaning on a prop

Sit on your knees, socks together, heels apart, back straight. Practice in advance, with unaccustomed feet quickly "numb." Remember about diaphragmatic breathing.

Leaning on a prop

Sit on your knees, socks together, heels apart, back straight.

Photo credit: (<https://www.dreamstime.com/illustration/birth-positions.html>)

YOU SHOULD GO TO THE HOSPITAL IF YOU EXPERIENCE THE FOLLOWING WHEN YOU ARE IN LABOR;

- When you are having contractions that are regular and painful for more than two hours
- When your water breaks, even if you don't have contractions
- When you notice the fetal movements have reduced
- When you experience vaginal bleeding that is more than spotting
- When you experience chest pains
- When you experience dizziness or fainting
- When you experience severe nausea and vomiting
- When you experience shortness of breath
- When you start swelling in any part of your body, eg, legs, arms, face, etc

COMMON DANGER ILLNESSES DURING PREGNANCY/LEADING CAUSES OF MATERNAL DEATH

- ❖ High blood pressure
- ❖ Gestational diabetes
- ❖ Infections
- ❖ Ectopic pregnancy- The embryo attaches outside the uterus
- ❖ Miscarriage
- ❖ Premature obstetric labor- These are the false labor women experience before the expected due date.
- ❖ Hemorrhage- This is excessive bleeding.
- ❖ Eclampsia- This is when a woman experiences convulsions due to high blood pressure can cause a coma and is a great threat to the health of the mother and the baby



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Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy



Overwhelming tiredness

<https://www.cdc.gov/hearher/maternal-warning-signs/index.html>

COMMON MENTAL ILLNESSES DURING PREGNANCY

The common mental illness that affects women when they are pregnant is prenatal depression. This is the type of depression that happens when you are expectant. Any woman can experience this.

SIGNS AND SYMPTOMS OF PRENATAL DEPRESSION

- ❖ Anxiety, excessive worrying, and bad thoughts
- ❖ Changes in appetite, and sometimes you may lose a lot of weight suddenly
- ❖ Decreased interest in activities you once enjoyed. You may find yourself withdrawing from family members and friends, or any social interaction
- ❖ Fatigue
- ❖ Sleeping more than usual or lack of sleep
- ❖ A feeling of sadness and hopelessness
- ❖ Excessive crying or other mood swings
- ❖ Loss of interest in sex and difficulty connecting with your partner
- ❖ Problem concentrating or even remembering things

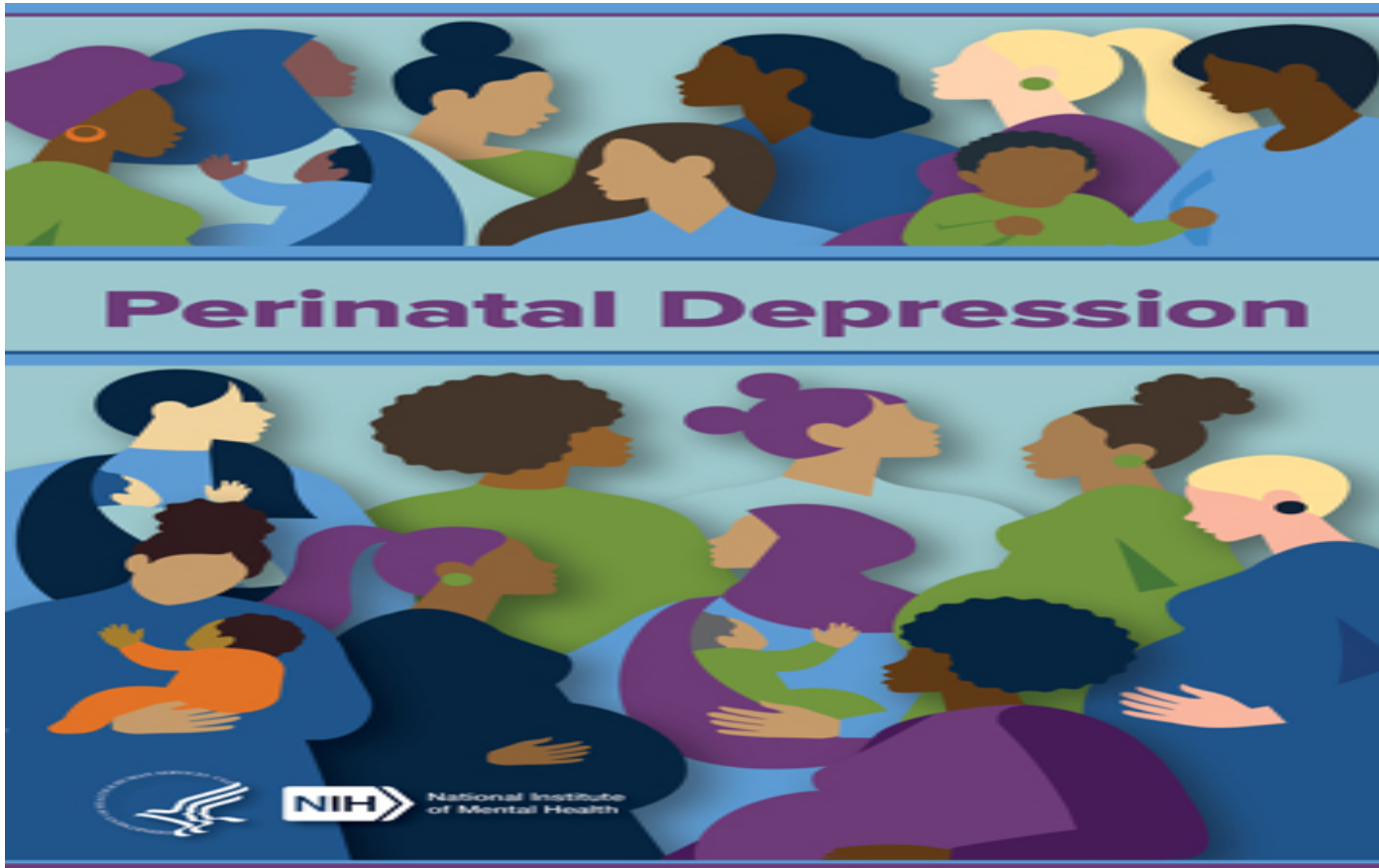


Photo credit:

(<https://www.nimh.nih.gov/health/publications/perinatal-depression#:~:text=Perinatal%20depression%20is%20a%20mood,Perinatal%20depression%20can%20be%20treated.>)

PREVENTION MEASURES OF PRENATAL DEPRESSION

- ❖ Create a good network and be ready to share your concerns so that you may get encouragement. A problem shared is a problem half-solved.
- ❖ Make health your priority. Always ensure you focus on good nutrition, ensure you do exercise, and get enough sleep.
- ❖ Prepare your baby by attending all the clinics. Knowing the well-being of your baby makes you feel good.
- ❖ Spend time with your friends or your partner. You can have a nature to ensure you get out of the house to change your mood sometimes.
- ❖ When you feel so stressed and overwhelmed, sometimes you can breathe in and out deeply to relax your mind.



SYMPTOMS

- SADNESS
- NO APPETITE
- ISOLATION
- NO ENERGY
- ANGER
- SLEEP PROBLEM

PREVENTION

- CREATIVITY
- WALKING
- HEALTHY FOOD
- MUSIC
- POSITIVE THOUGHTS
- SPORT

TREATMENT

- SLEEP ENOUGH
- TRAVEL
- DOCTOR
- VITAMINS
- ANTIDEPRESSANTS
- COMMUNICATION

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COMPULSORY THINGS THAT A PREGNANT WOMAN SHOULD HAVE DURING AND BEFORE DELIVERY

- You should have a specific Hospital for childbirth. You can even visit the hospital before your expected due date to avoid any confusion when you are in labor, and also, this will enable you to know everything you are required to carry that can assist the doctors.
- Have someone accompany you to the hospital.
- Have a planned means of transport to the hospital. If you are planning to hire a car, have different options to avoid inconveniences. If you have transport problems and the hospital is quite far, ensure you start the journey at your first stage of labor to be on the safe side.
- Have enough clothes for you and the baby. Depending on the area's climate, ensure the baby's clothes are quite warm.
- Have an insurance cover called Social Health Insurance Fund (SHIF), where you must pay 300 monthly, or have a Linda mama.
- If possible, have extra Cash so that in case you have an emergency, you can provide the cash to fuel the Ambulance and take you to a more advanced health facility.
- Ensure you carry your clinic book for the doctor's use, and also, if you had an ultrasound during your pregnancy period, carry that document.
- Ensure you carry personal items, such as tissues, bathing soap, a toothbrush, a bathing towel, enough innerwear, and sufficient sanitary pads or cotton wool, depending on the health facility you choose, as some facilities provide these essentials.

PREPARING FOR HOSPITAL



TAKE A
SHOWER



DRESS
COMFORTABLY



DON'T FORGET
ID AND INSURANCE



PREPARE YOUR
HOSPITAL BAG



DON'T EAT
BEFORE LABOUR

The Ultimate CHECKLIST for Delivery Day



ORGANIZE MEDICAL RECORDS

Ensure all prenatal visit, ultrasound reports, and results are ready.



PACK HOSPITAL BAGS

Include essentials for mother, baby, and for the delivery



CONFIRM HOSPITAL BOOKING

Ensure pre-registration at your chosen hospital is complete.



PLAN TRANSPORTATION

Decide on primary and backup travel options to the hospital.



DISCUSS BIRTH PLAN

Review your preferred delivery method with your doctor.



HIRE A JAPA (MAID)

Arrange for a trusted caretaker for newborn care post-delivery.

FACILITIES AROUND LOITOKTOK THAT YOU CAN GO FOR DELIVERY

- Loitoktok Sub-County Hospital
- Entarara Health Centre
- Illasit Health Centre
- Kimana Health Centre
- In case of any emergency, you can go to the nearest Dispensary



https://www.linkedin.com/posts/linda-kagendo-0934b8179_keepinghopealive-communityeducation-health-activity-6803971847261167616-CSix

SHA/SHIF(Social Health Insurance Fund/Social Health Authority)

Cost: On average, 300 Kenyan shillings per month or 3,600 Ksh per year

*****This number is based on income*****

Covers:

- Tests were done at your registered hospital
 - blood tests, scans, x-rays
- Medications provided by the hospital
 - This includes hypertension and diabetes medication
- overnight stays in the hospital
- referrals for tests/scans needed
- Maternity needs

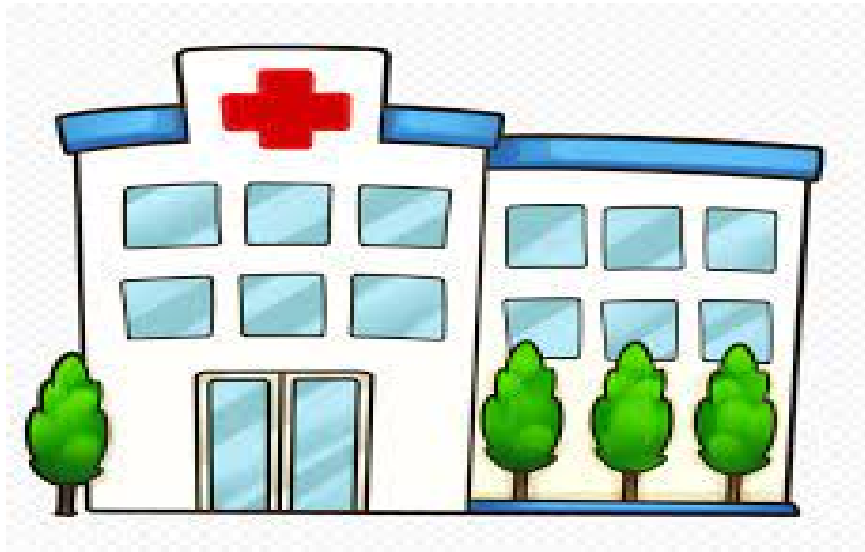
Things needed to register:

- ID number
- Date of Birth
- Mobile number
- Employee Code (if employed)
- Your Country
- Nearest SHA office

TO REGISTER: *147#

SiHA

Social Health
Authority



KUNA

SWALI



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