

# HOME BASED LIFE SAVING SKILLS



LARGE PICTURE CARDS



## Home Based Life Saving Skills Curriculum

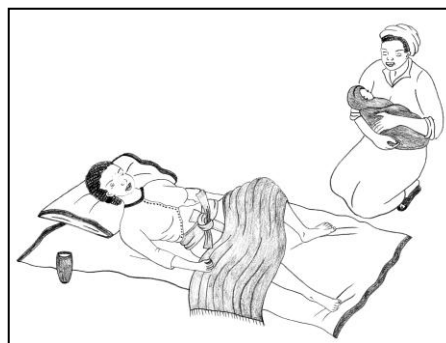
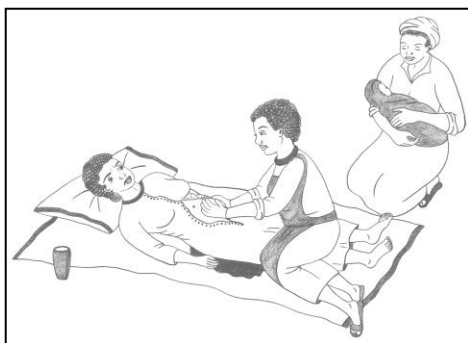
This curriculum consists of the Home Based Life Saving Skills (HBLSS) Manual, Large Picture Cards, and a Take Action Care booklet. In addition, the planning and implementation book, *Guidelines for Decision Makers and Trainers*, can be used to support program activities.

### 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.

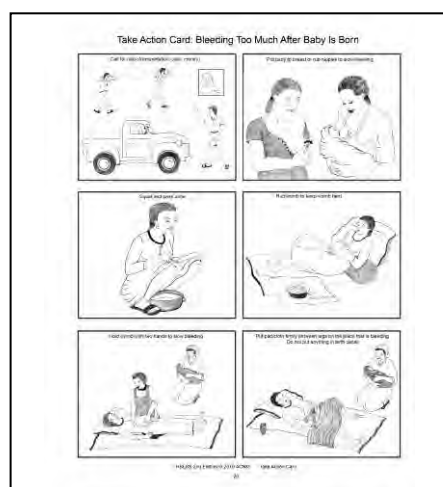


### Take Action Card Booklet

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



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# Home Based Life Saving Skills

## Large Picture Cards Booklet

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| Modupe's Story: Circle of Sickness.....             | 1.18 |
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|                      |     |
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|  |      |
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| Prevent Problems During Pregnancy .....                  | 3.1  |
| Prevent Problems Before Baby Is Born .....               | 3.9  |
| Prevent Problems After Baby Is Born: First Actions ..... | 3.18 |
| Prevent Problems After Baby Is Born: Other Actions ..... | 3.26 |

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|                           |     |
|---------------------------|-----|
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|   |      |
|---|------|
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|--|------|
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|                          |      |
|--------------------------|------|
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|                    |      |
|--------------------|------|
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|--------------------|------|



## **Book 1: Basic Information**

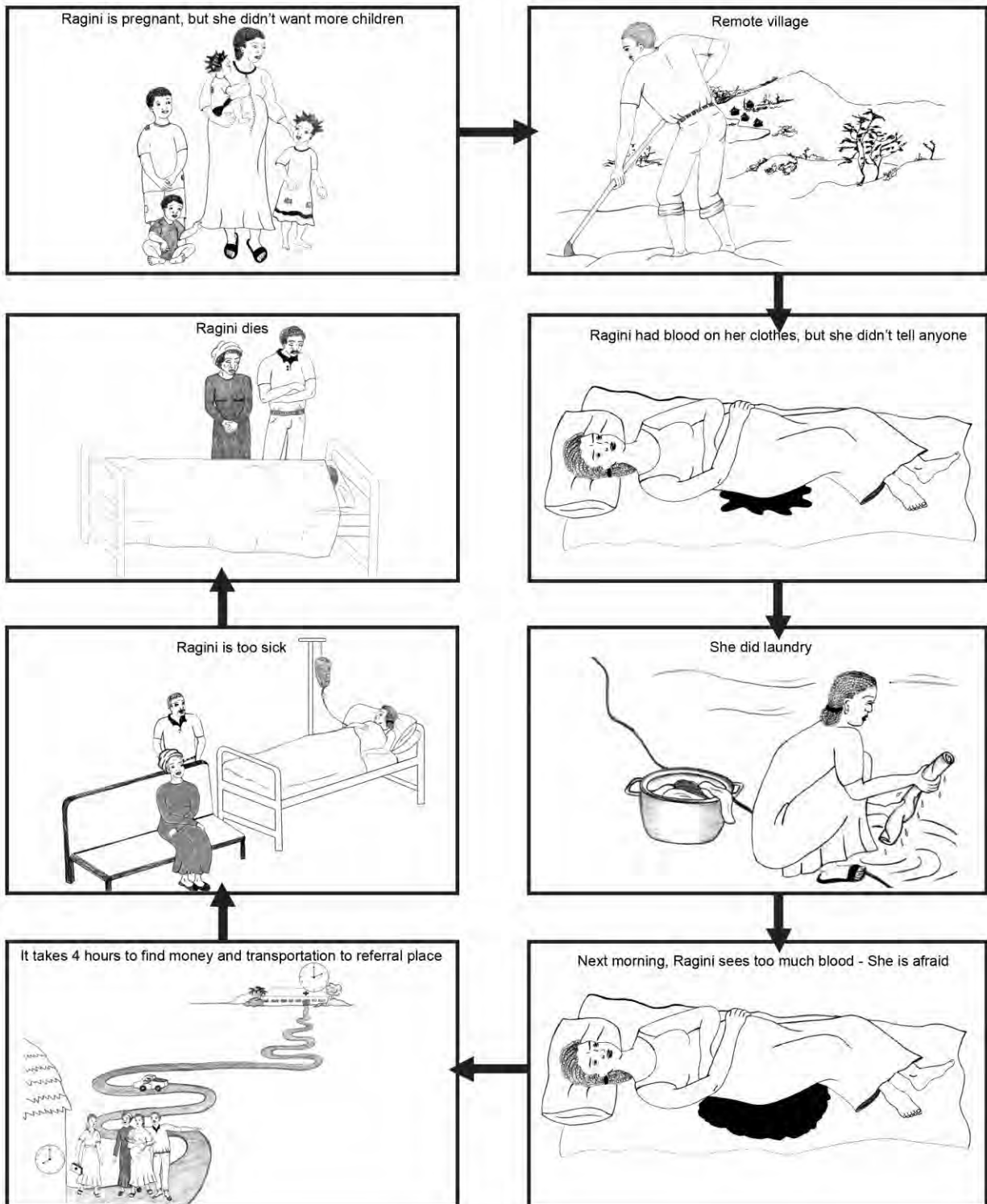
### **Community Meeting 1. Introduction to HBLSS**

|   |      |
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| Ragini's Story: The Road to Death .....             | 1.1  |
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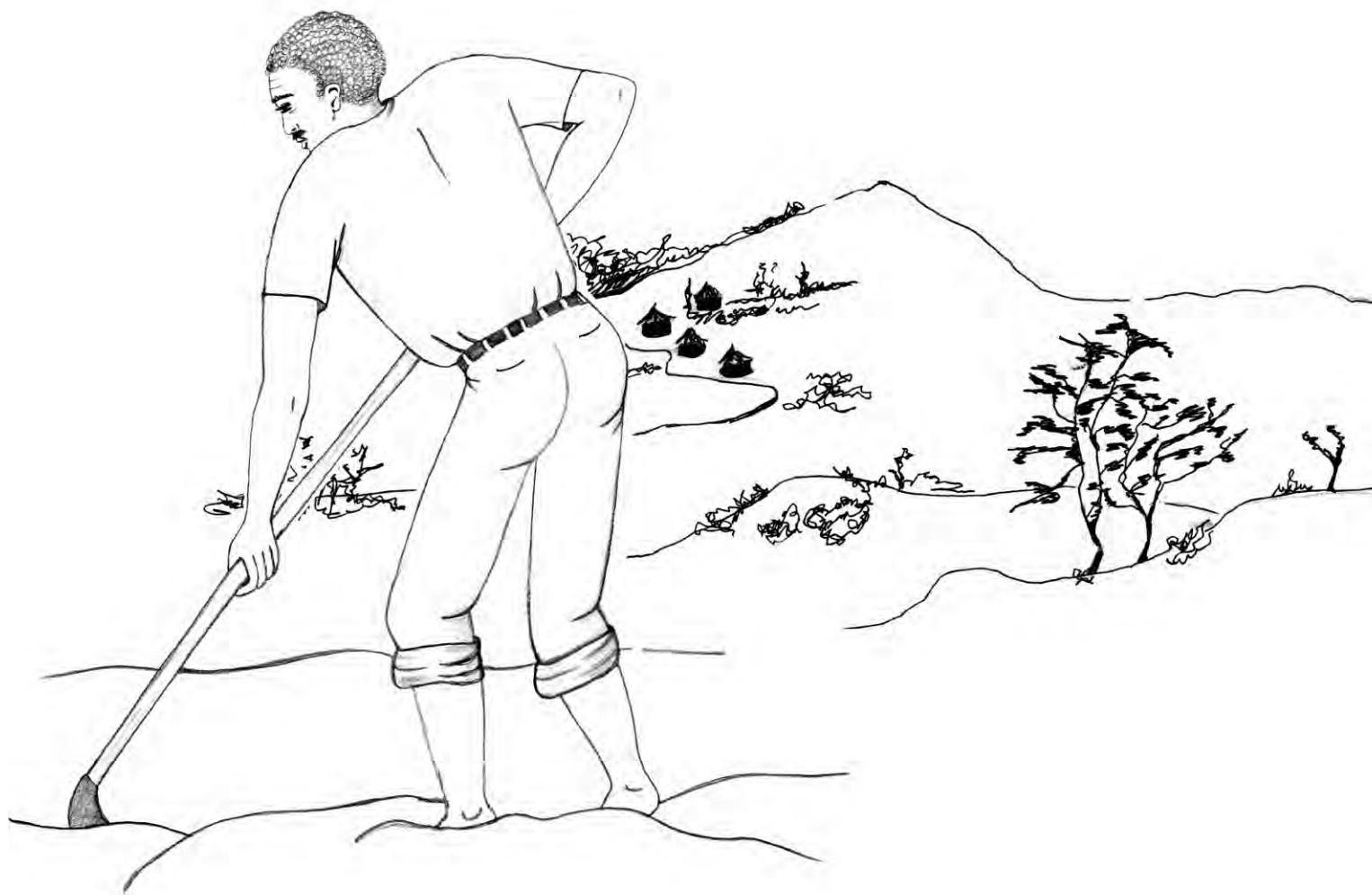


## Ragini's Story: The Road to Death



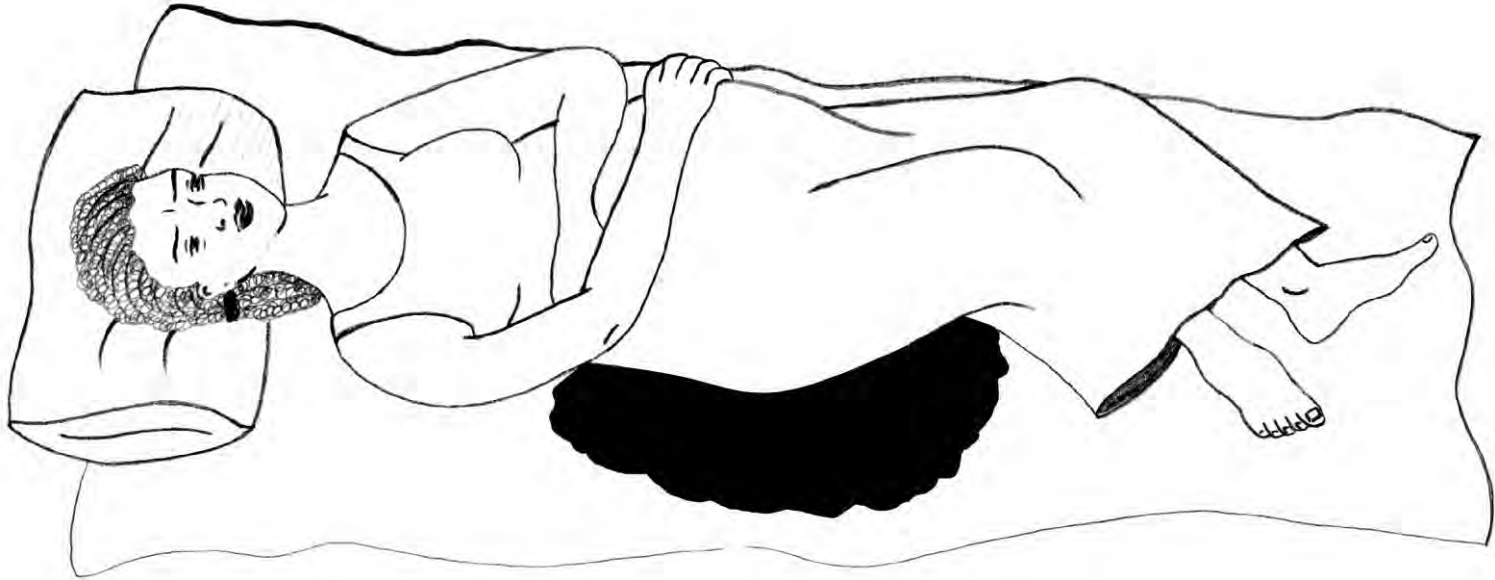


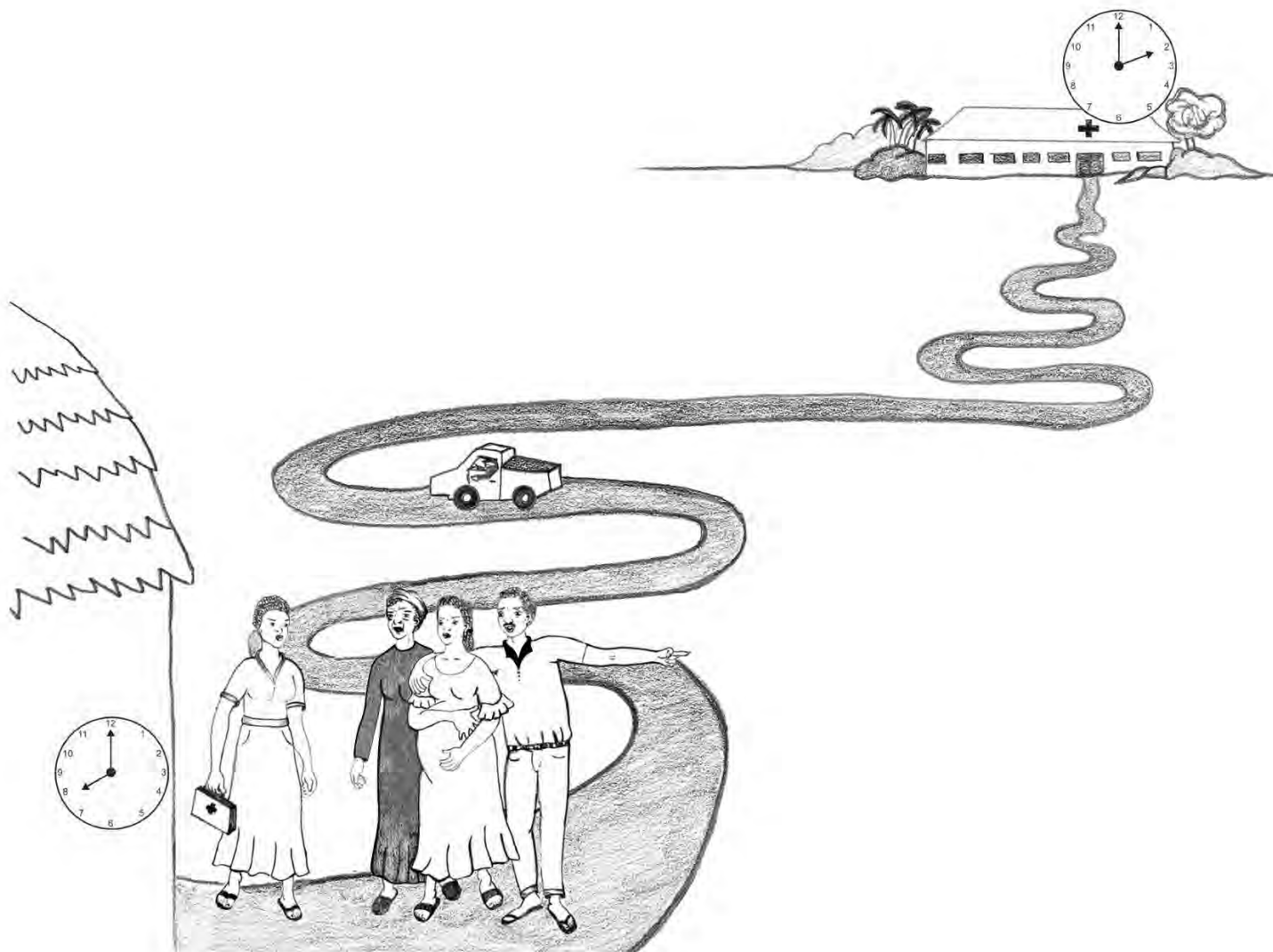




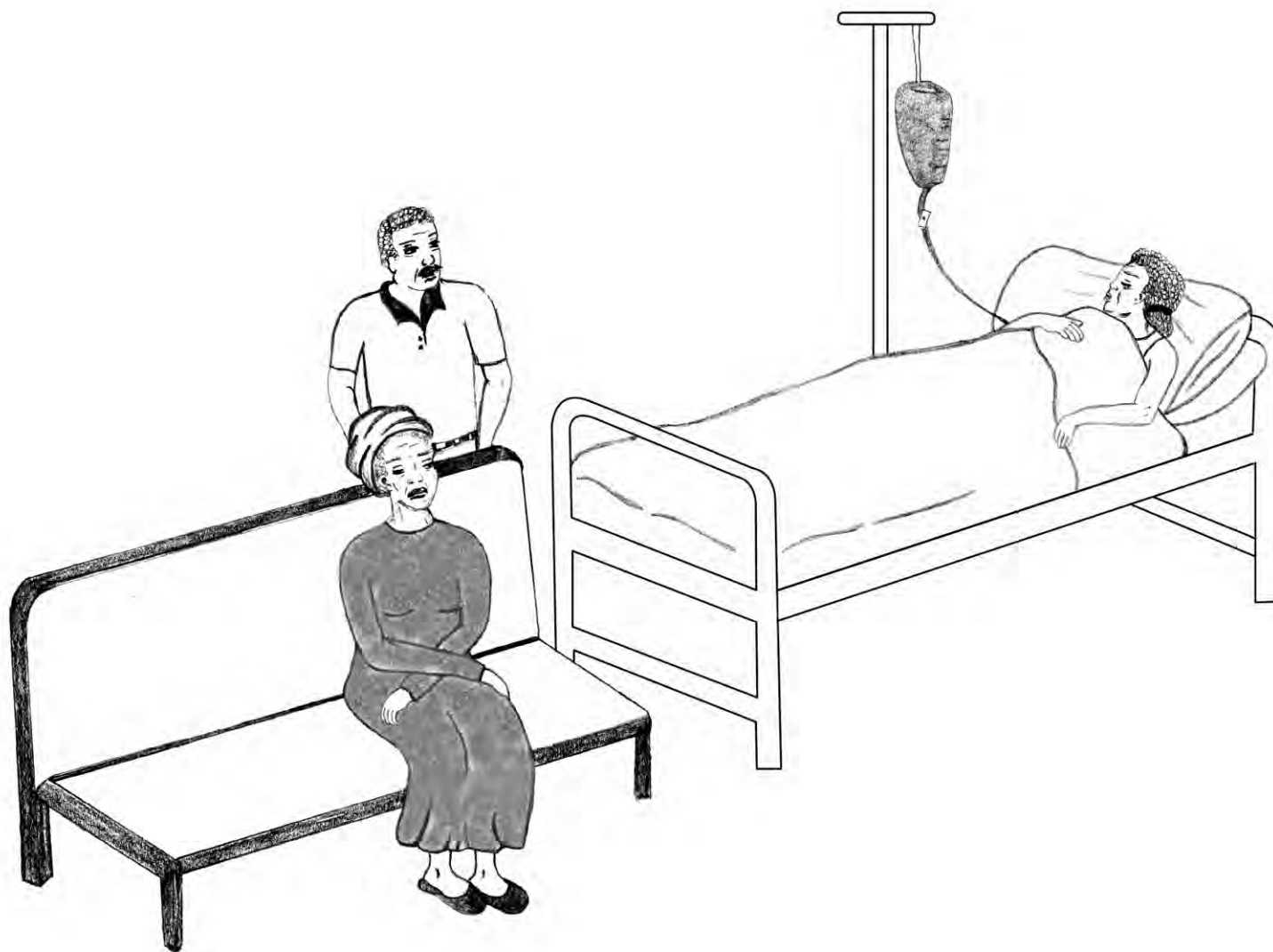






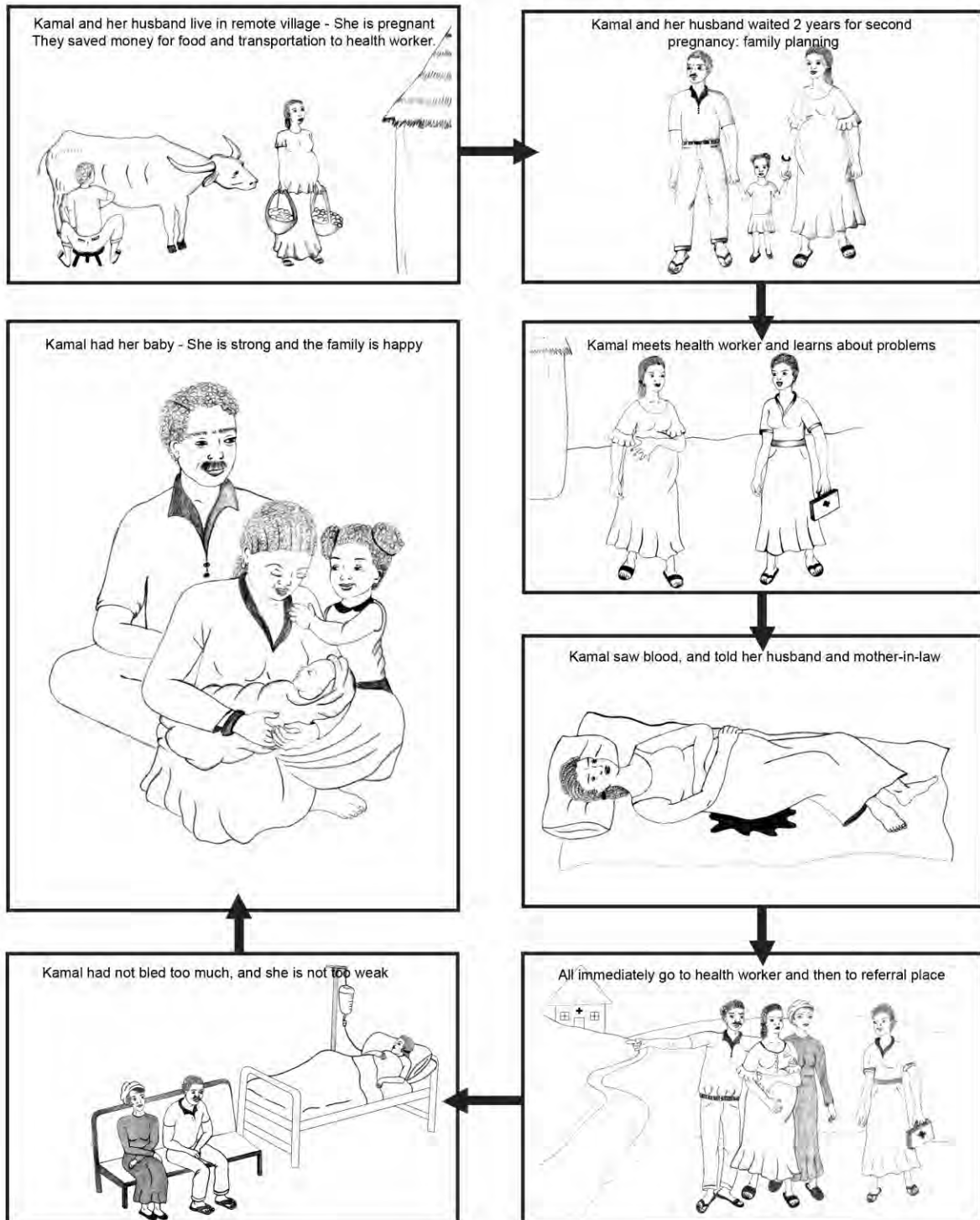




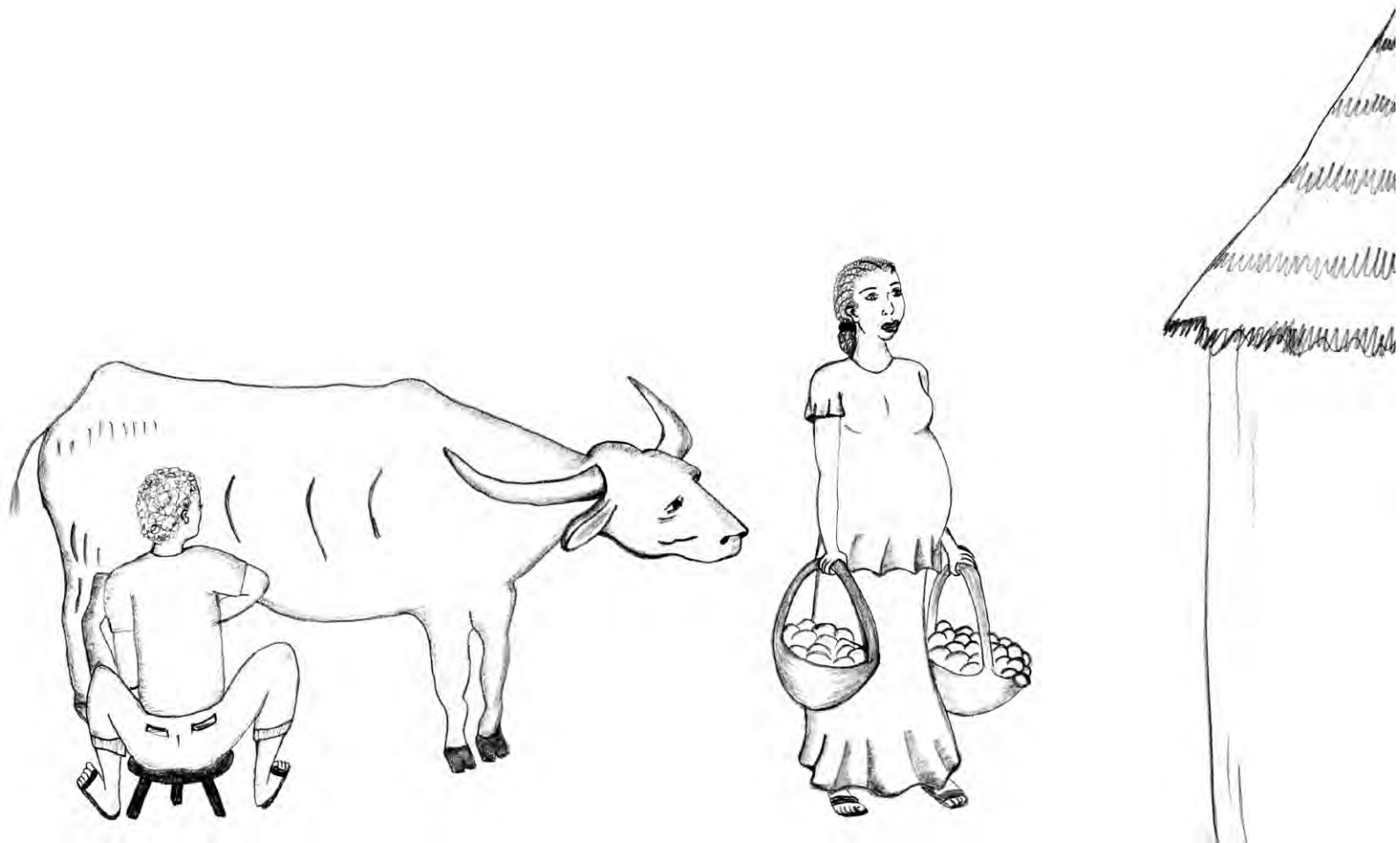


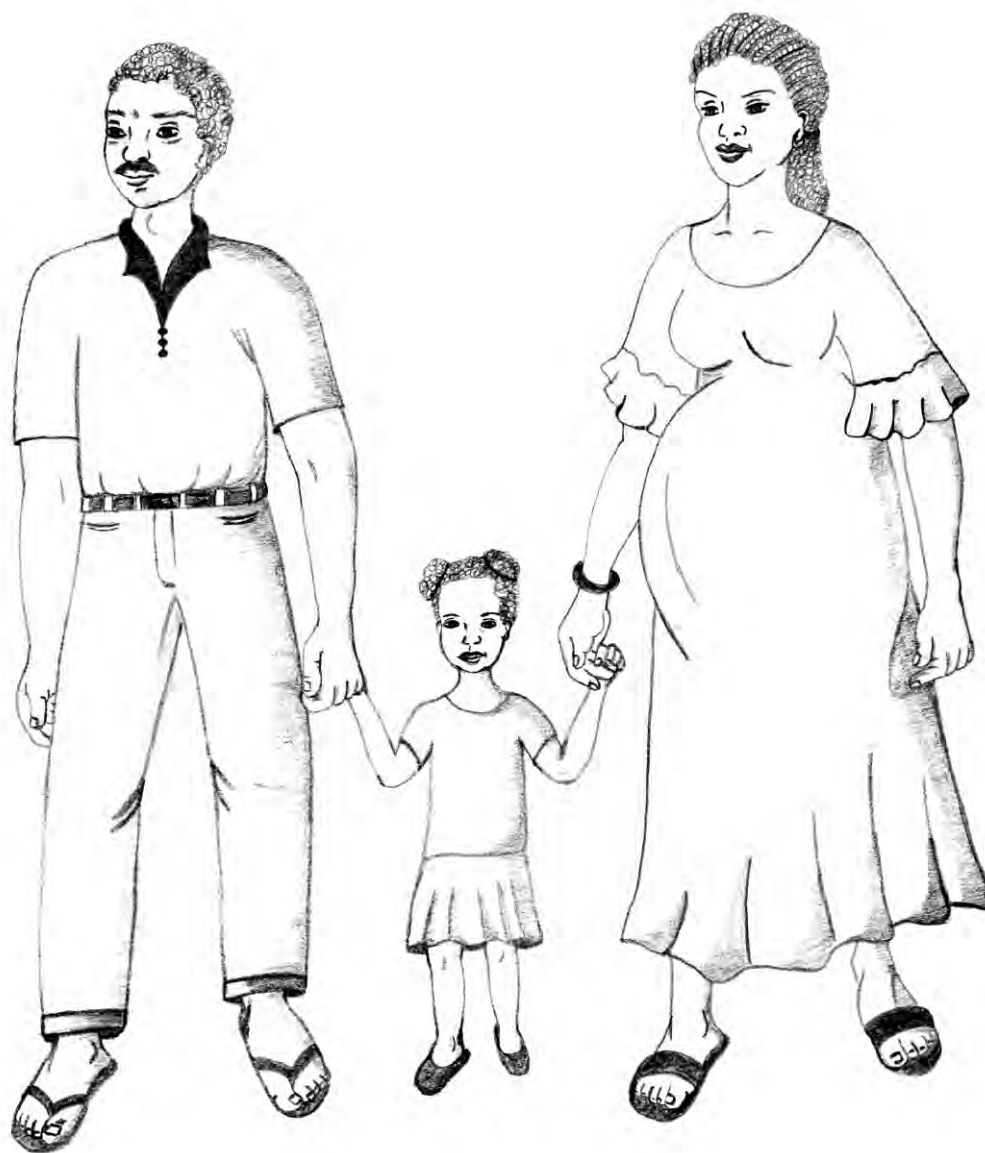


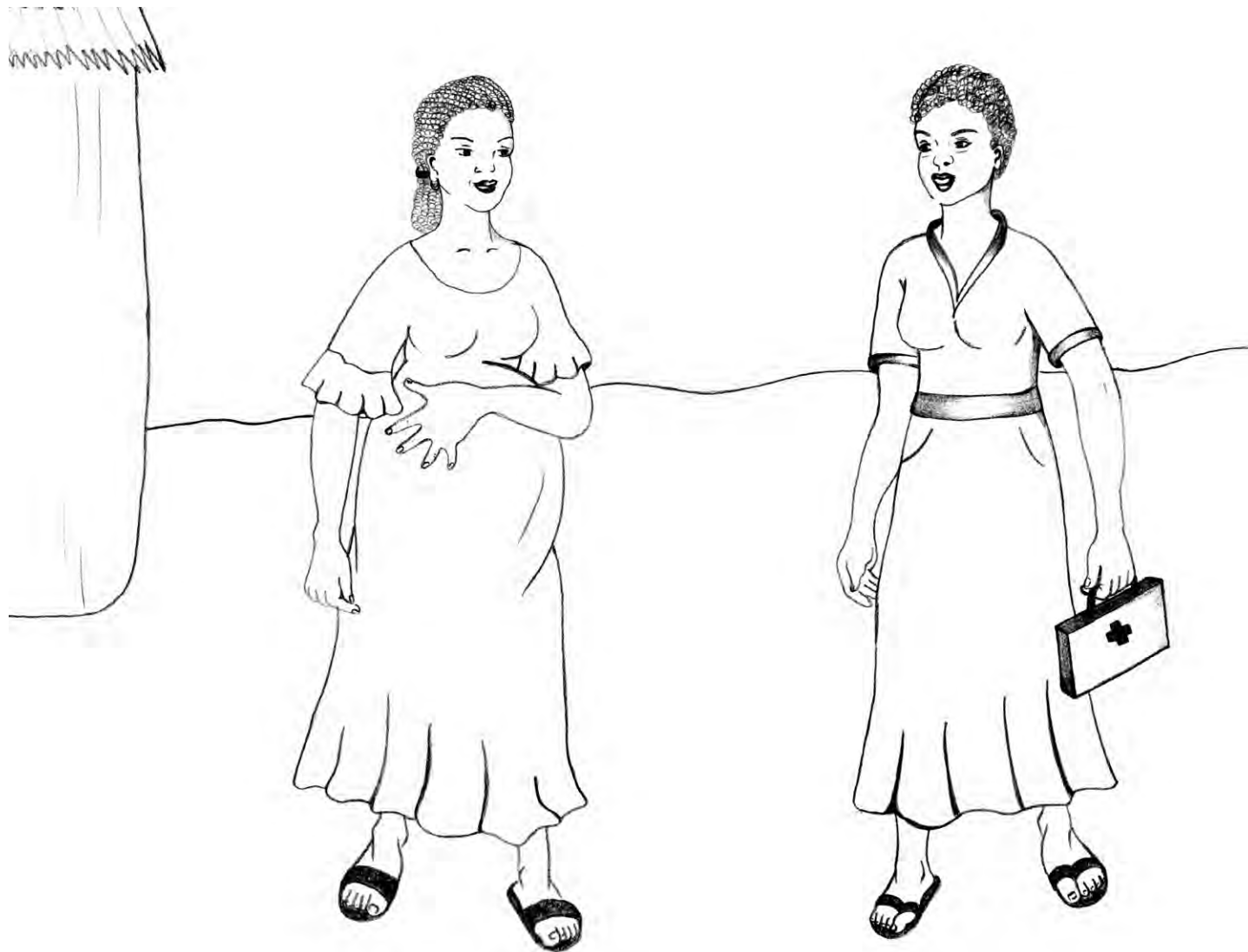
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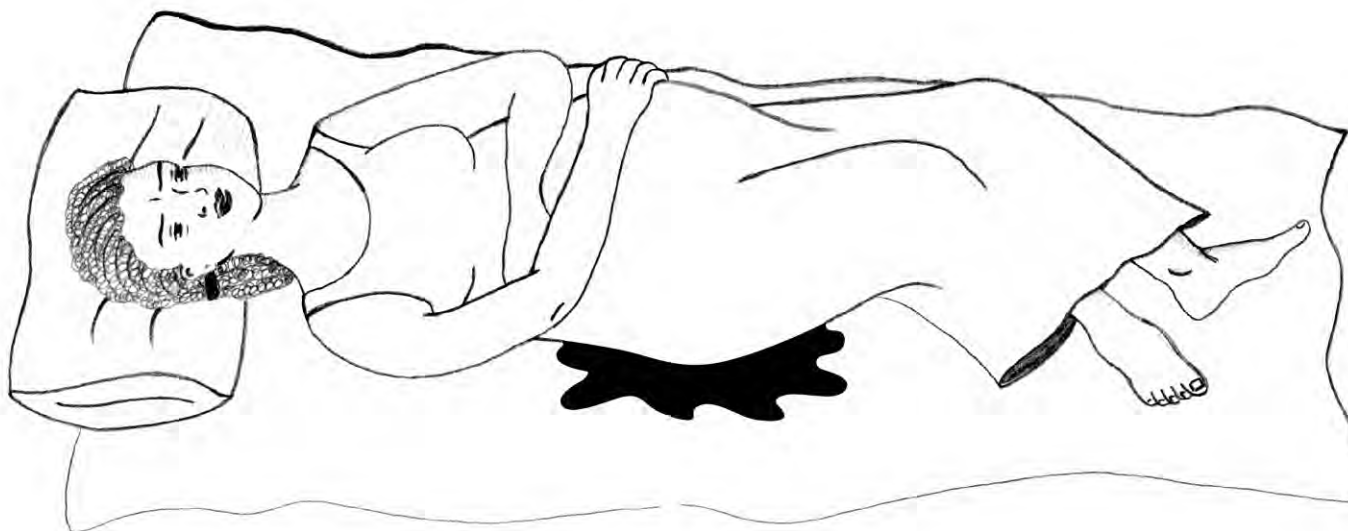






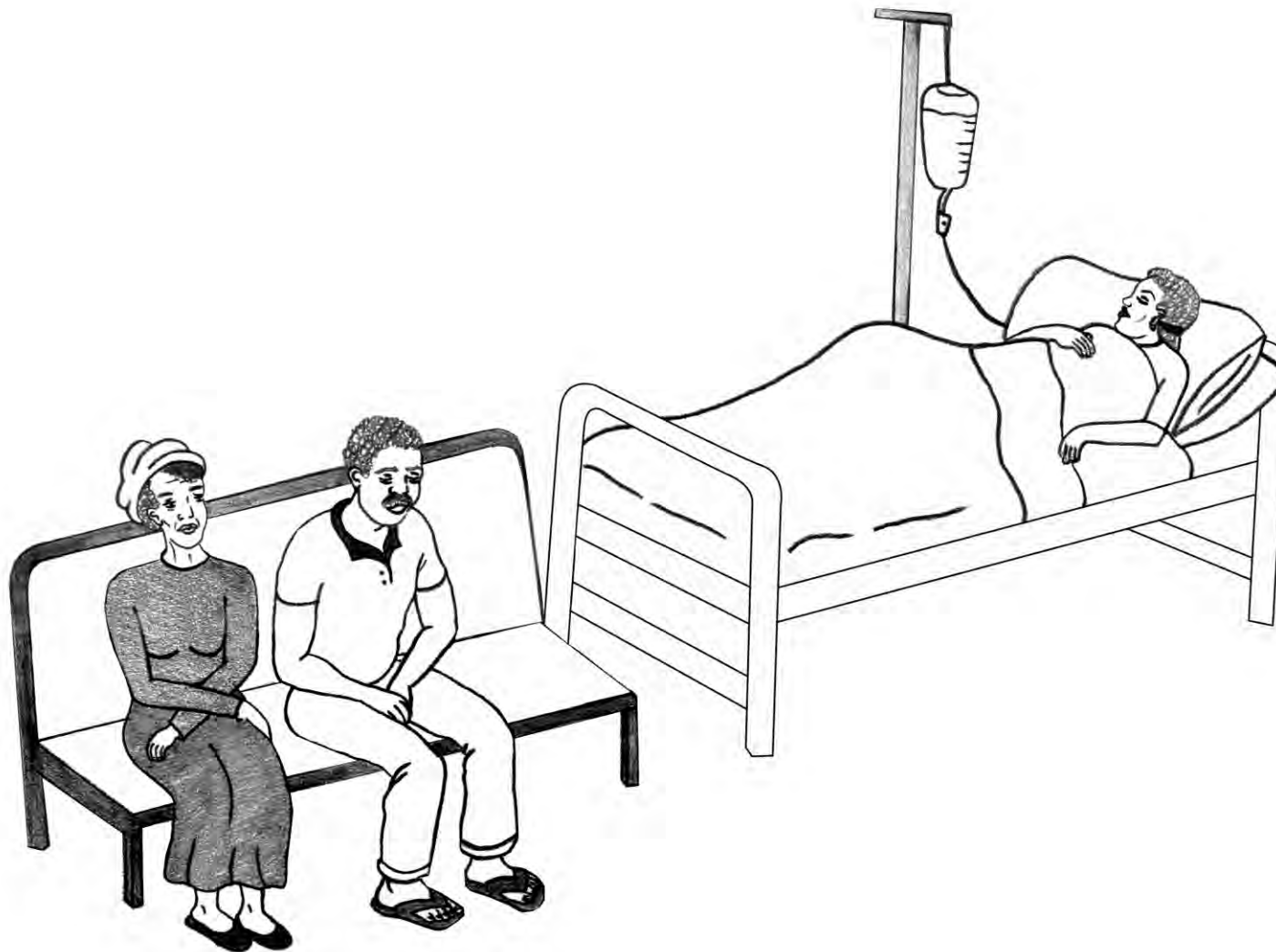








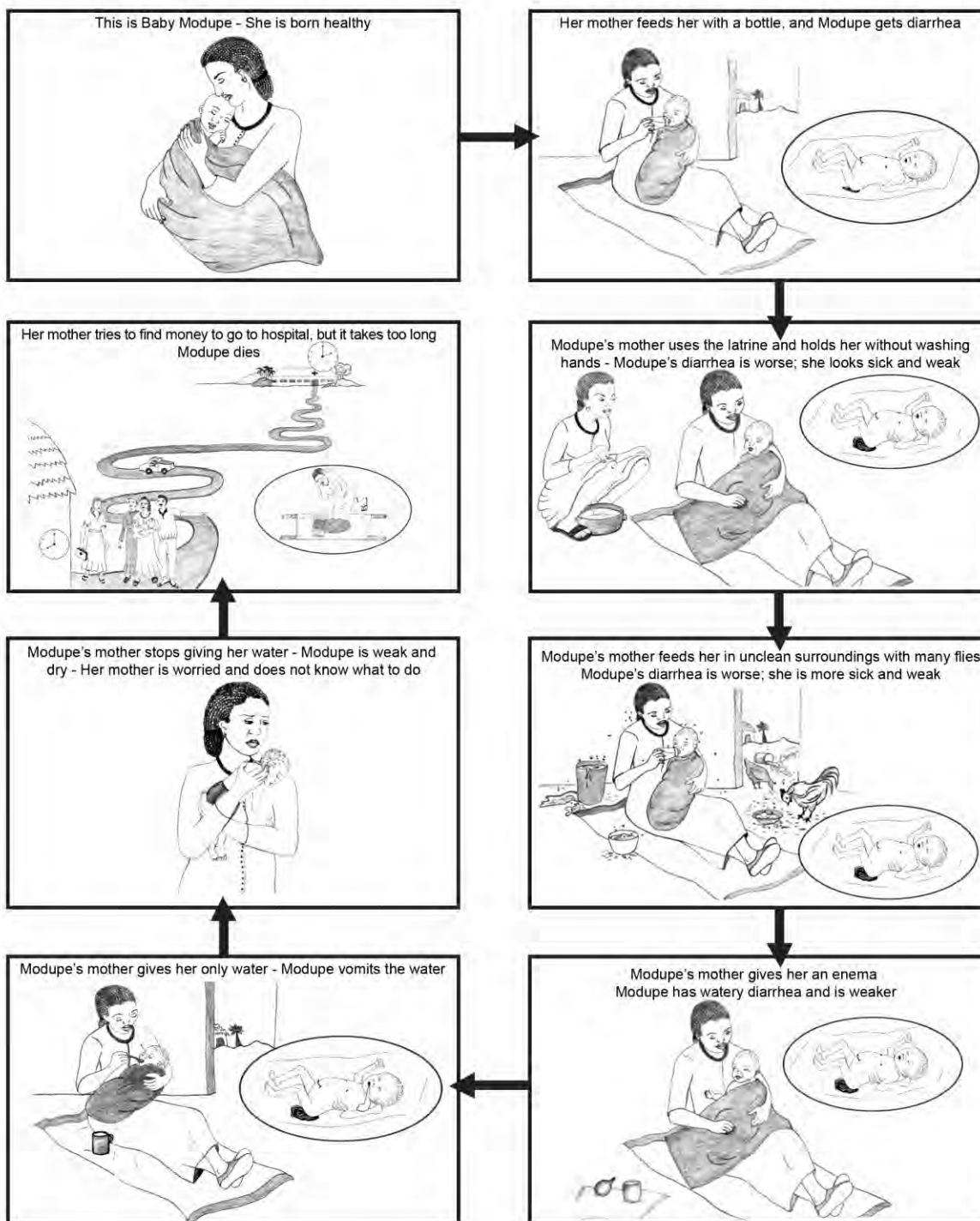








## Modupe's Story: The Circle of Sickness











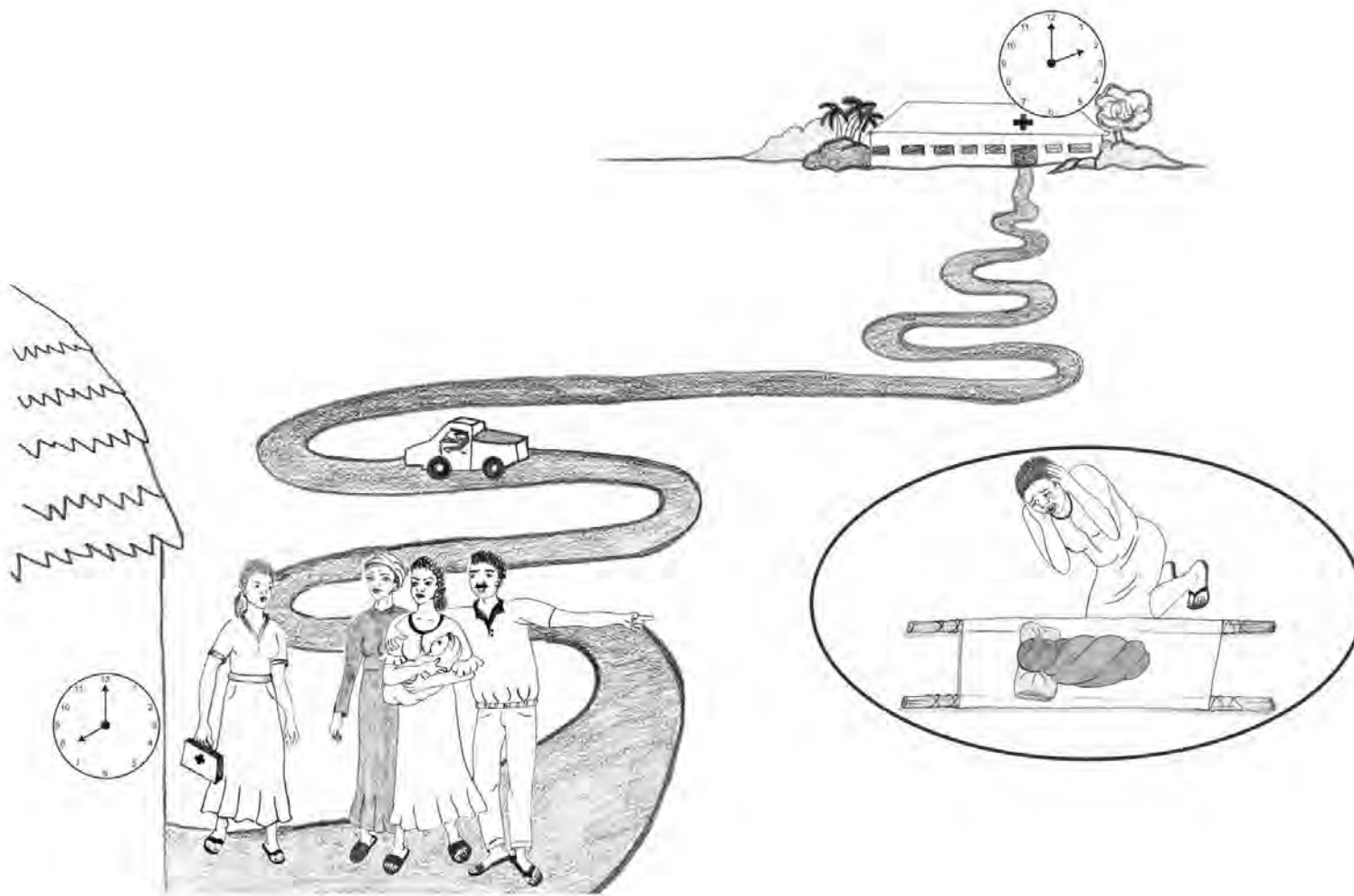




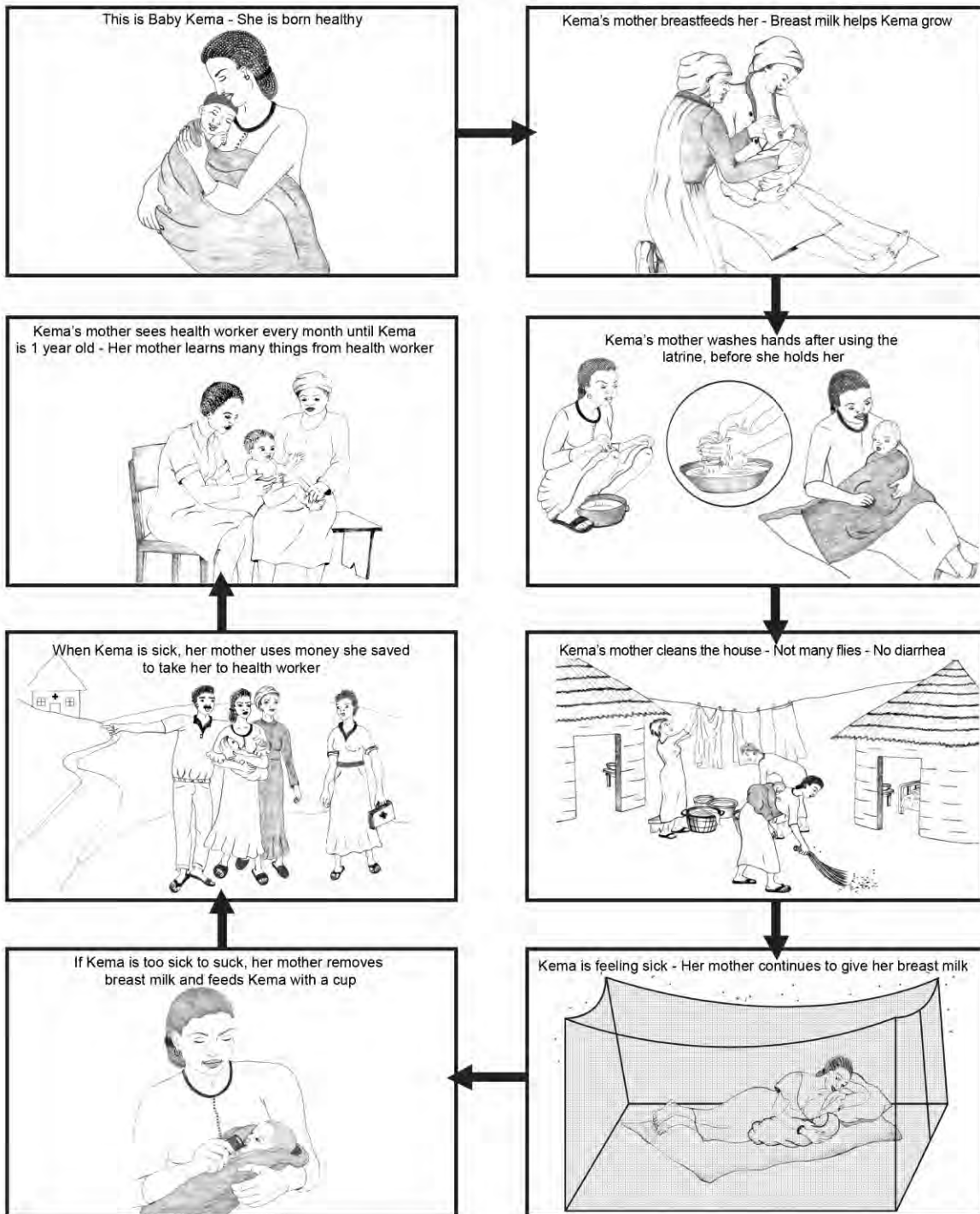








## Kema's Story: Breaking the Circle of Sickness





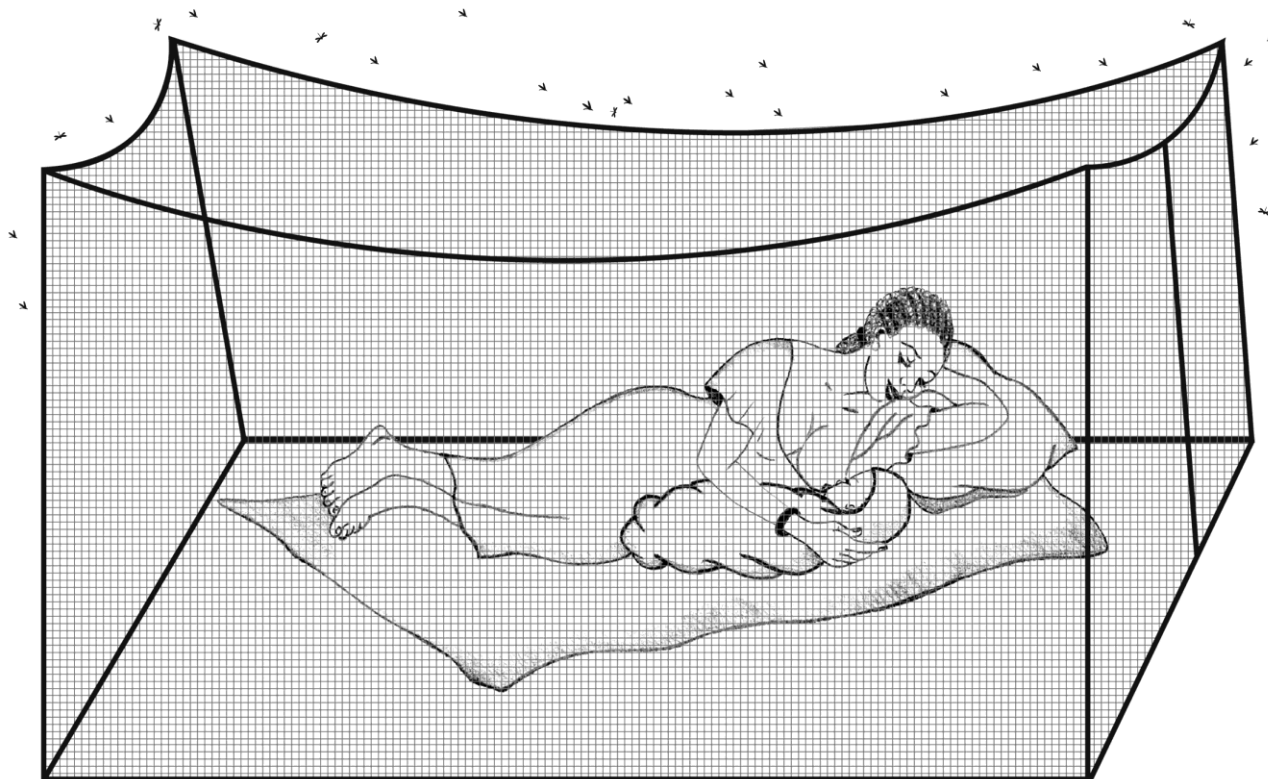




















**Book 1: Basic Information**

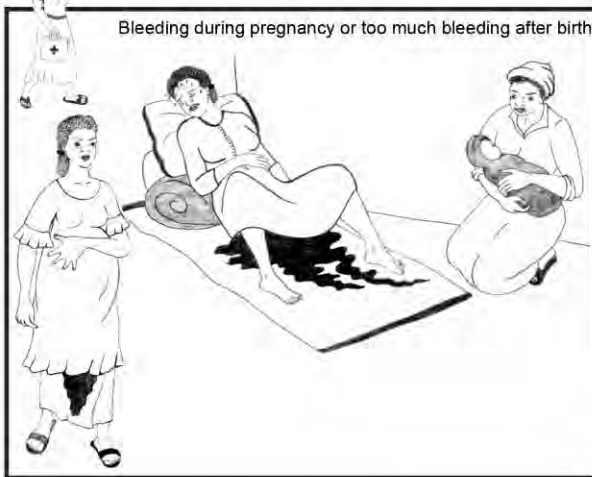
**Community Meeting 2. Woman and Baby Problems**

Woman Problems ..... 2.1

Baby Problems ..... 2.9



## Take Action Card: Woman Problems



HBLSS 2nd Edition © 2010 ACNM Take Action Card







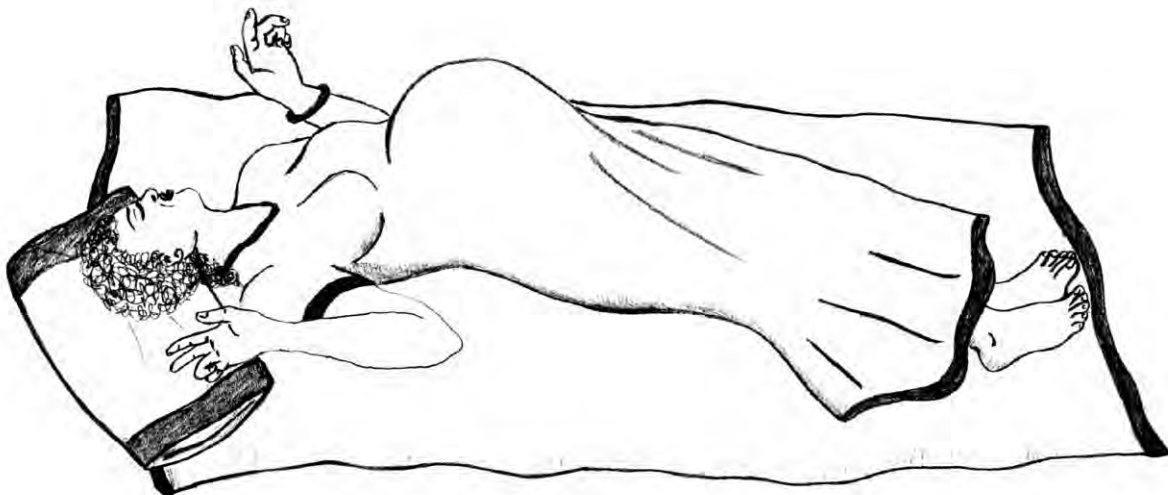














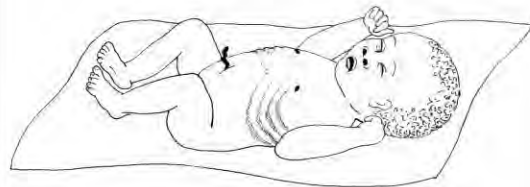
## Take Action Card: Baby Problems



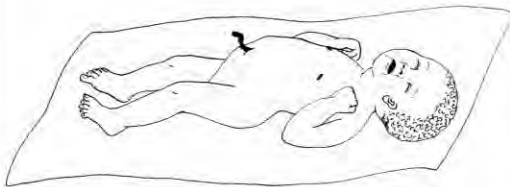
Poor or no sucking



Trouble breathing



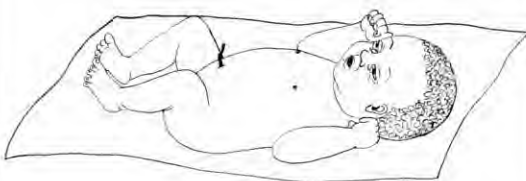
Fits or convulsions



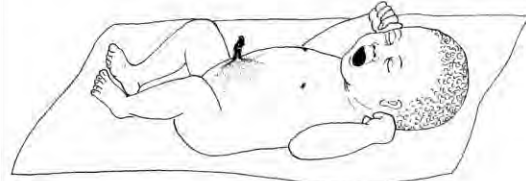
Low birth weight or looks too small



Fever and pus in eyes



Fever and pus in cord stump

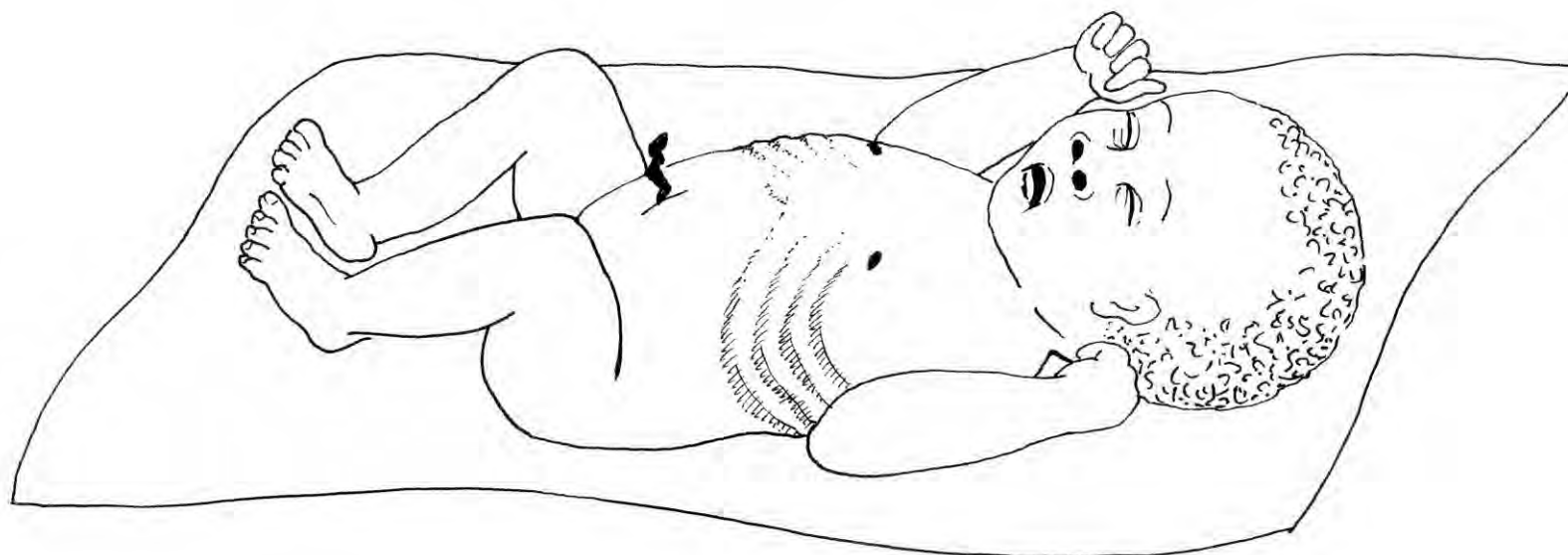


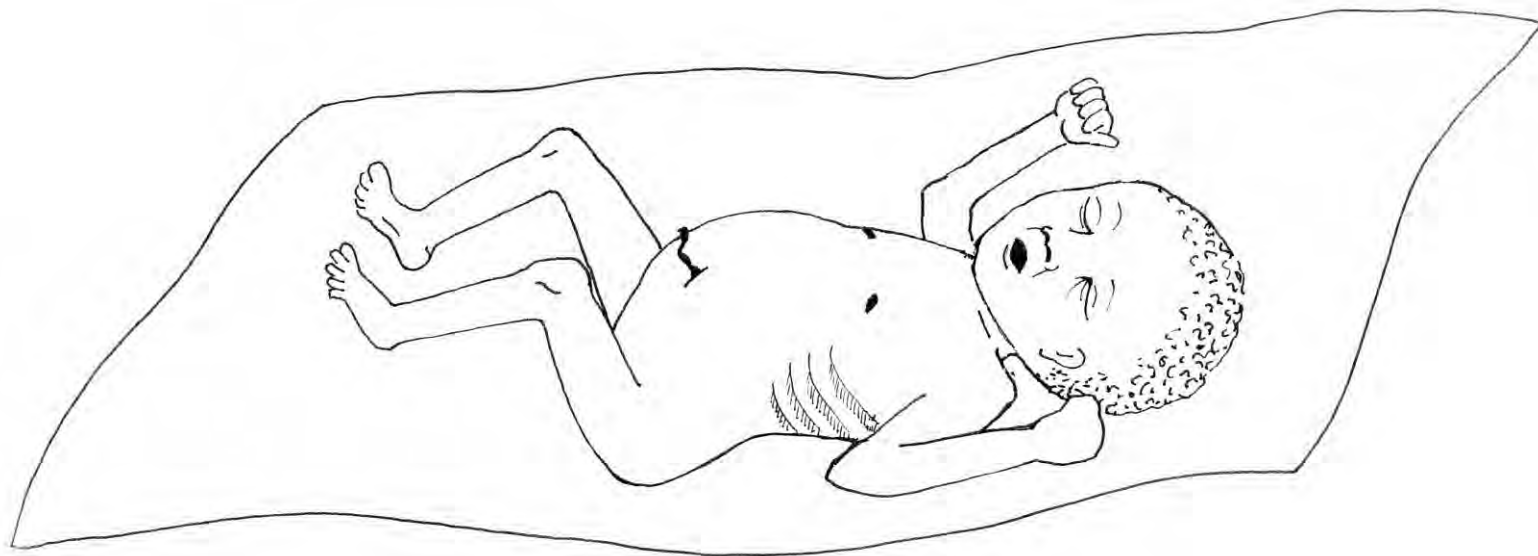


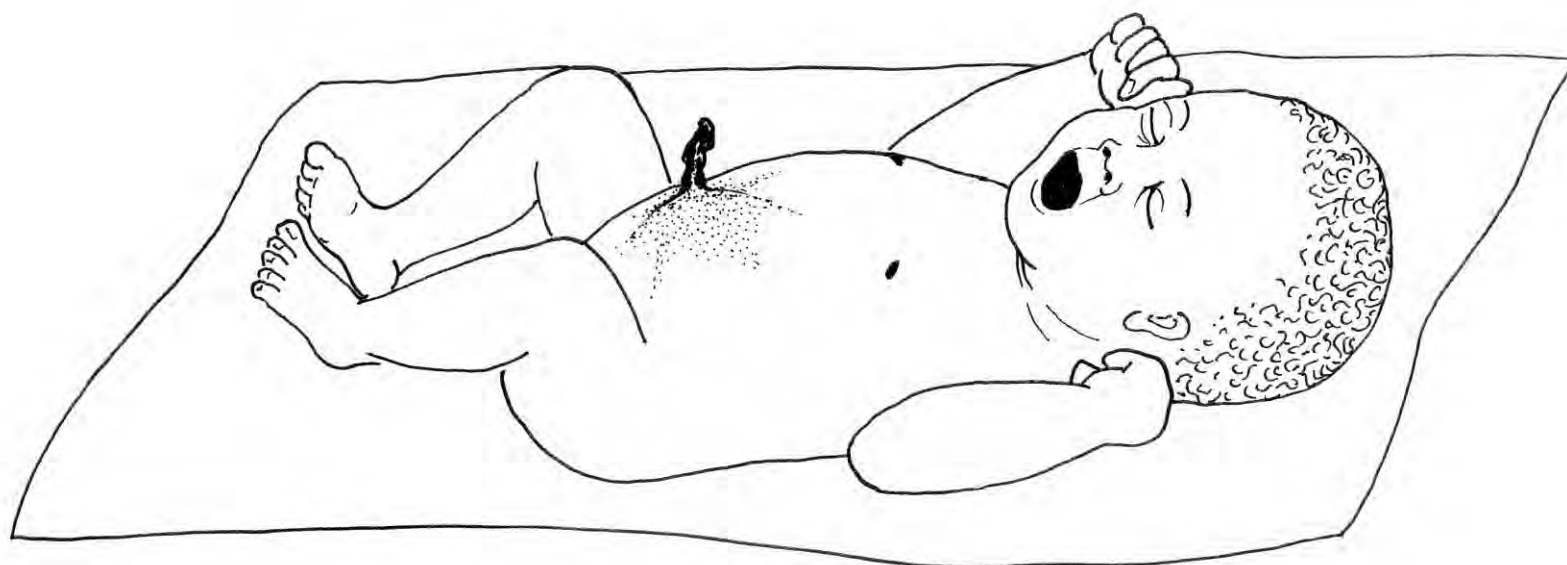


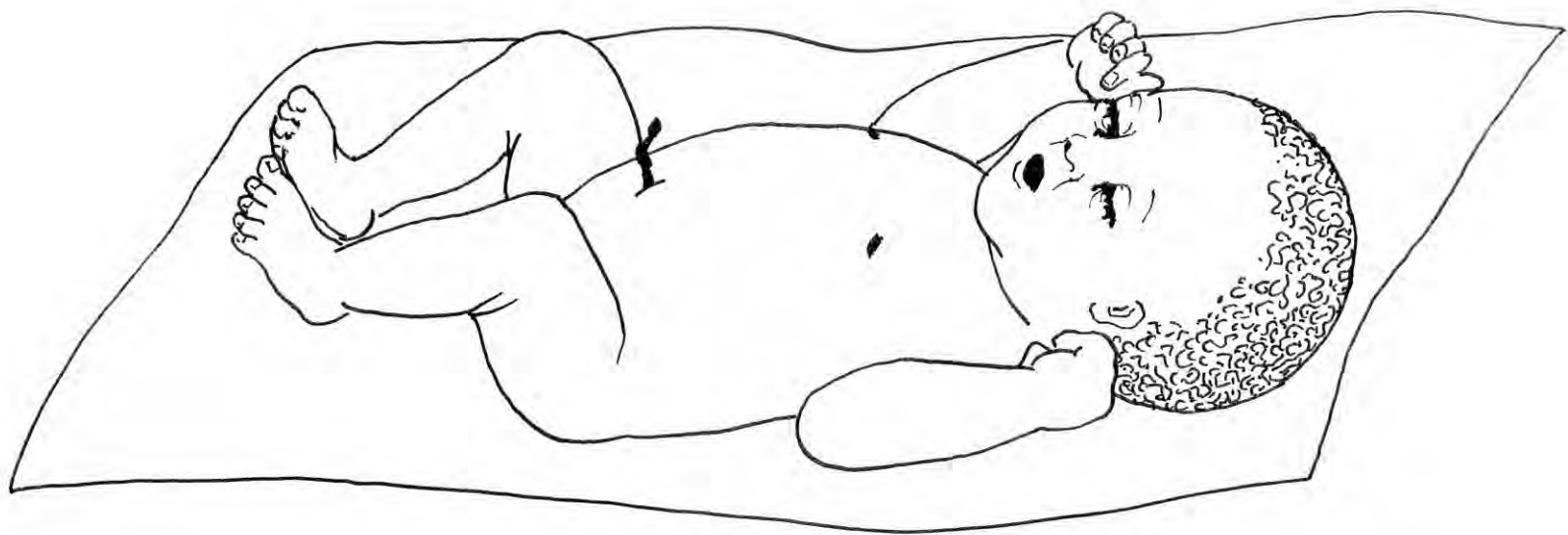


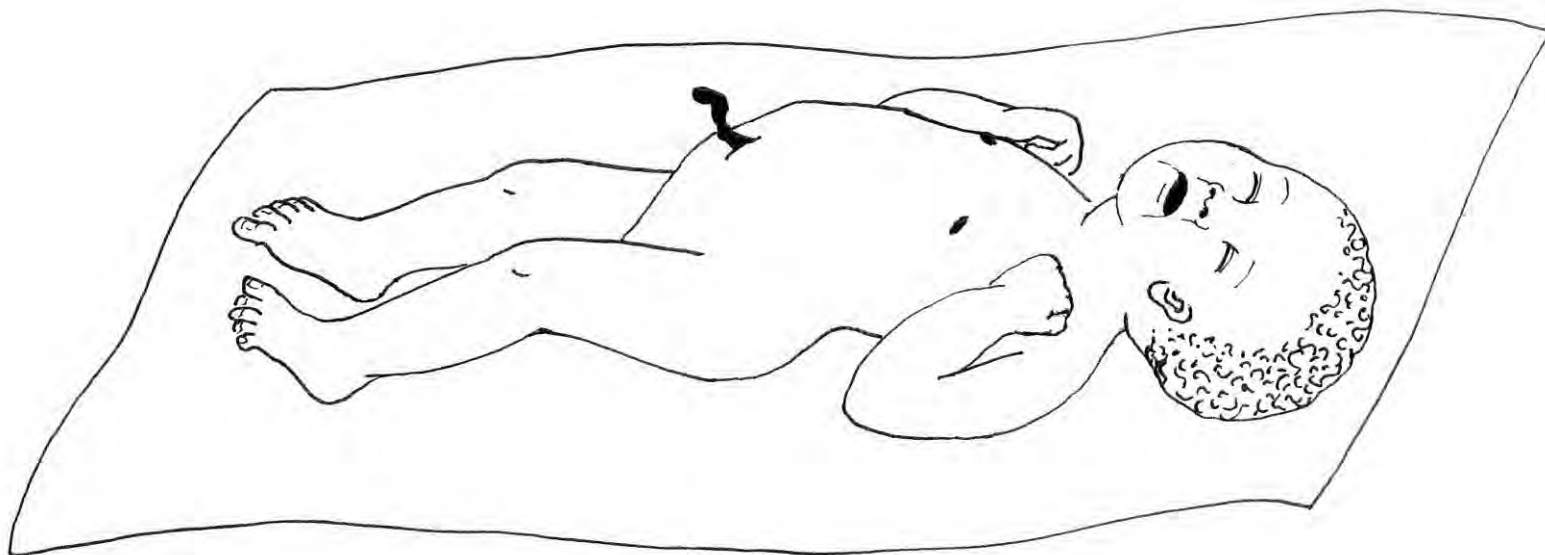














## **Book 1: Basic Information**

### **Community Meeting 3. Prevent Problems**

|  |      |
|--|------|
| Prevent Problems During Pregnancy .....                  | 3.1  |
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| Prevent Problems After Baby Is Born: Other Actions ..... | 3.26 |



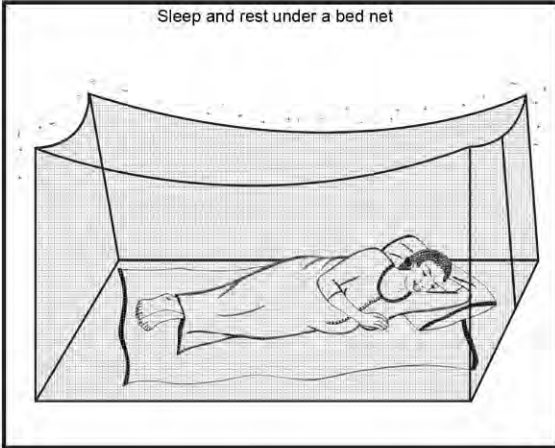






## Take Action Card: Prevent Problems During Pregnancy

Sleep and rest under a bed net



Eat extra meal and drink liquids every day



Take iron/folic acid - At 8 months, get misoprostol (if approved practice)



Watch for problems - See THW



Feel to see if baby's head is coming first



Use safer sex and plan next pregnancy















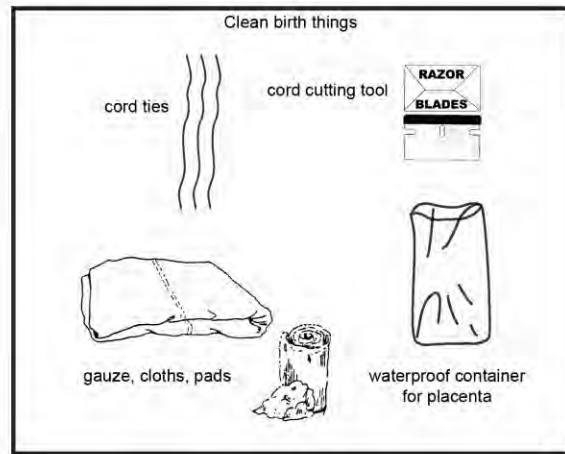
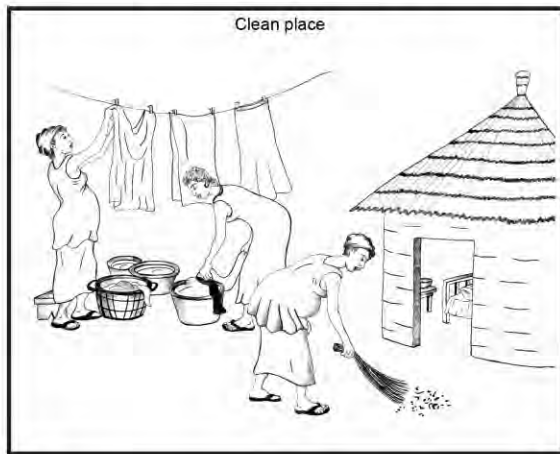






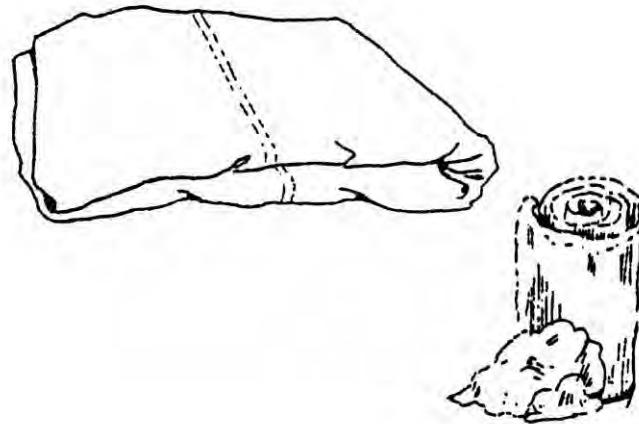


## Take Action Card: Prevent Problems Before Baby Is Born





















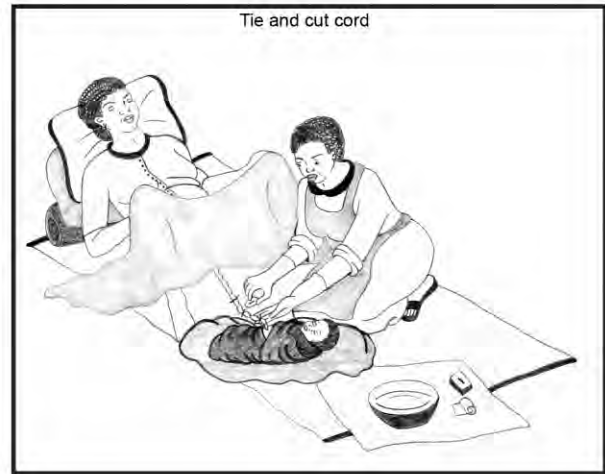








## Take Action Card: Prevent Problems After Baby Is Born: First Actions



















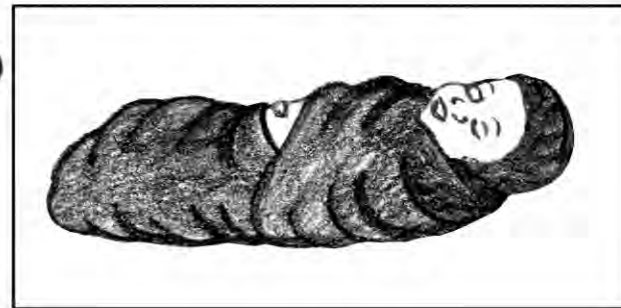




## Take Action Card: Prevent Problems After Baby Is Born: Other Actions





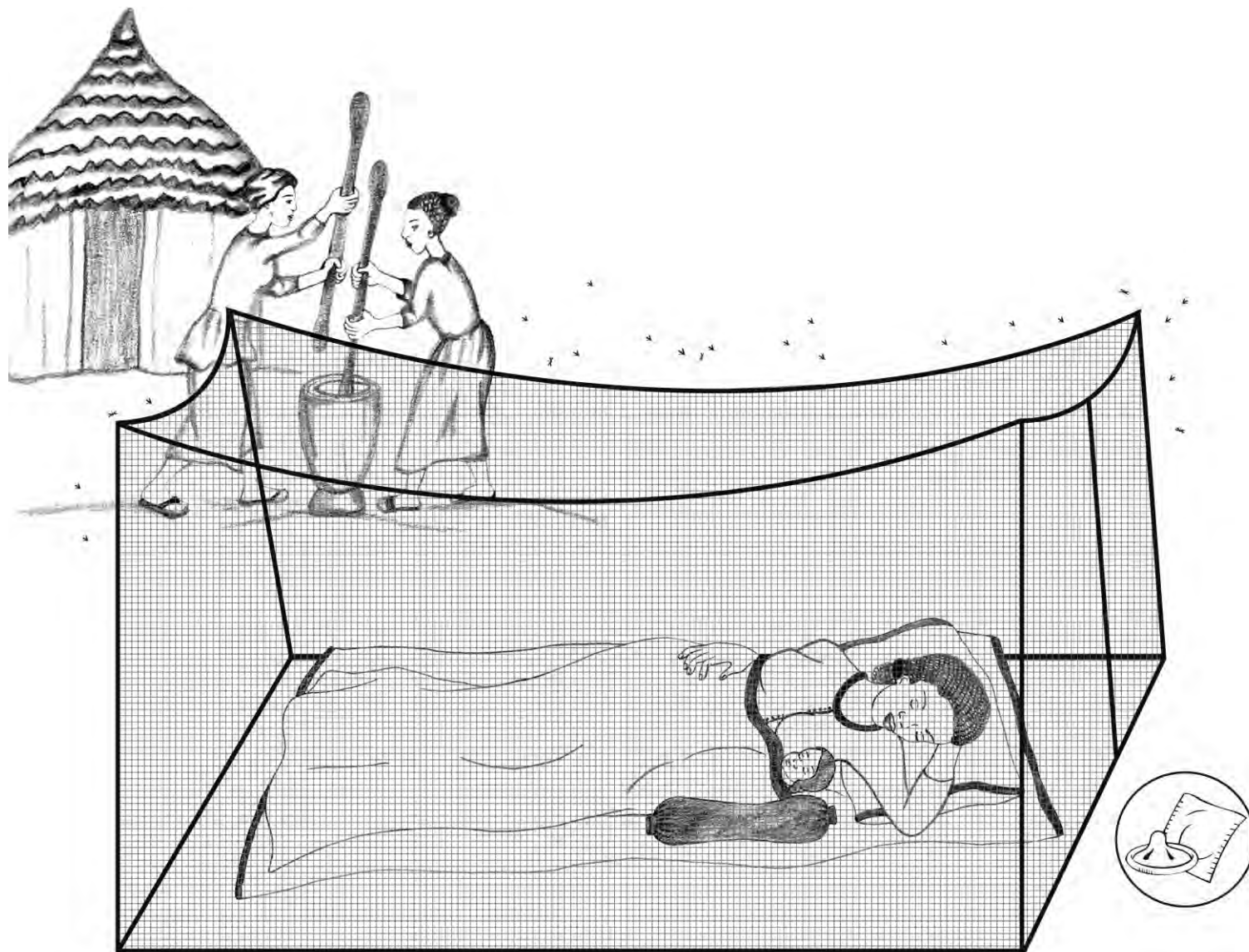


















**Book 1: Basic Information**

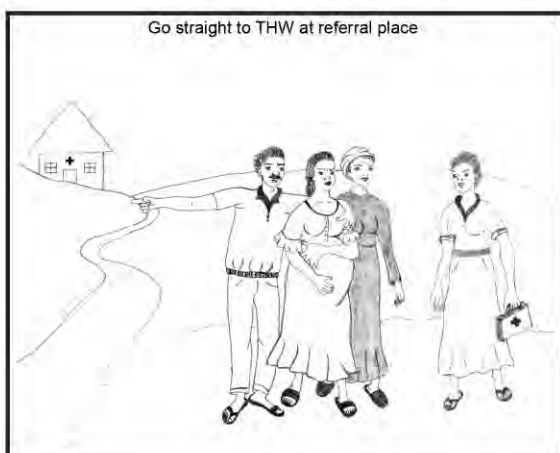
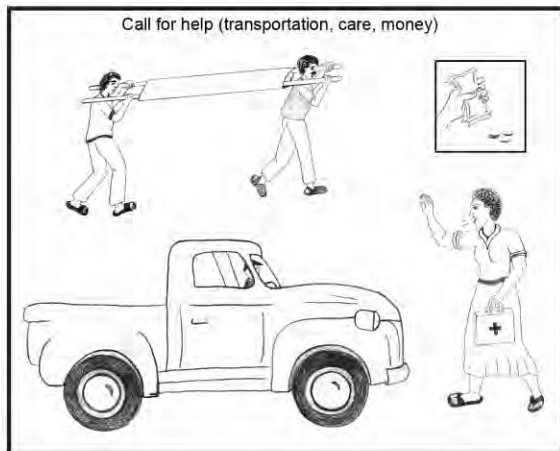
**Community Meeting 4. Referral**

Referral of a Woman ..... 4.1

Referral of a Baby ..... 4.8

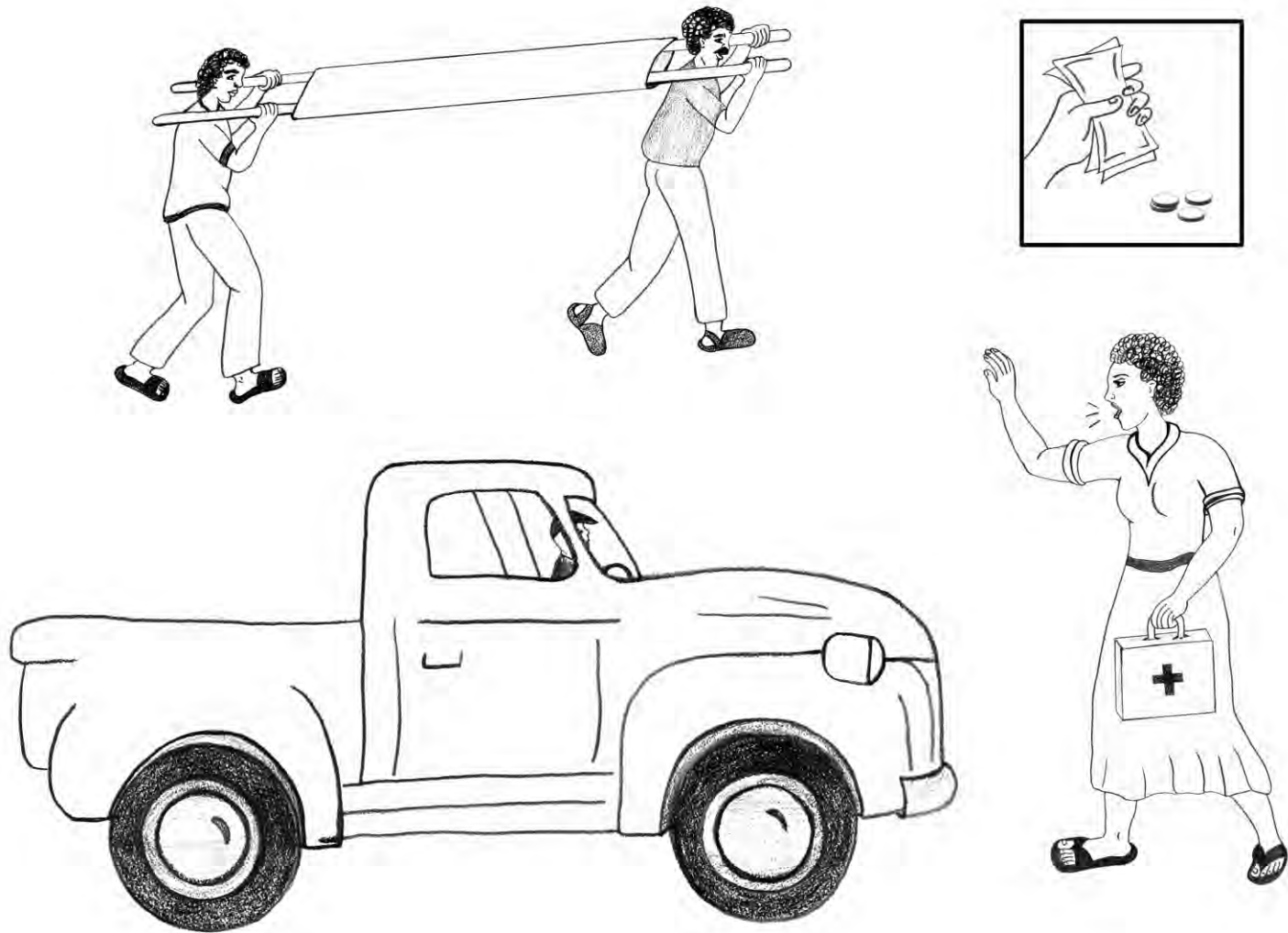


## Take Action Card: Referral of a Woman







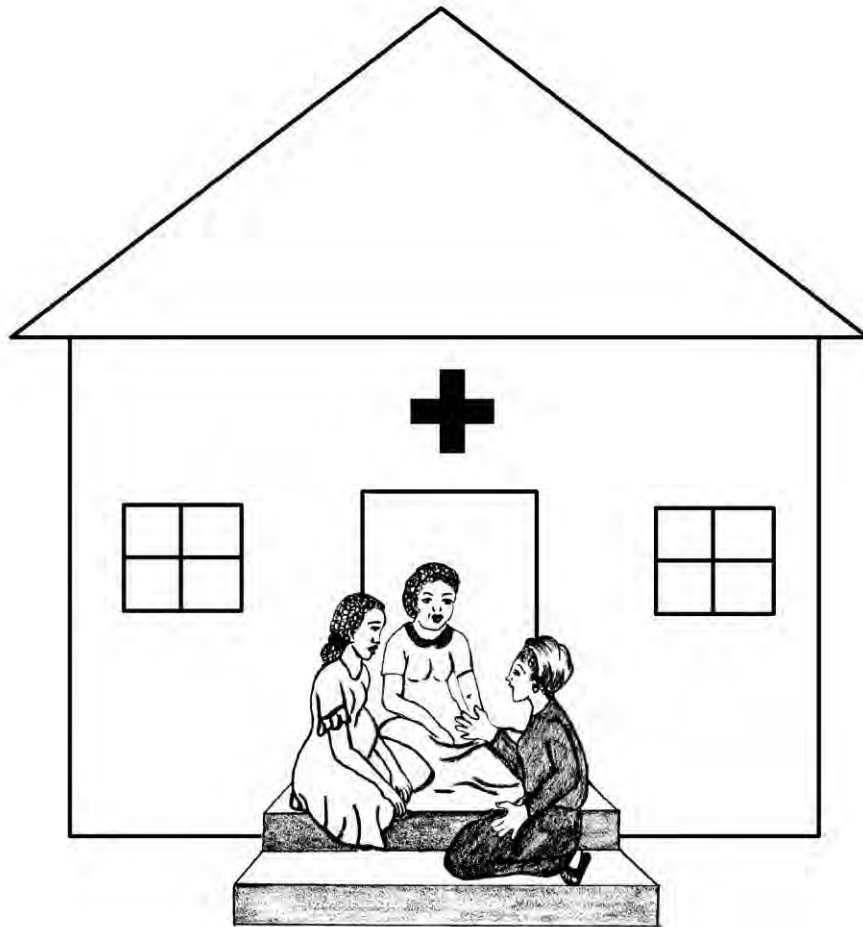




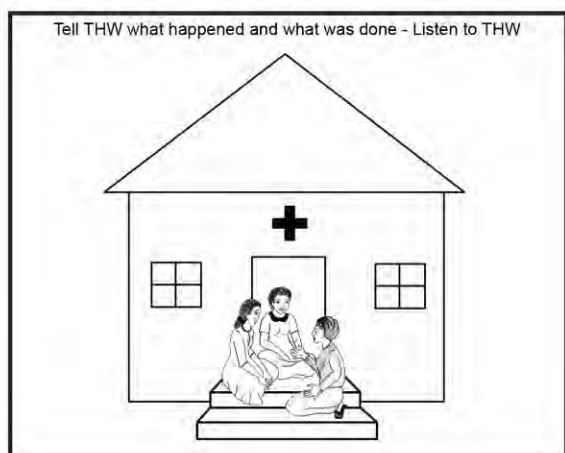
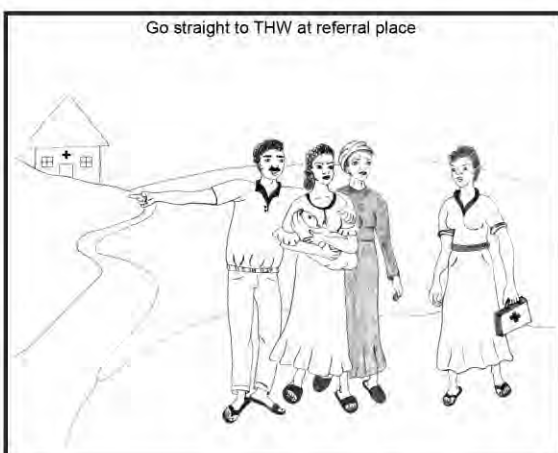






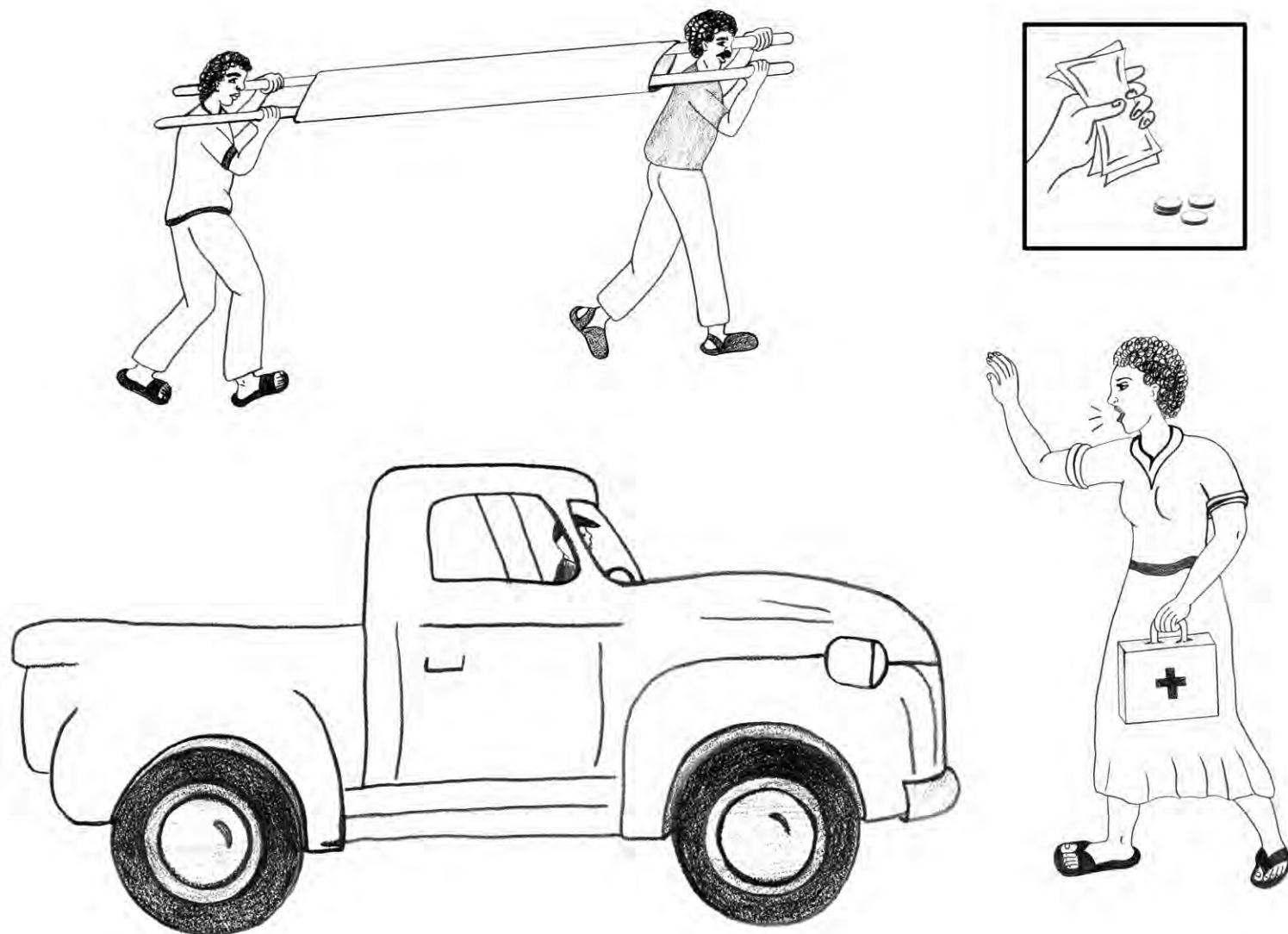


## Take Action Card: Referral of a Baby







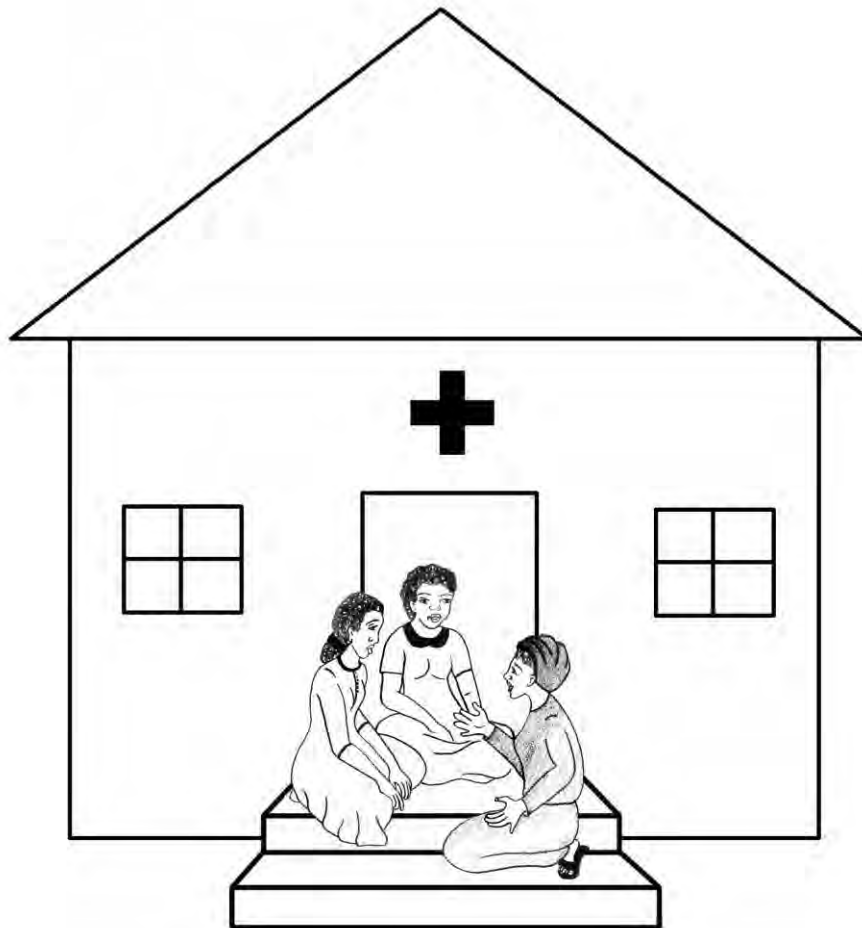












## **Book 2: Woman Information**

### **Community Meeting 5. Bleeding Too Much**

|  |      |
|--|------|
| Bleeding During Pregnancy .....                    | 5.1  |
| Bleeding Too Much After Baby Is Born .....         | 5.9  |
| Prevent Bleeding Too Much After Baby Is Born ..... | 5.17 |

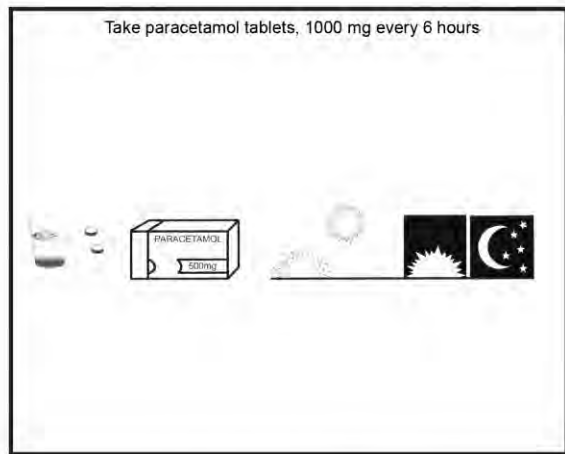




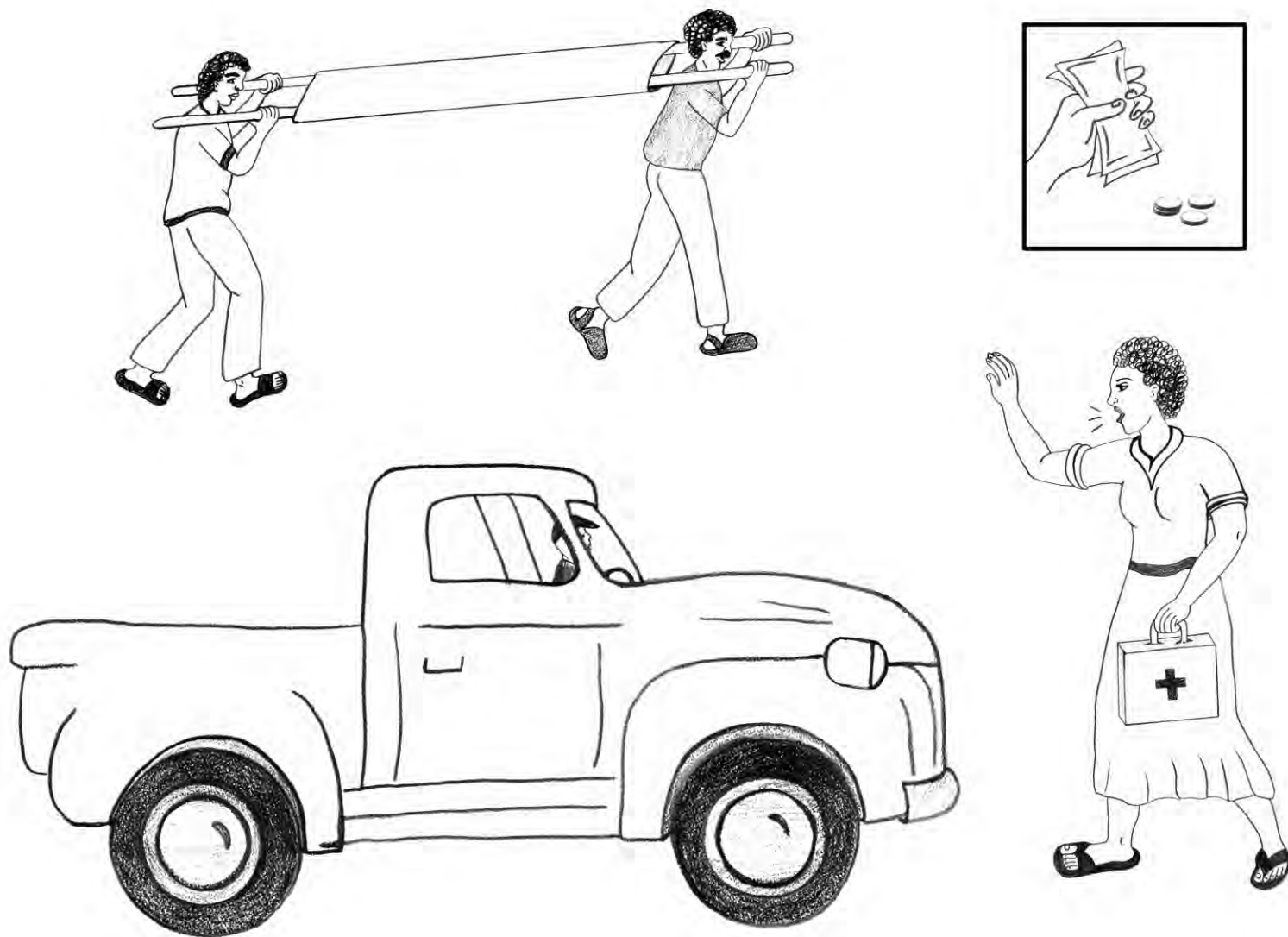




## Take Action Card: Bleeding During Pregnancy

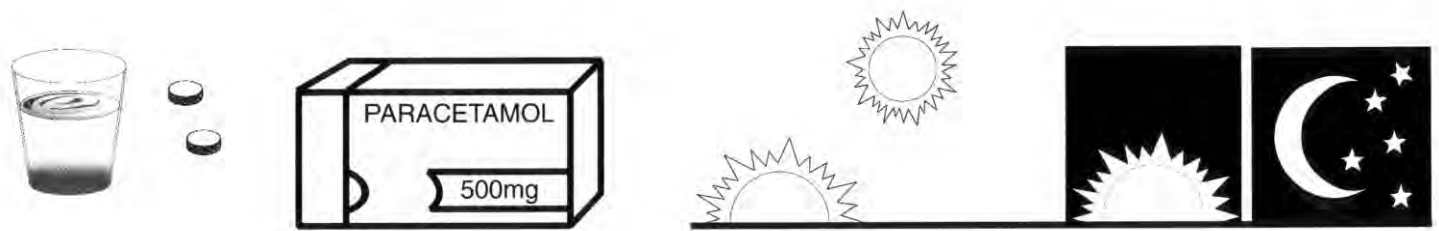




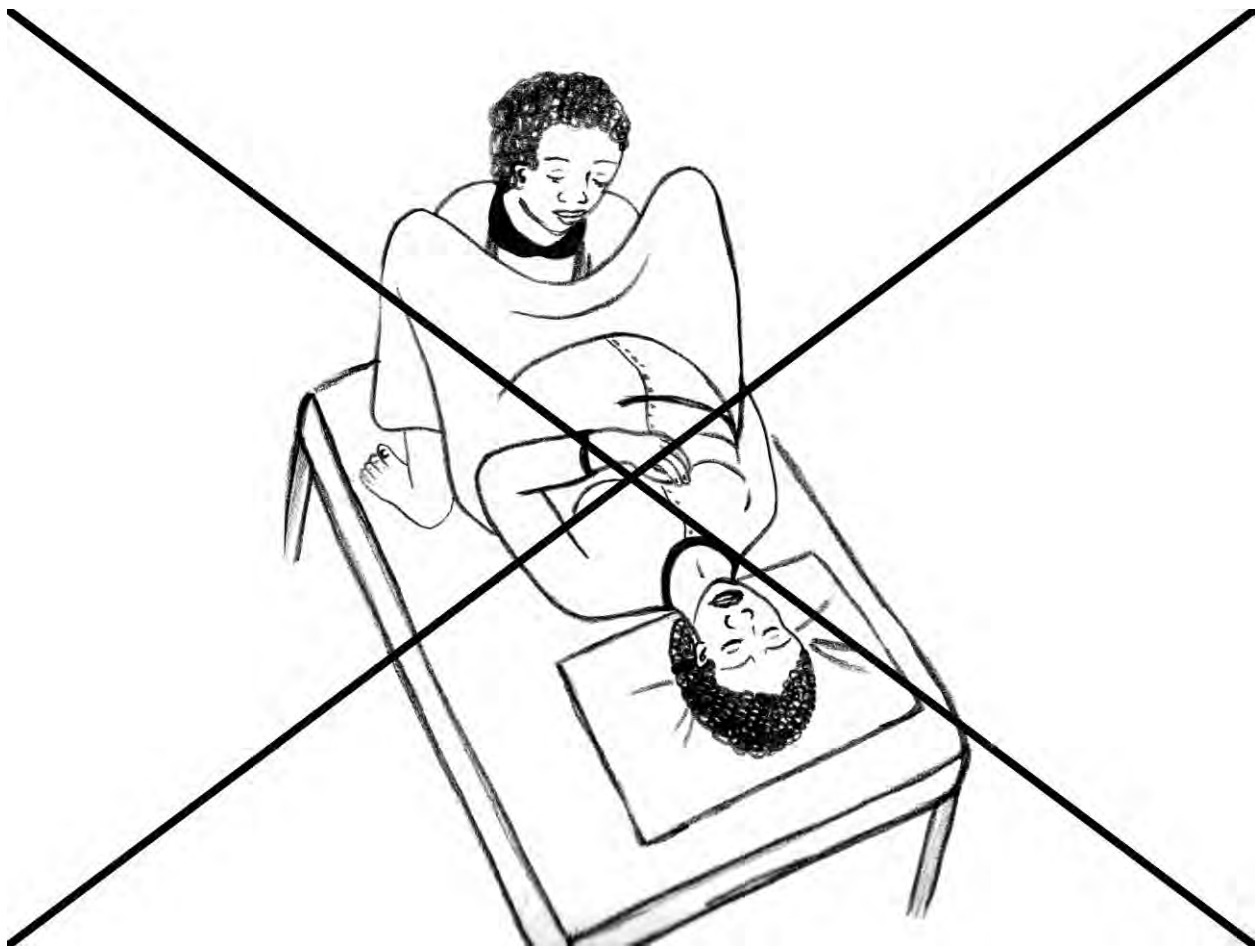










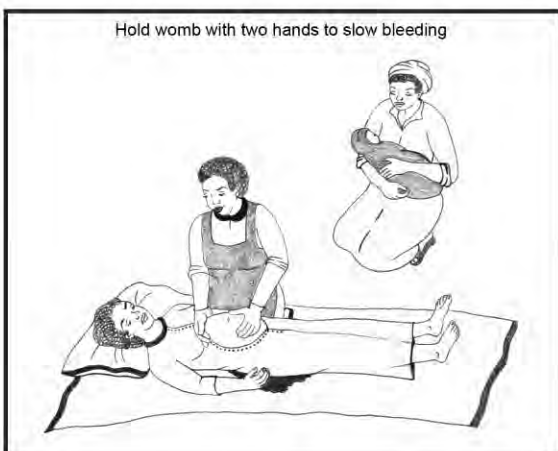
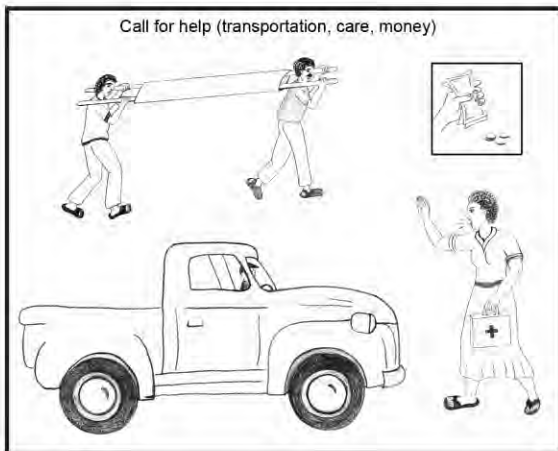




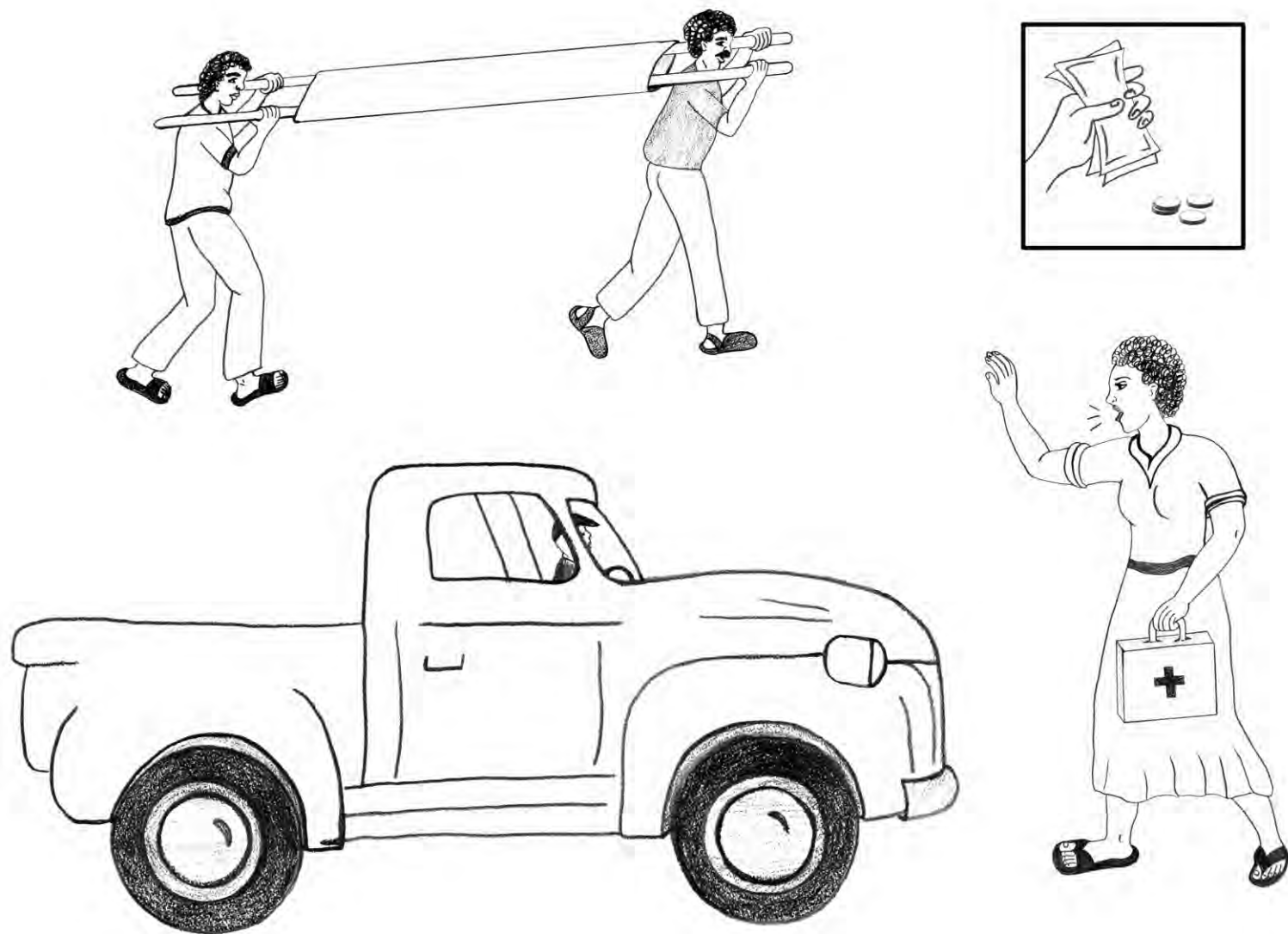




## Take Action Card: Bleeding Too Much After Baby Is Born























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

Rub womb all of the time



Squat and pass urine



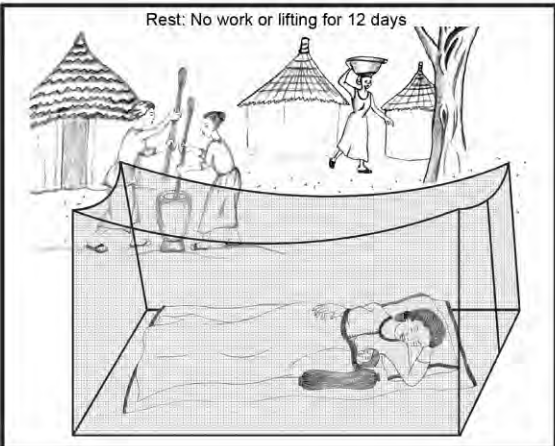
Put baby to breast soon after birth and at least every 2 hours



Drink 1 cup liquids at least each time baby breastfeeds  
Eat at least 4 times a day



Rest: No work or lifting for 12 days



Prevent pregnancy and practice safe sex



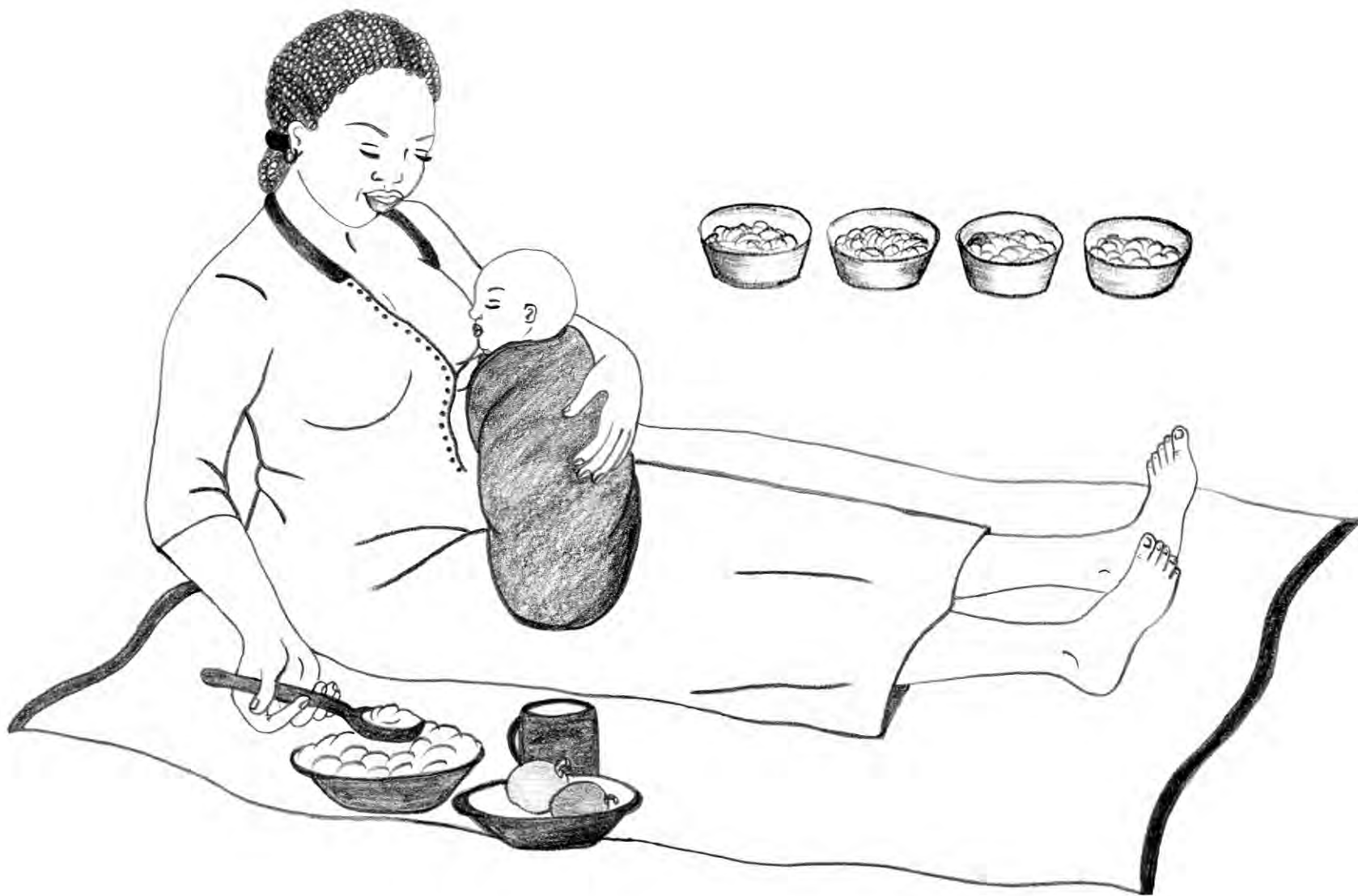




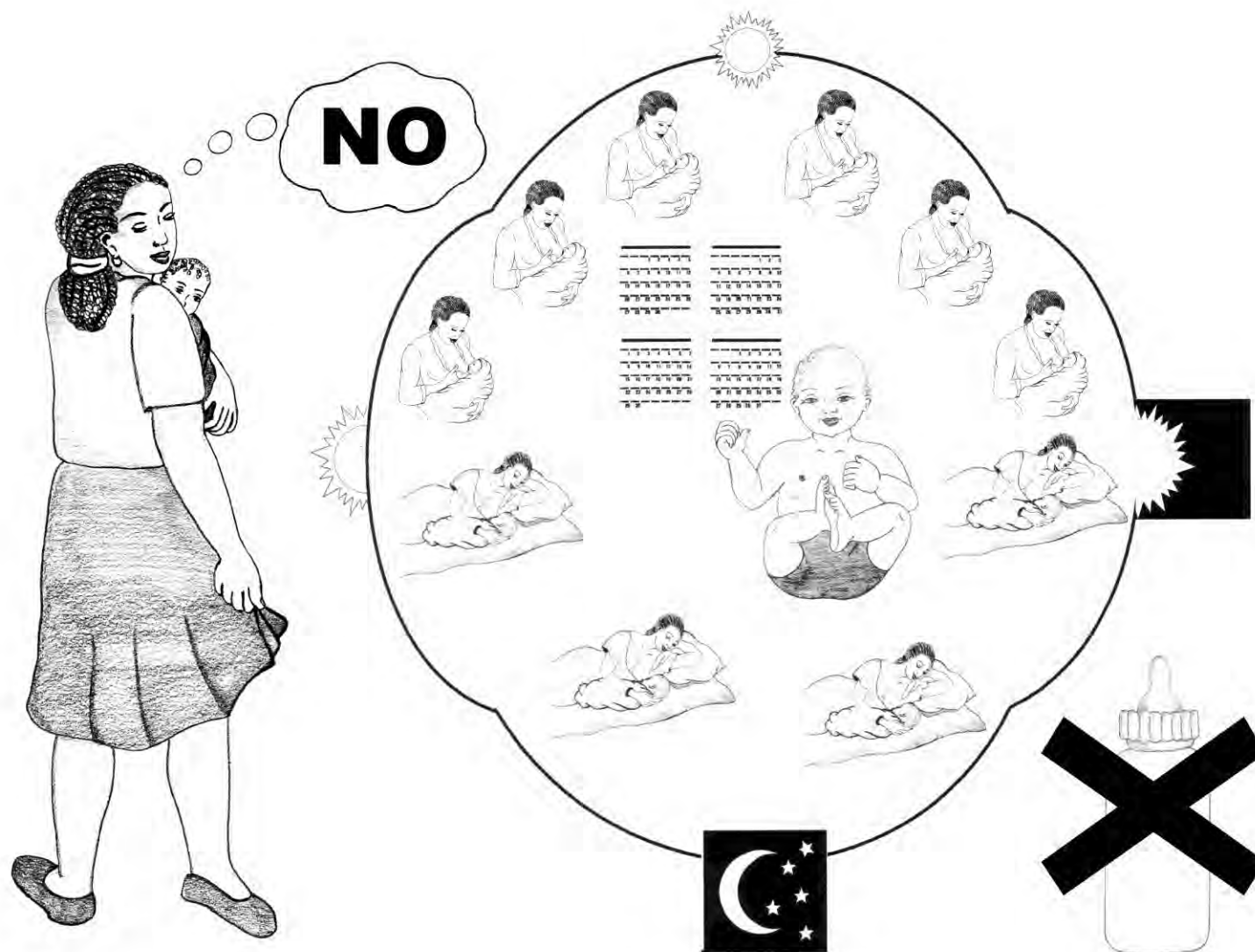












## **Book 2: Woman Information**

### **Community Meeting 6. Sickness with Pain and Fever**

|                                    |     |
|------------------------------------|-----|
| Sickness with Pain and Fever ..... | 6.1 |
|------------------------------------|-----|

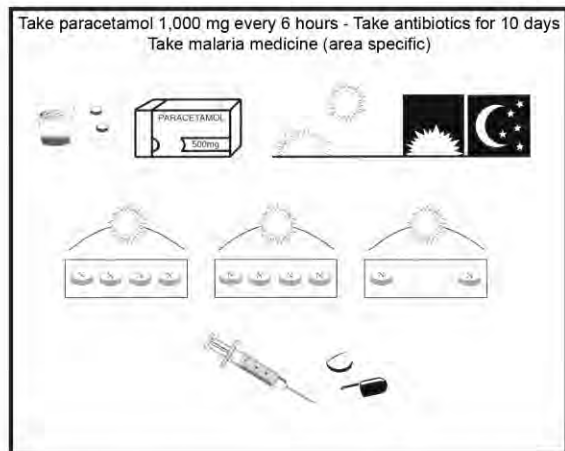
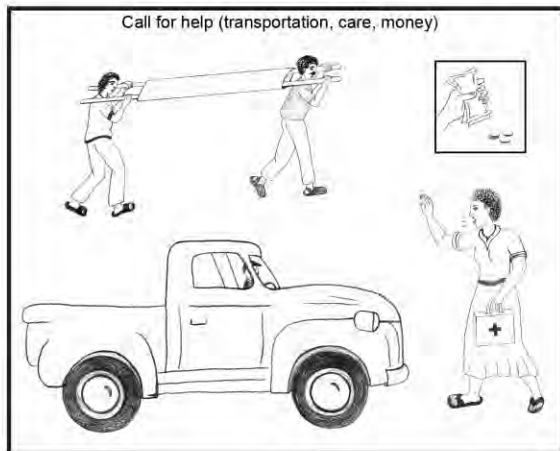




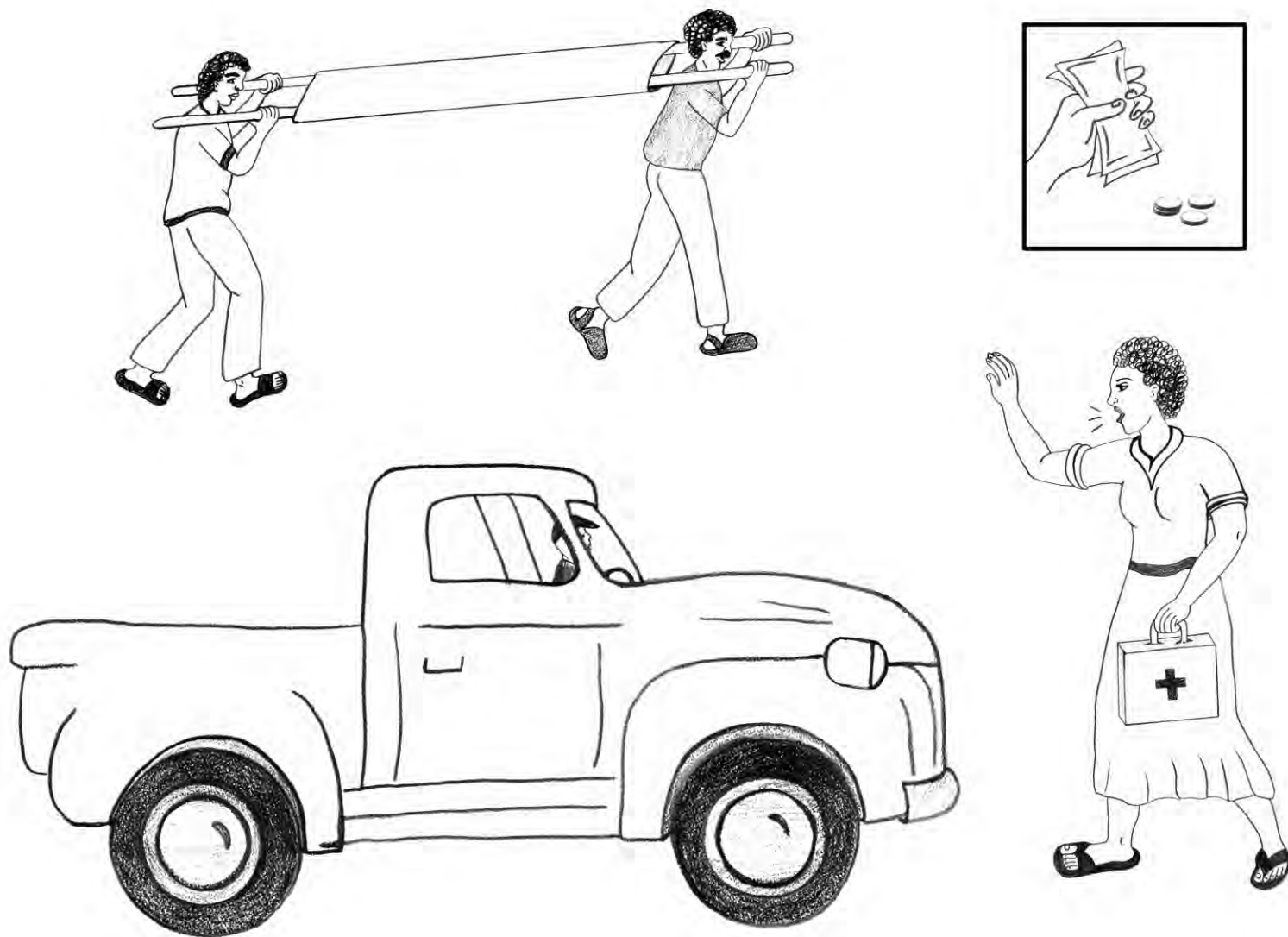




## Take Action Card: Sickness with Pain and Fever

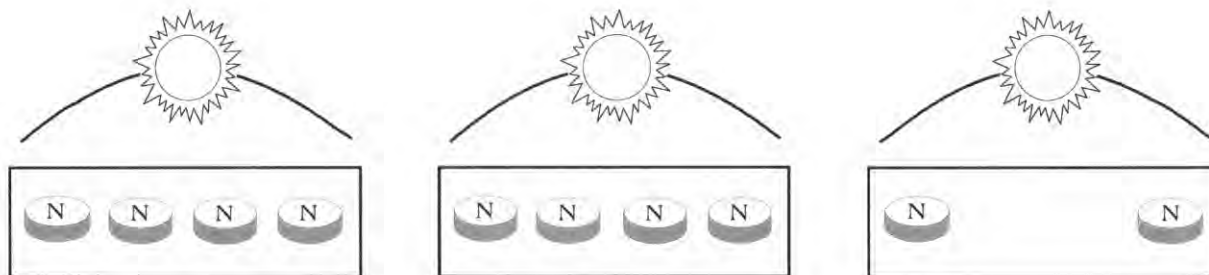


















## **Book 2: Woman Information**

### **Community Meeting 7. Birth Delay**

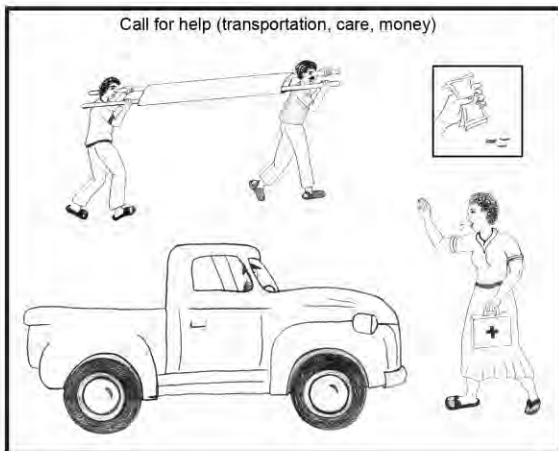
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| Prevent Birth Delay ..... | 7.10 |





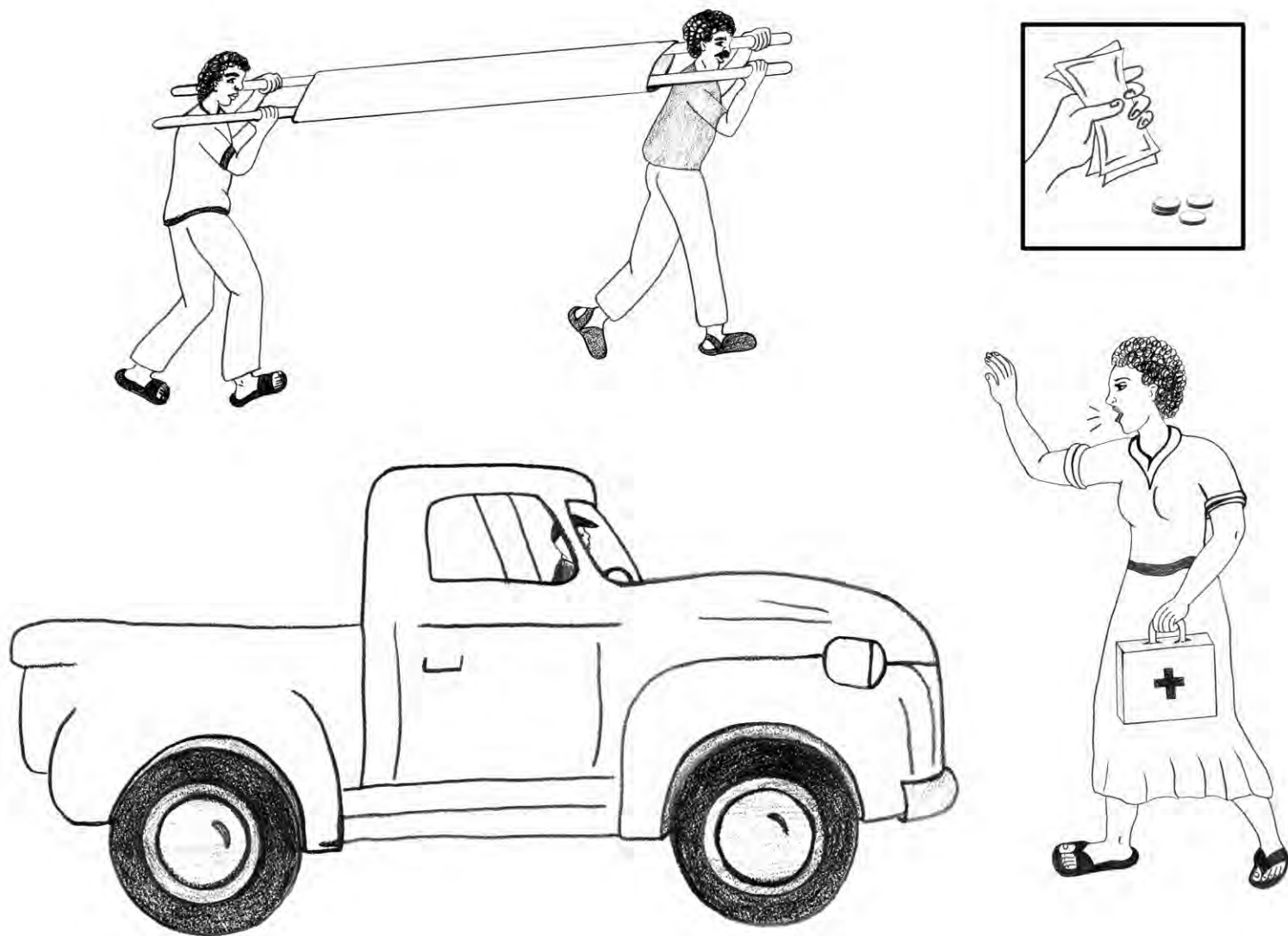


## Take Action Card: Birth Delay

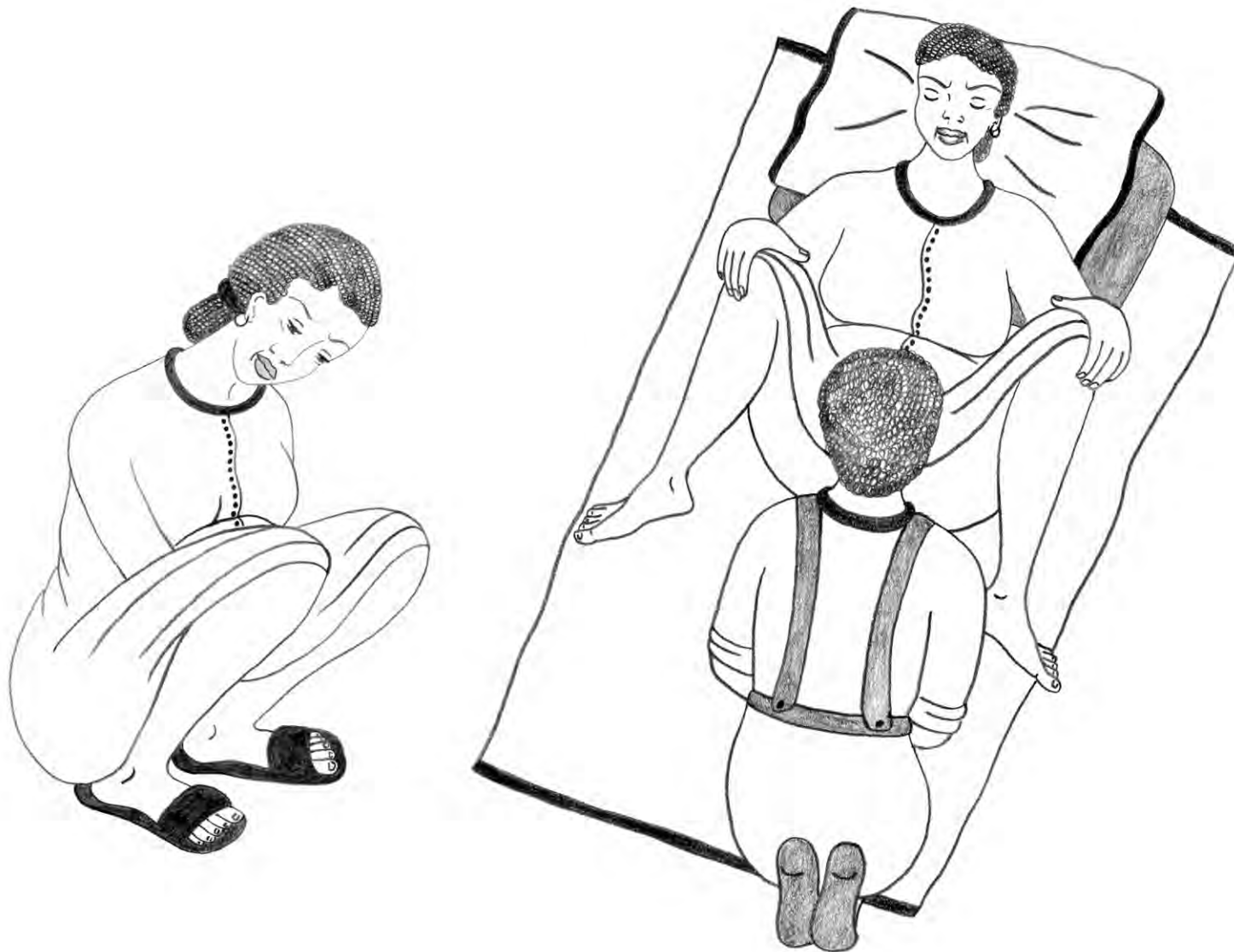


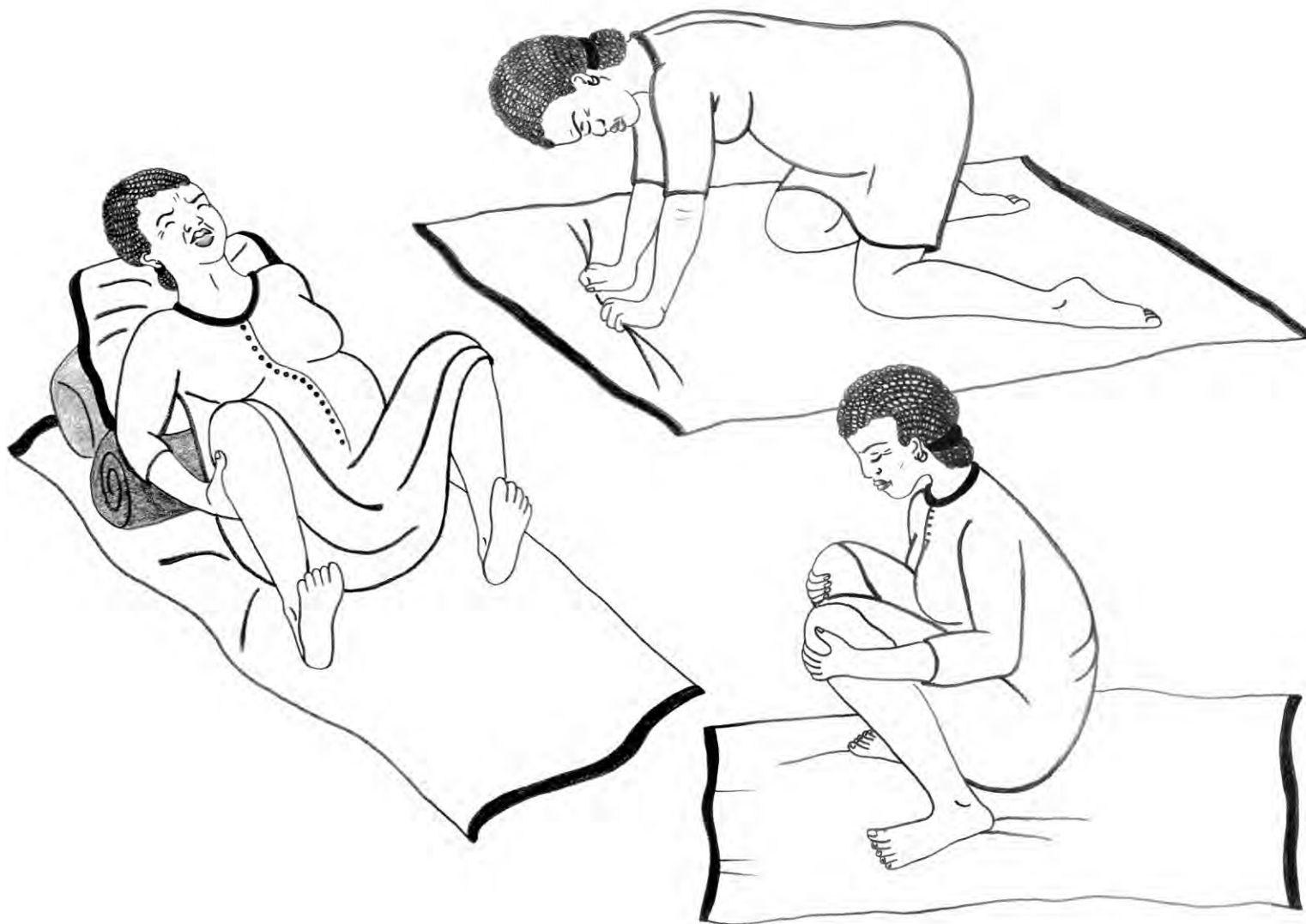






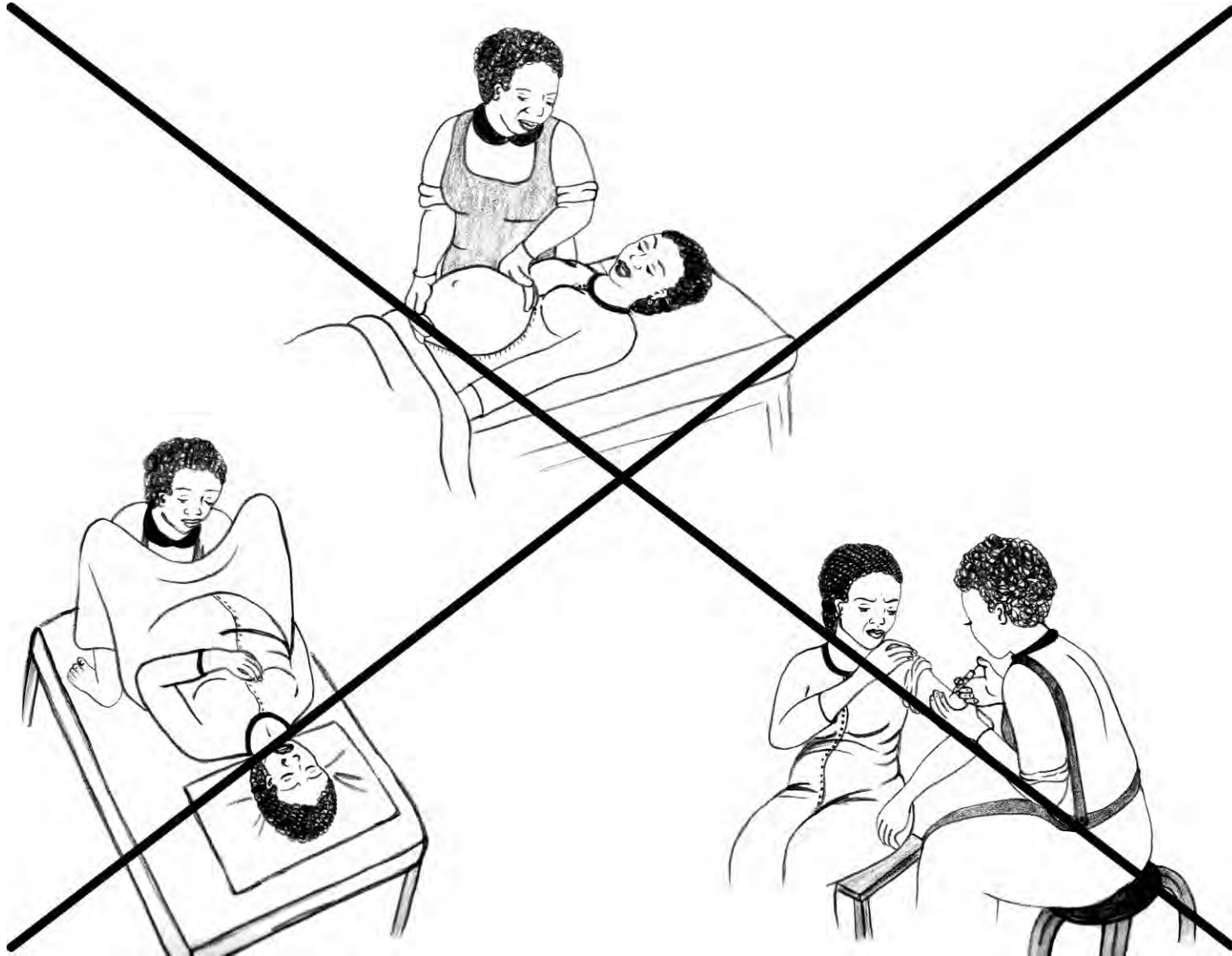












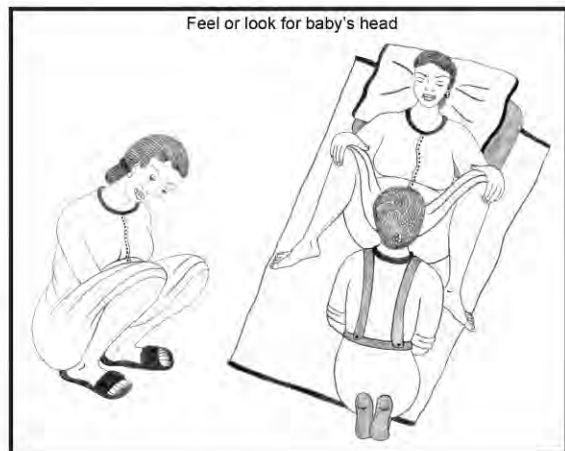
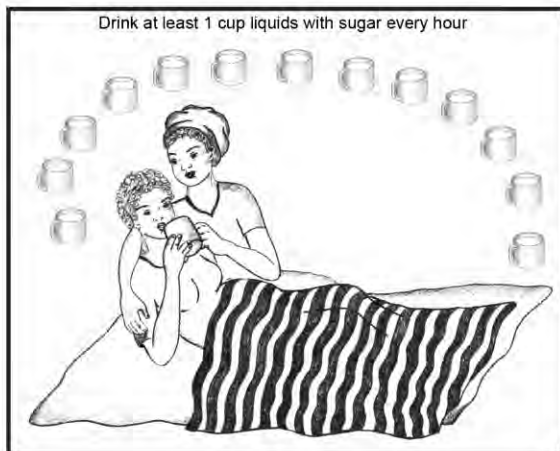








## Take Action Card: Prevent Birth Delay

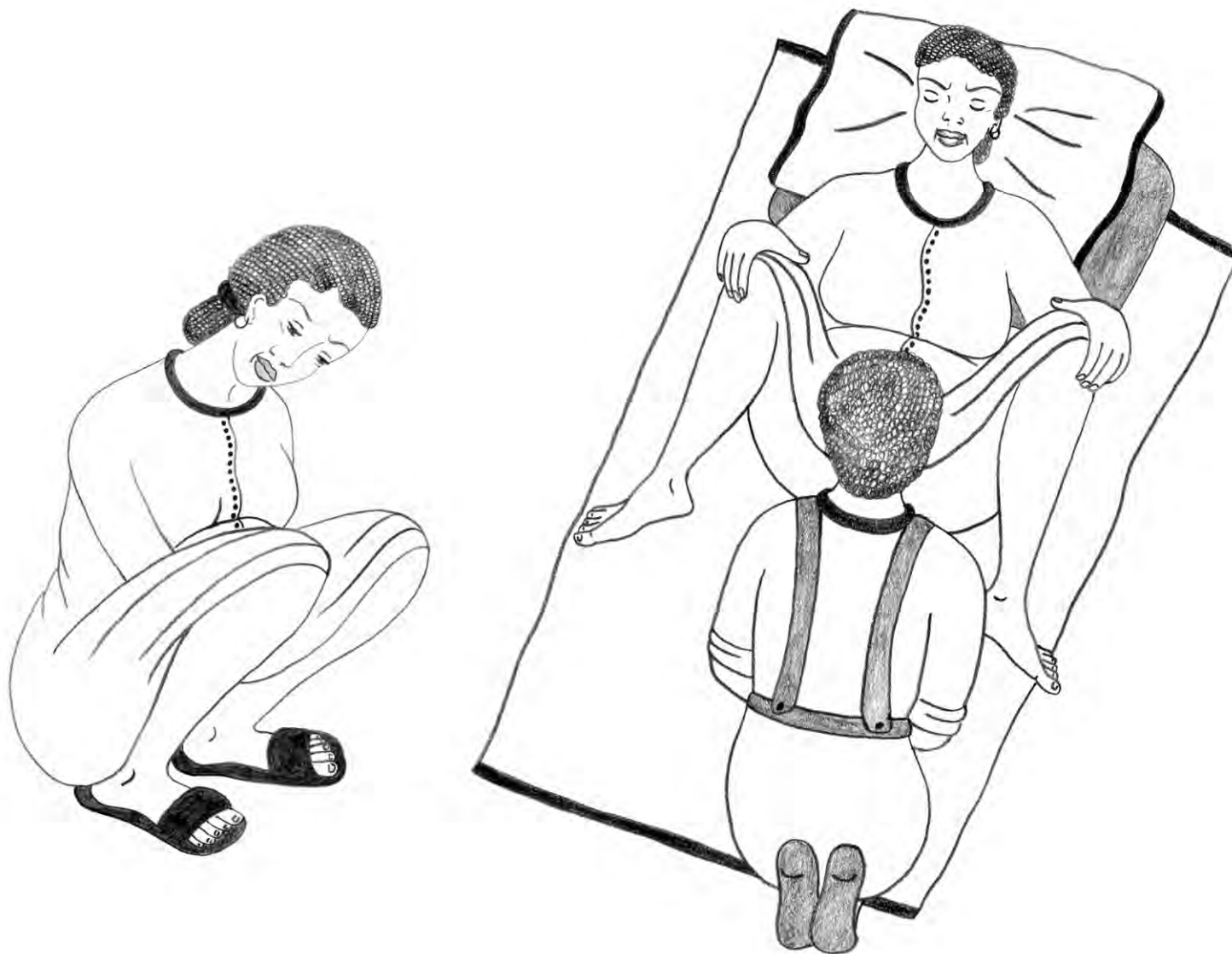
















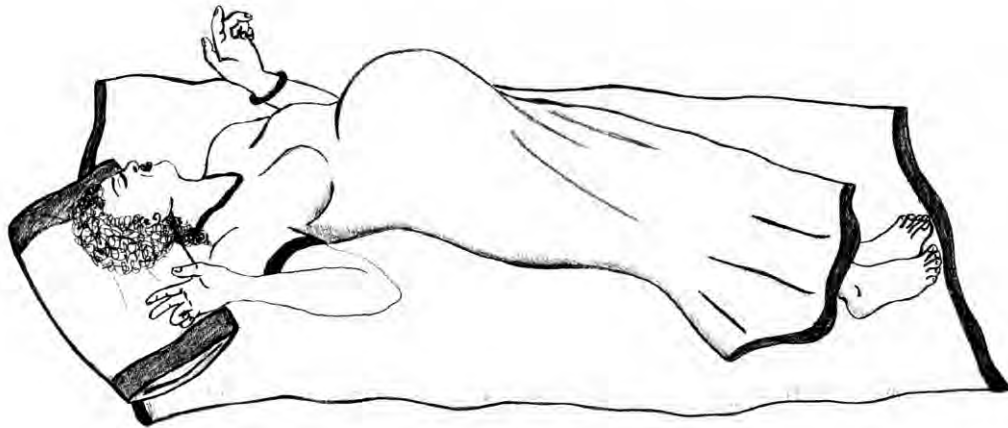


## **Book 2: Woman Information**

### **Community Meeting 8. Headache and Fits**

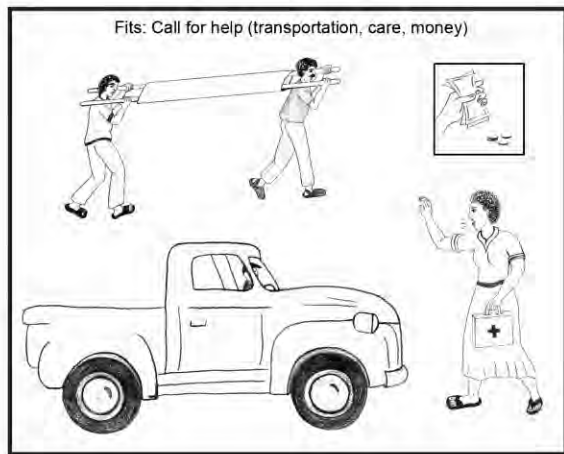
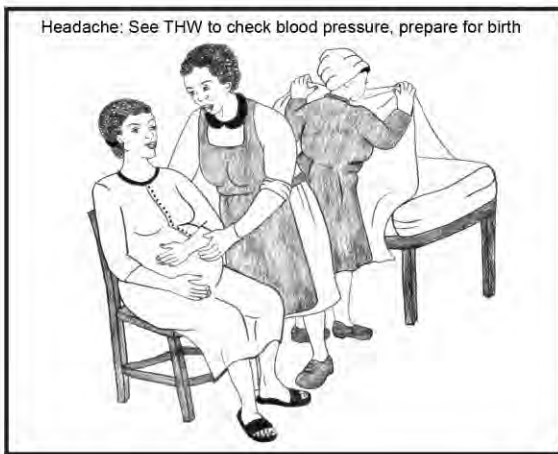
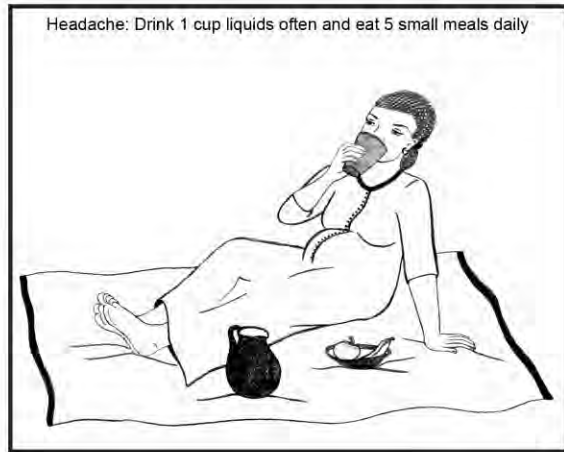
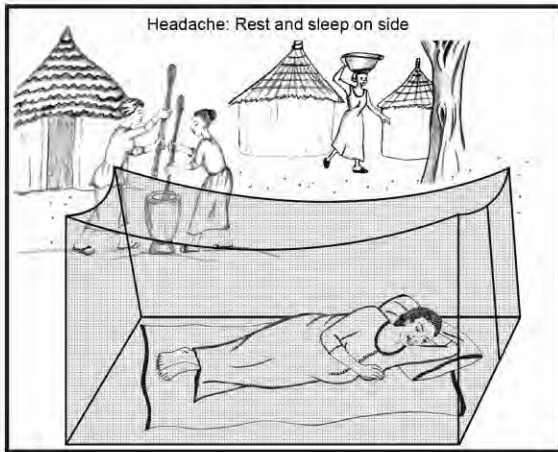
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|-------------------------|-----|
| Headache and Fits ..... | 8.1 |
|-------------------------|-----|







## Take Action Card: Headache and Fits



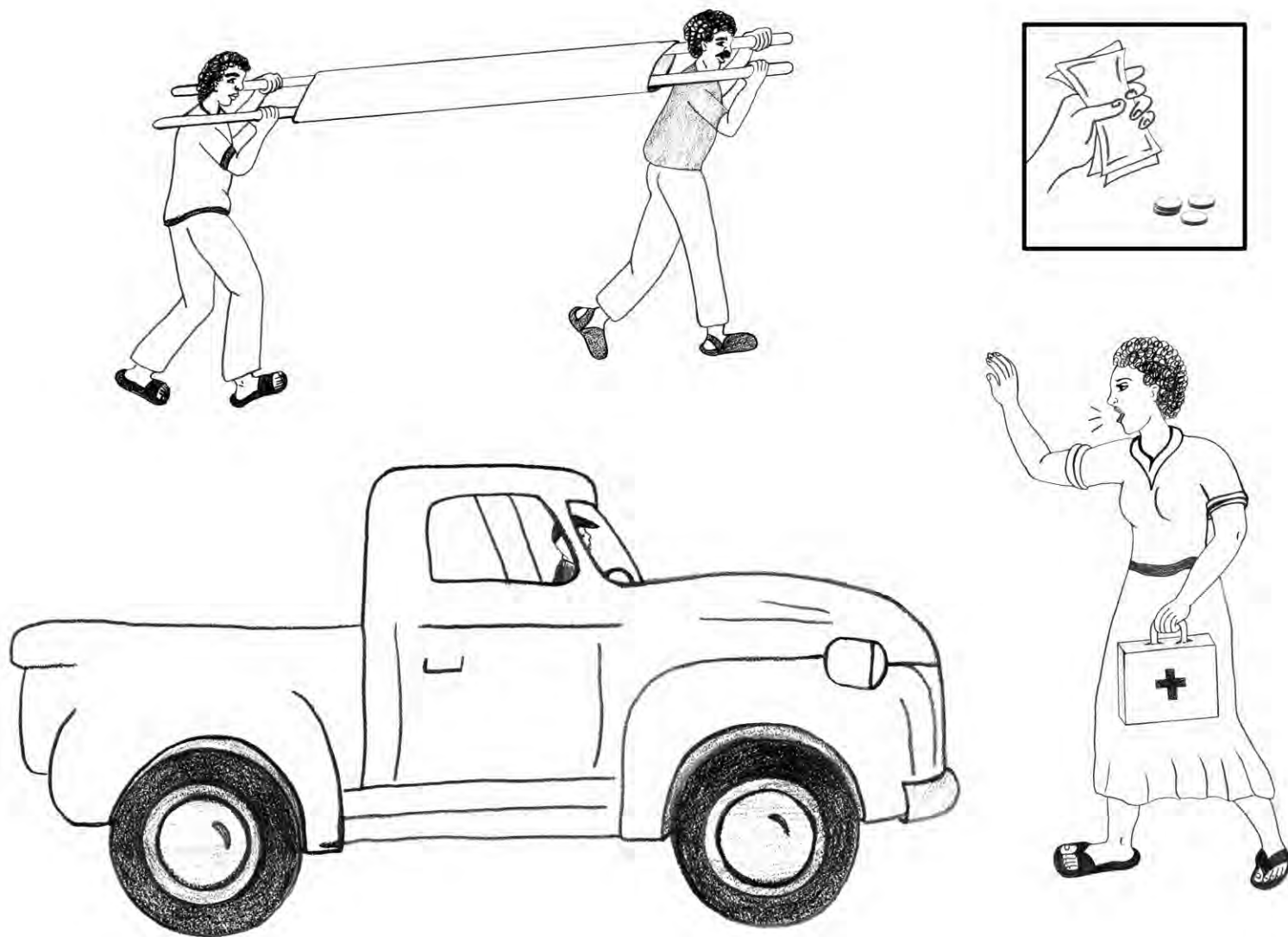


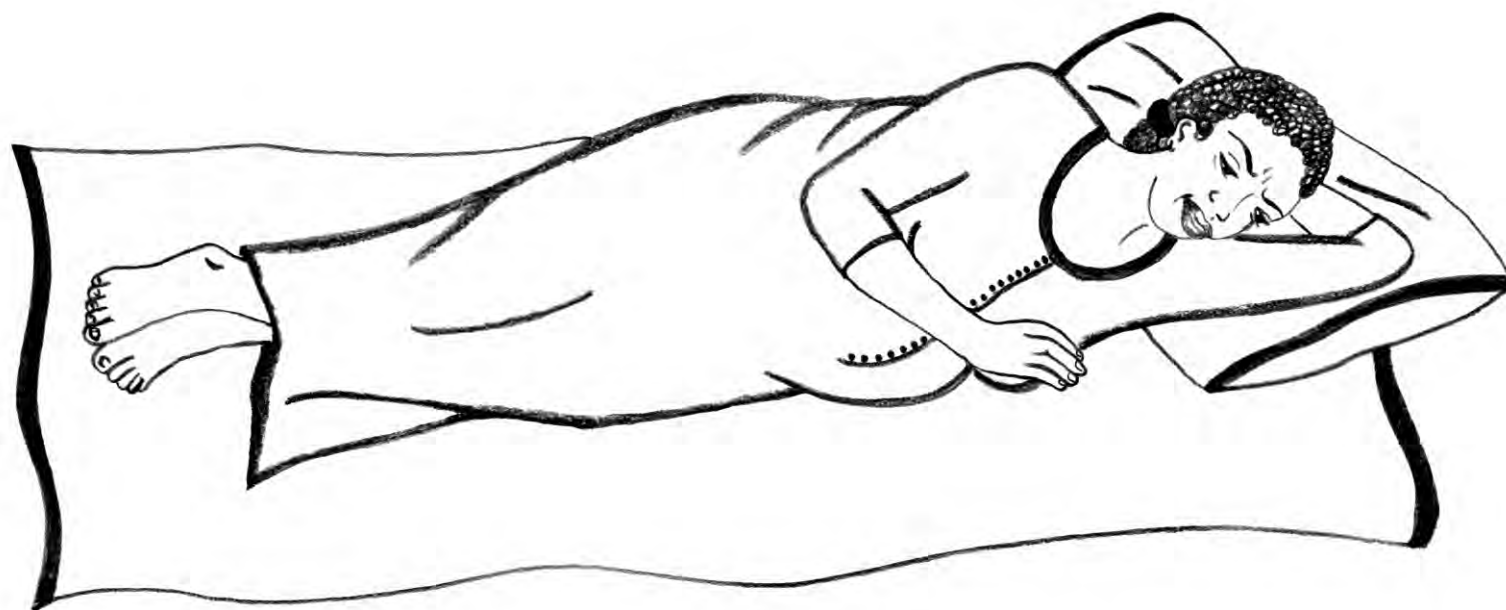




















## **Book 2: Woman Information**

### **Community Meeting 9. Many Children or Many Pregnancies**

|   |     |
|---|-----|
| Many Children or Many Pregnancies .....                 | 9.1 |
| Family Planning Methods .....                           | 9.2 |
| Prevent Pregnancy Using Breastfeeding Method (LAM)..... | 9.3 |









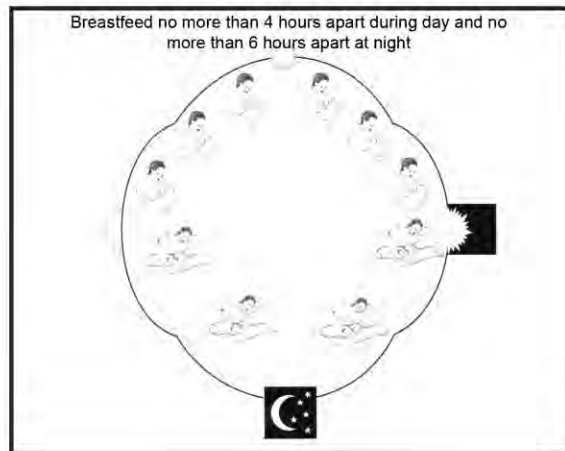






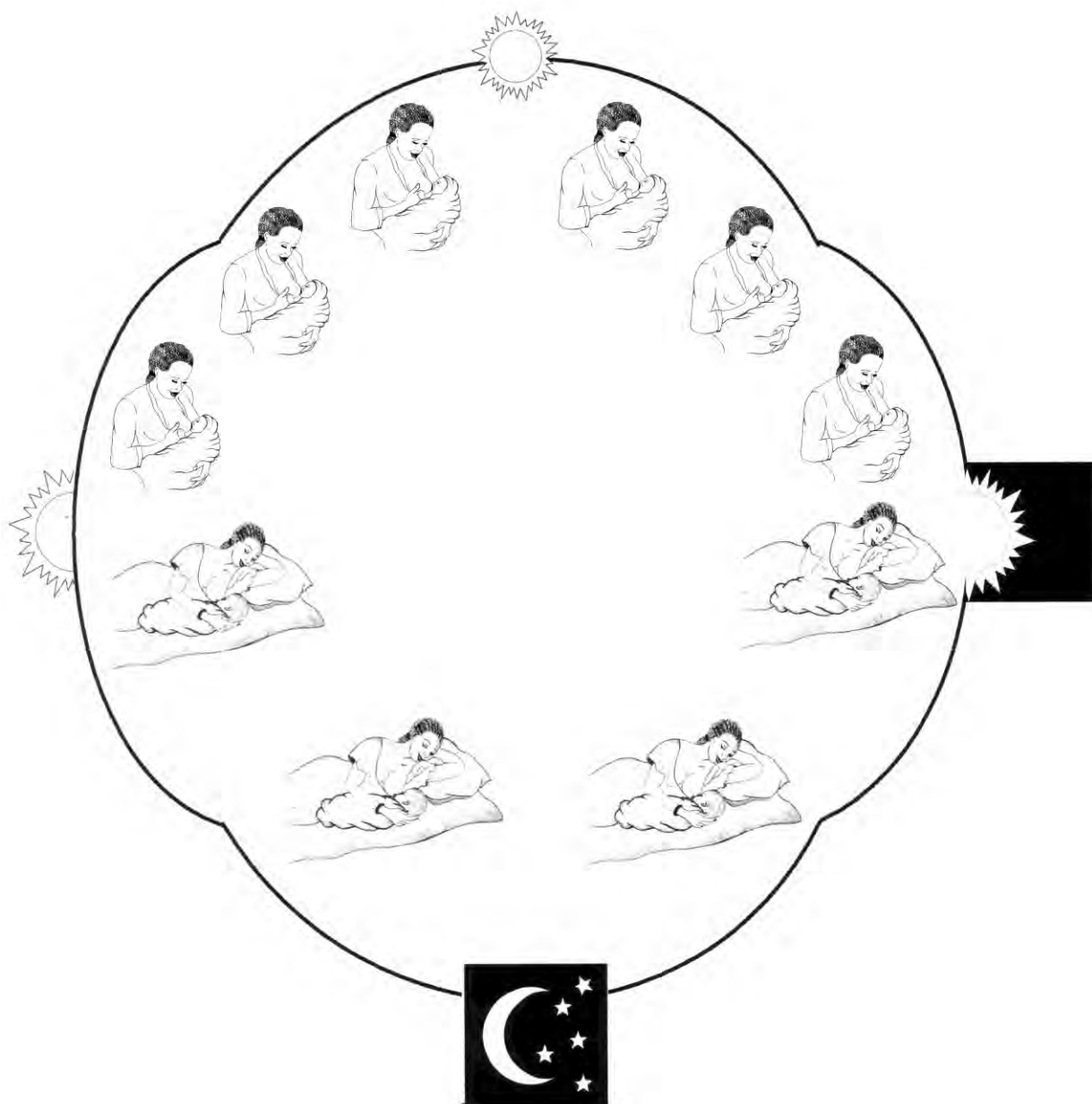


## Take Action Card: Prevent Pregnancy Using Breastfeeding Method (LAM)

















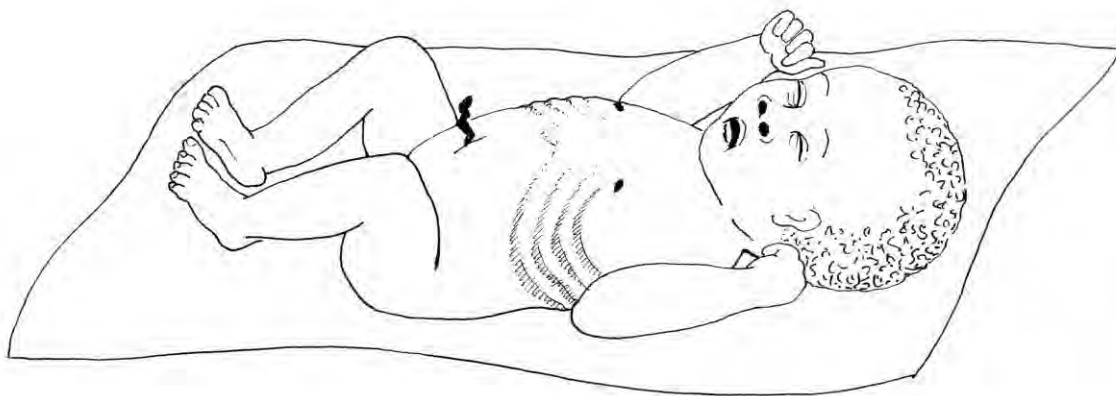


## **Book 3: Baby Information**

### **Community Meeting 10. Baby Has Trouble Breathing at Birth**

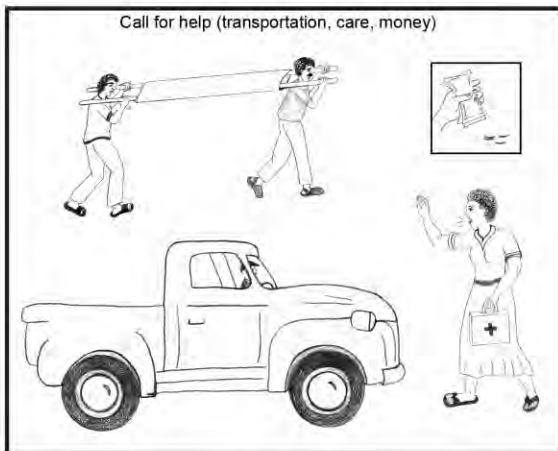
Baby Has Trouble Breathing at Birth ..... 10.1



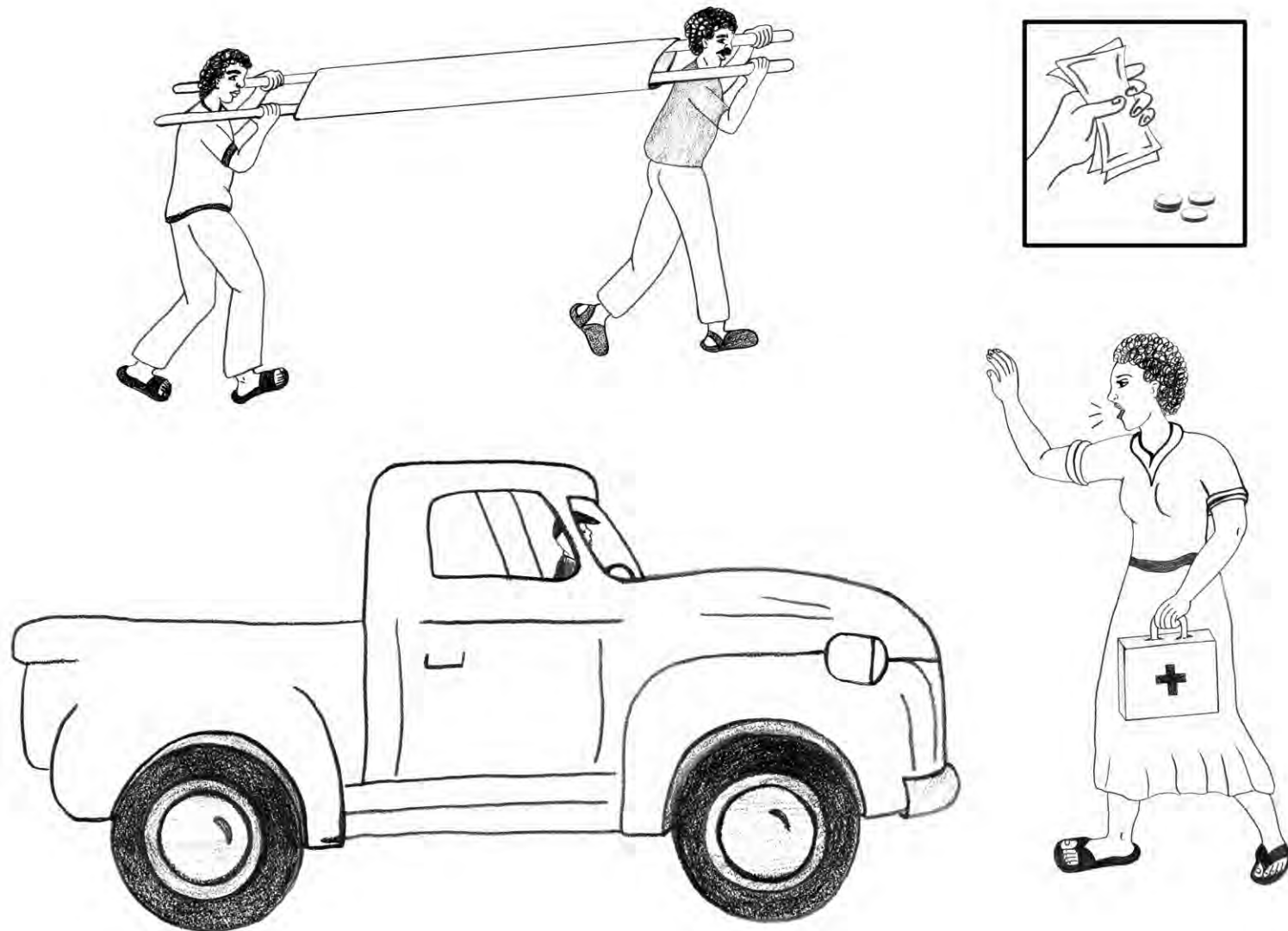




## Take Action Card: Baby Has Trouble Breathing at Birth







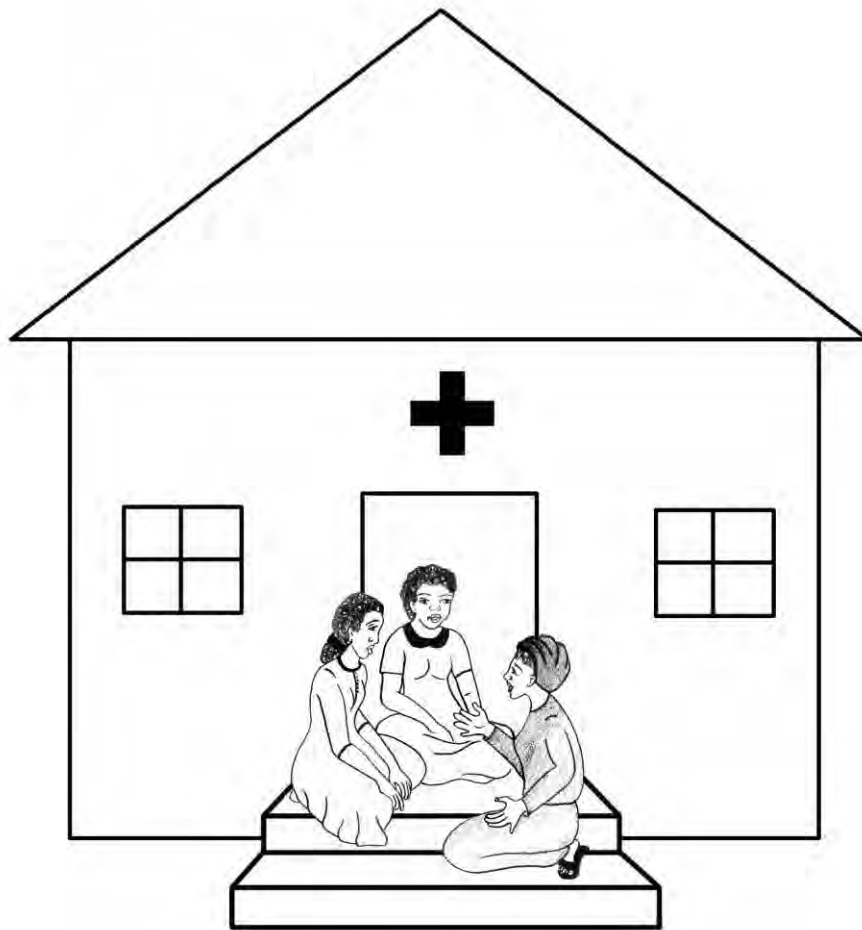












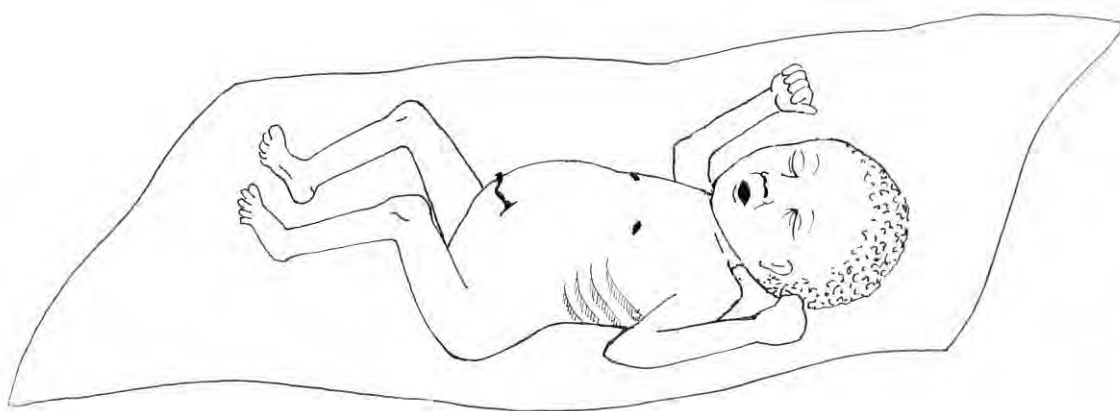
**Book 3: Baby Information**

**Community Meeting 11. Baby Born Too Small**

Baby Born Too Small ..... 11.1

Feed Baby with Cup ..... 11.9

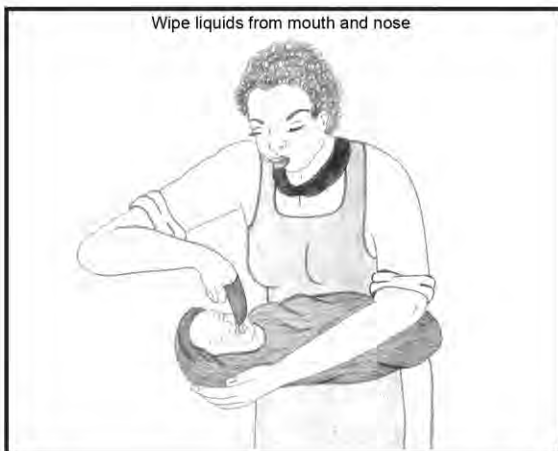
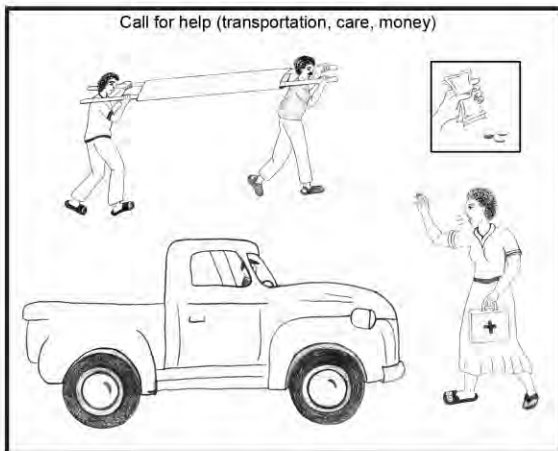




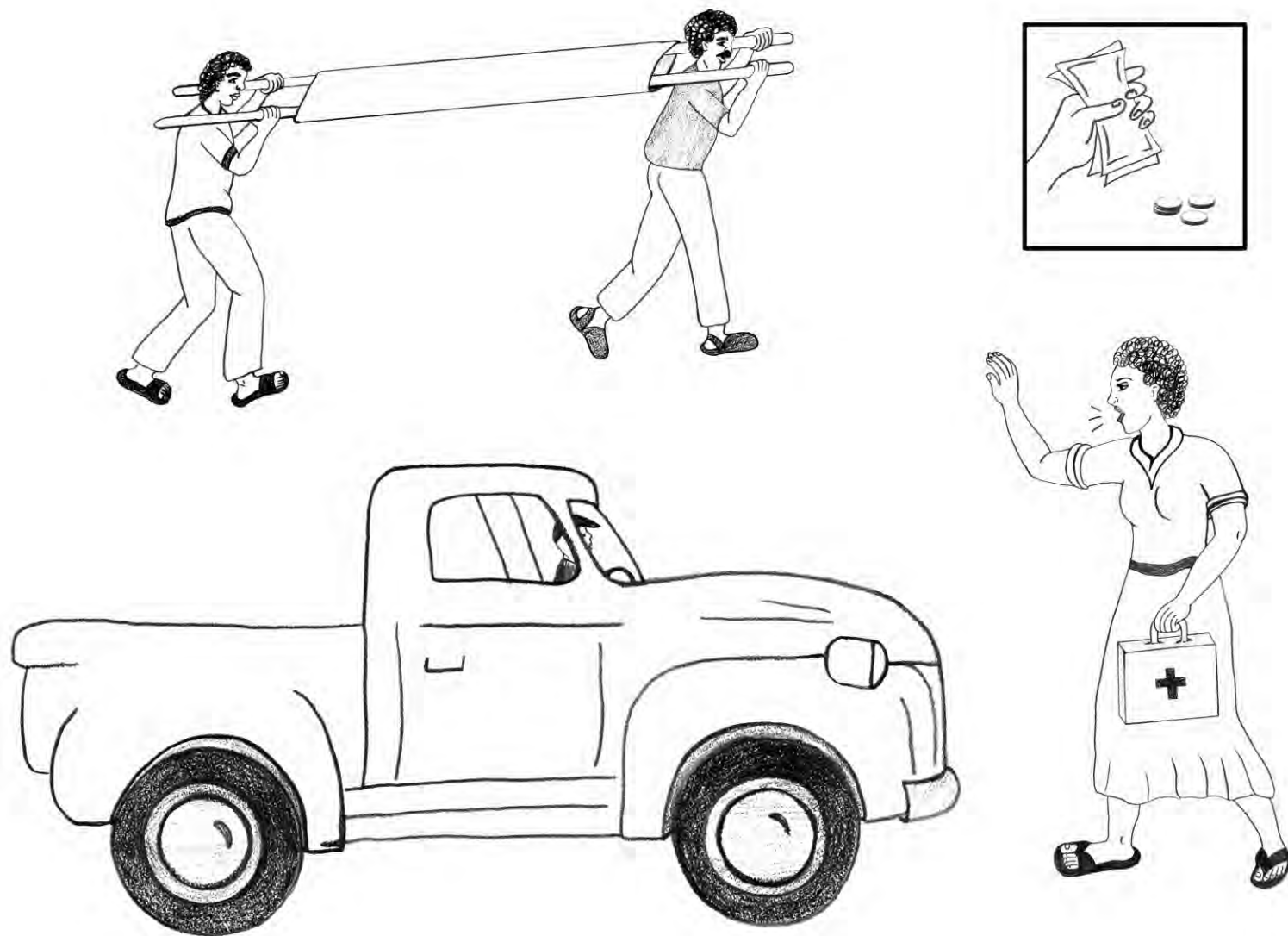




## Take Action Card: Baby Born Too Small





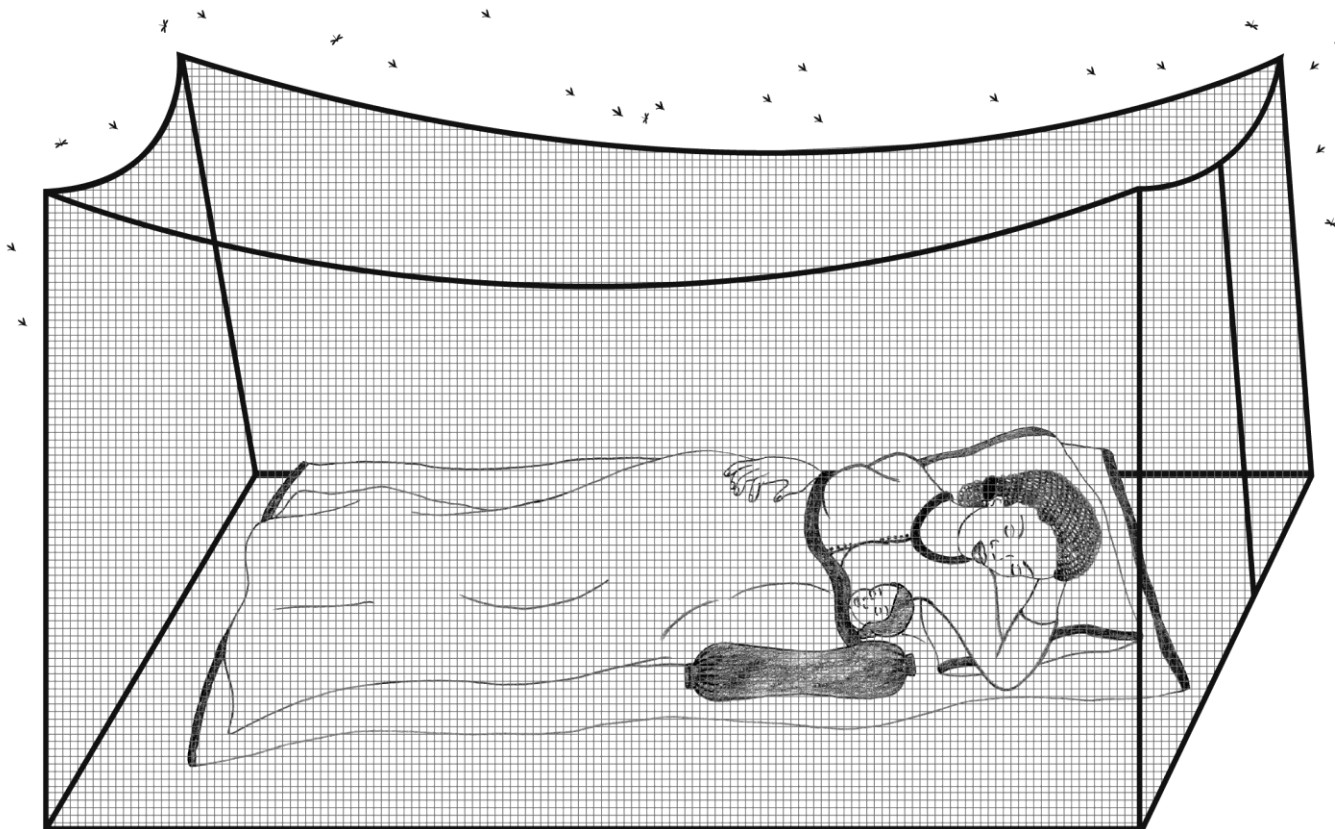


















## Take Action Card: Feed Baby With Cup







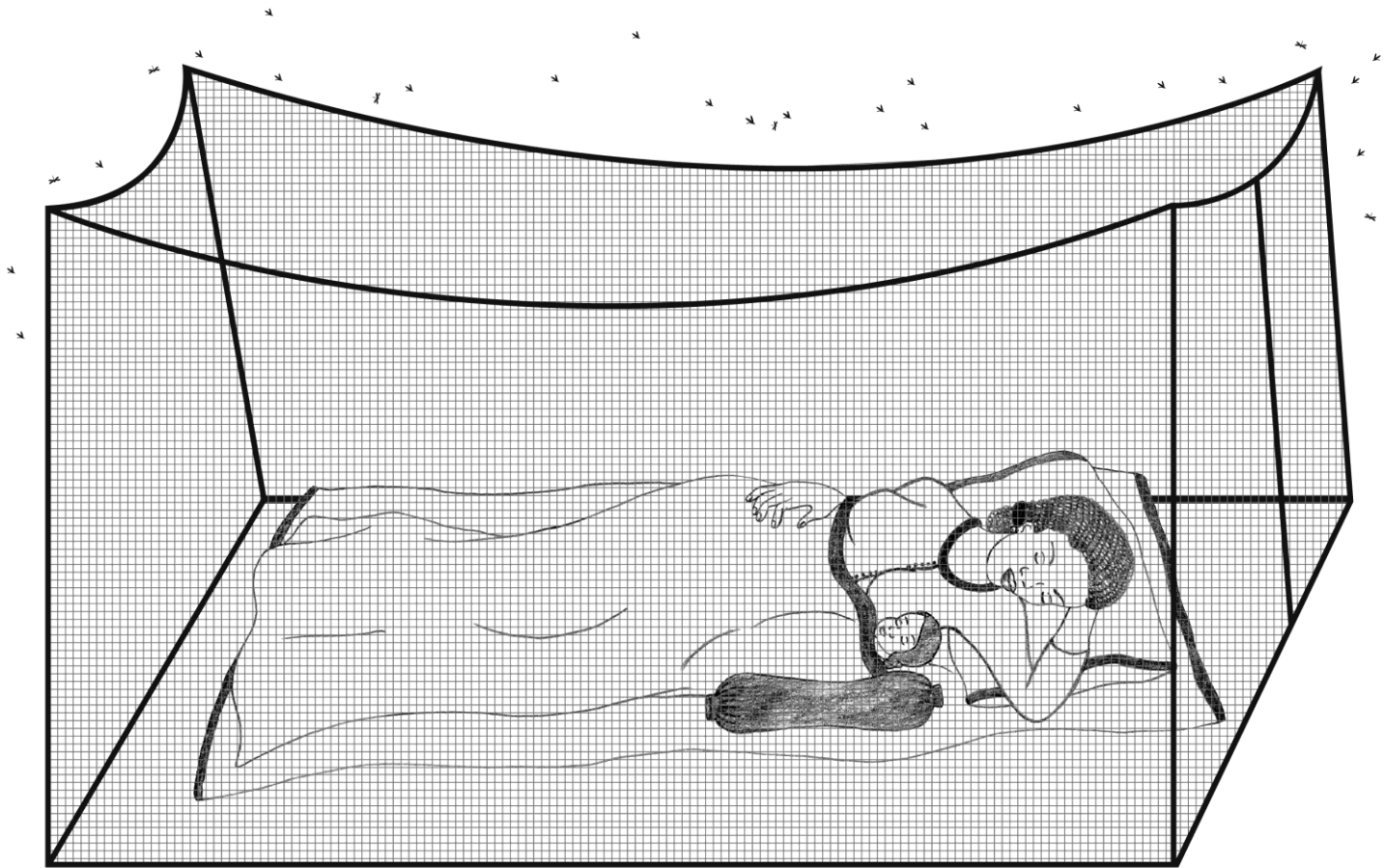












**Book 3: Baby Information**

**Community Meeting 12. Baby Is Sick**

Baby Is Sick ..... 12.1

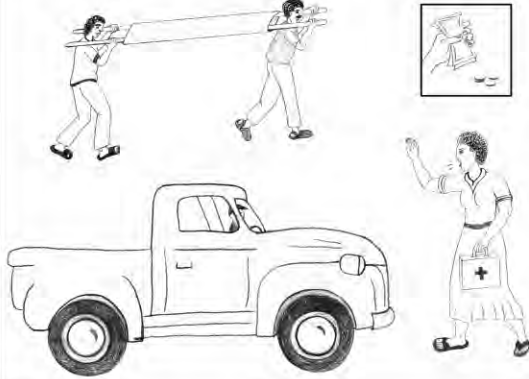






## Take Action Card: Baby Is Sick

Call for help (transportation, care, money)



Hold baby close, cover with cloth, and gently rub baby's back



Wipe baby's mouth and nose - If thick liquid, suck mouth and nose



Feed baby every hour



If baby cannot suck, give expressed breast milk by cup every hour

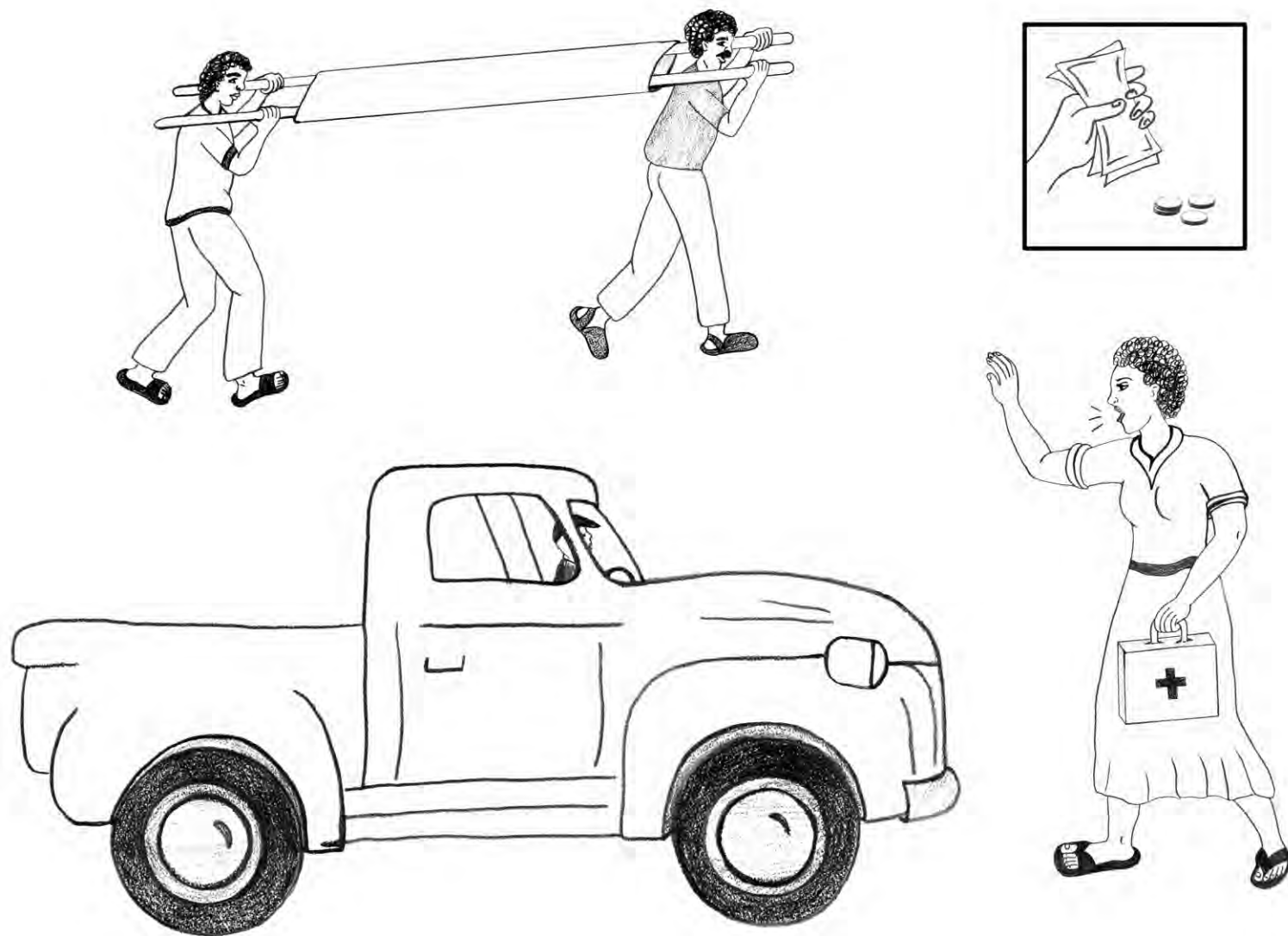


Take baby to referral site for antibiotics























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