

HOME BASED LIFE SAVING SKILLS



TAKE ACTION CARDS



Home Based Life Saving Skills Curriculum

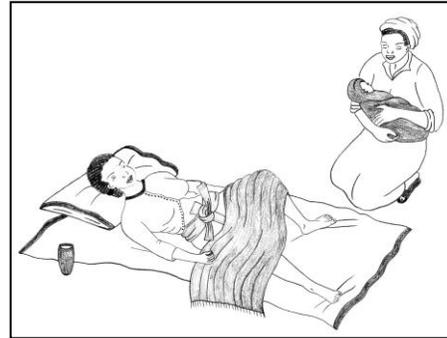
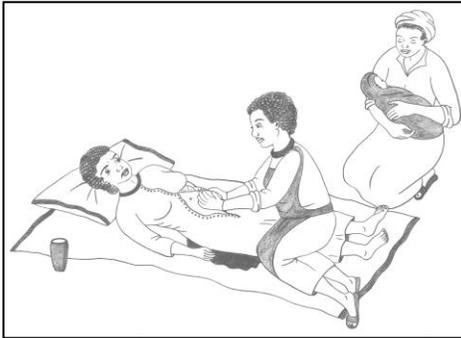
This curriculum consists of the Home Based Life Saving Skills (HBLSS) Manual, Large Picture Cards, and a Take Action Care booklet. In addition, the planning and implementation book, *Guidelines for Decision Makers and Trainers*, can be used to support program activities.

HBLSS Manual

The HBLSS manual contains three books: Basic Information, Woman Information, and Baby Information. Each book outlines the process to use when conducting a community meeting to teach HBLSS. Always use the Basic Information book first, and then use the meetings in the Woman Information and Baby Information books in the order that best suits the needs of the community.

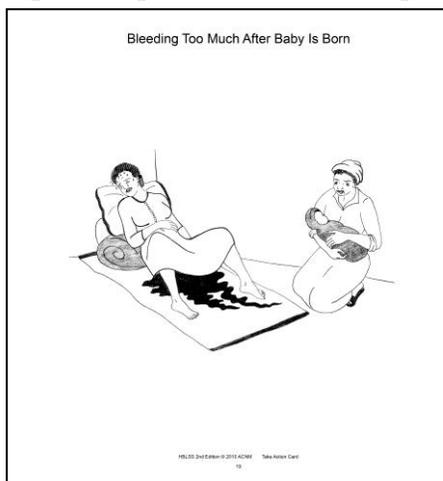
Large Picture Cards

Picture cards are used in each community meeting and are an important resource to help people learn when they do not read or do not read very well. The picture cards (8-inch by 10-inch drawings) show the problems and actions that are discussed during the meeting. The cards are usually laminated or printed on card stock or other sturdy paper, or they can be copied and placed in a plastic sleeve. The same drawings are used on the picture cards and the Take Action Cards. Below are samples of two drawings from the community meeting Too Much Bleeding.

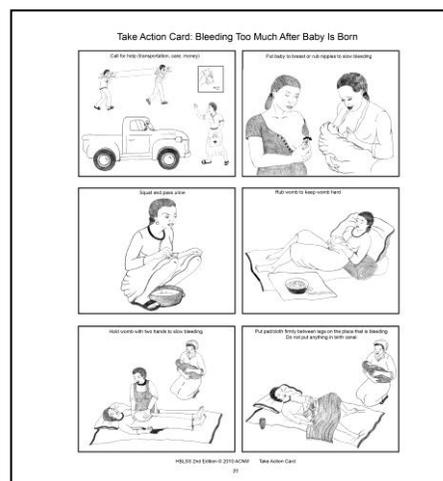


Take Action Card Booklet

The Take Action Card booklet is a reference for use at home and in the community. The front of the Take Action Card shows a drawing of a problem, and the back of the card has six boxes showing the actions to respond to the problem. The drawings can be used to remind people what they learned to do to help with a problem. See the sample below showing both sides of one Take Action Card.



problem side (front)



action side (back)

Home Based Life Saving Skills

2nd Edition



Sandra T. Buffington
Lynn M. Sibley
Diana R. Beck
Deborah A. Armbruster

**American College of Nurse-Midwives
2010**

ISBN

Copyright © 2010 American College of Nurse-Midwives

Before beginning any translation or adaptation of this book or its contents, please contact the ACNM for suggestions, updates on information, and to avoid duplication of efforts. Electronic copies may also be available. Please send ACNM a copy of any materials in which text or illustrations from this book have been used. Any organization or person who wishes to copy, reproduce, or adapt any or all parts of this book for commercial purposes must obtain permission from the ACNM.

To order additional copies of this book and other ACNM publications, access the ACNM website at <http://www.ShopACNM.com>. Electronic copies (PDF files) can be found at <http://www.midwife.org>.

American College of Nurse-Midwives
8403 Colesville Rd., Suite 1550
Silver Spring, MD 20910-6374
hblss@acnm.org

Home Based Life Saving Skills

Take Action Card Booklet

Table of Contents

Book 1: Basic Information

Community Meeting 1. Introduction to HBLSS

Ragini's Story: The Road to Death.....	1
Kamal's Story: The Road to Life.....	2
Modupe's Story: Circle of Sickness	3
Kema's Story: Breaking the Circle of Sickness.....	4

Community Meeting 2. Woman and Baby Problems

Take Action Card: Woman Problems	5
Take Action Card: Baby Problems	7

Community Meeting 3. Prevent Problems

Prevent Problems During Pregnancy	9
Take Action Card: Prevent Problems During Pregnancy	10
Prevent Problems Before Baby Is Born	11
Take Action Card: Prevent Problems Before Baby Is Born	12
Prevent Problems After Baby Is Born: First Actions.....	13
Take Action Card: Prevent Problems After Baby Is Born: First Actions.....	14
Prevent Problems After Baby Is Born: Other Actions.....	15
Take Action Card: Prevent Problems After Baby Is Born: Other Actions	16

Community Meeting 4. Referral

Take Action Card: Referral of a Woman	6
Take Action Card: Referral of a Baby	8

Book 2: Woman Information

Community Meeting 5. Bleeding Too Much

Bleeding During Pregnancy	17
Take Action Card: Bleeding During Pregnancy	18
Bleeding Too Much After Baby Is Born.....	19
Take Action Card: Bleeding Too Much After Baby Is Born.....	20
Prevent Bleeding Too Much After Baby Is Born	21
Take Action Card: Prevent Bleeding Too Much After Baby Is Born.....	22

Community Meeting 6. Sickness with Pain and Fever

Sickness with Pain and Fever	23
Take Action Card: Sickness with Pain and Fever.....	24

Community Meeting 7. Birth Delay

Birth Delay.....	25
Take Action Card: Birth Delay	26
Prevent Birth Delay.....	27
Take Action Card: Prevent Birth Delay.....	28

Community Meeting 8. Headache and Fits

Headache and Fits	29
Take Action Card: Headache and Fits	30

Community Meeting 9. Many Children or Many Pregnancies

Many Children or Many Pregnancies31
Take Action Card: Family Planning Methods32
Prevent Pregnancy Using LAM—The Breastfeeding Method33
Take Action Card: Prevent Pregnancy Using LAM—The Breastfeeding Method34

Book 3: Baby Information

Community Meeting 10. Baby Has Trouble Breathing at Birth

Baby Has Trouble Breathing at Birth35
Take Action Card: Baby Has Trouble Breathing at Birth.....36

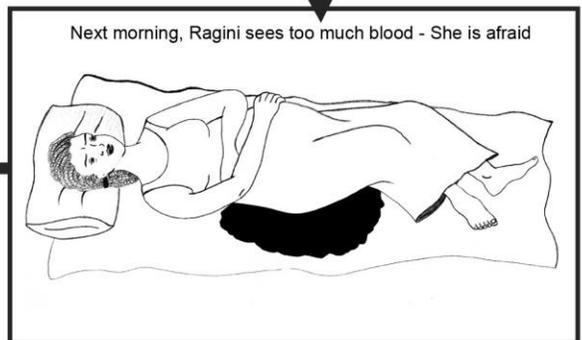
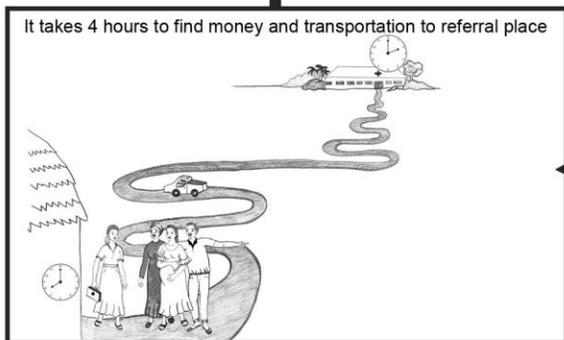
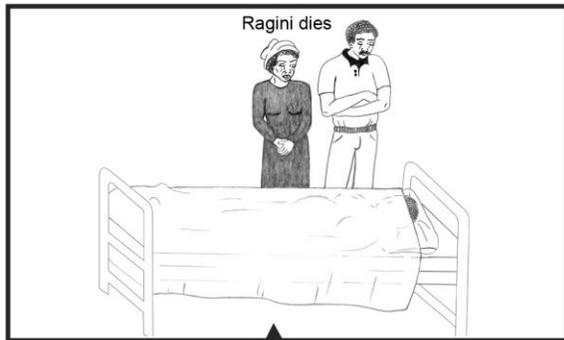
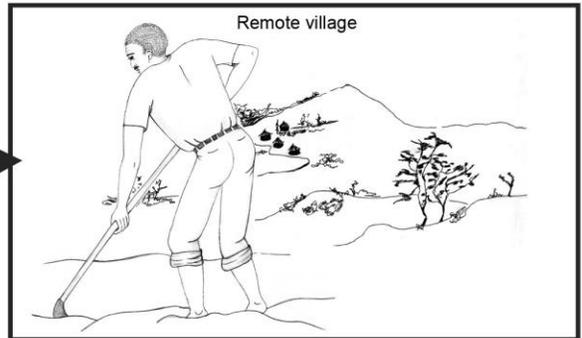
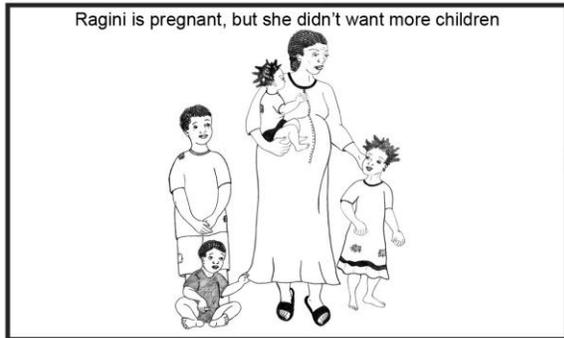
Community Meeting 11. Baby Born Too Small

Baby Born Too Small37
Take Action Card: Baby Born Too Small.....38
Feed Baby with Cup.....39
Take Action Card: Feed Baby with Cup.....40

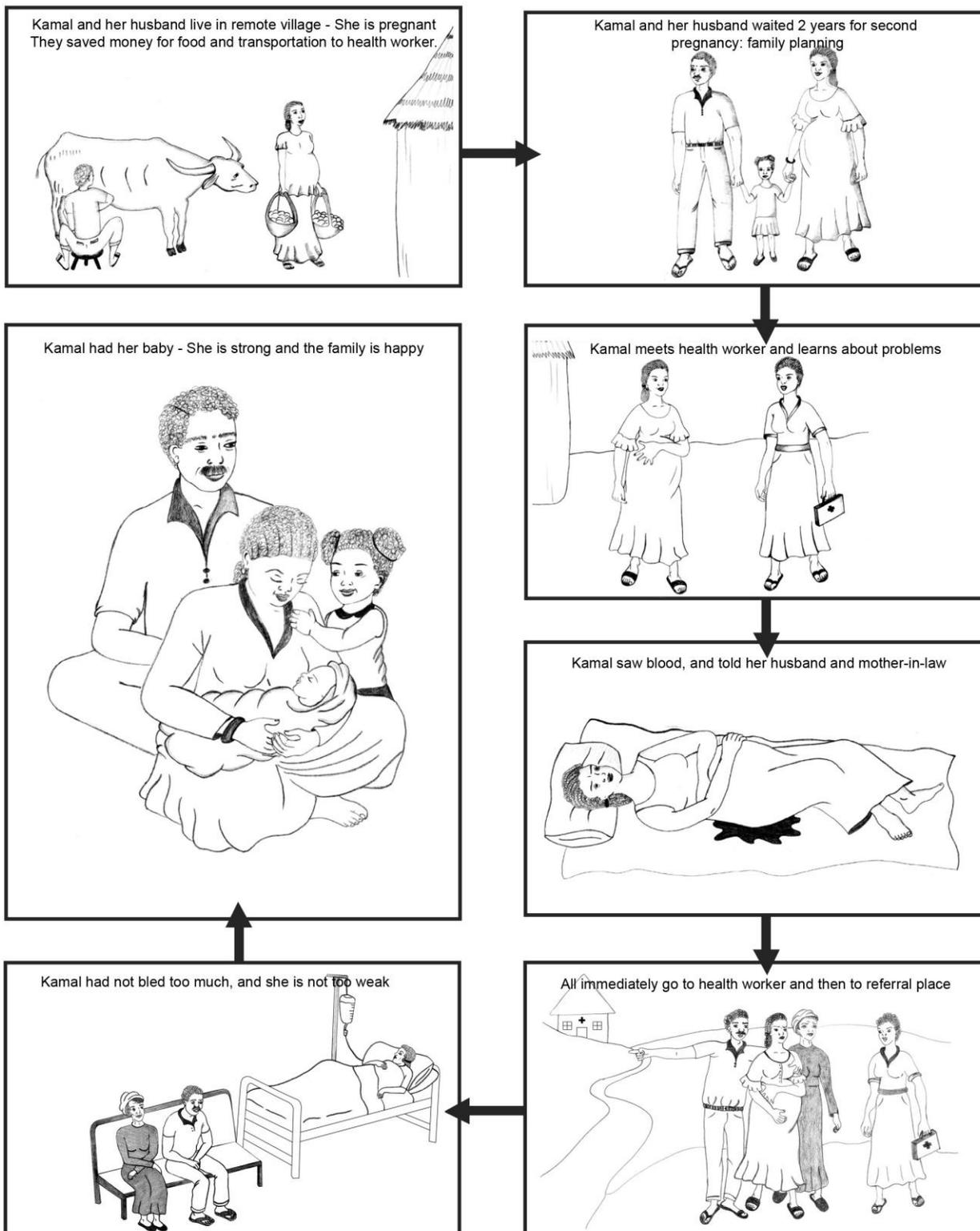
Community Meeting 12. Baby Is Sick

Baby Is Sick41
Take Action Card: Baby Is Sick42

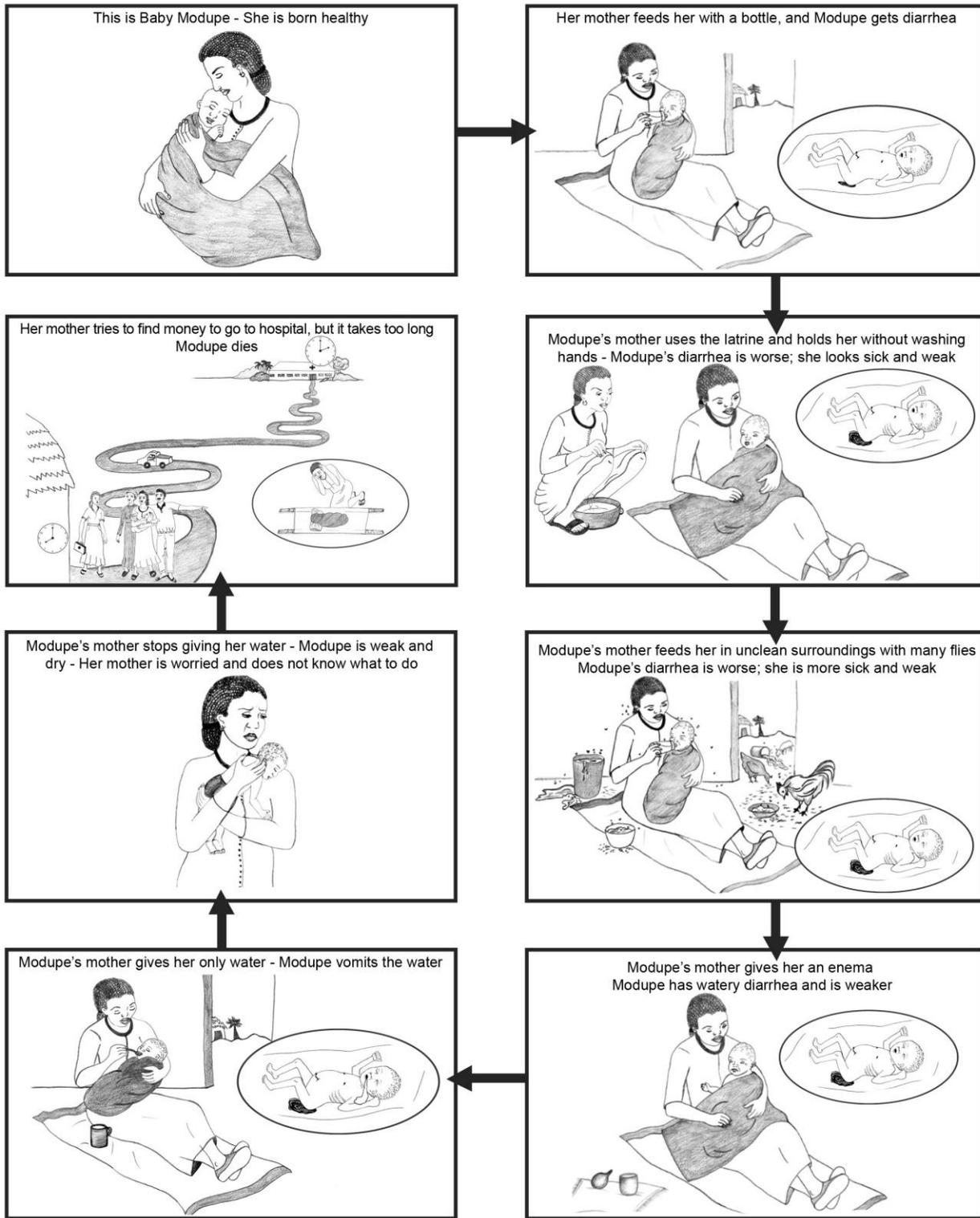
Ragini's Story: The Road to Death



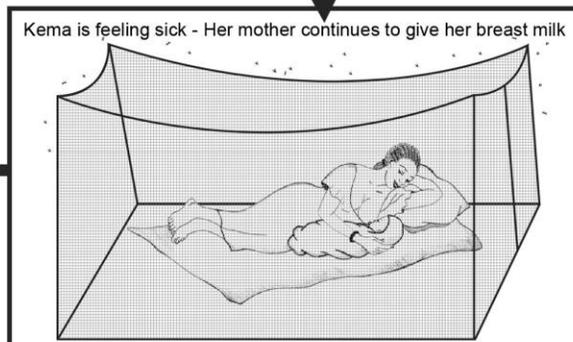
Kamal's Story: The Road to Life



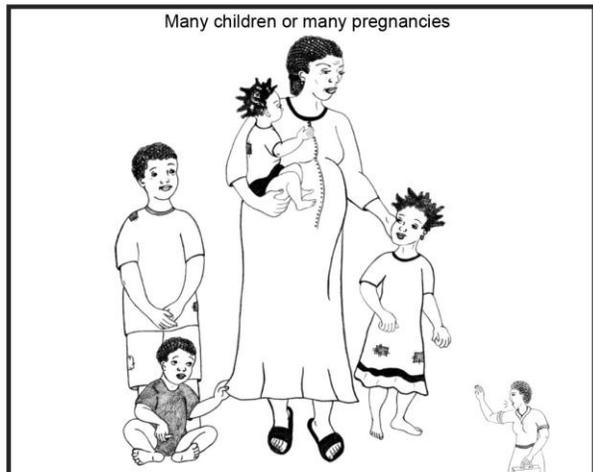
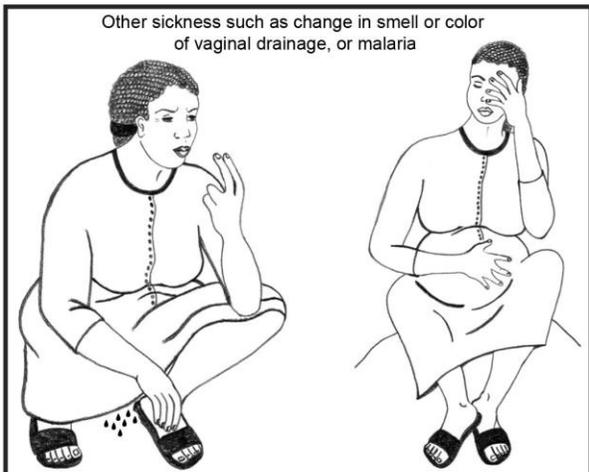
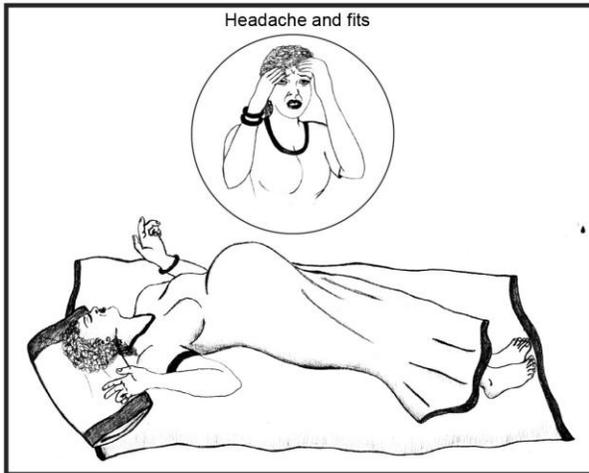
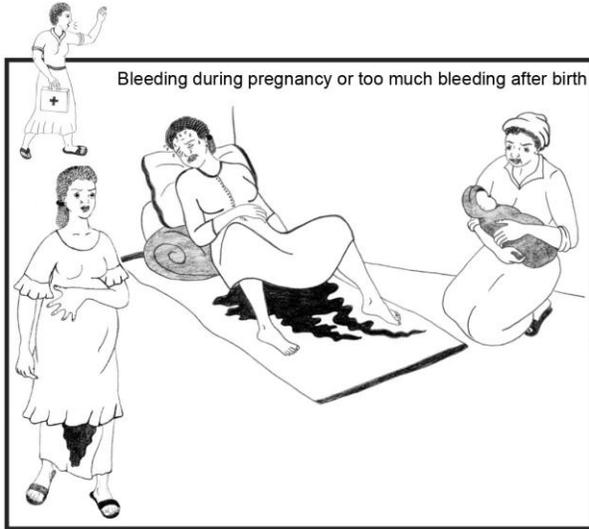
Modupe's Story: The Circle of Sickness



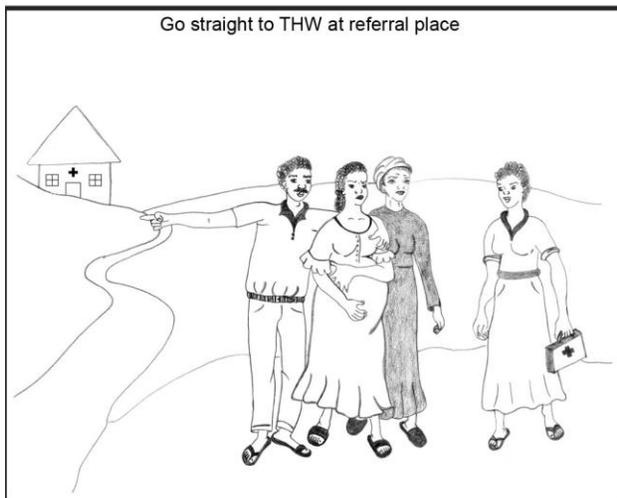
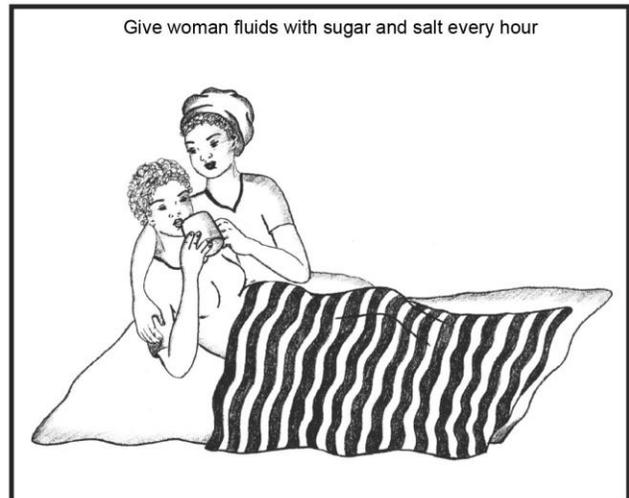
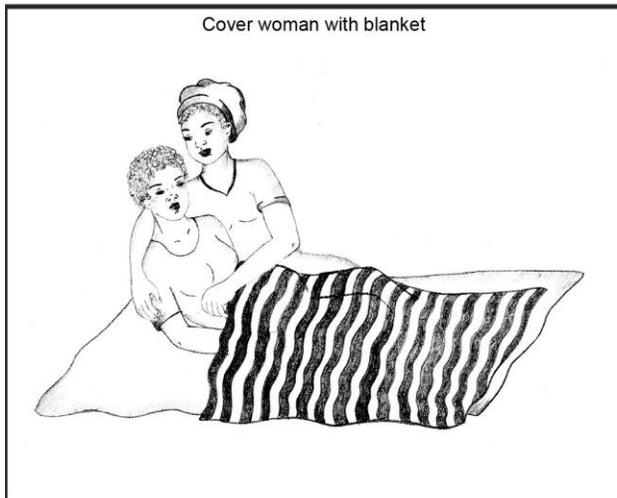
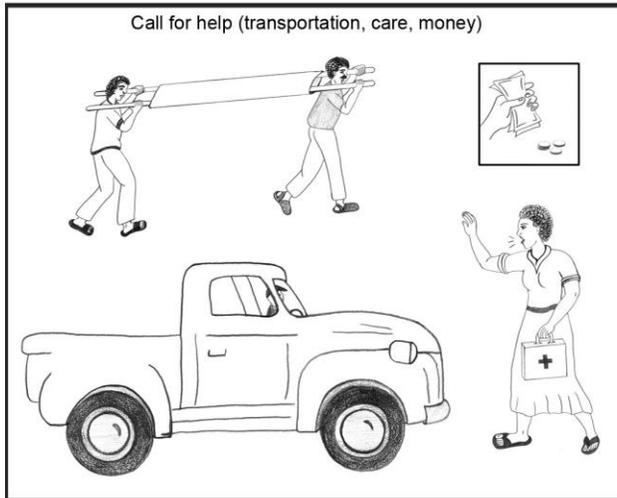
Kema's Story: Breaking the Circle of Sickness



Take Action Card: Woman Problems



Take Action Card: Referral of a Woman



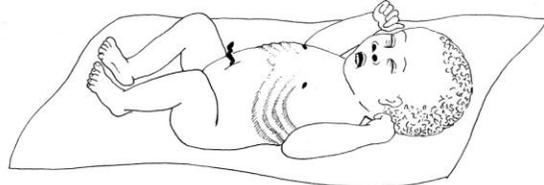
Take Action Card: Baby Problems



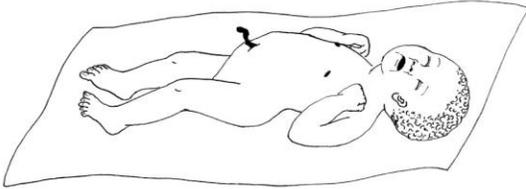
Poor or no sucking



Trouble breathing



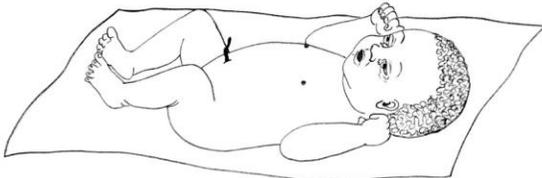
Fits or convulsions



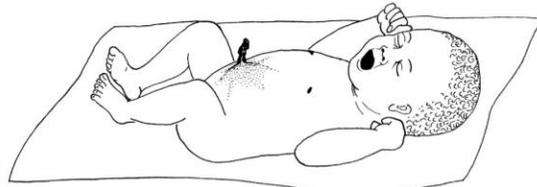
Low birth weight or looks too small



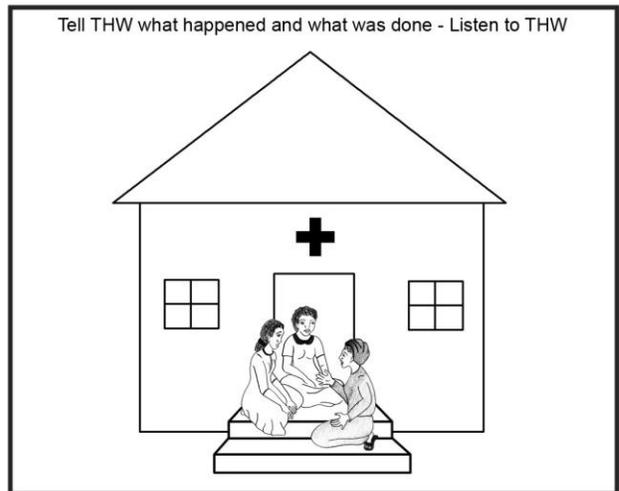
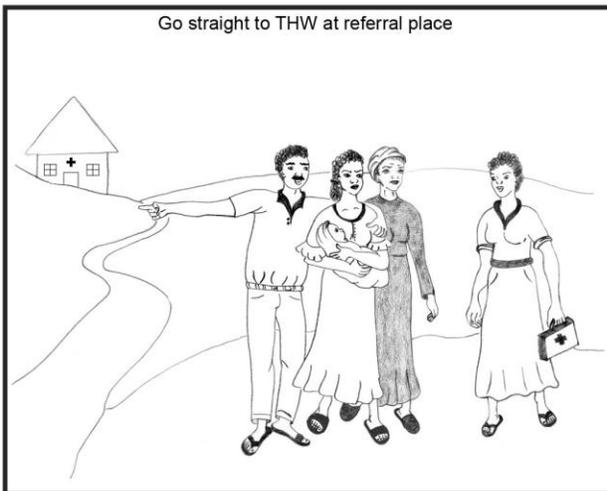
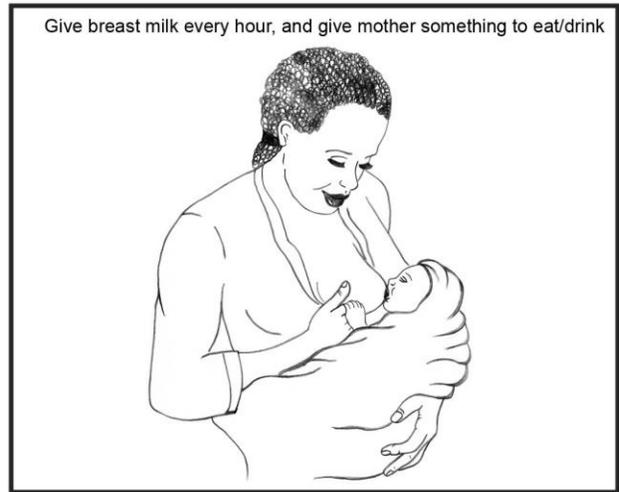
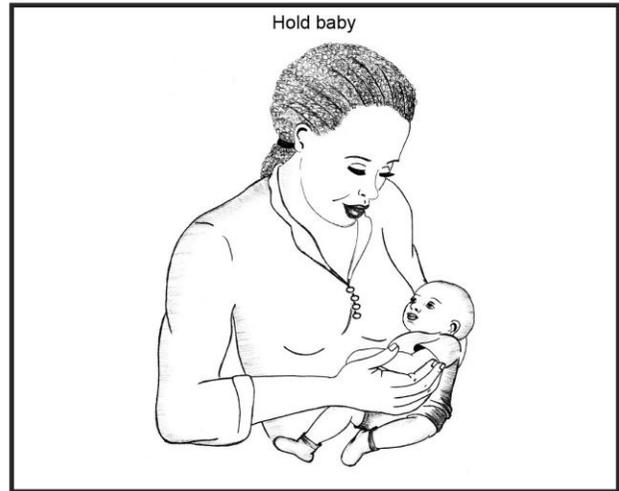
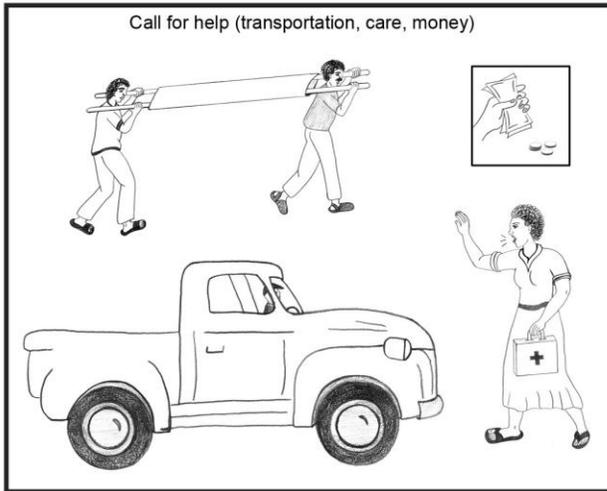
Fever and pus in eyes



Fever and pus in cord stump



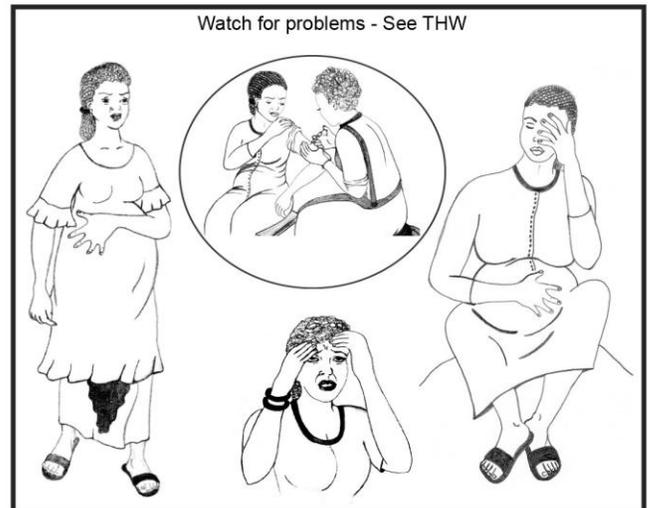
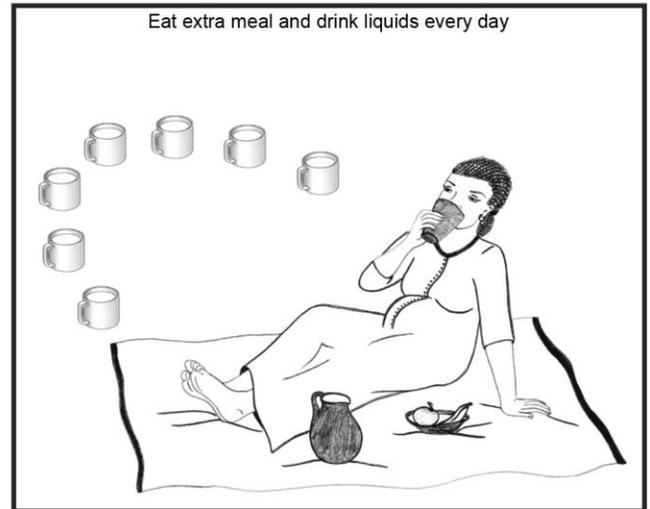
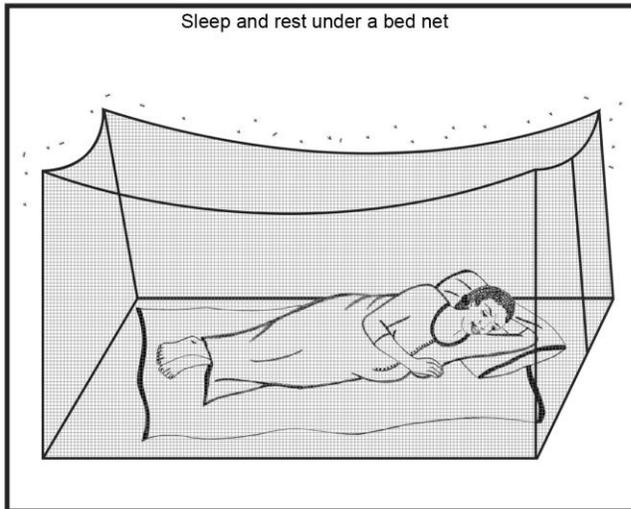
Take Action Card: Referral of a Baby



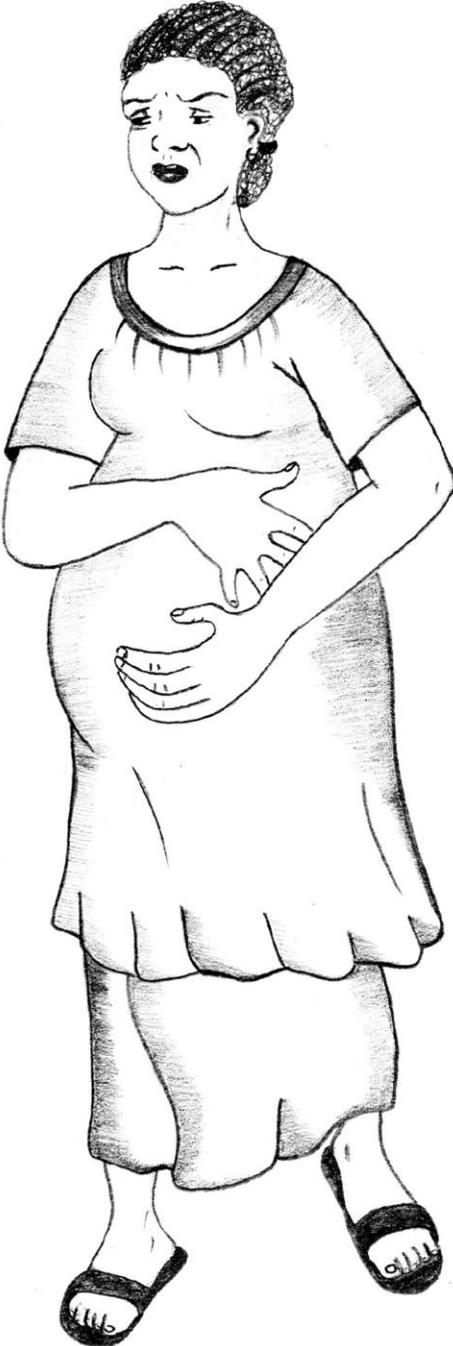
Prevent Problems During Pregnancy



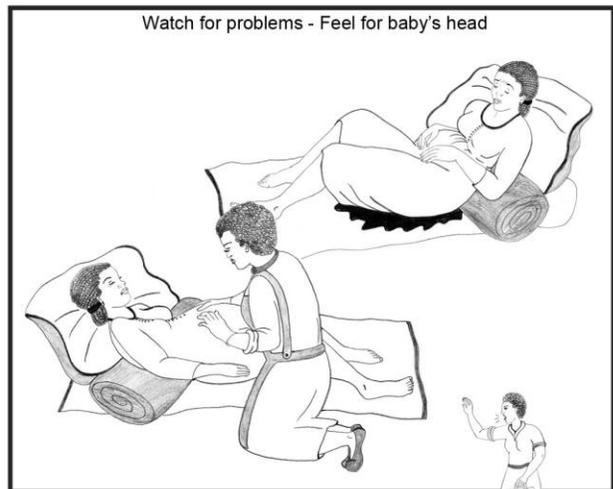
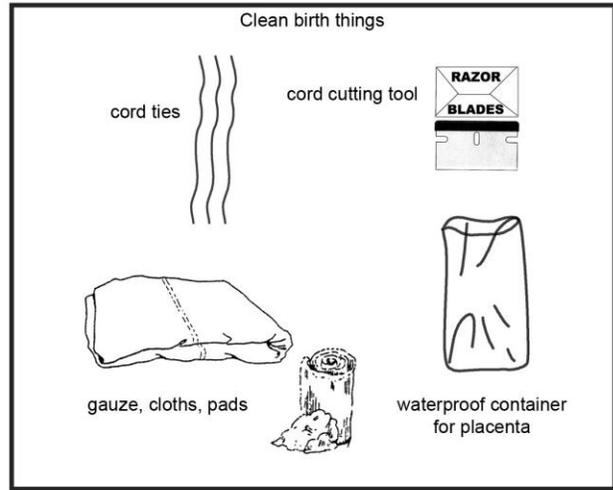
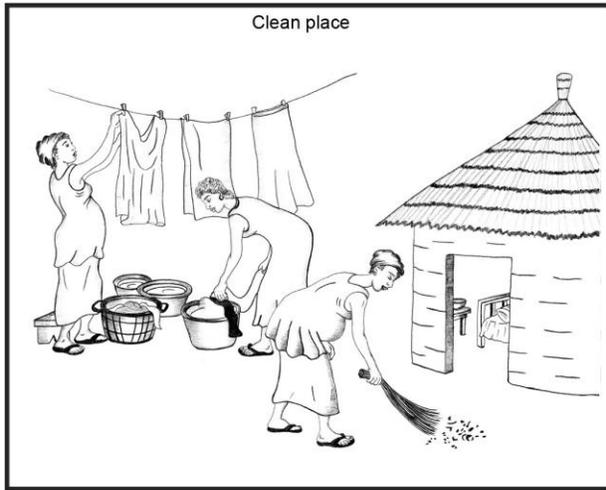
Take Action Card: Prevent Problems During Pregnancy



Prevent Problems Before Baby Is Born



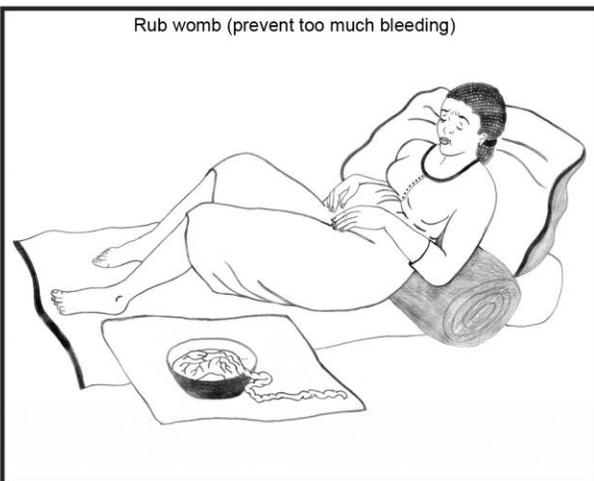
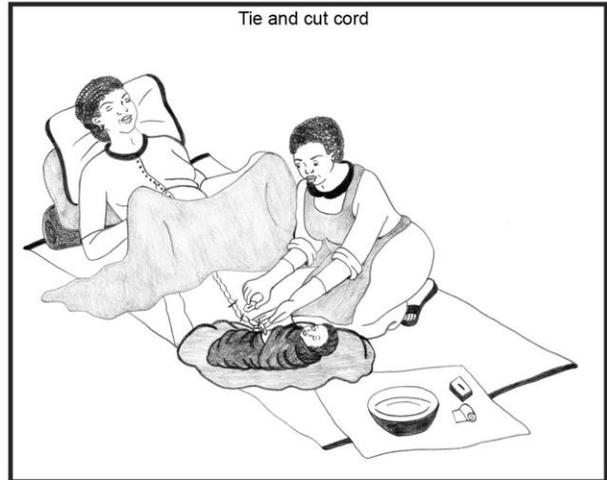
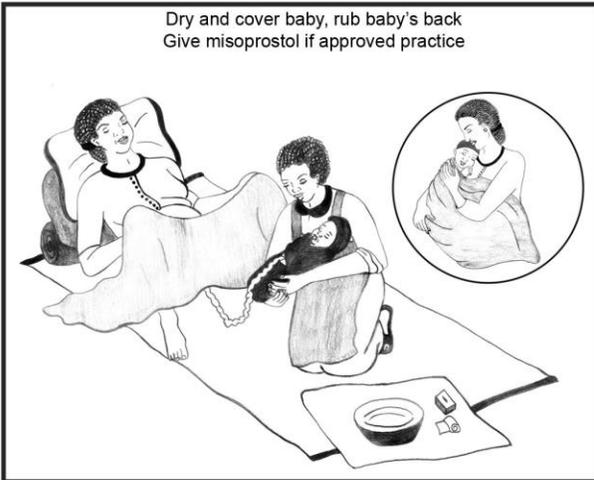
Take Action Card: Prevent Problems Before Baby Is Born



Prevent Problems After Baby Is Born: First Actions



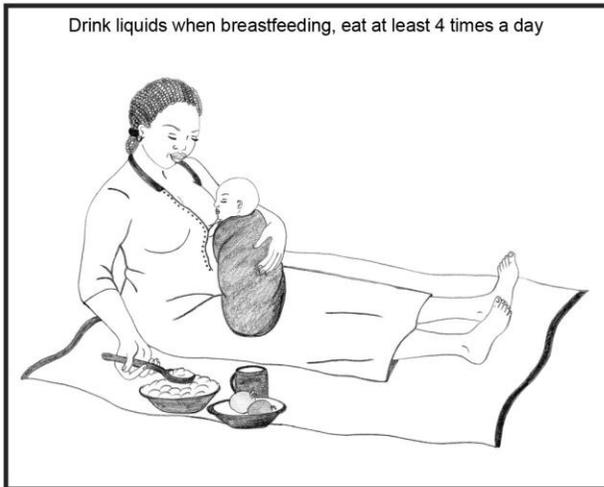
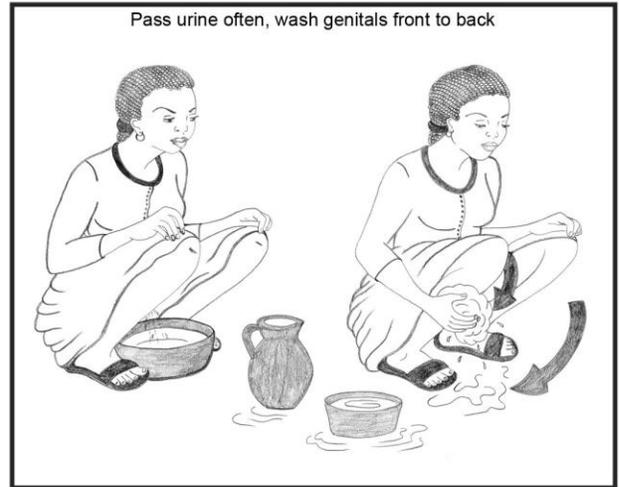
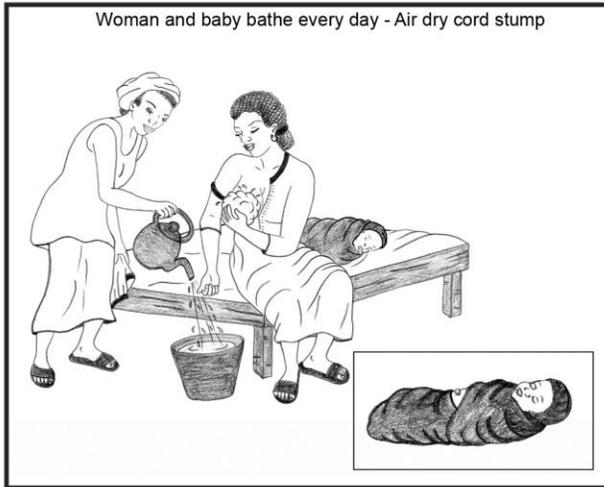
Take Action Card: Prevent Problems After Baby Is Born: First Actions



Prevent Problems After Baby Is Born: Other Actions



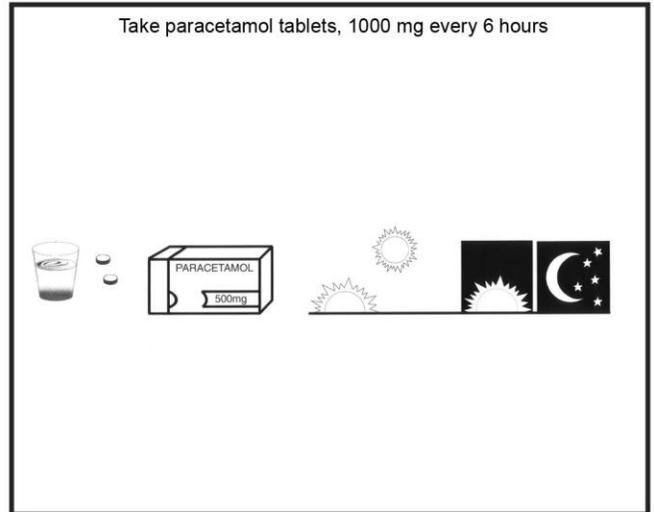
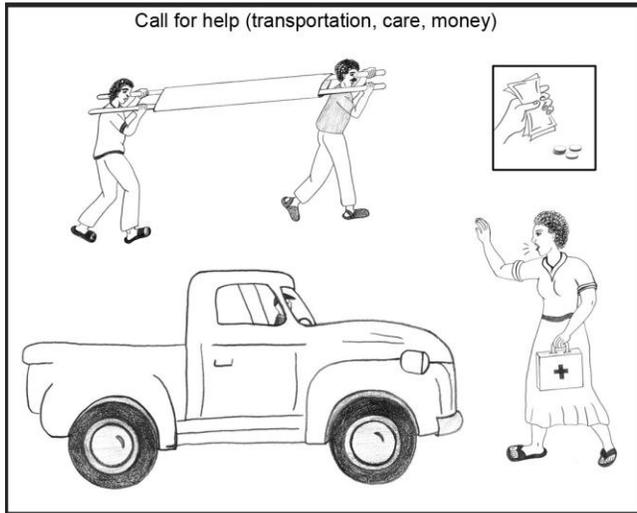
Take Action Card: Prevent Problems After Baby Is Born: Other Actions



Bleeding During Pregnancy



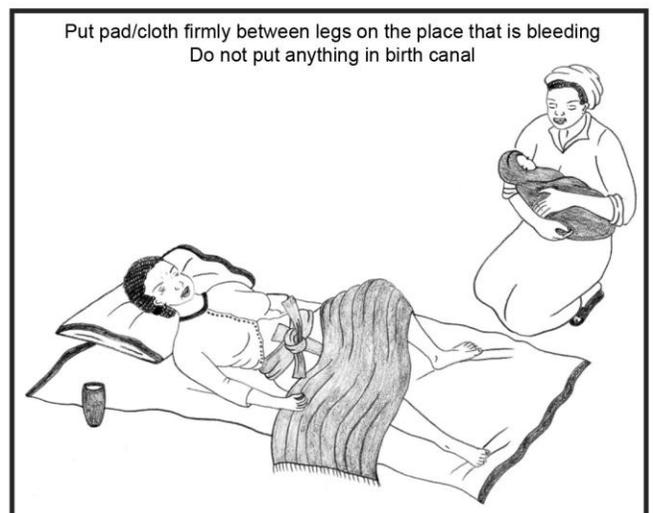
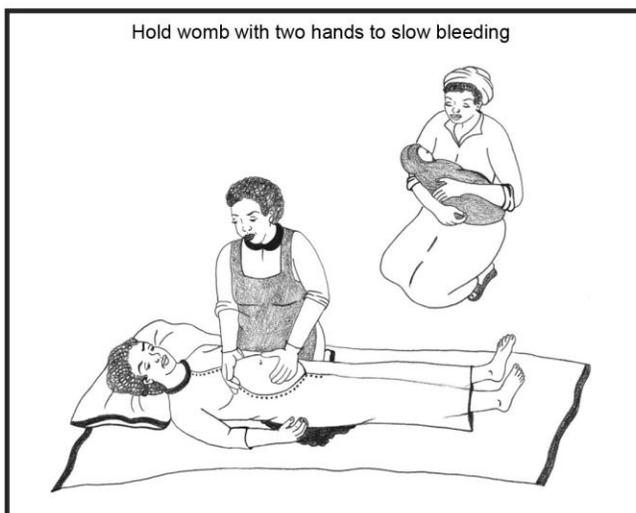
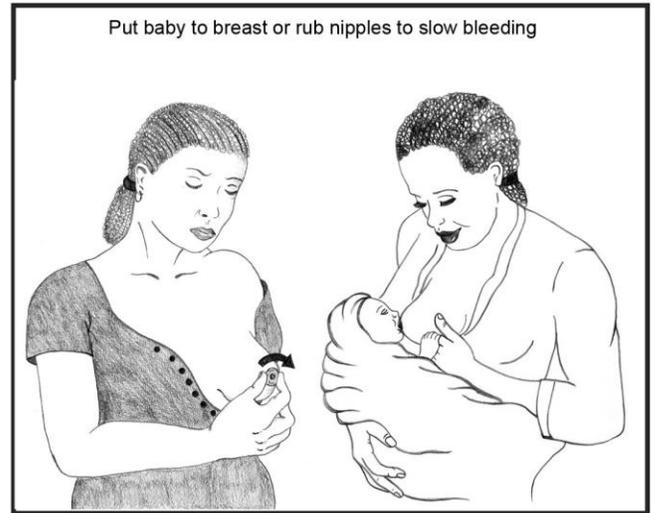
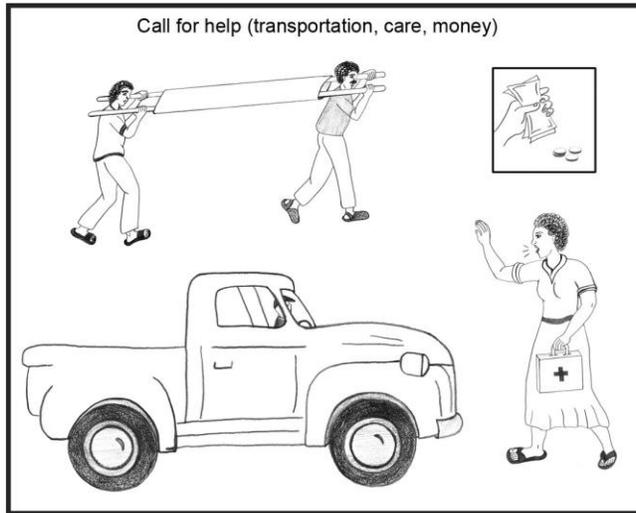
Take Action Card: Bleeding During Pregnancy



Bleeding Too Much After Baby Is Born



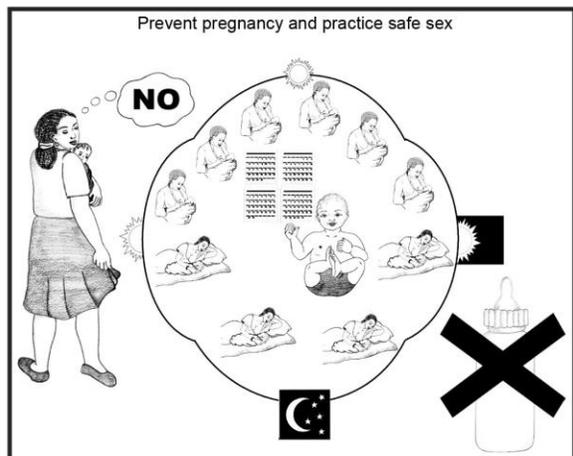
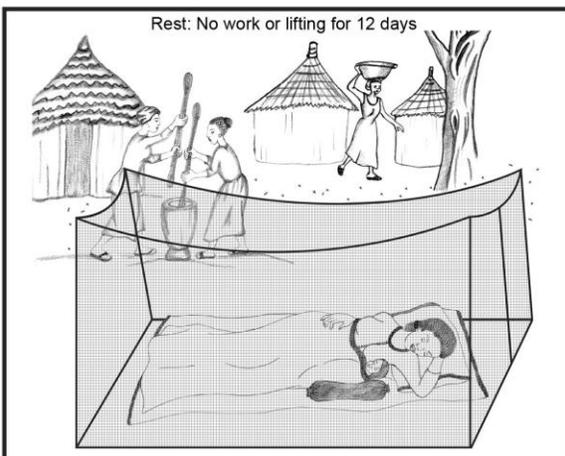
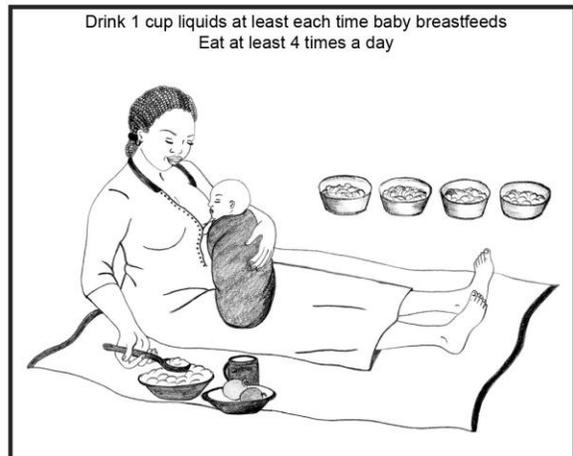
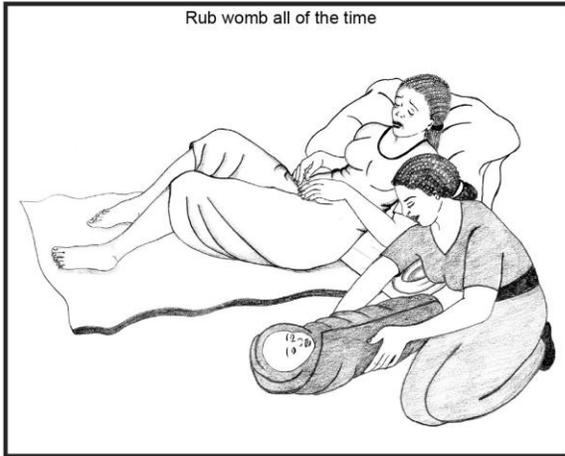
Take Action Card: Bleeding Too Much After Baby Is Born



Prevent Bleeding Too Much After Baby Is Born



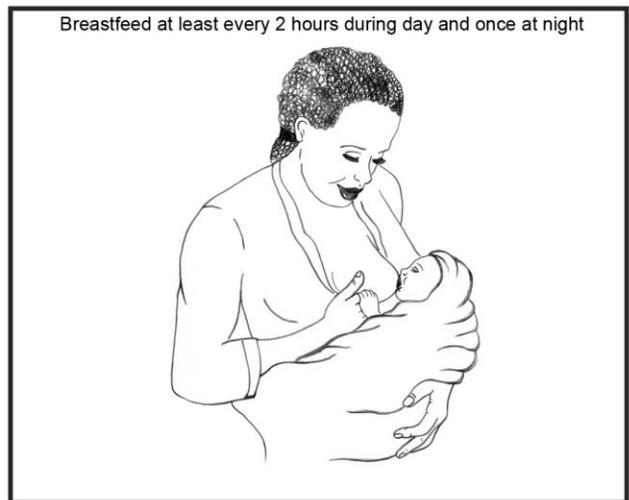
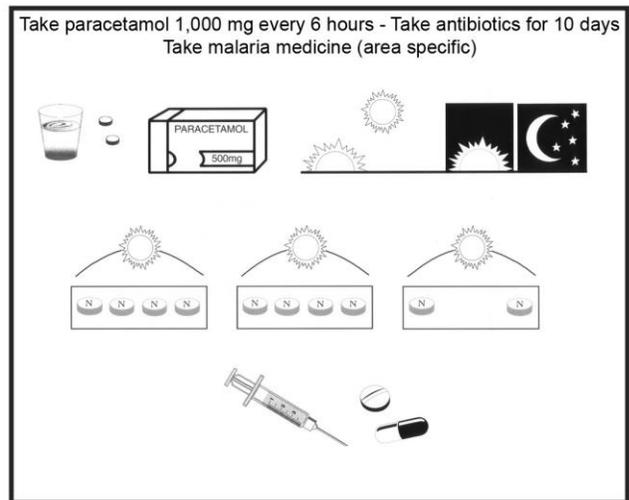
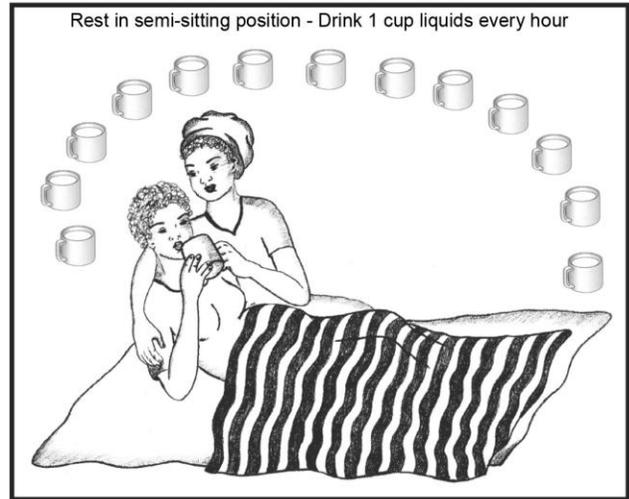
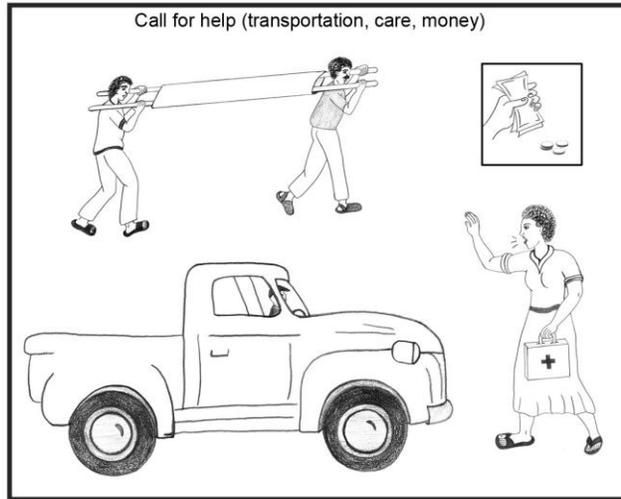
Take Action Card: Prevent Bleeding Too Much After Baby Is Born



Woman: Sickness with Pain and Fever



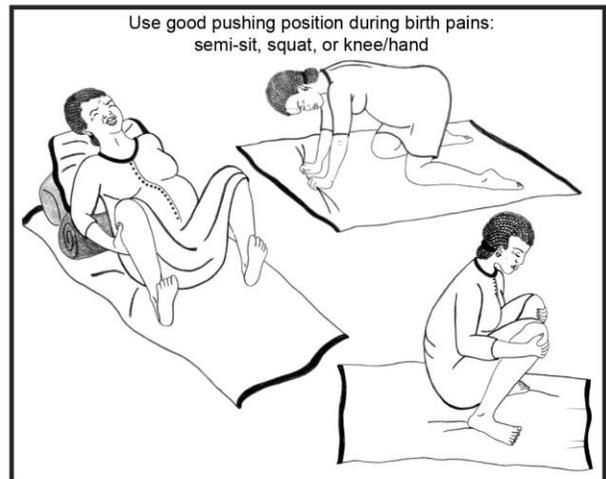
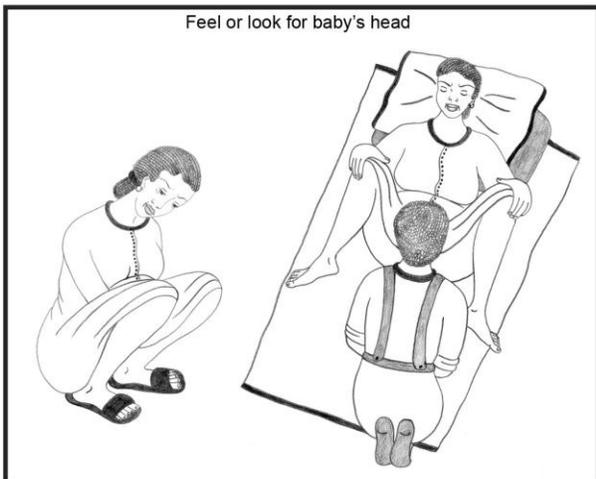
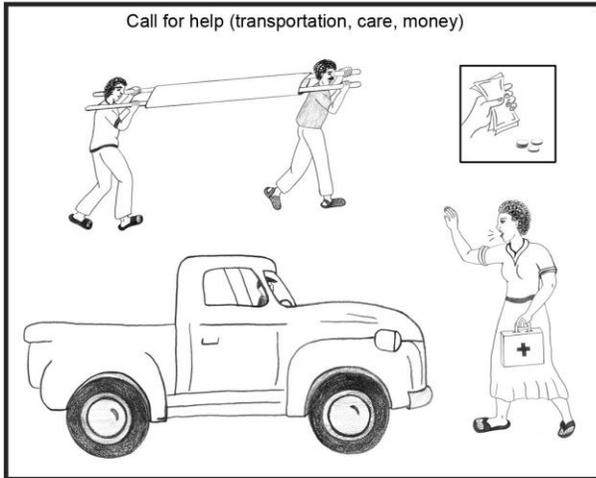
Take Action Card: Woman: Sickness with Pain and Fever



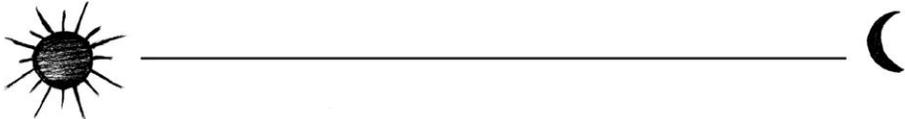
Birth Delay



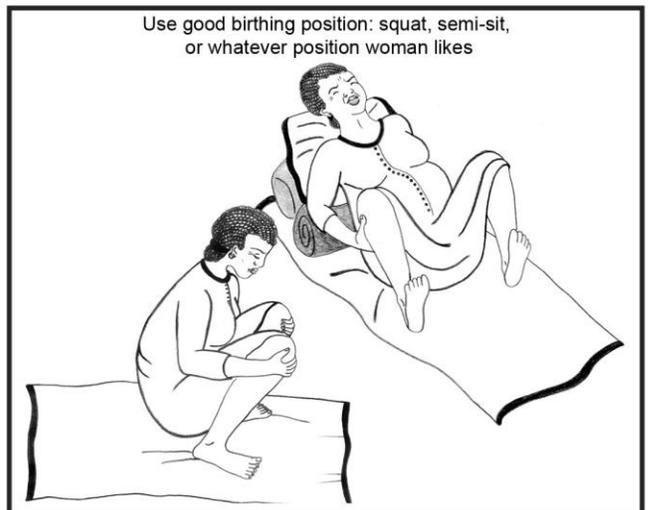
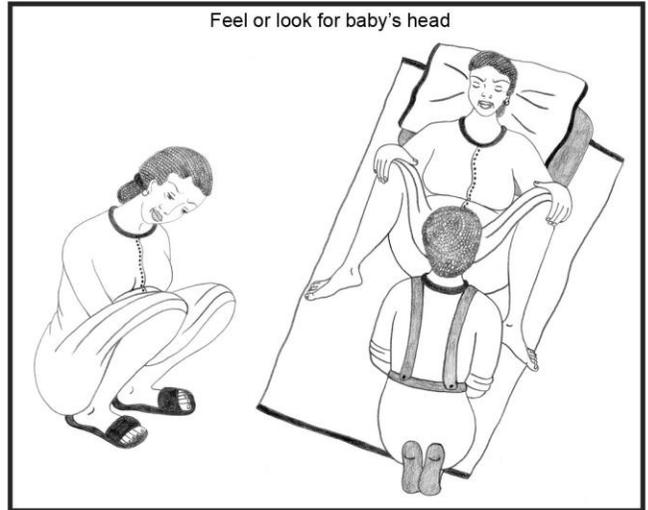
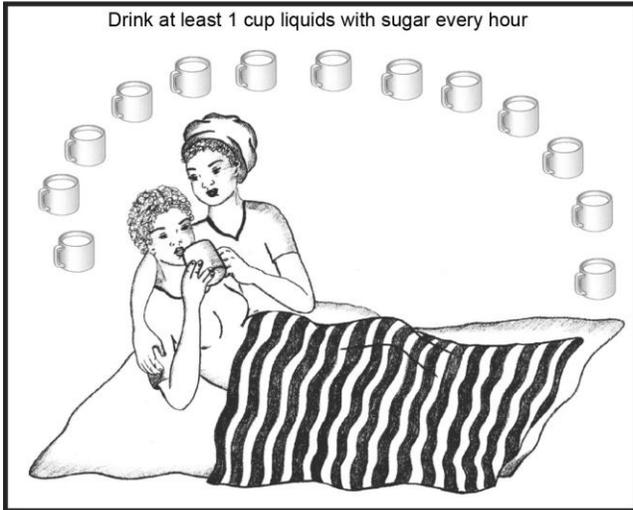
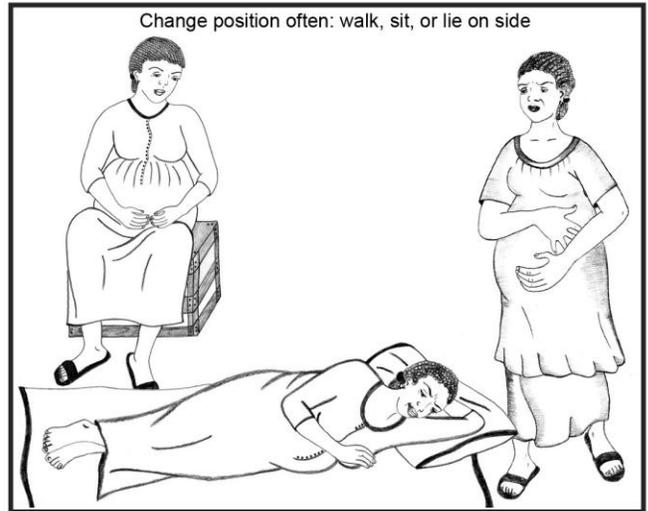
Take Action Card: Birth Delay



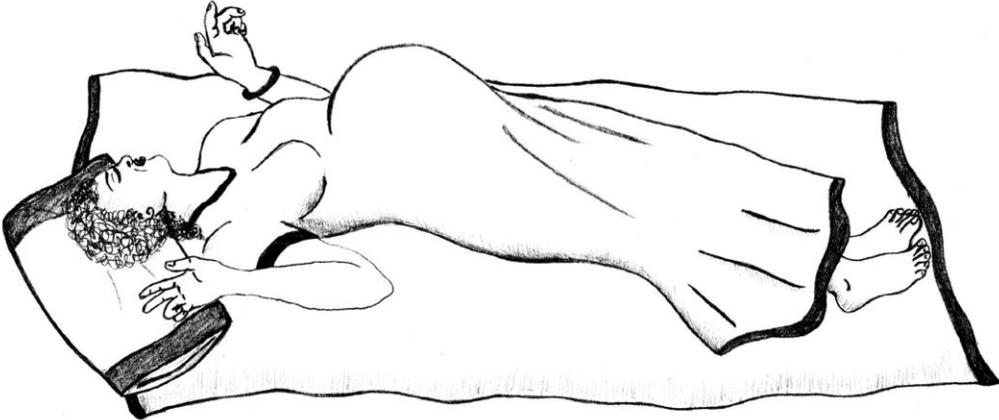
Prevent Birth Delay



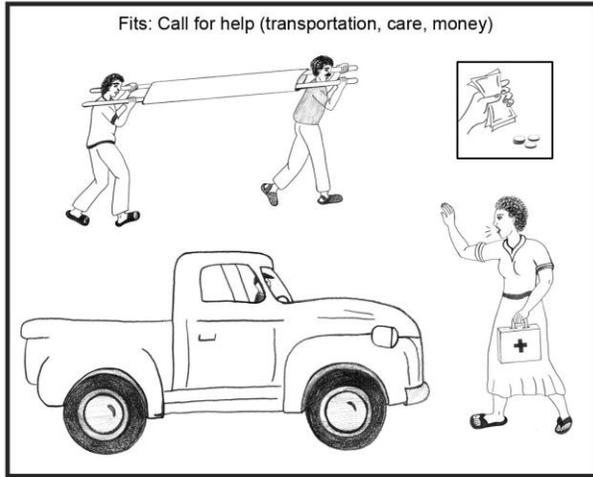
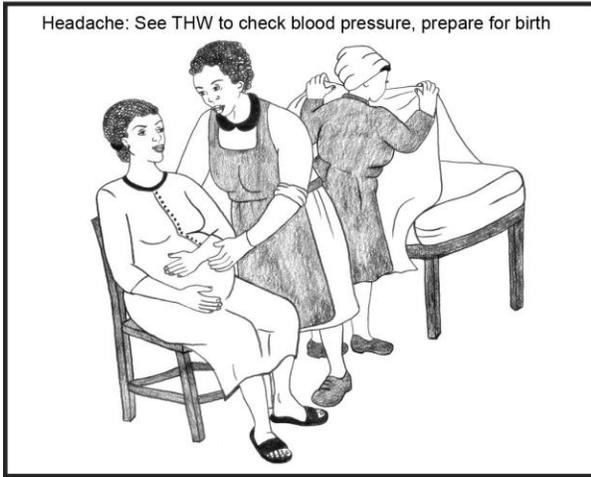
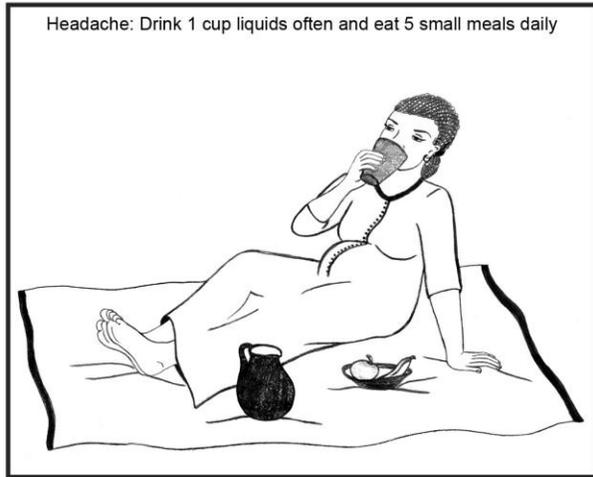
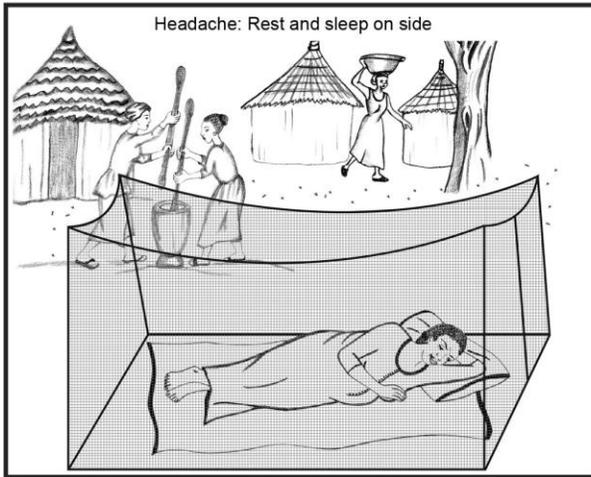
Take Action Card: Prevent Birth Delay



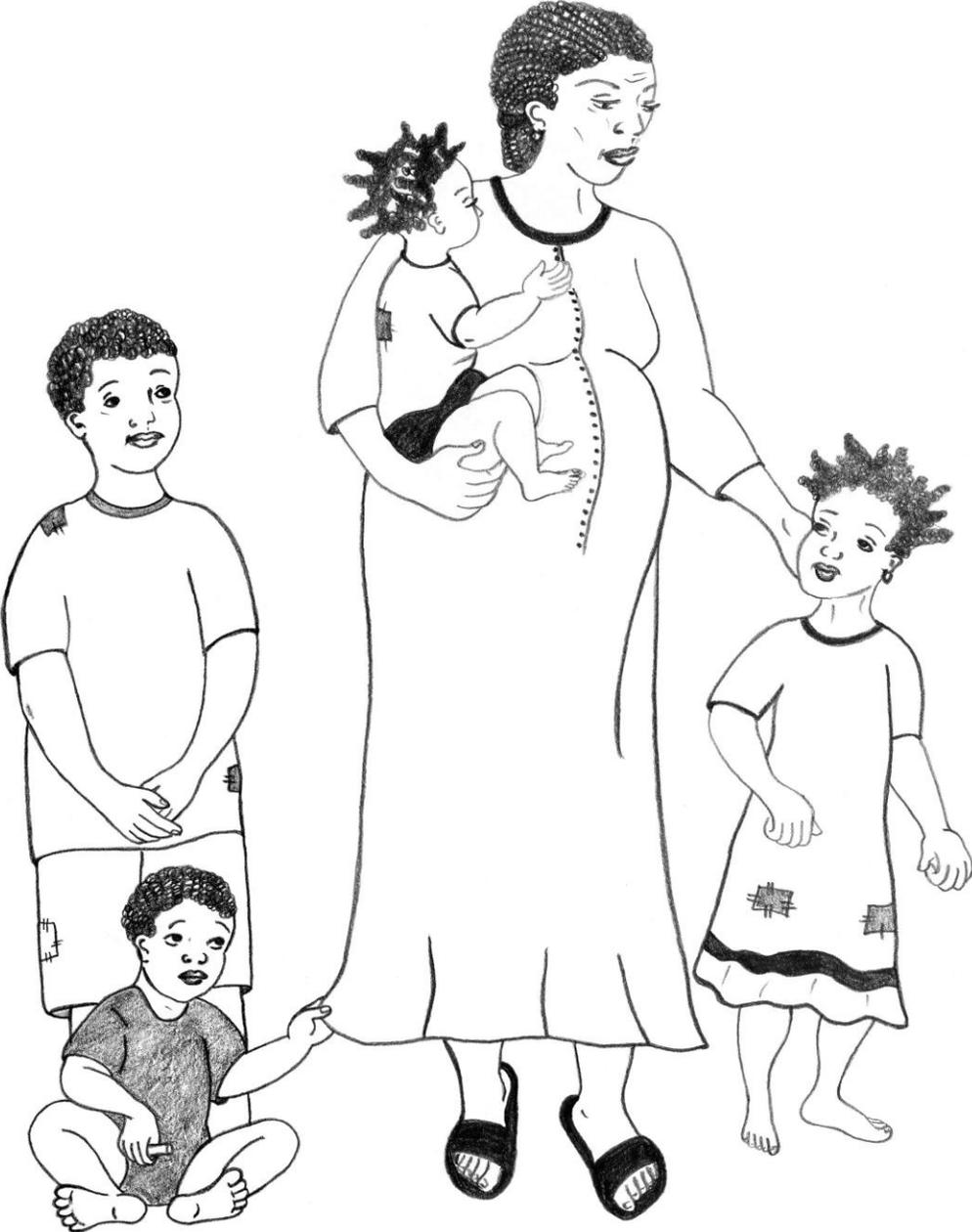
Headache and Fits



Take Action Card: Headache and Fits



Many Children or Many Pregnancies



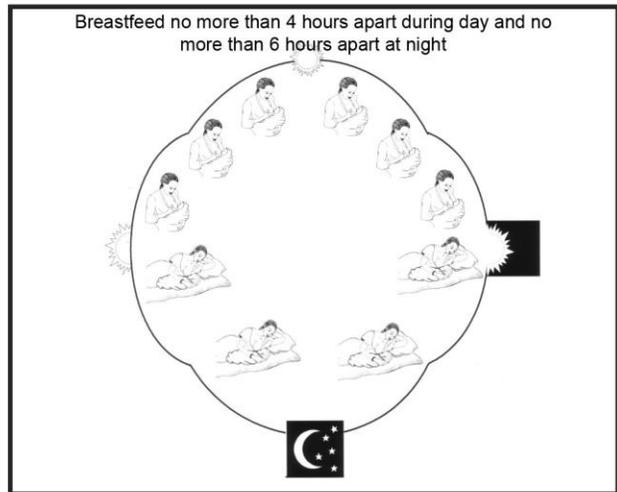
Take Action Card: Family Planning Methods



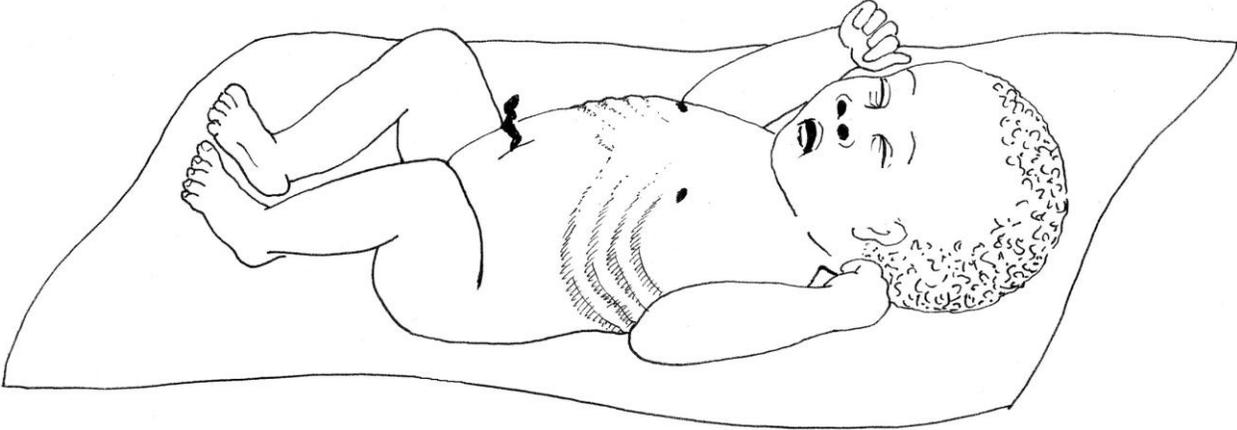
Prevent Pregnancy Using LAM—The Breastfeeding Method



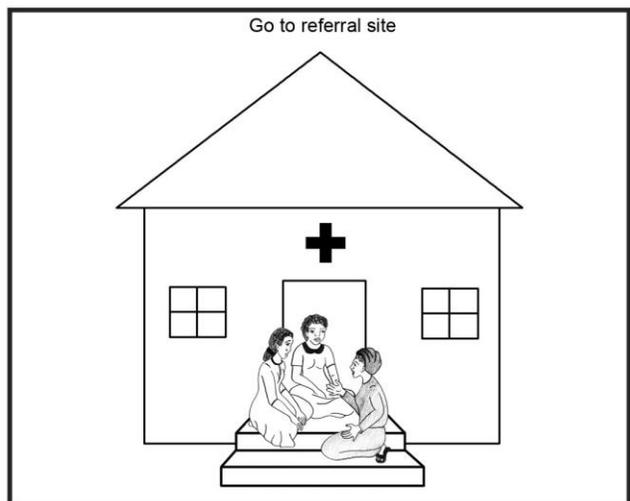
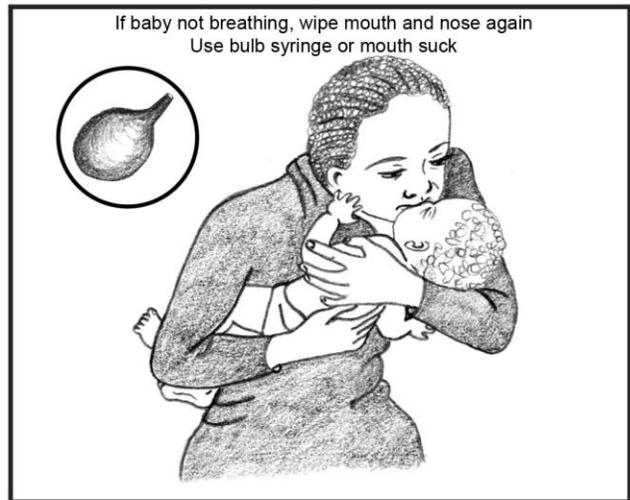
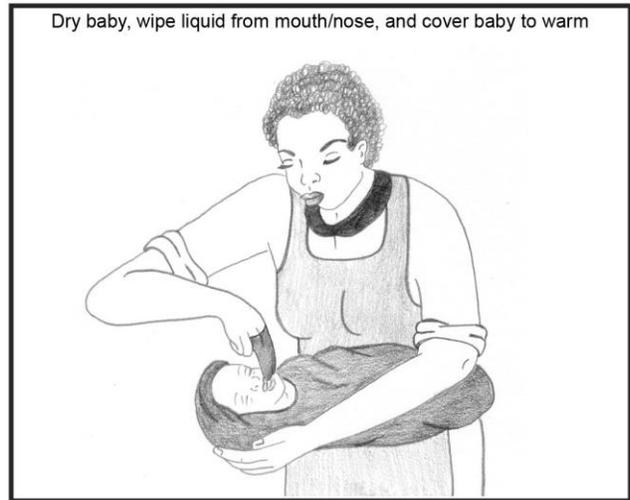
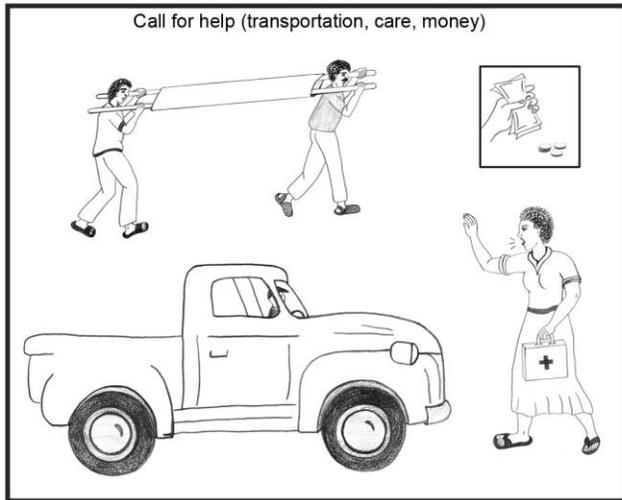
Take Action Card: Prevent Pregnancy Using LAM—The Breastfeeding Method



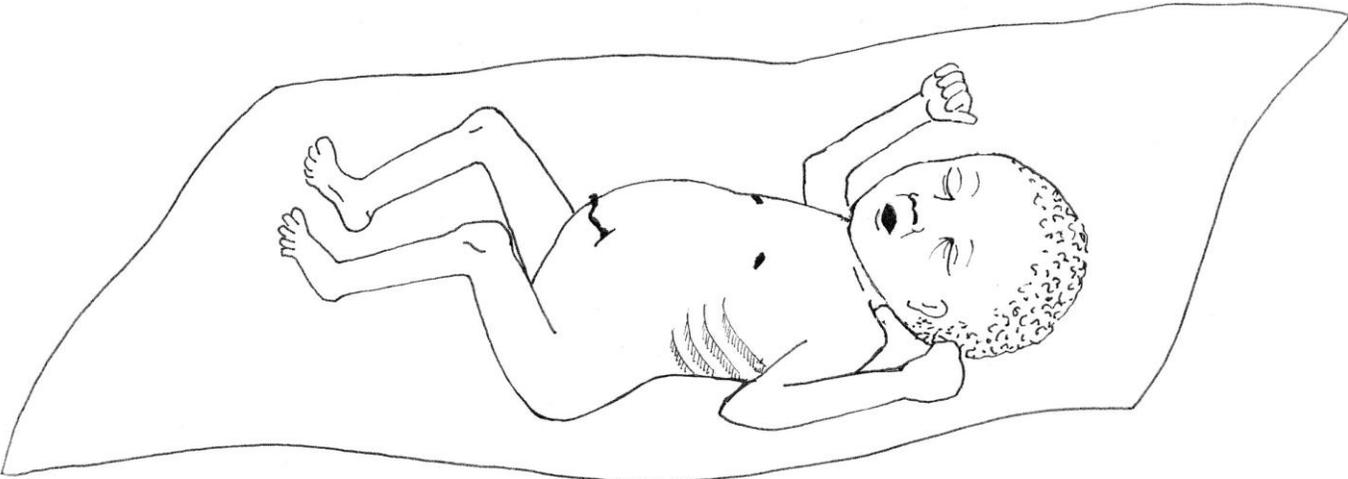
Baby Has Trouble Breathing at Birth



Take Action Card: Baby Has Trouble Breathing at Birth

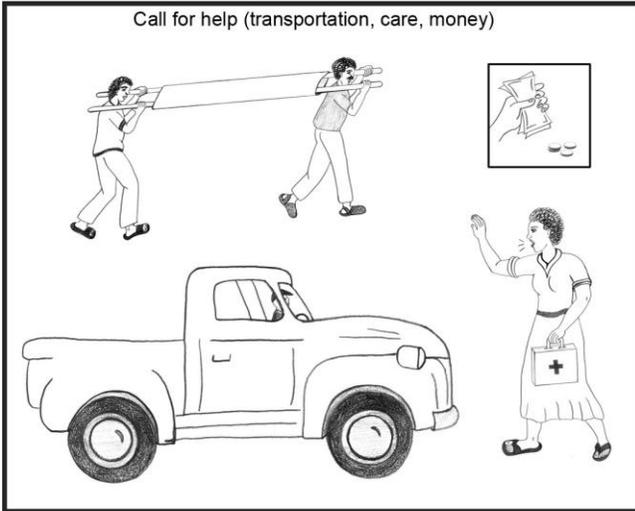


Baby Born Too Small



Take Action Card: Baby Born Too Small

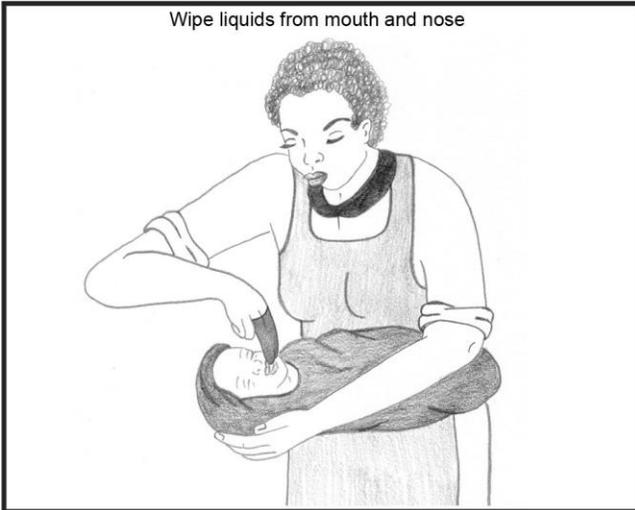
Call for help (transportation, care, money)



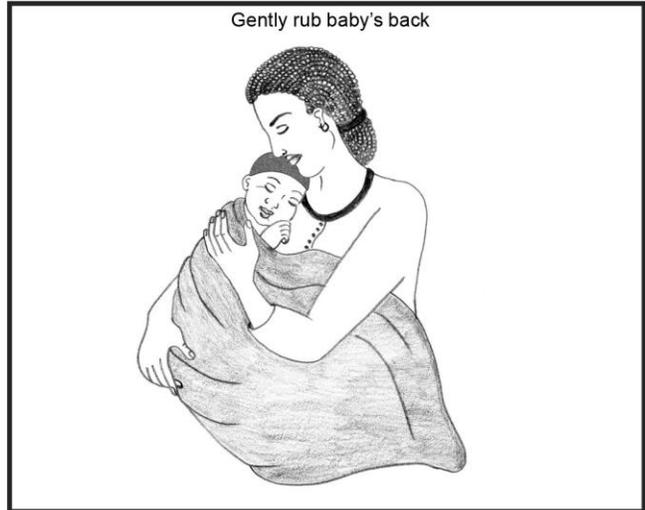
Warm baby by holding skin to skin on chest, and cover



Wipe liquids from mouth and nose



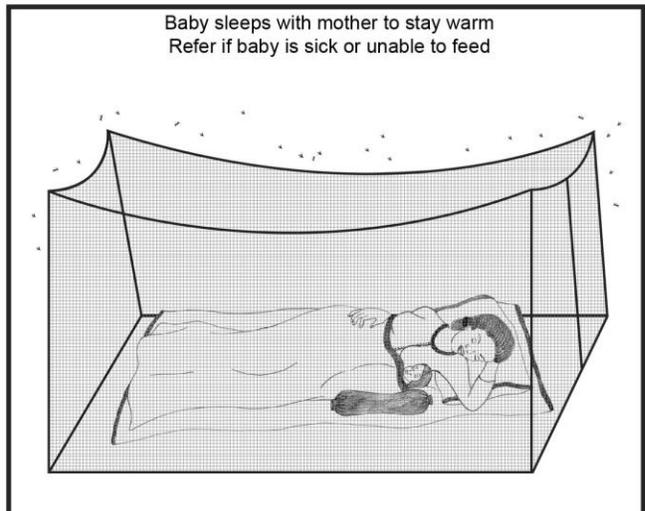
Gently rub baby's back



Feed baby every two hours
If needed, use cup to give breast milk removed by hand



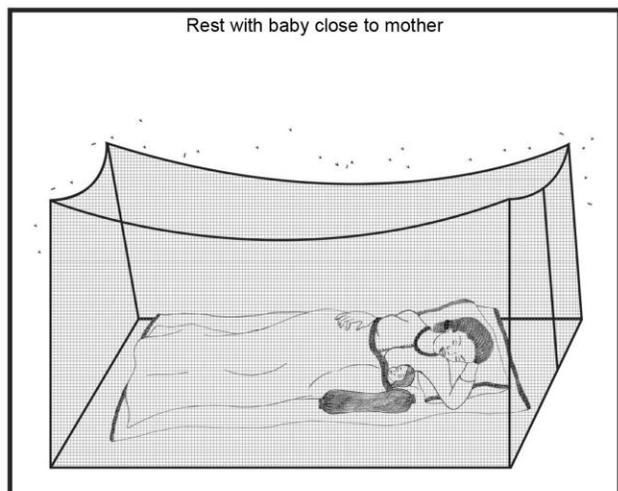
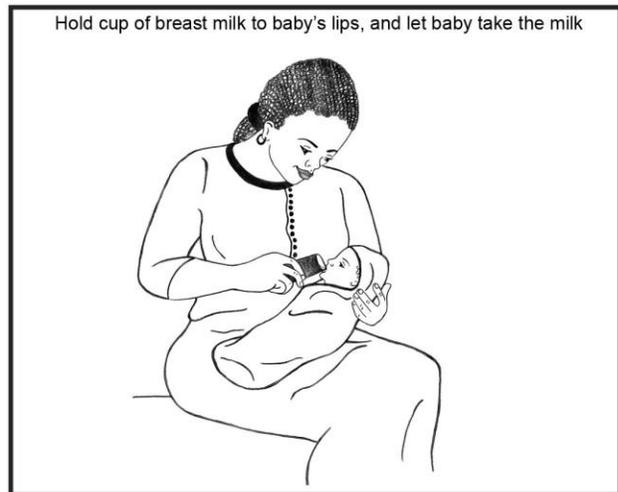
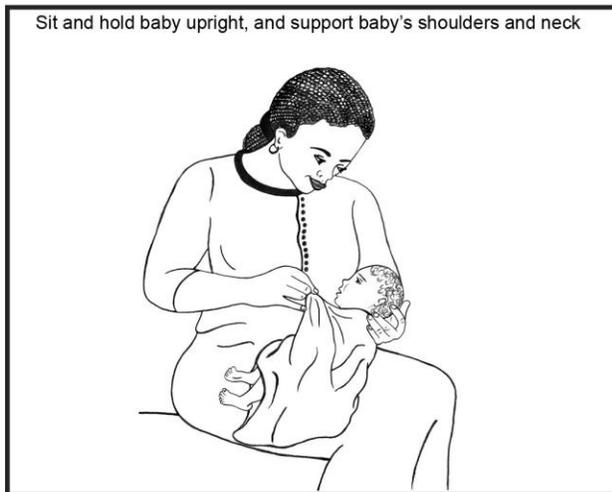
Baby sleeps with mother to stay warm
Refer if baby is sick or unable to feed



Feed Baby with Cup



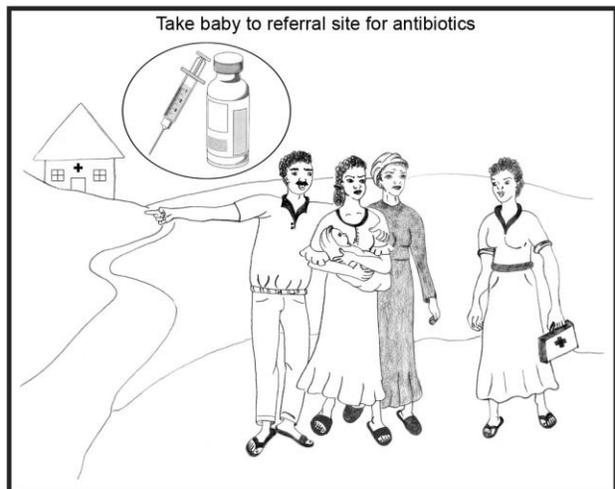
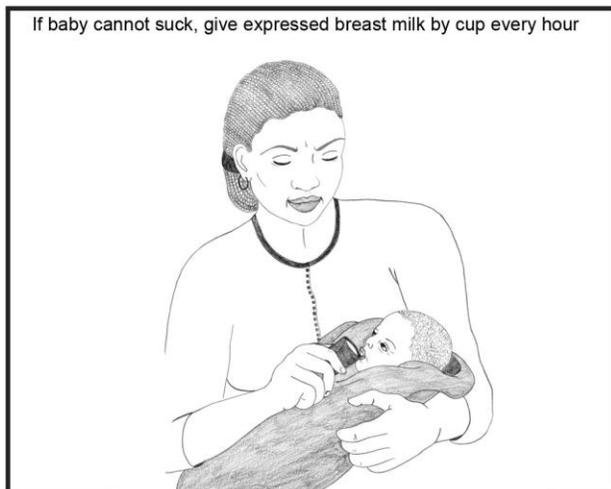
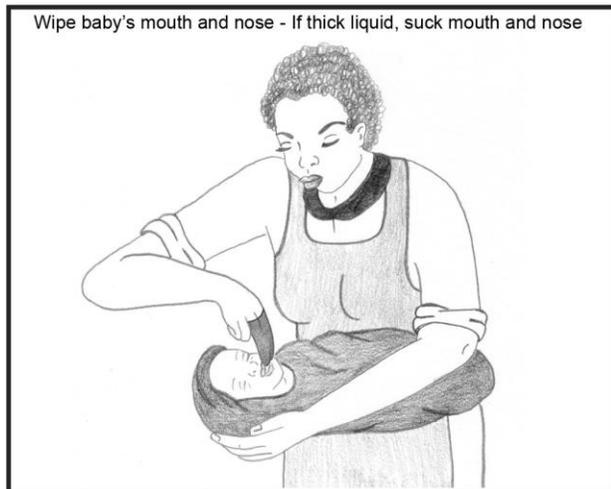
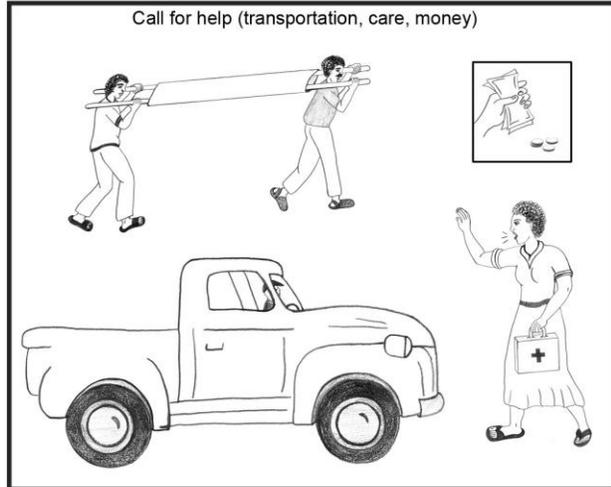
Take Action Card: Feed Baby with Cup



Baby Is Sick



Take Action Card: Baby Is Sick





American College of Nurse-Midwives
8403 Colesville Road, Suite 1550
Silver Spring, MD 20910, U.S.A.
www.midwife.org • hblss@acnm.org
Order online at www.ShopACNM.com

ISBN: