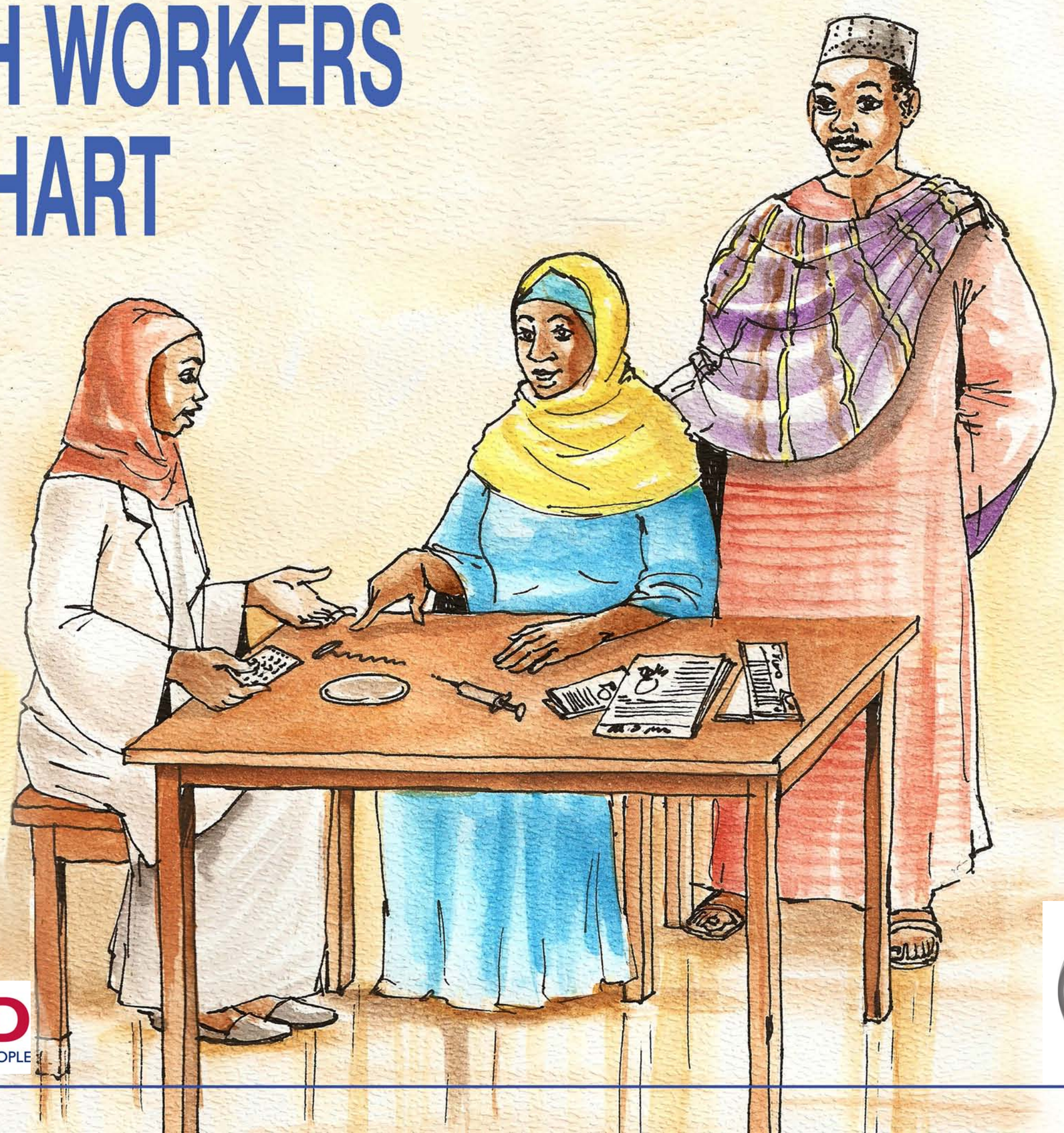
HEALTH WORKERS FLIP-CHART



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ACKNOWLEDGEMENTS

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A number of people and organizations contributed to the development of the flip chart. The content was compiled by Muriithi Kinyua, Family Planning Promotion Services (FPPS) Behavior Change Communication (BCC) consultant. Appreciation is expressed to the participants of the Message and Materials Development Workshop in Dadaab: Ronald Mutua, NCCK programme coordinator and artists Michael Kagwa, Muktar Mudey, Seth Musindi and Joseph Kabuchi who developed the illustrations.

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INTRODUCTION

This flip chart was designed for community based health workers and community motivators to help them talk about:

- family planning and child spacing (Healthy Timing and Spacing of Pregnancy);
- the use of health services; and
- gender-based violence with community members.

The flip chart can be used to talk with groups or individuals.

The flip chart uses pictures to encourage discussion and facilitate learning.

The health worker can use the flip chart to:

I. Start a discussion by showing a picture and asking the participant about her/his experience related to the situation in the drawing.

II. Based on the participant response, give information and discuss the issues raised. Correct any misinformation.

III. Help participants decide what to do. The facilitator may also support the participant's decisions by arranging for referral.

HOW TO USE THE FLIP CHART

i. Read all the pages to become familiar with the content before starting your session. You will select the theme for discussion.

ii. Be sure to stand/sit where the participants can see the flip chart clearly. The picture should face the participants. The side with the notes should face the facilitator. Use the notes as a guide. Include additional information as needed.

iii. Ask the participants to describe what they see in the picture. Then use the "Questions for Discussion" on the back of the picture to facilitate discussion.

iv. After using a picture, flip it over so the participants can see the next picture and the facilitator can see the notes.

v. Speak clearly and use words and language easily understood by the participants.

vi. Try to involve the participants, ask open-ended questions and encourage discussion, and promote action.

SECTION 1: FAMILY PLANNING

SPACING YOUR CHILDREN

QUESTIONS FOR DISCUSSION

- What is child spacing?
- What are the main benefits of child spacing?
- What can couples do in order to space their children?
- What should you consider when deciding the number of children to have?
- What are the obstacles to child spacing?

KEY INFORMATION

- Child spacing is deciding when to have children and how many children to have.
- A family planning method can help couples space their children.
- A husband and wife should consider their health and economic situation when deciding to have children.

The main benefits of child spacing:

- Prevents unwanted pregnancies.
- Reduces health risks from closely spaced pregnancies for the mother and newborn.
- Ensures healthier children as mother has more time to breast feed and care for the child.
- Improves a woman's health by giving her time to rest and recover before the next pregnancy.
- Gives the child time to bond with the mother.
- Ensures the father has fewer worries when his family is healthy.

To space their children, couples can use a family planning method of their choice.

Some obstacles to using family planning to space your children:

- Lack of knowledge about how to space children
- Lack of access to quality health care services
- Religious and cultural beliefs
- Desire for a male child
- Men's disapproval of family planning and women's fear of talking about it

What are some ways to overcome these obstacles?

SECTION 1: FAMILY PLANNING

TRADITIONAL CHILD SPACING METHODS

QUESTIONS FOR DISCUSSION

- What child spacing methods do you know?
- What are traditional or natural methods of child spacing?
- Do you think you can use these methods effectively?

KEY INFORMATION

- Traditional or natural child spacing methods include:
  - Abstinence
  - Lactational Amenorrhea Method (LAM)
  - Fertility Awareness-Based Methods
- Traditional or natural child spacing methods require understanding and cooperation between a husband and wife.
- When properly practiced, these methods can also be effective.
- Traditional and natural methods can be culturally acceptable and endorsed by religious leaders.
- Abstinence is avoiding sex completely.
- LAM, for women who breastfeed, can be an effective child spacing method only if:
  - the mother only breastfeeds the child and does not give the baby other foods or drink;
  - the mother's monthly bleeding has not yet returned; AND
  - the baby is less than 6 months old.
- Fertility Awareness-Based Methods involve knowing the days of the month when a woman can get pregnant, so that couples know when to not have unprotected sex. One way to do this is the Standard Days Method (SDM). This method uses "CycleBeads™" to keep track of when a woman can get pregnant.

SECTION 1: FAMILY PLANNING

MODERN CHILD SPACING METHODS

QUESTIONS FOR DISCUSSION

- Why should a couple use a child spacing method after delivery?
- Where can you go when you want to space your children?
- How can you choose a child spacing method that is right for you and your husband?
- Which modern child spacing methods have you heard about?

KEY INFORMATION

- Couples should use a child spacing method soon after delivery. They should wait at least 2 years before trying to get pregnant again.
- Women who wait at least 2 years before trying to get pregnant again:
  - are less likely to die in childbirth;
  - their children are less likely to die, be underweight or be born prematurely; and
  - their babies grow up bigger, stronger and healthier.
- To have a child when they want, a couple can choose a reliable modern child spacing method.
- Modern child spacing methods are available at the health unit and are safe and easy to use.
- At the health unit, the couple can talk with the nurse about the methods and choose one that is best for them.
- Modern child spacing methods at the health unit may include:
  - Condoms, a barrier, prevents the sperm from getting inside the woman.
  - The pill, a tablet taken daily, prevents a woman's ovaries from releasing eggs.
  - The injection, administered every three months, contains hormones that stop a woman's ovaries from releasing eggs.
  - Implant, which contain hormones, can prevent pregnancy for up to five years.
  - IUD, placed in the uterus, can prevent pregnancy for up to 12 years.
  - A progestin-only pill for breastfeeding women.
  - Emergency contraception can be used within five days after having unprotected sex.

When a couple has all the children they want, they can choose a permanent method. The husband or wife can have a simple operation to permanently prevent pregnancy. This is known as Tubal Ligation for women and Vasectomy for men.

SECTION 2: SAFE MOTHERHOOD

TAKING CARE OF YOUR UNBORN BABY

QUESTIONS FOR DISCUSSION

- How often should a woman visit the health unit during pregnancy?
- What are some problems can happen during pregnancy?
- What are the benefits of ante-natal care?
- How can a woman protect her unborn baby?
- What can the husband do to help protect the health of the mother and baby?

KEY INFORMATION

During pregnancy it is important to visit the health unit at least 3 times. The doctor or midwife can check for problems and help the woman protect her unborn baby.

- A pregnant woman should go to the health unit immediately if she has:
  - bleeding from the vagina;
  - severe headache;
  - lower abdominal pain; and/or
  - high fever.
- The health worker can give the pregnant woman medication and vitamins such as:
  - iron folate for anaemia;
  - tetanus immunization;
  - anti–malarial and de-worming pills; and
  - Vitamin A and Iodine.
- A woman can protect herself and her unborn baby by:
  - sleeping under a treated mosquito net;
  - eating a variety of foods, i.e., grains, vegetables, fruit, and meat; and
  - practicing basic hygiene, such as hand washing and drinking clean water.
- The husband and family can help the pregnant woman by:
  - helping her get to the health unit;
  - going with her to the health unit for regular visits; and
  - supporting her to practice healthy behaviors.

SECTION 2: SAFE MOTHERHOOD

IMPORTANCE OF GOOD NUTRITION

QUESTIONS FOR DISCUSSION

- Why is good nutrition important for a pregnant woman?
- What foods should a pregnant woman eat?
- How can the husband and family help the pregnant woman eat healthily?

KEY INFORMATION

- When you are pregnant, your body needs plenty of nutritious food.
- Good nutrition makes the body strong, fights infections and keeps you and the unborn baby healthy.
- A pregnant woman needs to eat at least three meals per day from a variety of foods and drink plenty of clean water. This will help her stay strong and healthy and help the baby grow.
- Her husband and family can make sure that she eats nutritious foods often, so that the baby can grow strong.

For good nutrition, eat/drink:

✓ Energy giving foods that give the body strength, e.g. rice, potatoes, ugali.

✓ Body building foods that help to build and repair muscles, bones and tissue, e.g. meat, milk, eggs, beans.

✓ Protective foods that help the body fight diseases, e.g. vegetable and fruits.

✓ Small amounts of fats, oils and sugar that give the body extra energy.

✓ Clean and safe water that cleans the body of toxins and waste.

SECTION 2: SAFE MOTHERHOOD

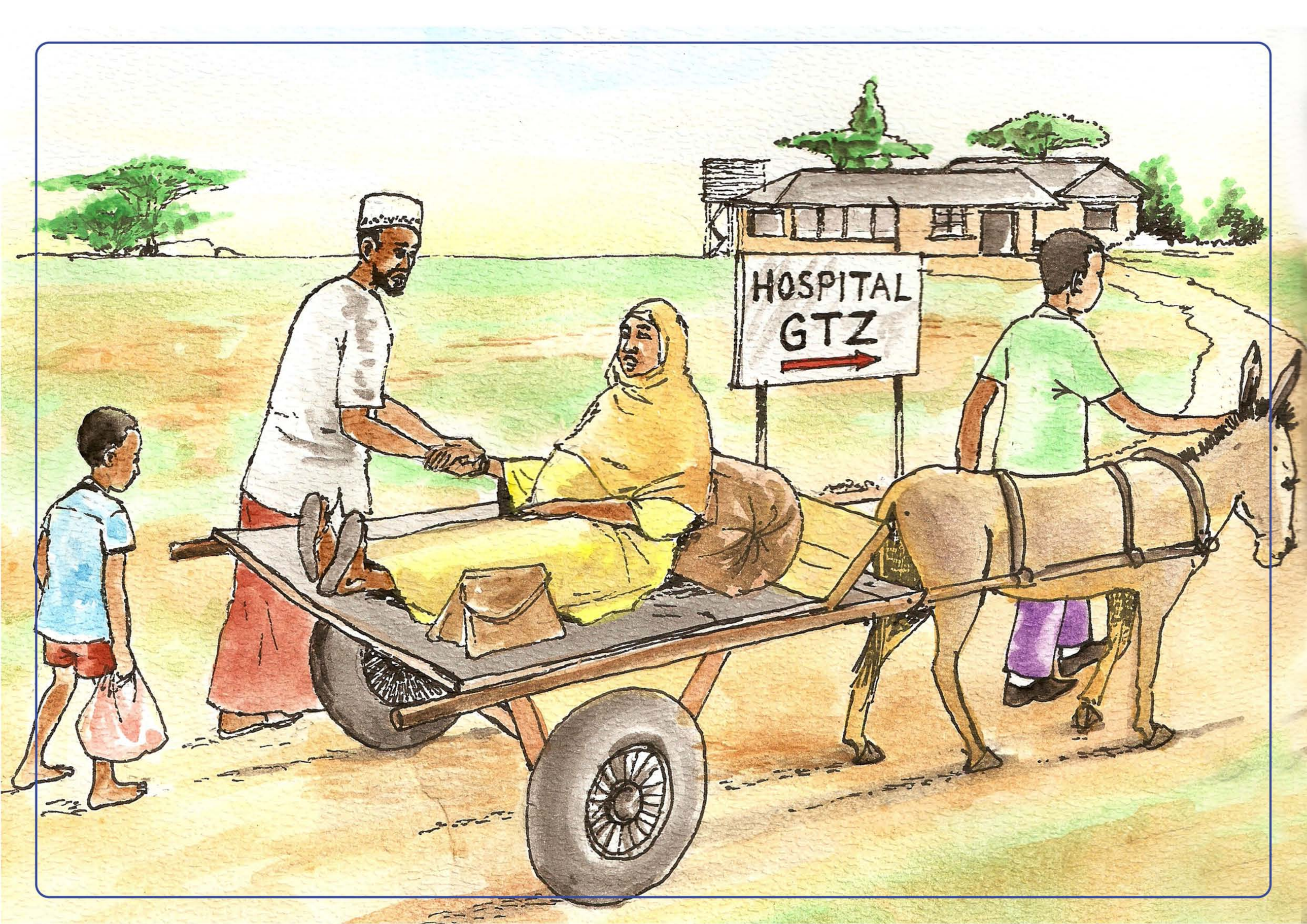
SAFE DELIVERY

QUESTIONS FOR DISCUSSION

- Where do most women want to deliver their babies?
- Why are women afraid of delivering in a health unit?
- Why is it dangerous to deliver at home?
- Why should pregnant women deliver in a health unit?
- How can a husband help during delivery?

KEY INFORMATION

- Some reasons for home delivery include:
  - Fear of being examined or delivered by men
  - Fear of an operation (cesarean section)
- Some problems during delivery include:
  - High blood pressure
  - Too much bleeding after the delivery
  - Obstructed labor
  - Tearing of the vagina
- Delivering at home can be risky because of:
  - Unclean conditions for delivery;
  - Lack of trained health workers to deal with problems
  - Poor postpartum care
- It is better to give birth in a health unit include because there are:
  - Trained health workers – doctors, nurses and midwives
  - Medical supplies to deal with problems
  - Care given during an emergency
- To avoid problems during delivery:
  - Go to the health unit as soon as labour starts
  - Know how to recognize problems
  - Visit the health care unit if you have problems
- A husband can help his pregnant wife by making sure she is able to get to the health unit for delivery.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SECTION 2: SAFE MOTHERHOOD

CARE AFTER THE BABY IS BORN

QUESTIONS FOR DISCUSSION

- Why should a woman visit the health care unit after delivery?
- How can we make sure our babies grow healthy after delivery?
- Why is breast feeding important for the new born baby?
- How can the husband help care for the new born baby?

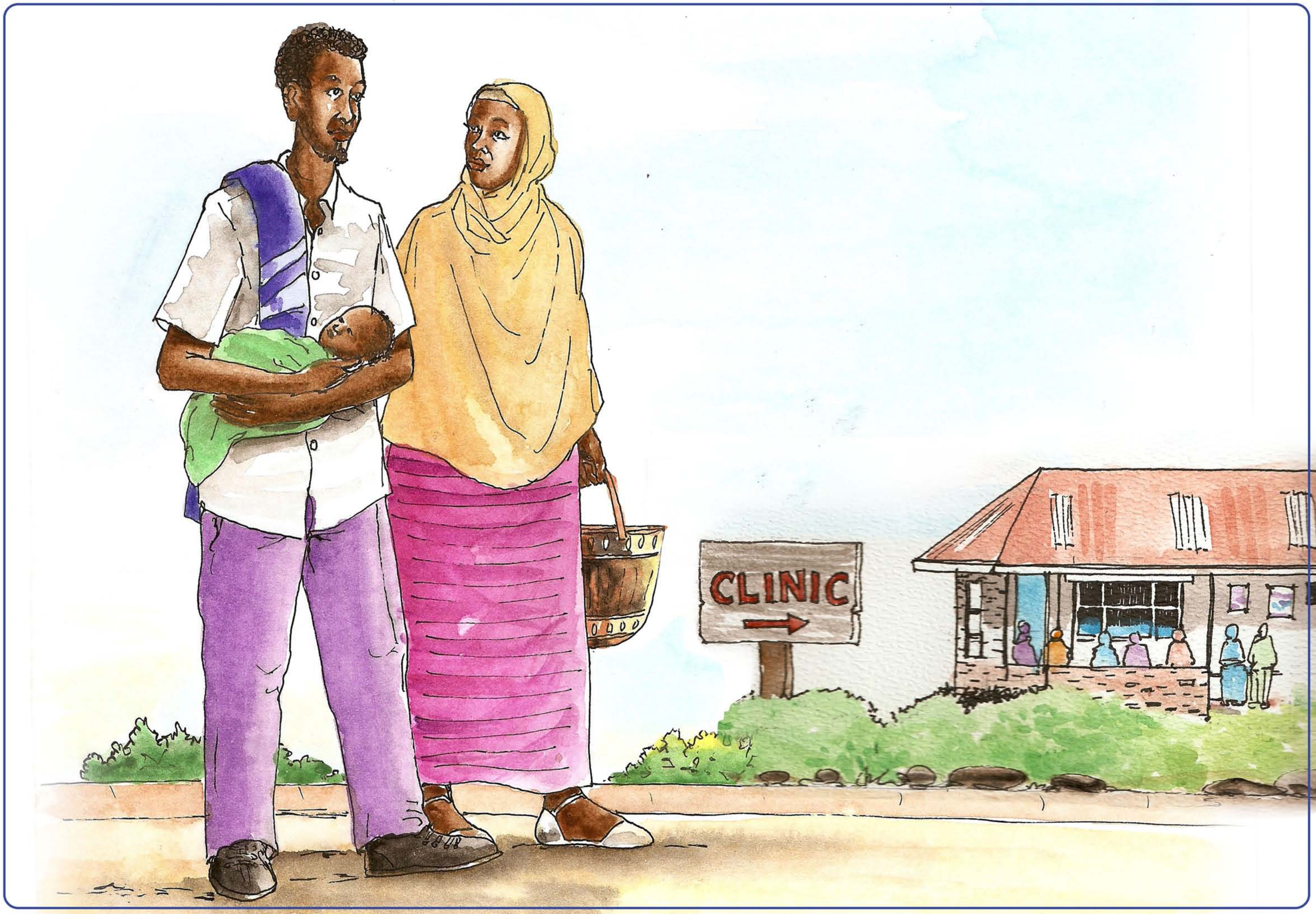
KEY INFORMATION

After delivery at the health unit, the health worker will:

- give postpartum care: check the health of the mother and baby, and give iron folate and Vitamin A;
- tell the mother what to eat for good milk flow;
- tell the mother when to immunize the the baby;
- talk about the importance and benefits of child spacing after delivery; and
- help the women choose a child spacing method that is best for her and her husband.

A woman can make sure her new born baby grows healthy and strong by only breastfeeding during the first 6 months. If the baby is given only breastmilk (no water, other liquids or food), the woman's monthly bleeding has not returned, and the baby is less than 6 months old, she is not likely to get pregnant.

- Breast milk is the best food for your baby because it:
  - protects the baby from illness;
  - has important nutrients; and
  - helps the baby to grow strong and healthy.
- Only after 6 months the woman can give the baby other foods, but still continue to breastfeed.
- Feed the baby as often as it wants and do not bottle feed unless the water is safe and clean.
- Use a child spacing method for at least 2 years before trying to have another baby.
- Her husband and family can help by giving the woman lots of nutritious food to keep the breastmilk flowing.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SECTION 3: SEXUALLY TRANSMITTED INFECTIONS (STIs)

TRANSMISSION OF STIs

QUESTIONS FOR DISCUSSION

- How do people get infected by STIs and HIV?
- What are some common STIs?
- How can people avoid STIs?
- What are the common signs and symptoms of STIs?

KEY INFORMATION

- People are at risk of STIs/HIV infection when they:
  - have sex with more than one person;
  - have sex without a condom; and
  - share needles used to inject drugs and medicines.
- Signs and symptoms of STIs include:
  - pain and burning when passing urine;
  - open sores in the genital areas;
  - pus coming from the sex organ;
  - itching in or around the sex organ;
  - unusual discharge from the sex organ;
  - lower abdomen pain; and
  - blood in urine.
- To not get an STI or HIV, you can:
  - not have sex;
  - be faithful to one sexual partner (who is also faithful);
  - use condoms every time they have sex; and
  - not share injectable drug needles.
- Common STIs include: Gonorrhoea, Syphilis, HIV, Candidiasis, Herpes, Pubic Lice

SECTION 3: SEXUALLY TRANSMITTED INFECTIONS (STIs)

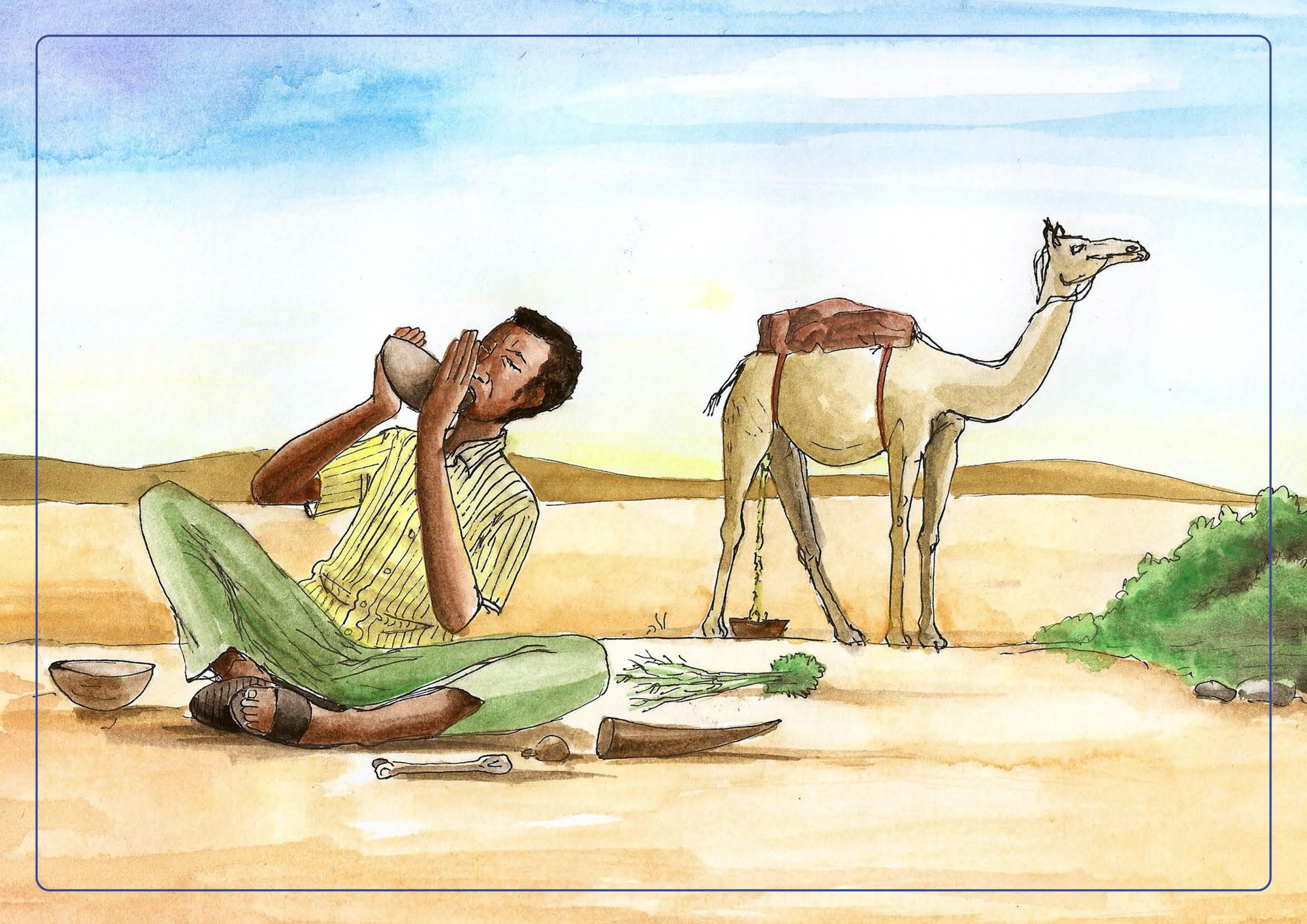
TREATMENT OF STIs

QUESTIONS FOR DISCUSSION

- What are some of the traditional ways to treat STIs?
- What should someone do when they think they have an STI?

KEY INFORMATION

- STIs are often seen as shameful or embarrassing, so those who are infected do not tell others and continue spreading the infection.
- Some people think drinking camel urine mixed with milk or traditional herbs will cure them. These cures do not work.
- When they are not treated, STIs can cause infertility, and sometimes death.
- Most STIs can be treated with modern medicine.
- Visit the health unit to get diagnosed and treated immediately. The medicines given to you should only be taken only as the doctor says and never shared.
- Do not have sex without a condom while taking the medications and if you feel safe, talk to your sexual partner about going for treatment also.
- Herpes and HIV are viruses that can be treated but cannot be cured. HIV can be treated with drugs called ARVs so that people with HIV can live healthy and productive lives.



SECTION 4: HARMFUL PRACTICES

FEMALE GENITAL CUTTING (FGC)

QUESTIONS FOR DISCUSSION

- What are harmful traditional practices?
- What are the dangers of FGC?
- How can we stop this harmful practice?

KEY INFORMATION

- Harmful traditional practices can be dangerous for women. They include:
  - female genital cutting (FGC);
  - early forced marriage;
  - payment of dowry;
  - forced divorce; and
  - lack of school for girl-children.

  FGC is one of the main cultural and religious practices that affect women.
- Long-term effects of FGC are scarring of the sexual organ which can cause problems during childbirth or pain during sex.
- Short term effects of FGC include:
  - pain;
  - bleeding;
  - infection;
  - difficulties urinating and menstruating; and
  - trauma, shock and sometimes death.

  Men and women can help end this harmful practice by choosing not to have their daughters circumcised.

SECTION 4: HARMFUL PRACTICES

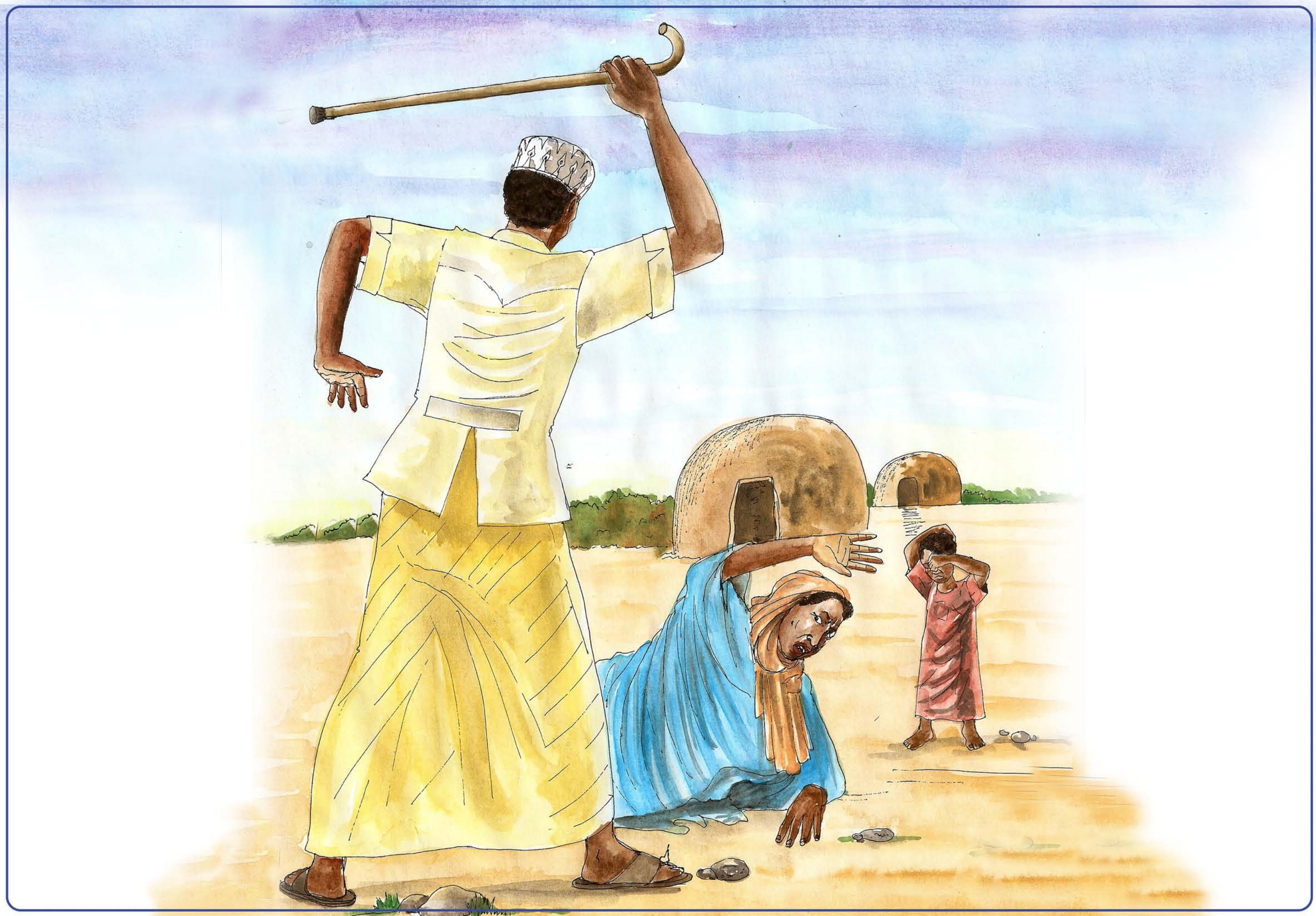
VIOLENCE AGAINST WOMEN

QUESTIONS FOR DISCUSSION

- What is violence against women?
- What are the dangers of violence against women?
- How can we prevent violence against women?
- Why do some men act violently towards women?

KEY INFORMATION

- Men may act violently towards women because of;
  - beliefs that men should show power over women;
  - unhealthy beliefs about what it means to be a man; and
  - lack of confidence.
- Violence against women can involve:
  - physical beating;
  - keeping a woman from leaving the home;
  - forced sex or rape; and
  - and unfair treatment.
- Violence against women can result in:
  - embarrassment;
  - lack of confidence;
  - fear towards others;
  - pain and disability; and
  - sometimes death.
- Violence against women can happen in the family and in the community.
- As a community, we can speak out against violence against women.
- Violence against women should be reported to the police.
- Women who have experienced violence need counseling and support.



SECTION 4: HARMFUL PRACTICES

RAPE AND DEFILEMENT

QUESTIONS FOR DISCUSSION

- What is rape and defilement?
- Who is most at risk of rape and defilement?
- What are the effects of rape and defilement?
- How can we prevent rape and defilement?
- How can we help victims of rape and defilement?

KEY INFORMATION

- Rape, defilement, attempted rape and defilement, sexual harassment, child sexual abuse, incest and sexual coercion are types of violence and forced sex.
- Rape can cause problems such as:
  - unwanted pregnancy;
  - sexually transmitted infections including HIV;
  - pain and injury;
  - rejection by family and community;
  - loneliness; and
  - depression.
- Women who have been raped need support and counseling from family members, friends and health professionals.
- It is important to report rape and defilement to the police and get help at the health unit as soon as possible.
- We can prevent rape and defilement by making sure women and girls are safe and speaking out against harmful practices and violence against them.