

2014



## Sindh Rural Support Organization

# [06 Days Training Of FF Under IHSAS-BCC At Larkana]

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NORWEGIAN-PAKISTAN PARTNERSHIP INITIATIVE (NPPI)



## Introduction of POW:

Sindh Rural Support organization with Collaboration of IHS implemented the IHSAS-BCC Component at District Larkana from July, 2013, This Component Named BCC



Dr. Irshad Moryo (National Programme) during setting the norms of training

stands for Behavior Change Communication, which is solely based on Social Mobilization. BCC engulfs many Activities, which SRSO implements at Field but SRSO faces many challenges while implementing at the field. So for this, SIX Days Project Orientation Workshop of FFPs plays a Role of

catalyst for getting this project one

step ahead to its success. Family Focal Person is the Backbone of this whole Project. Therefore, once they are trained than it would be very easy to implement the project with its true spirit.

## Objective of POW of FFP:

The main objective of workshop is to orient the overall strategy of BCC to the selected FFPs through community, and to project about their Role and Responsibilities regarding this BCC component

## Importance of the POW of FFPs:

POW is the most important tool to disseminate our message exactly what we are intending to do in villages with the help of master trainers. This is the platform from where we can alter the wrong speculations of the masses with the help of willing FFPs by teaching them first. Hence, six days of extensive training are very crucial for us to

attain the targets, which we have set in respect of BCC to modify the behaviors and attitudes towards mother and baby health care.

### Day 01, January 27, 2014.

Training started with the recitation of holy Quran, then welcome note by Mr: Latif Soomro (DM), in which he described the core philosophy of the SRSO and about the project. He also explained about how IHS and SRSO with WHO-NNPI are working together to boost up the awareness about Mother and new child. Core objectives were also presented before audiences.

After this, Dr: Sarfraz Ahmed Shaikh sb and Dr: Irshad Ahmed Morio sb, facilitator and master trainer, carry forward the session. They set norms and values first, what is expected from audiences and what audiences are expecting from this training, was depicted after the exercise of the jotting down the expectations and fears at charts. People were enthusiastic to learn and spread message later to the community with their core of heart.



At the day first, role and responsibilities of Focal Family discussed, where everybody



solemnly proclaimed to work with sincerity. Later, they were briefed about how much positive they should be with community, so that community trusts them and work swiftly, because they are liaison in between us and community. Despite of being self centered, FF should be egalitarian for the greater benefit of the community.

Later, they draw charts of the villages so it sorted out that people are well-aware about their respective vicinity. A talk proceeded on the interpersonal communication, which has

utmost importance in the Behavioral change communication (BCC). People enjoyed a day by learning these sort of very interesting things.

At the day Mr: Majid Khan (PO-MER) and Mr: Mubasher Shah (MIS) teamed up for pre-testing which is the most important tool to look at the difference before and after the training.

### Day 02, January 28, 2014.

A day started with pious Holy Quran then recapped yesterday. Later, Dr: Sarfraz Shaikh started with the topic about the role and importance of the health committees and women group for mobilization to other women in routine activities.

Later Dr: Irshad Morio discussed about the schedule of vaccination, its importance and impact.

Vaccination sometimes makes reaction then it become troublesome, in that situation how one can cope up with this by giving first aid. What is neonate, infant and child? It is discussed and defined. How can we save neonate from early mortality? What are the reasons of early mortality? It was discussed that one of



Dr. Imdad Siyal (CD-NP) & Mr. Liaqat Khokhar (MER-IHSAS) during monitoring

the reasons is early marriages. Here what we derive that early marriages is the curse. So for this all participants devotedly passed resolution to abandon this curse.

Dr: Khalid Laghari (District Focal Person NPPI-WHO), Dr: Imdad Siyal (DC National Program) and Mr: Liaqat Khokhar (M & E IHS) has visited at second day. Dr: Khalid, Dr: Imdad and Dr: Liaqat appreciated about the program, along with it they questioned with participant regarding their understanding and motivation to do work in these uncovered areas. Dr: Khalid told them that this is a window of opportunity to get job of LWH in near future to them. They would be kept at priority for recruiting them in other projects of GoS too.



### Day 03, January 29, 2014.

Same as practiced yesterday, then trainer put spotlight on the breast feeding and how and what to give in complementary food. Later, it made clear to participants regarding the nutrition need of the children up to five years, later what should be weight as per the age of the children discussed.

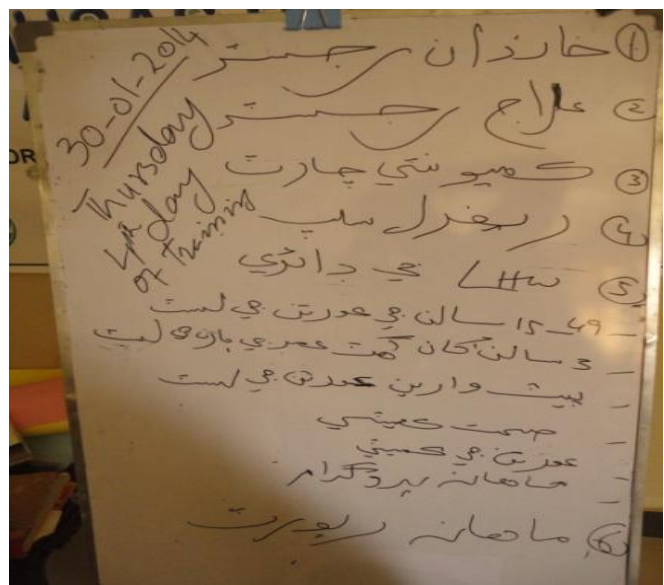


Then instructor interactively discussed about the signs of the pregnancy, and what are the danger signs of the pregnancy and how could we take remedial measure from them.

It was made clear to participants that they will facilitate all villagers regarding the ANC and PNC, to help them to get delivery at nearby facility, vaccinations and what would be expected date of delivery.

### Day 04, January 30, 2014.

It was resumed with the same practice of recitation of holy Quran and recap of yesterday's session. This day was about the PNC and what complications are often faced by women. LWH maintains MIS exactly the same will be maintained by FFP, that format has been taught to them with practice. This was taught to them in the way learning by doing. What would be impact if nutrition lacks? It was discussed that anemia, deficiency of iodine, vitamin -A, deficiency OF vitamin-D and their sources explained explicitly.



Then, family planning discussed in detailed way, this is very important, even Islam has emphasized Muslims to do so. Therefore, lactation by mother to the baby is the natural stoppage of the pregnancy again. Dr: Imdad Siyal and Dr: Liaqat Khokhar has visited and monitored the venue, positively commented and insisted participants to work with full spirit. They gave inputs regarding making training more interactive, though it is already.

#### **Day 05, January 31, 2014.**

Program started with the recitation and recap of the yesterday, then few dangerous conditions have been discussed women often face during pregnancy. As LHWs refer cases when examine about diarrhea, pneumonia malaria, TB, scabies and helminthiasis. What are the symptoms of different diseases? Those were discussed and made them clear. Many small diseases or mishaps can also be covered by an individual by own, just like fever but often we make different complications by it. So for this, we should know how to cope up this problem easily by using thermometer etc. master trainer made them familiar to these things.



LHWs are the same as FFP, they are to take health education session in the community, and what is the role of FFP in it. This was discussed in detail. Along with it, diseases like aids, and sexual transformation diseases discussed to the community.

What is the hygiene food and how would it be possible at least at home level without spending any extra penny.

#### **Day 06, February 01, 2014.**

Same as yesterday, program has been started with the recitation of the holy Quran and recap of yesterday's topics. It was a last day to accomplish the training, it covers very important topics such as maternal deaths in Pakistan and how could we control it. Due to burden of work, hyper tension, dearth of nutrition, and carelessness in health become the causes of the death of the mother. Similarly, mortality of the

neonates and infants are because of the improper diet, carelessness in vaccination, myths of the tradition, and lack of access to medical facilities. Two other most important factors are of proper sanitation and clean water; if these both are according to the standards then most of the hazards can be avoided.

Dr: Ghulam Hussain gave a separate session for Interactive Voice Response (IVR), in which he shared a toll free number (08000-6226) through that one can get guidance from IHS directly by a single call.

**Interactive voice response (IVR)** is a technology that allows a computer to interact with humans through the use of voice tones input via keypad. In IHSAS telecommunications, IVR allows pregnant registered women to interact with a IHSAS guider from Islamabad in local Sindhi Language via a telephone keypad or by speech recognition, after which they can service their own inquiries by following the IVR dialogue. IVR systems can respond with prerecorded or



Dr. Ghulam Hussain (DM IHSAS) during session on IVR at Neudero

dynamically generated audio to further direct users on how to proceed. IVR applications can be used to control almost any function where the interface can be broken down into a series of simple interactions. IVR systems deployed in the network are sized to handle large call volumes in IHSAS interventions.

#### Closing Ceremony of event:

SRSO under IHSAS organized a proper Closing Ceremony of training event. The programme chaired by Dr. Ghulam Mustaf Khoro (MS Neudero & Deputy Provisional Coordinator Sindh) at Neudero. District Manager SRSO Larkana welcome to all honorable guest. The main purpose of closing ceremony was to distributing the certificates and to give information about





LHWs working module by District Coordinator and other respectable guest as they own the programme and IHSAS-BCC got the required results from this programme.

Ms: Syeda Nazia Shah was present in whole session, because it was a last day of the training. Few other honorary guests' e-i, Dr: Imdad Siyal (DC national program), Dr: Khalid Laghari (Focal person WHO-NPPI), Dr: Ghulam Hussain Buledi (District Manager IHS), Dr: Ghulam Mustafa Khurho (MS-RHC Naodaro, and deputy director national Program) and Dr: Liaqat Khokhar (PO- MER) were invited for the closing ceremony.

Dr: Imdad Siyal gave his valueable inputs and asked many questions from the audience to gauge the impact on the audience. In last certificate distributed and ended program up with the commitment to strive back with full power and to create a visible difference in the community.

#### Training Visited By:

- Dr. Imdad Siyal (DC NP)
- Dr. Khalid Laghari (DC-NPPI & WHO)
- Dr. Ghulam Hussain (DM-IHSAS)
- Dr. Ghulam Mustafa Khoro (DPC Sindh)
- Dr. Liaqat Khokhar, MER-IHSAS
- Dr. Sarfarz Shaikh , (National Programme)
- Dr. Irshad Moryo, (National Programme)
- Ms. Nazia Shah , (AGM-MER SRSO)
- Dr. Mansoor, (Manager Health SRSO)

#### Picture Gallery of Certificates distribution



Ms. Nazia Shah (AGM SRSO) during distribution of certificates



Dr. Khalid (FP WHO/NPPI) during certificate distribution





Dr. Ghulam Mustafa Khoro (DPC Sindh) during distribution of certificates



Dr. Ghulam Hussain (DM-IHSAS) during distribution of certificates

#### Attached annexure:

- Training Schedule
- Data base of FF
- Letter of recommendation for Master Trainers by DHO (Larkana)

## Annexure 01

### 06 days Training Schedule:

**Integrated Health Services-Sindh Rural Support Organization (IHS-SRSO)**  
**Potential Partnership for Advocacy, Behavior Change**  
**Communication and Social Mobilization**  
**Six Days Training of Focal Families**

Day One (January 27-2014)			
Time Management		Topic	Responsibility
From	To		
09.00 am	09.15 am	Registration	
09.15 am	09.30 am	* Introductory Session * Recitation of Holy Quran * Welcome and Introduction of Participants * Expectations & Fears * Norms & Values	
09.30 am	10.00 am	Aim & Objectives of Training	
10.00 am	11.00 am	Role & Responsibilities of Focal Family	
11.00 am	11.15 am	Tea Break	
11.15 am	12.30 pm	Community & Relation of FF with Community	
12.30 pm	01.30 pm	Map of LHWs	
01.30 pm	02.30 pm	Lunch & Prayer Break	
02.30 pm	03.30 pm	Interpersonal communication	
30.30 pm	04.00 pm	Behavior Change Communication	
Day Two (January 28-2014)			
09.00 am	09.30 am	* Recitation from Quran * Review of Previous Day	
09.30 am	10.30 am	Health Committee, Women Group & School Session their role and importance	
10.30 am	11.00 am	EPI (Importance of Immunization) * Schedule of Vaccination, doses, routes of Administration * In case of reaction by vaccine & their solution	
11.00 am	11.30 am	How to cover refusal/defaulters	
11.30 am	11.45 am	Tea Break	
11.45 am	12.30 pm	Days of vaccination at center	
12.30 pm	01.30 pm	Definition of Neonate Infant & Children	
01.30 pm	02.00 pm	Lunch & Prayer Break	
02.00 pm	03.30 pm	Care of Neonate immediately after Birth & Check list of neonate after Birth	
30.30 pm	04.00 pm	Pre-mature babies	
Day Three (January 29-2014)			
09.00 am	09.30 am	* Recitation from Quran	

		* Review of Previous Day	
09.30 am	10.30 am	Cause * How to manage & conditions of referring pre-mature babies to Hospital	
10.30 am	11.30 am	Exclusive Breast feeding & Complementary feeding	
11.30 am	11.45 am	Tea Break	
11.45 am	12.30 pm	Nutritional Needs of Children up to Five Years	
12.30 pm	01.30 pm	Weight of Children & Growth chart	
01.30 pm	02.00 pm	Pregnancy and its sign	
02.00 pm	02.30 pm	Lunch Break	
02.30 pm	03.00 pm	Danger sign of Pregnancy * Anima, Bleeding & Spot, Virginal Swelling & Discharge * Vomiting after 03 months, Sever abdominal pain, Sever Headache	
03.00 pm	04.00 pm	Proper list of PL by FF in their record * EDD (Expected date of Delivery) * TT Vaccination * ANC by SBAs * Delivery by SBAs * Personal Hygiene of PL/After delivery * Nutritional Supplementation of PL * Minor Problem during Pregnancy and their solution	
04.00 pm	04.30 pm	Lab our Stages & Sign	
Day Four (January 30-2014)			
09.00 am	09.30 am	* Recitation from Quran * Review of Previous Day	
09.30 am	10.30 am	Complications after delivery	
10.30 am	11.30 am	Complications of Lab our during 03 stages	
11.30 am	11.45 am	Tea Break	
11.45 am	12.30 pm	Problems of Mother, after delivery	
12.30 pm	01.30 pm	LHW MIS-Tool	
01.30 pm	02.00 pm	Lunch Break	
02.00 pm	03.30 pm	Nutritional Deficiency * Anemia, Deficiency of iodine * Vitamin-A Deficiency, Deficiency of Vitamin-D & their Sources	
30.30 pm	04.00 pm	Family Planning * Its importance, safe Period, Lactation * Modern Methods, Islam & Family Planning	



Day Five (January 31-2014)			
09.00 am	09.30 am	* Recitation from Quran * Review of Previous Day	
09.30 am	11.30 am	Women in danger/Difficulties with pregnancy * Women with low height and contracted pelvis * Heavy weight, Age below 18 and above 35 years * Prime gravid and multi gravid, diabetes mellitus & hyper tension & Asthma * Women with history of abortions, C-Section	
11.30 am	11.45 am	Tea Break	
11.45 am	12.30 pm	Referring of cases by LHWs diarrhea, Pneumonia Malaria, TB, Scabies, Helminthiasis	
12.30 pm	02.00 pm	Fever & usage of thermometer	
02.00 pm	02.30 pm	Lunch Break	
02.30 pm	03.30 pm	* Health Education Session in community & role of LHW * Aids & Sexual Transformation Dieses	
30.30 pm	04.00 pm	Personal Hygiene	
Day Six (February 01-2014)			
09.00 am	09.30 am	* Recitation from Quran * Review of Previous Day	
09.30 am	11.30 am	Cause of Maternal Death in Pakistan & How to reduce	
11.30 am	11.45 am	Causes of Neonates, Infants, Under 5 mortality in Pakistan and how to reduce	
11.45 am	12.00 pm	Tea Break	
12.00 pm	12.30 pm	Latrines/Sanitation	
12.30 pm	02.00 pm	Safe Drinking Water	
02.00 pm	02.30 pm	Lunch	
02.30 pm	03.00 pm	Concluding Remarks	

**Annexure: 02****Data Base of trainees**

S #	Name	Village	UC	Tehsil/ Taulka
1	Hadi Bux Narejo	Ali Muhammad Kartio	Pir Bux Bhutto	Ratodero
2	Muradan	Ali Muhammad Kartio	Pir Bux Bhutto	Ratodero
3	Nadeem Ali Kalhoro	Kupro	Saeedo Dero	Ratodero
4	Ghulam Zainab	Kupro	Saeedo Dero	Ratodero
5	Riaz Khatoon	Nao Dero	Behman	Ratodero
6	Hajan Ali	Nao Dero	Behman	Ratodero
7	Zamir Ali	Pagaro Bhutto	Pir Bux Bhutto	Ratodero
8	Fatima	Pagaro Bhutto	Pir Bux Bhutto	Ratodero
9	Uzma Lashari	Phlupota 1	Behman	Ratodero
10	Asghar Ali lashari	Phulpota 1	Behman	Ratodero
11	Gul Muhammad Kalar	Rahooja	Behman	Ratodero
12	Uzma	Ramzan Chuhan	Behman	Ratodero
13	Abdul Hakeem	Ramzan Chuhan	Behman	Ratodero
14	Jameelan	Salar Bhutto	Jawiri	Ratodero
15	Shahid Hussain	Salar Bhutto	Jawiri	Ratodero
16	Qaniz Fatima	Samejo	Saeedo Dero	Ratodero
17	Waseem Abbass	Samejo	Saeedo Dero	Ratodero
18	Rahib Ali	Sanwan Khan	Saeedo Dero	Ratodero
19	Mukhatiyar Khatoon	Sawan Gopang	Saeedo Dero	Ratodero
20	Zareena Khatoon	Sheranpur	Pir Bux Bhutto	Ratodero
21	Muhammad Azam	Sheranpur	Pir Bux Bhutto	Ratodero
22	Zaib U Nisa Kalar	Wada Rahooja	Behman	Ratodero
23	Raja Shar	Wandh Imdad Ali Bhutto	Pir Bux Bhutto	Ratodero
24	Naila Khatoon	Wandh Imdad Ali Bhutto	Pir Bux Bhutto	Ratodero

**Annexure: 03**

**Letter of recommendation for Master Trainers by DHO (Larkana)**

Ref No: - IHS-HSDC (IHSAS)/DMU/LKN/003/2014  
Date: January 18, 2014

To,  
District Health Officer  
District Larkano, Sindh

Subject: **Nomination of Master Trainers for 6 days Focal Family training**

*Tentative Dates 2  
22/1/14*

Respected Sir,

IHSAS project under intervention of NPPI in collaboration with WHO, UNICEF, UNFPA & MNCH is implementing the IHSAS-BCC component, led by SRSO, a consortium partner, here in district larkano. One of the key activity related with BCC is to deploy Focal Family in uncovered areas of union councils where catchment population of health facilities inhabits.

As focal family has to work in same way as LHWS are assigned to do, in this regard we have planned for 6 days training of focal family in four batches in nearby health facilities.

With reference to our meeting and discussion on master trainer's nomination, You are kindly requested to nominate the Master trainers as per below list:

1. Dr Irshad Morio
2. Dr Abdul Wahid Tagar
3. Dr Sarfraz Shaikh
4. Dr Amanullah Abro

We request your good self for your kind participation in these trainings. We will be highly obliged and thankful for your kind support.

*2nd Batch — 27th Jan to 1st Feb  
3rd & 4th Batch — 3rd feb to 8th feb  
Allowed  
22/1/14*

*Ghulam Hussain*  
Dr. Ghulam Hussain  
District Manager  
IHS/HSDC (IHSAS) Project  
District Larkano



CC to,  
1. Dr Mazhar Abbasi DPM technical IHSAS