

HEALTH IN OUR HANDS

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July 4, 1993
Gainesville, FL

To: Diane Bellisimo
NMRP
1515 Capital of Texas Hwy. South
Suite 220
Austin, TX 78746

Diane-

It was good talking with you this week. I appreciate your up-dating me on the presently poor status of the Clinton Administration's health policy plans in terms of health care for migrant and seasonal workers. It looks like we all have our work cut out for us, again.

Thanks for offering some ideas on funding for the project that I work with, the MOMobile. As I mentioned we have only about 15 more months of a Rural Health Policy grant to keep us rolling. Presently we are looking into funding through the Office of Minority Health, the regional office of Migrant Health and the Office of Adolescent Pregnancy and some private foundations. I will make contact with local folks within the network as you suggested, I'd hate to wait until the October meeting in West Palm Beach to hook up with folks. If you have any additional ideas for funds, please drop me a line.

I am enclosing some promo materials that were made up for the recent celebration in Florida of the "Healthy Mothers, Healthy Baby" program. The June '93 report that we just wrote for our funders states that of the women serviced on the MOMobile, 49% are Spanish-speaking and of those 90% are seasonal or migrant workers. To date we have had 106 babies born to MOMobile patients. At present we are attending another 96. Quite busy for a clinic that services 4 communities three days out of the week. I thought you might find the brochure of interest. It has a small map to let you see where in FL we work.

* * *

As follow up to a discussion that we had almost a year ago, I am (finally) sending you two copies of the health education manuals I developed while working in Nicaragua. You mentioned that you would keep them on file in case you run into others who are either interested in developing such materials or make them. I would be very interested in hooking up with such folks. I hope to continue to develop such materials and to interact with folks who are as interested as I am in developing community-based health education materials. This project has shown us the positive results of such labor! The following description I hope will help to give you an idea of what the manuals are about. It is important to put things in context.

Both of the manuals were designed with the participation of the communities, the doctors and health educators of the Nicaraguan organization, Acción Médica Cristiana, the group that we all work with and that is responsible for the health care of these rural communities

Helping to Give Birth



Resource Id# 5698

Helping to Give Birth

DEDICATION

TO THE MIDWIVES:

"To be a midwife is to be a mother many times."

-Anarfele Monroy Velasco

During many years you have helped to make real the dream of many
a baby for our family.

You have helped us, energized us and given us
guidance to make real our dream,
standing by us
in the most difficult and happiest moments of giving birth.

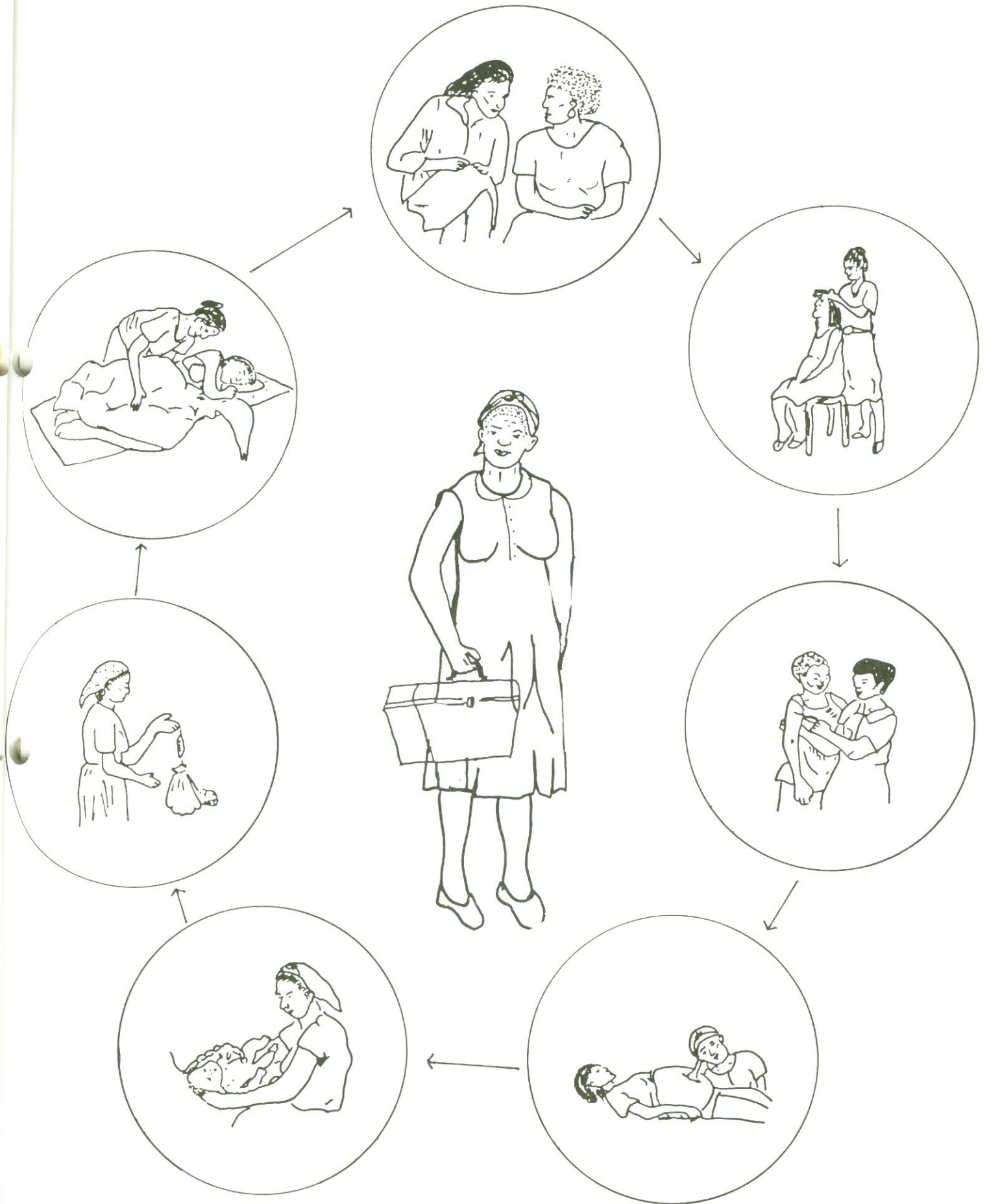
Even with the difficult conditions of your work,
sometimes working at night, in storms, crossing rivers, navigating,
you always arrive in time and ready
to save our life and
to give birth to our children.

"Many woman have done noble things, but you have surpassed them all."
(Proverbs 31, verse 29)

The Lord has blessed you.

Thank you.

THE ROLE OF THE MIDWIFE



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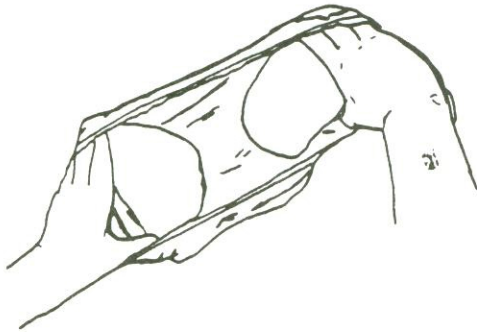
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SIGNS OF PREGNANCY AND HIGH RISK PREGNANCIES



COMMON SIGNS OF PREGNANCY



NO MONTHLY BLEEDING .



HEADACHES.



NO HUNGER, BUT VOMITING AND SICKNESS IN THE MORNING.



NEED TO PIPI OFTEN.



UNEXPLAINED TIREDNESS.



SIGNS THAT CONFIRM PREGNANCY



THE BELLY IS GROWING.



DARKNESS OF THE BIRTH LINE
ON THE BELLY.



BREASTS GET BIGGER, DARKER
AND MILK COMES OUT.



SPOTS ON THE FACE.



MOVEMENT IN THE BELLY.

HIGH RISK PREGNANCIES



AGE

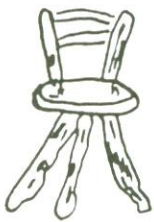


WOMEN OVER 40 YEARS OF AGE



GIRLS 15 YEARS OR LESS.

SIZE



SHORT WOMAN.



THIN WOMAN.



FATWOMAN.

ADDITIONAL RISKS



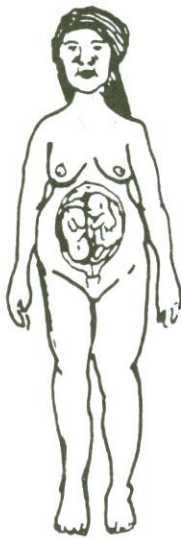
SINGLE WOMAN



WOMAN WHO DRINKS AND SMOKES.

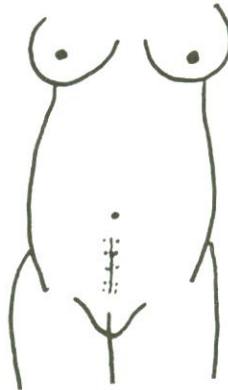


HIGH RISK PREGNANCIES

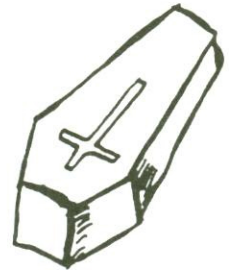


TWINS.

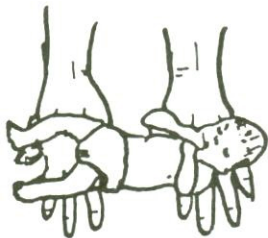
PREVIOUS PREGNANCIES



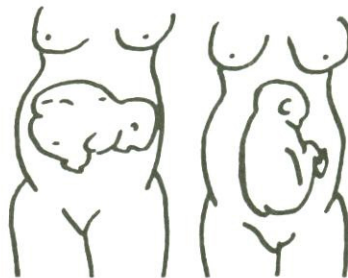
CESAREAN OPERATION.



BABY BORN DEAD OR A MISCARRIAGE.



BABY BORN BEFORE 9 MONTHS



PREVIOUS BIRTHS OF BOTTEM OR SHOULDER FIRST



LESS THAN TWO YEARS BETWEEN PREGANCIES.



MORE THAN FIVE CHILDREN

HIGH RISK PREGNANCIES



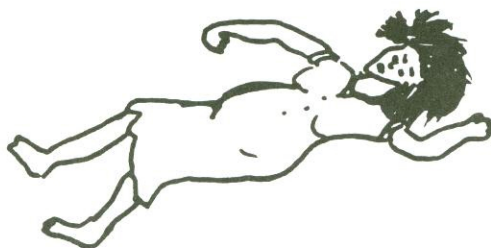
SERIOUS ILLNESSES



TUBERCULOSIS

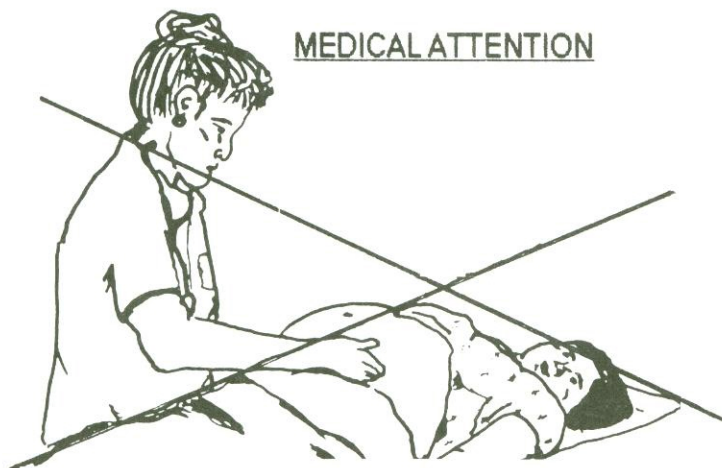


ASTHMA



EPILEPSY

MEDICAL ATTENTION



HAS NOT HAD A PRE-NATAL EXAM BY A DOCTOR

PRE-NATAL EXAM



PRE-NATAL EXAM



EXAMINE:

The hair for louse. If there are louse, she needs to improve her personal hygiene and also receive treatment.

The forehead for fever. Does she have the fever (malaria)? If she does, she must be treated quick.

The eyes and skin for anemia. If they are pale or yellow, send her to the health center for treatment.

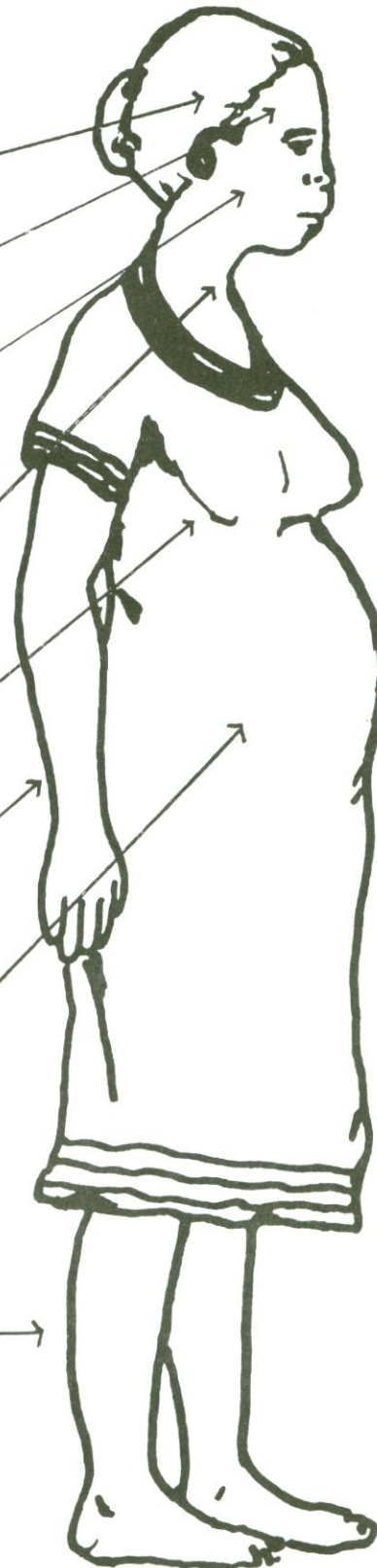
The throat for coughing. If she has been coughing for more than 15 days, she needs to give a spit sample to check for tuberculosis (TB).

The breasts to check for cleanliness and to see if the nipples are sinking in. If the breasts are sore, she needs to massage them daily.

The arms for itch. If she has itching, she must improve her personal hygiene and visit the health center for treatment.

The belly for the position and age of the baby. (This check-up begins in the 6th month.)

The legs and the ankles for swelling. Do this check-up in the mornings to see if there are signs of danger. If there are, send her to the health center immediately. If there is only swelling in the afternoons, she needs to rest two times a day with her legs up.





THE BABY'S POSITION

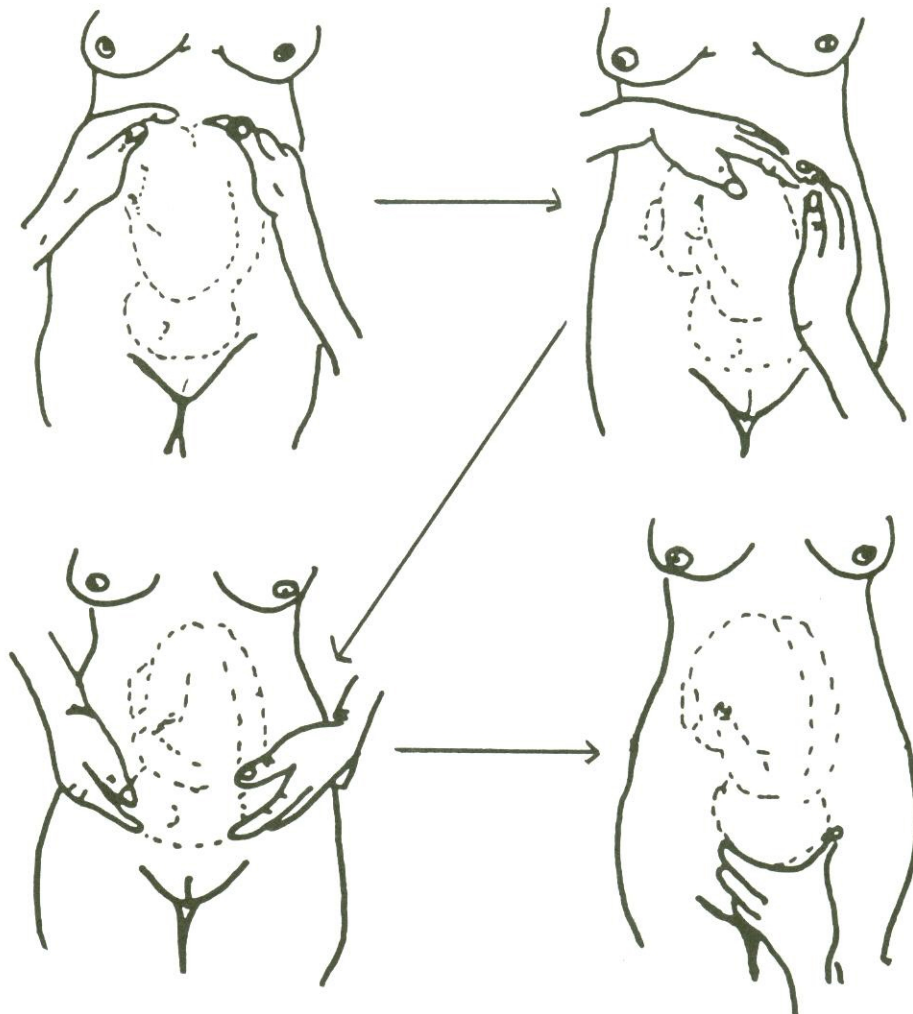
SEND THE MOTHER TO PIPI.



LISTEN TO THE BELLY FOR THE SOUNDS OF THE BABY



EXAMINE THE BELLY

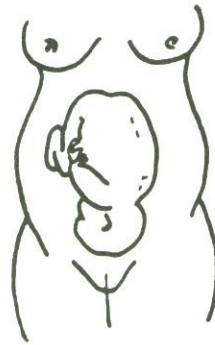


THE BABY'S POSITION



HEAD FIRST. →

This is normal, there is **no** danger.



FEET OR BOTTEM FIRST. →

Possibility of danger.



SHOULDERS FIRST. →

Possibility of danger.



EXERCISE:

**FOR THE MOTHER WITH A BABY WHO IS POSITIONED
HEAD, FEET OR BOTTEM FIRST:**

-From the seventh month on.

-10 minutes in the morning and 10
minutes in the afternoon.



The majority of babys will turn head first if the mother does the exercises faithfully.



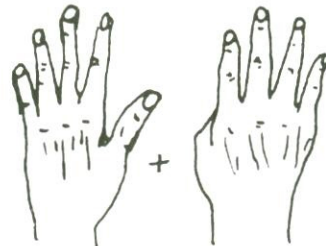
CALCULATING THE DATE OF BIRTH

TO CALCULATE THE PROBABLE DATE OF THE BABY'S BIRTH:

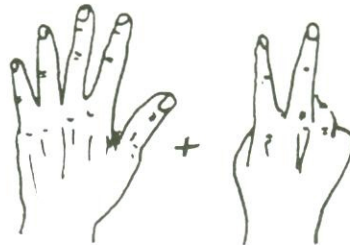
#1. Ask the mother when was **the first** day and the month of her last period.

JULIO						
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#2. Add 9 months to the month.



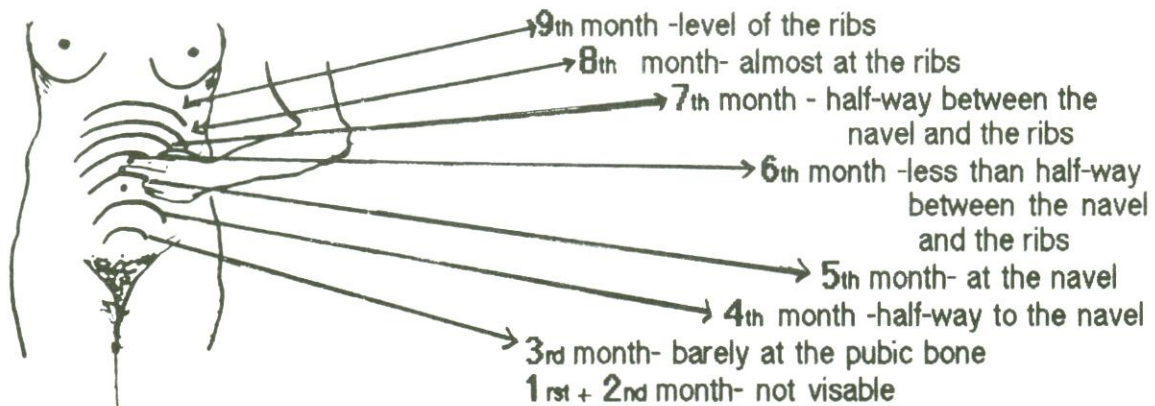
#3. And then add 7 more days.



THIS IS THE PROBABLE DATE OF THE BABY'S BIRTH !!

OR YOU CAN CALCULATE LIKE THIS:

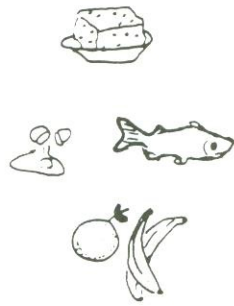
ACCORDING TO THE SIZE OF THE BELLY



IMPORTANT ADVICE FOR THE MOTHER



YES!



YES! EAT GOOD NUTRITIOUS FOODS.



YES! SEE THE DOCTOR EVERY MONTH!



YES! DRINK PLENTY OF LIQUIDS!



YES! CHANGE TO CLEAN CLOTHES DAILY!



YES! BATHE DAILY!



YES! REST PLENTY!



YES! WASH YOUR BREAST WELL!

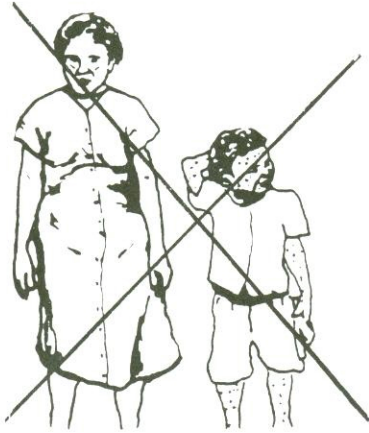


YES! BE VACCINATED!

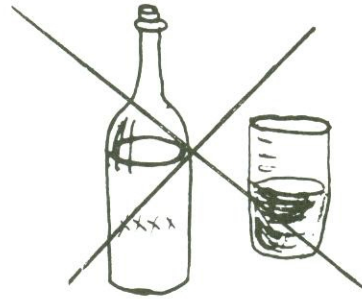


IMPORTANT ADVICE FOR THE MOTHER

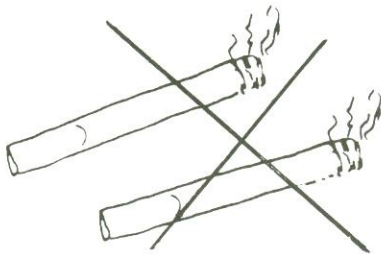
NO!



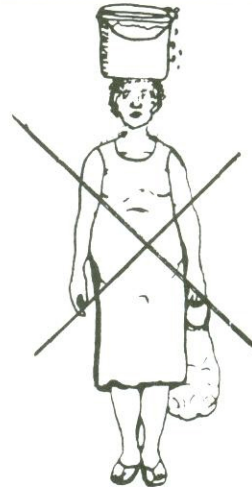
NO! DO NOT GO NEAR SICK PEOPLE!



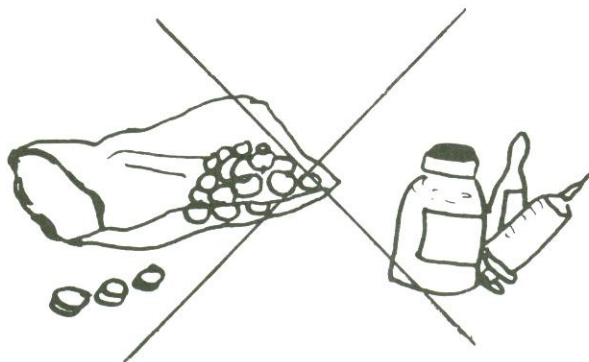
NO! DO NOT DRINK ALCOHOL!



NO! NEVER SMOKE!



NO! NEVER CARRY HEAVY THINGS!



NO! DO NOT TAKE MEDICINES UNLESS PRESCRIBED BY THE DOCTOR!

NORMAL PROBLEMS AND TREATMENTS



NAUSEA OR VOMITING



-drink alot of liquids →



-eat dry foods before getting up →



-eat a little bit, many times a day, instead of 3 times →



CONSTIPATION



-drink alot of liquids →



-eat alot of fresh fruits and vegetables →



-walk alot →



MOVEMENT IN THE STOMACH



-eat a little bit, many times a day →



-do not eat fried or oily foods →



-do not drink coffee, do drink milk!! →



TIREDNESS



-eat more beans, meat, fish and eggs →



-sleep well at night →

-take a nap every day with your feet up →



MOST NORMAL PROBLEMS DO NOT NEED MEDICINES OR INJECTIONS TO FEEL BETTER!!!!



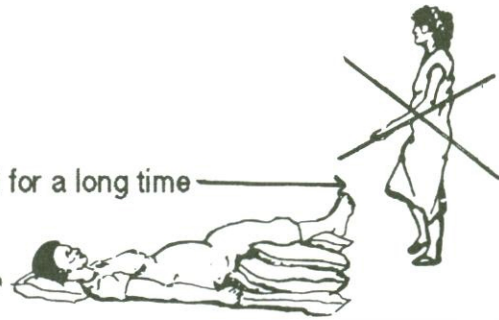
COMMON SICKNESSES AND THEIR TREATMENT

VARICOSE VEINS



-DO NOT stay on your feet for a long time

-rest several times a day with your feet up



CRAMPS IN THE LEGS



-walk on tip-toes

-rub the bottem of the foot

-put warm towels over the painful spots



HEMORROIDES



-sit in this position until the pain leaves

-eat fresh fruits and vegetables

-drink plenty of liquids!



SWELLING OF THE LEGS AND ANKLES IN THE AFTERNOON



-rest with your feet up, three times a day

-eat a lot fo fish, liver and eggs.



ANEMIA



-eat alot of fish, liver and greens

-eat more green, leafy vegetables

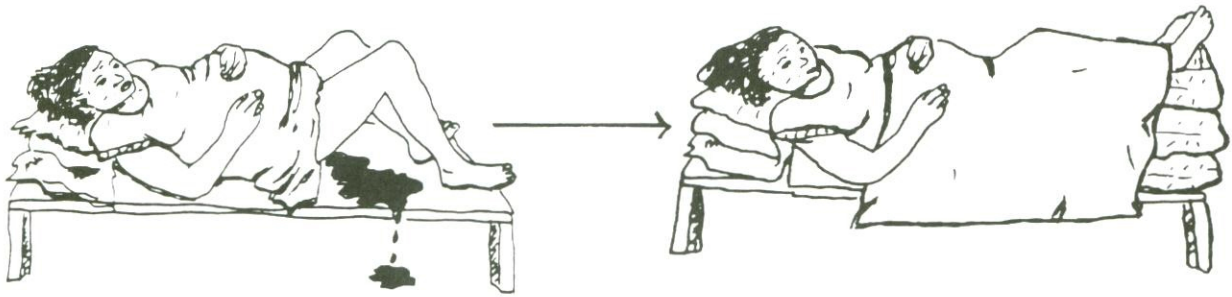
-visit the medical center



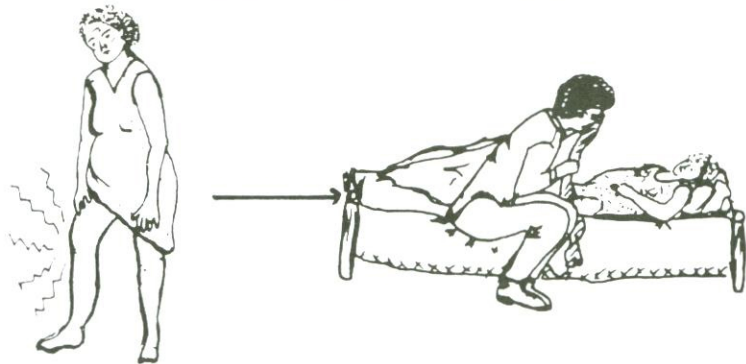
DANGERS DURING PREGNANCY



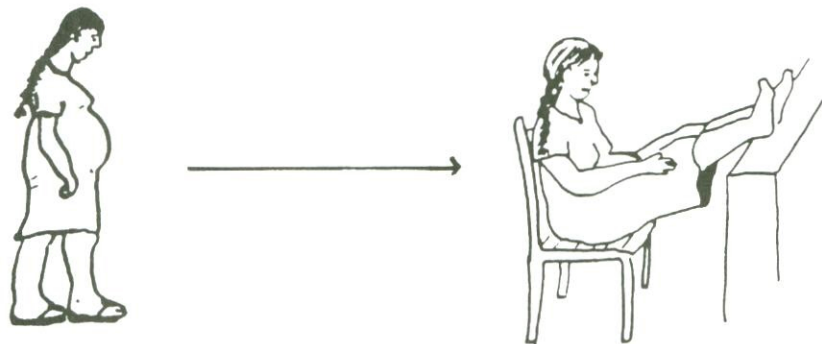
PROBLEMS THAT NEED **MEDICAL ATTENTION QUICK!**



HEAVY BLEEDING



HEADACHE WITH CRAMPS (PAINS) IN THE LEGS



SWELLING OF THE BODY

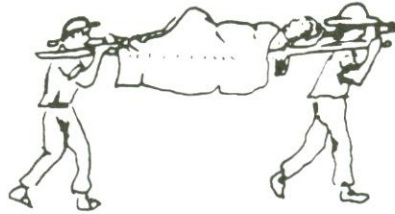


TAKE THE WOMAN TO A DOCTOR QUICK!



HOW TO MOVE A SICK PREGNANT WOMAN

IN EMERGENCY:



MOVE THE WOMAN LAYING DOWN



PUT HER LEGS UP



BRING PLENTY OF LIQUIDS FOR HER TO DRINK

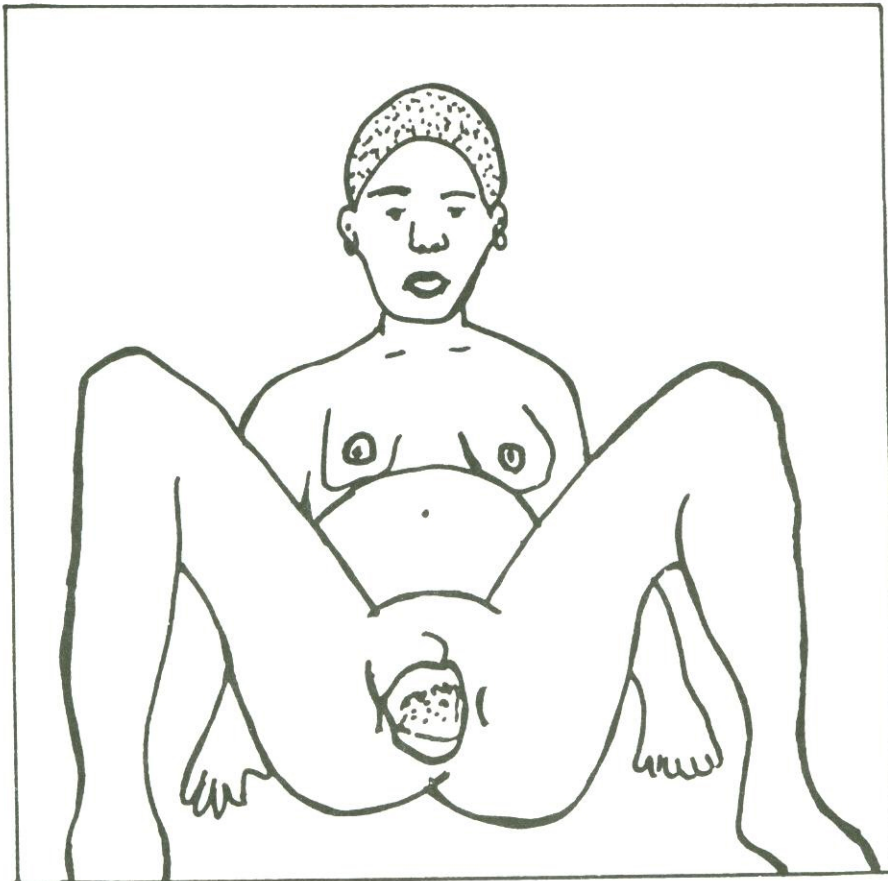


KEEP THE WOMAN COMFORTABLE



GO WITH HER TO KEEP HER SPIRITS UP!

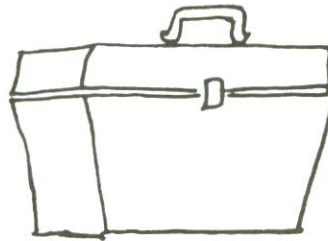
THE BABY'S BIRTH



THE BABY'S BIRTH



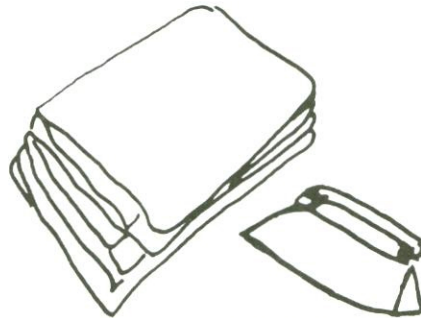
YOUR EQUIPMENT:



YOUR BAG



SOAP



CLEANED AND IRONED CLOTH



FINGERNAIL-CLIPPER



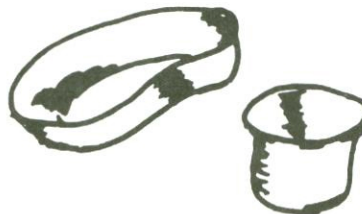
A CHANGE OF CLOTHES
WASHED AND IRONED



CLEAN GAUZE AND CLOTH
STRIPS TO TIE THE NAVEL STRING



STERILE SCISSOR, RAZOR
OR KNIFE



2 BOWLS



SILVER NITRATE DROPS OR
TETRACYCLINE CREAM



USEFUL EXTRA EQUIPMENT



ALCOHOL



COTTON



FETOSCOPE



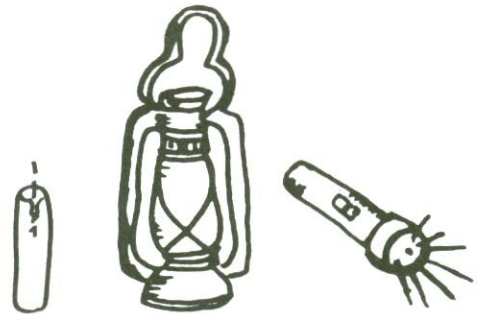
CLEAN SHEETS



SMALL BRUSH TO CLEAN YOUR HANDS

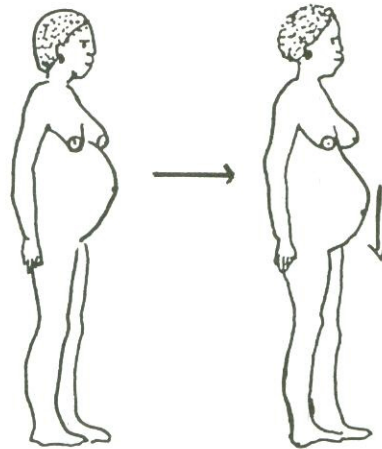


SUCTION BULB



LAMP OR FLASHLIGHT

SIGNS THAT THE BIRTH IS NEAR



*DAYS BEFORE THE BELLY DROPS

- THE MOTHER BREATHES EASIER
- SHE PIPI MORE FREQUENTLY

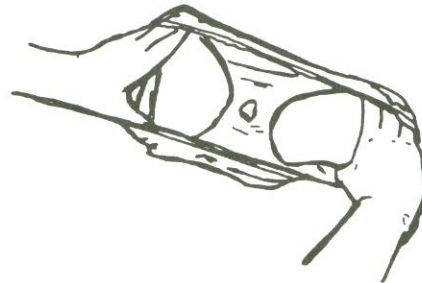


*THE WATER SACK BREAKS AND WATER FLOWS OUT



*REGULAR PAIN

- EVERY 10 MINUTES

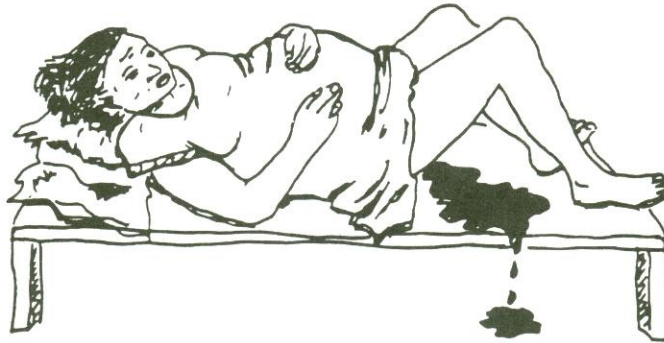


*A SPOT OF SLIME, WITHOUT BLOOD IS SEEN IN THE PANTIES.

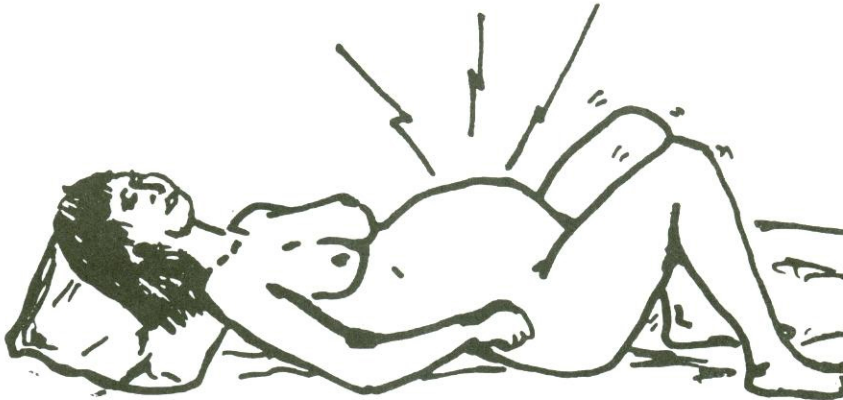


DANGER DURING THE BIRTH

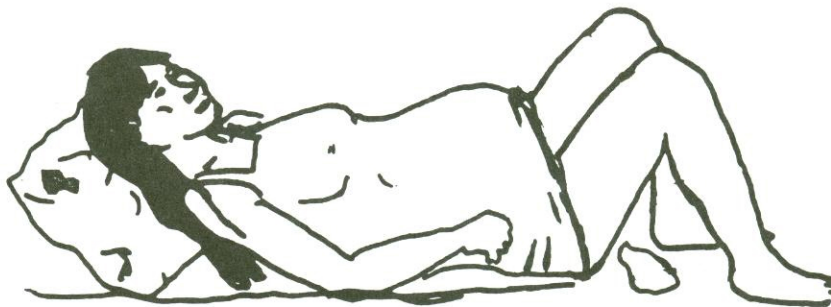
DANGERS THAT NEED MEDICAL ATTENTION QUICK!



BLEEDING FROM THE WOMB



SHARP PAINS AND A HARD BELLY

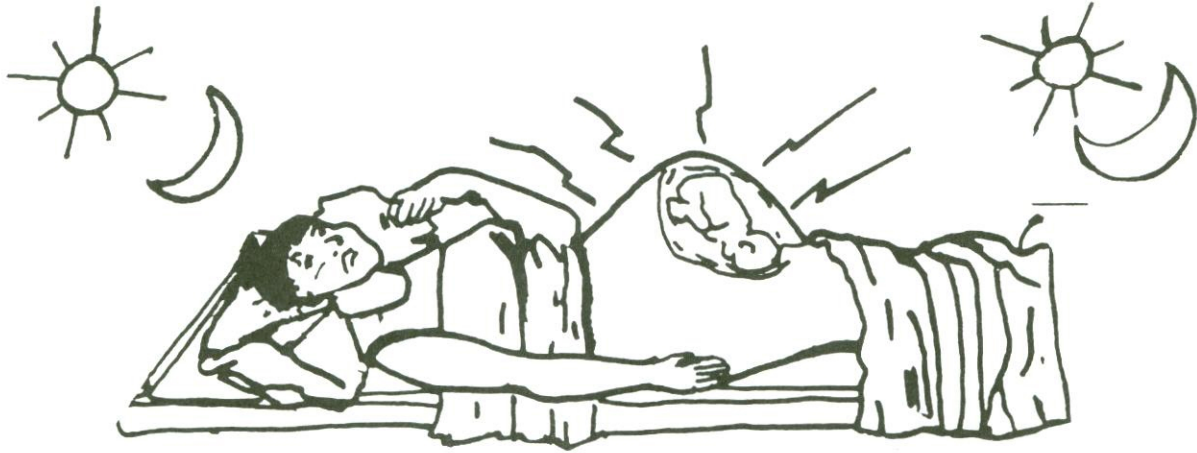


THE WATER SACK BREAKS BUT THERE IS NO PAIN

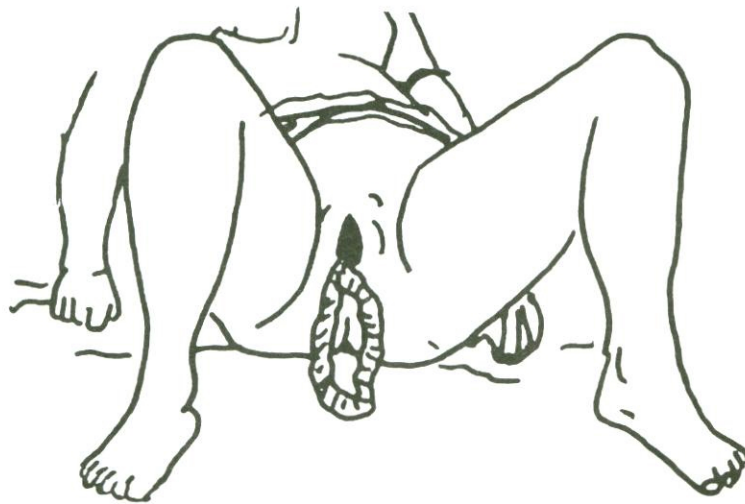
DANGERS DURING THE BIRTH



DANGERS THAT NEED MEDICAL ATTENTION QUICK!



PAIN FOR 2 DAYS WITHOUT THE BABY'S BIRTH



THE NAVEL STRING COMES OUT BEFORE THE BABY



**TAKE THE WOMAN TO A DOCTOR
OR HEALTH POST QUICK!**



THE NORMAL BIRTH

THERE ARE 3 STEPS

FIRST STEP

THE WOMB OPENS UP 10-24 HOURS

- PAIN
- THE WOMB OPENS
- PREPARING TIME
- THE MOTHER NOT PUSHING



SECOND STEP

THE BIRTH

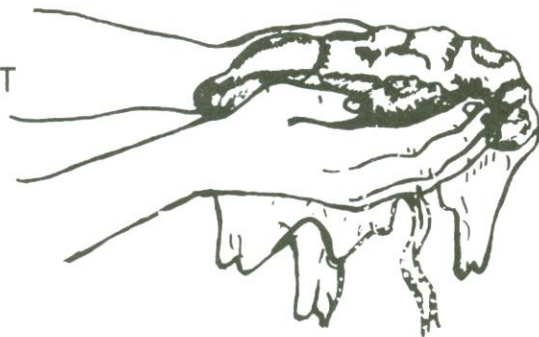
- STRONG PAIN
EVERY 2-3 MINUTES
- THE WATER-SACK BURST
- MOTHER PUSHES



THIRD STEP

THE BIRTH OF THE AFTER (PLACENTA)

- BIRTH OF THE AFTER
- THE BABY STARTS SUCKING BREAST



STEP ONE -- WOMB OPENS UP



PREPARING

WHAT THE MOTHER DOES:



BOIL WATER



PIPI AND PUPU



BATHE



CHANGE TO CLEAN, LOOSE CLOTHES



DRINKS ALOT OF LIQUIDS



GO ON WITH LIGHT WORK



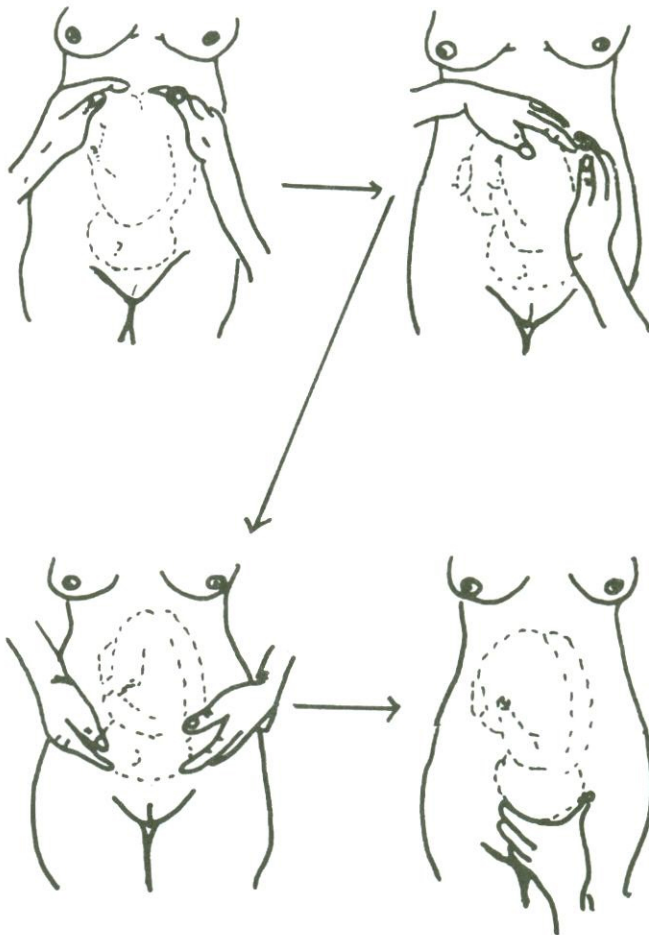
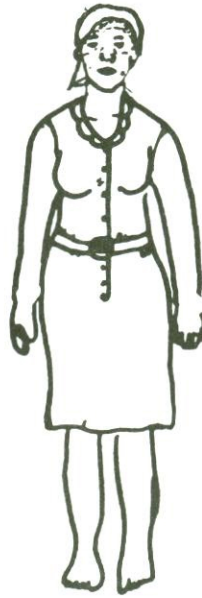
WHEN THE WATER SACK BURST OR THE PAIN GET STRONGER... SHE LAYS DOWN.



STEP ONE — WOMB OPENS UP

PREPARING

WHAT YOU DO:



CHECK THE MOTHER'S BELLY

STEP ONE - WOMB OPENS UP

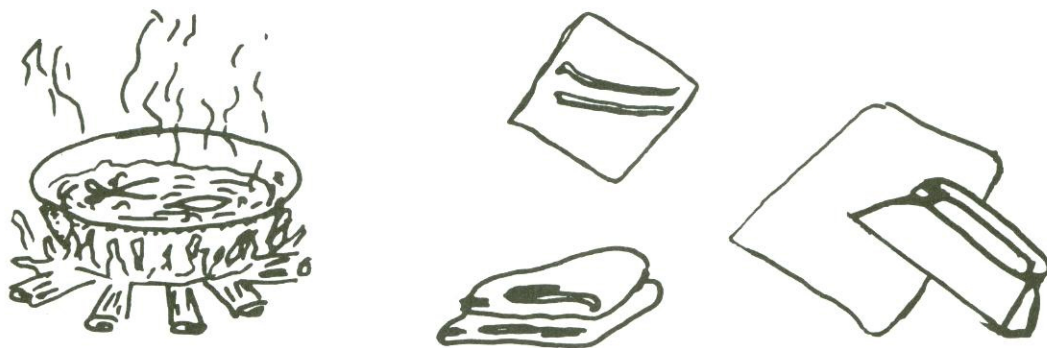


PREPARING

WHAT YOU DO:



CHECK YOUR EQUIPMENT



STERILIZE AND IRON



RELAX THE MOTHER

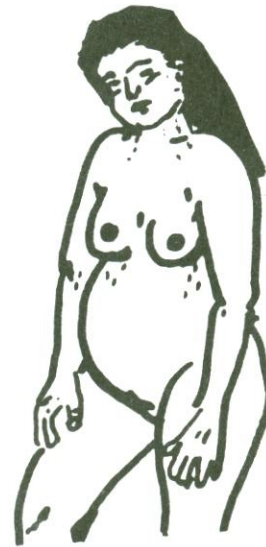


STEP TWO — THE BABY'S BIRTH

CHANGES IN THE MOTHER



VERY STRONG PAIN



SWEATS PLENTY



TAKES A COMFORTABLE POSITION

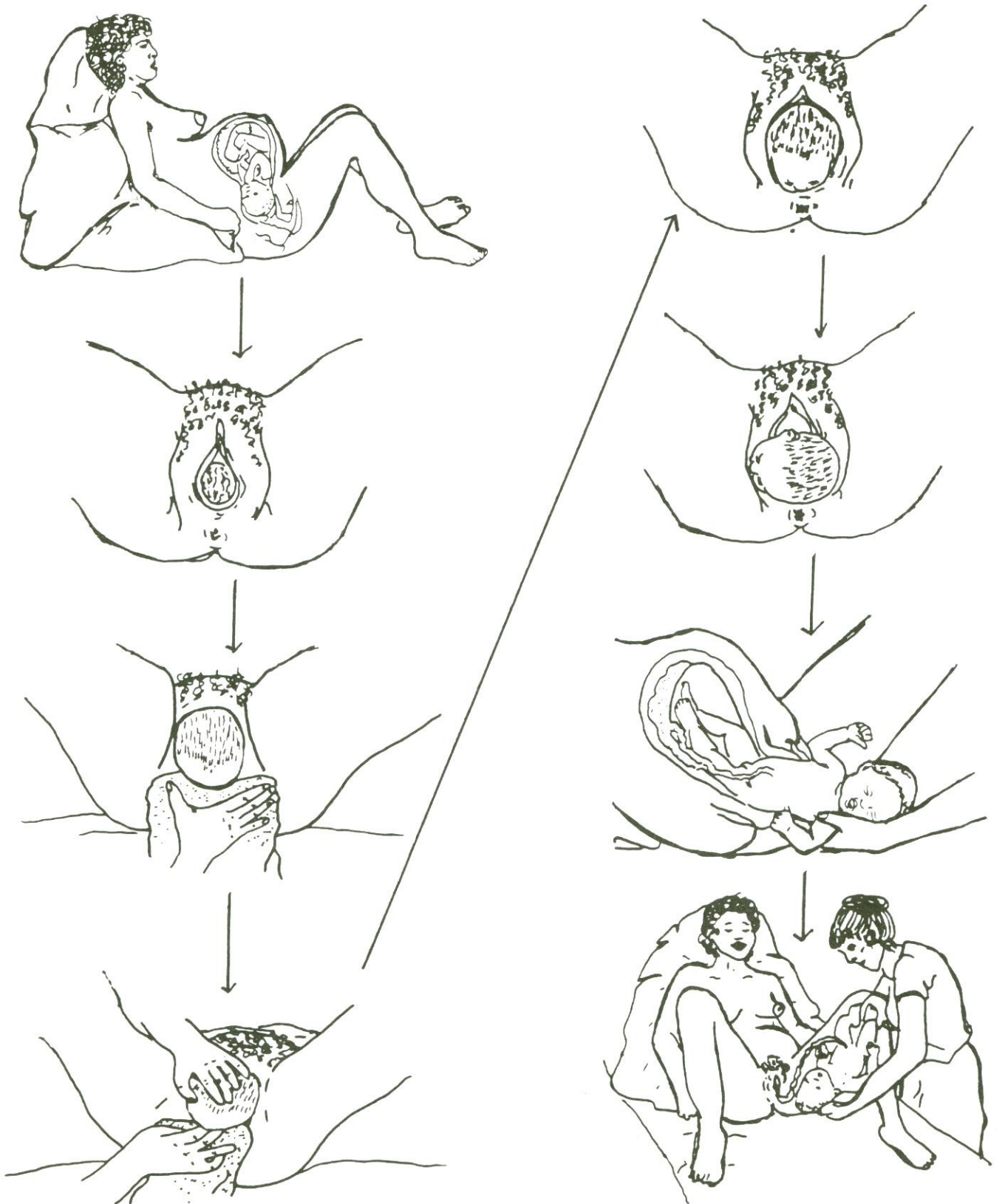


THE MOTHER BREATHES DEEP AND PUSH

STEP TWO -- THE BABY'S BIRTH



WHAT YOU DO:

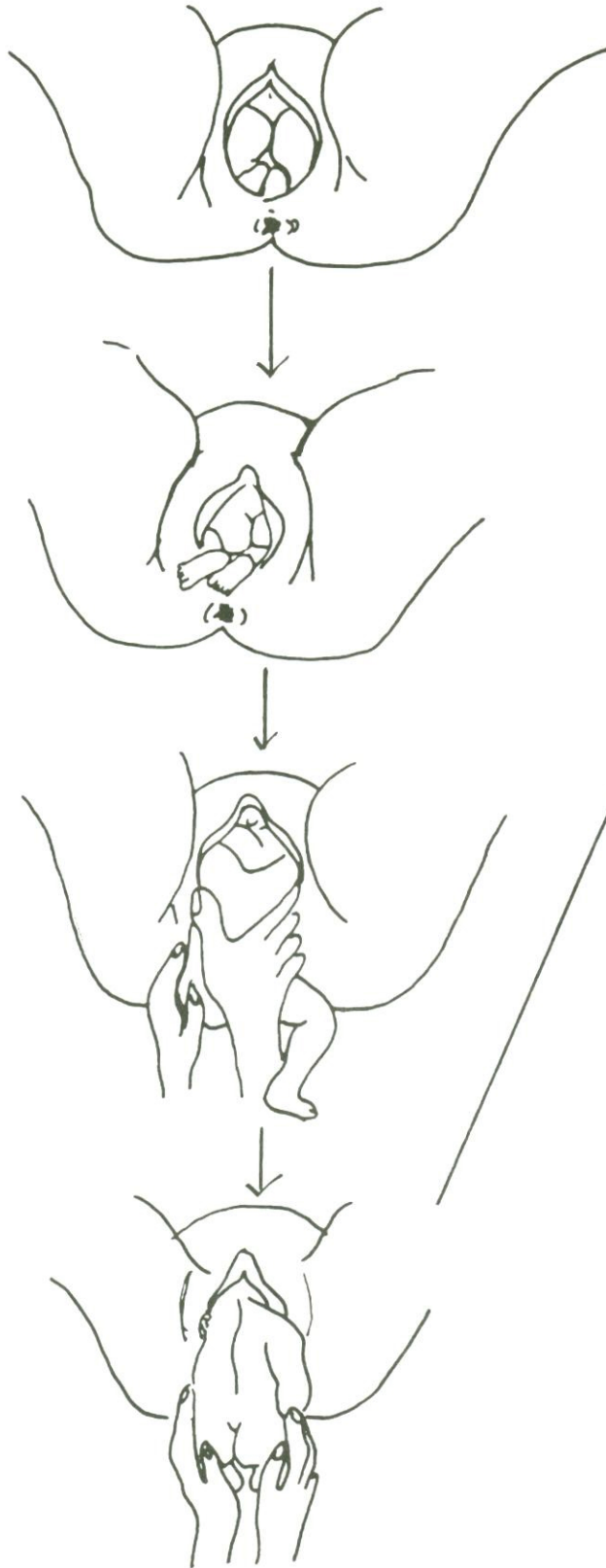




THE NOT NORMAL BIRTH!

A BABY THAT IS COMING BOTTEM, FEET OR SHOULDER FIRST.

WHAT YOU DO:



STEP TWO --- THE BIRTH



ATTENTION TO THE NEW BORN

WHAT YOU DO:



PUT THE BABY HEAD DOWN



TAKE THE COLD OUT OF THE NOSE AND MOUTH



CHECK THE BABY'S BREATHING



WASH YOUR HANDS!

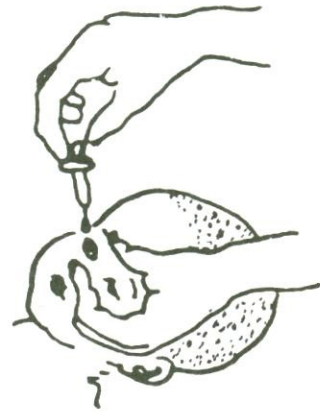


STEP TWO -- THE BIRTH

WHAT YOU DO



CLEAN THE EYES



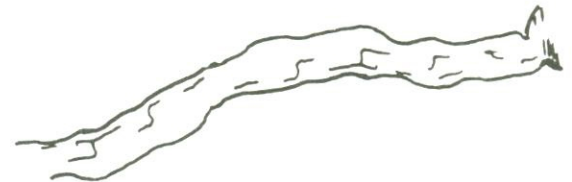
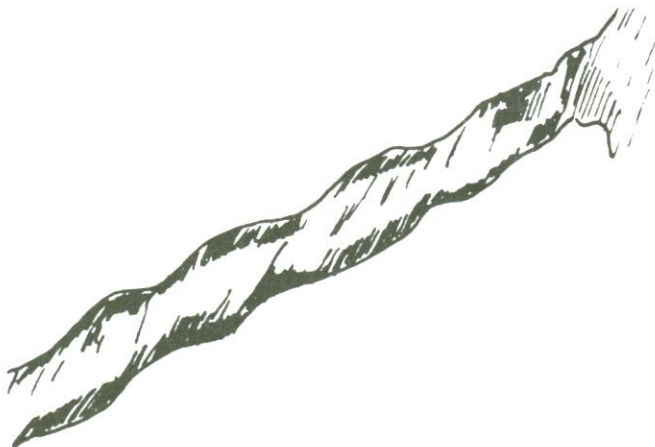
PUT IN THE ANTIBIOTIC DROPS



CLEAN THE BLOOD FROM
THE BABY'S BODY



WASH YOUR HANDS



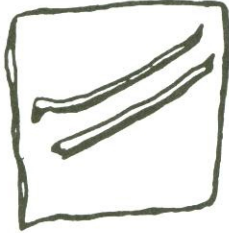
WAIT UNTIL THE NAVEL STRING LOOKS LIKE THIS

CHECK THE COLOR AND THICKNESS OF THE NAVEL STRING

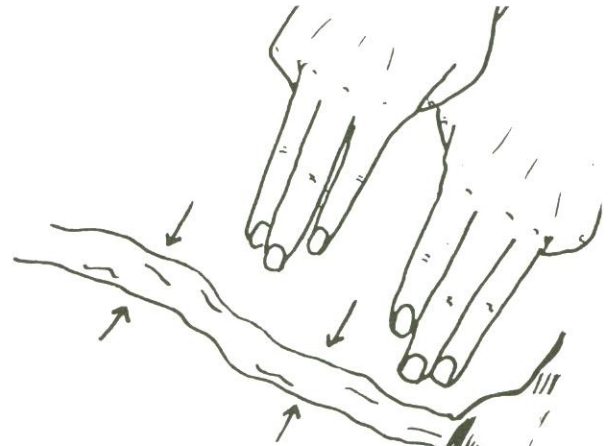


STEP TWO --- THE BIRTH

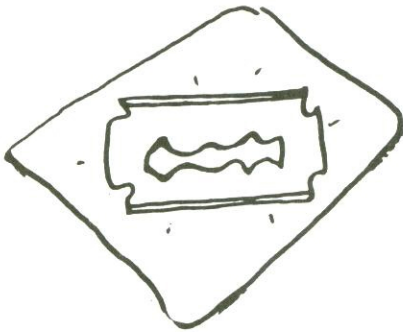
WHAT YOU DO:



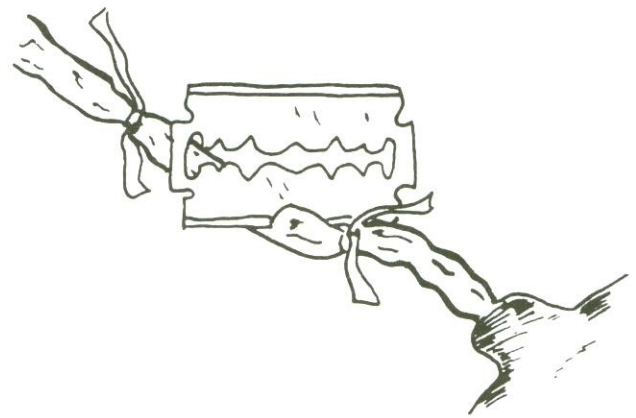
PREPARE THE CLEAN CLOTH STRIPS



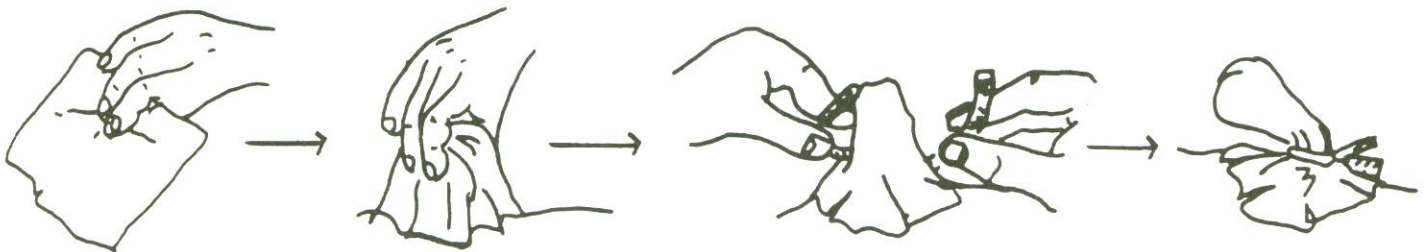
TIE THE NAVEL STRING
(3 FINGERS FROM THE BODY AND AGAIN)



PREPARE THE STERILE KNIFE,
RAZOR OR SCISSOR



CUT THE NAVEL STRING

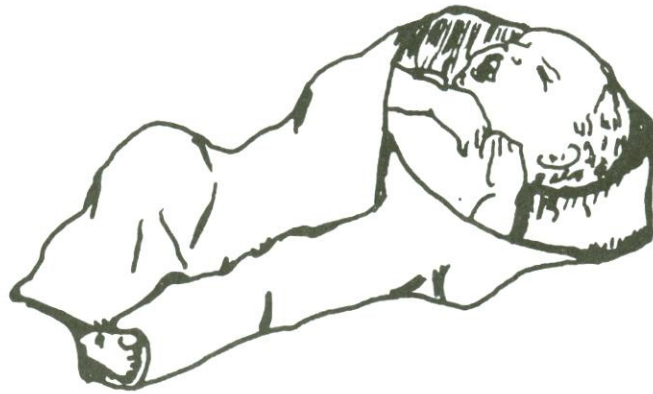


COVER THE NAVEL STRING WITH CLEAN GAUZE

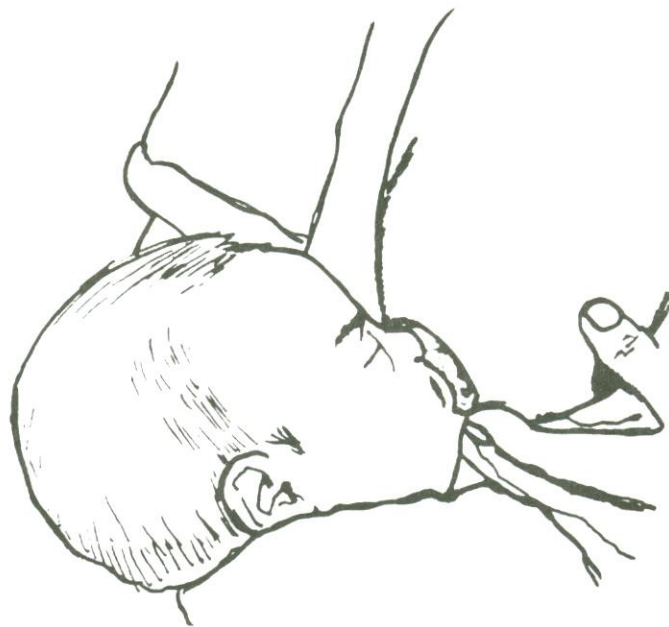


STEP TWO -- THE BIRTH

WHAT YOU DO:



COVER THE BABY



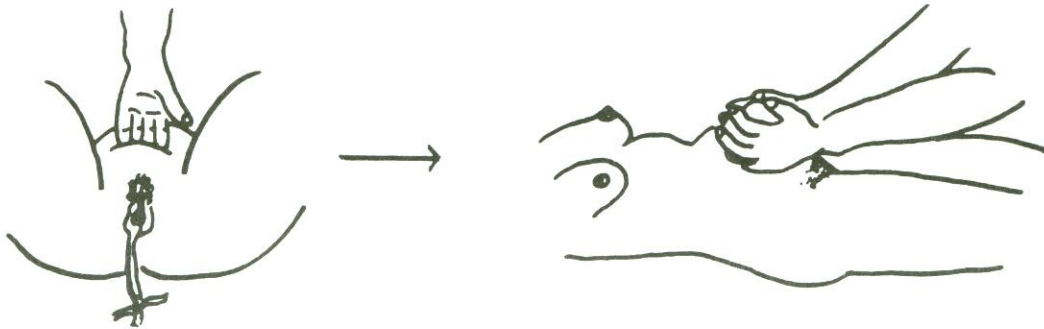
PUT THE BABY TO SUCK THE MOTHER'S BREAST

STEP THREE-- BIRTH OF THE AFTER



THE MOTHER PUSHES WITH THE NEW, NEXT PAIN

WHAT YOU DO:



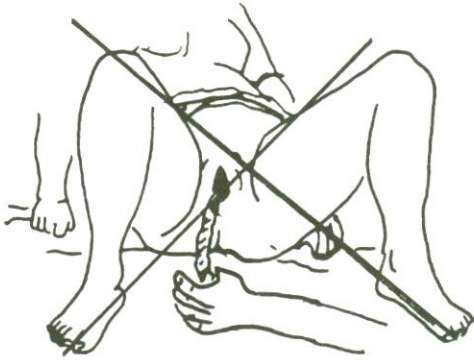
RUB THE BELLY FROM THE TOP DOWN!



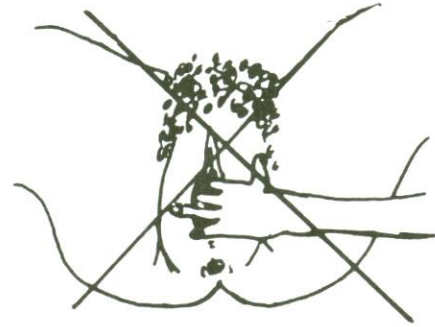
WASH YOUR HANDS



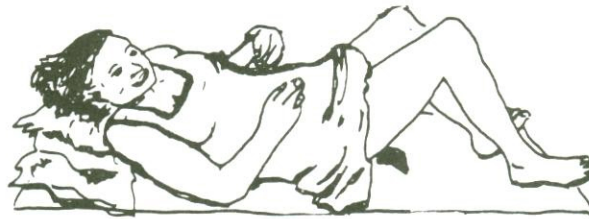
STEP THREE --- BIRTH OF THE AFTER



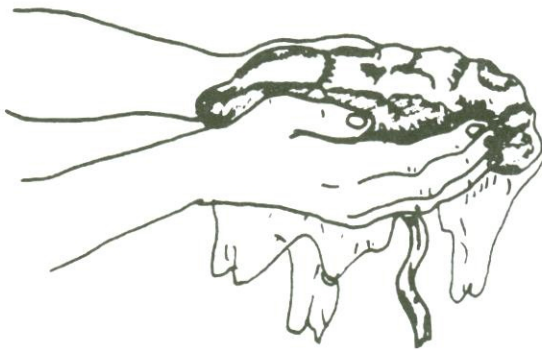
NEVER PULL THE NAVEL STRING!



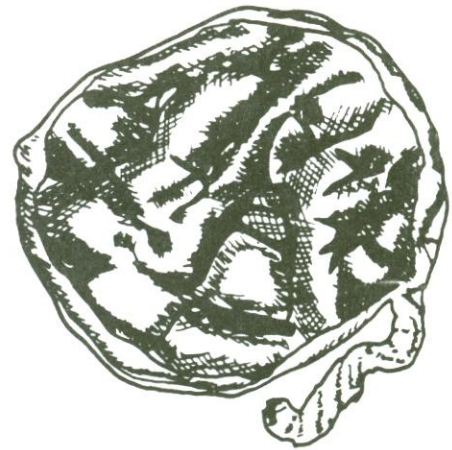
**NEVER PUT YOUR FINGERS
IN THE WOMB!**



**WATCH THAT THE MOTHER IS NOT BLEEDING TOO MUCH
NO MORE THAT 1/2 A CUP OF BLOOD**



TAKE THE AFTER

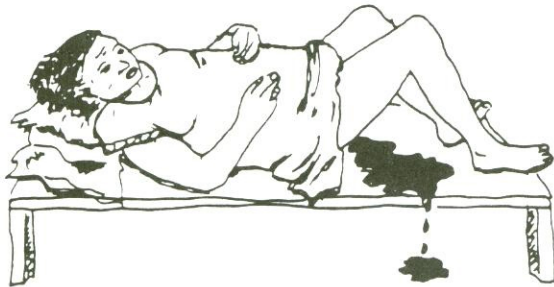


**CHECK IF THE AFTER COMES
OUT GOOD WITH EVERYTHING**

DANGERS IN THE BIRTH OF THE AFTER



WHAT YOU DO:



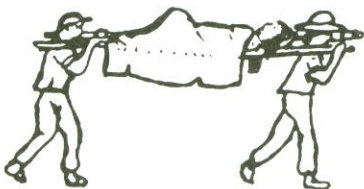
BLEEDING FROM THE WOMB



THE NAVEL STRING DOES NOT COME OUT, AFTER ONE HOUR



RUB THE BELLY FROM THE TOP DOWN!



**TAKE THE MOTHER TO A DOCTOR OR HEALTH CENTER
RIGHT NOW!!!**

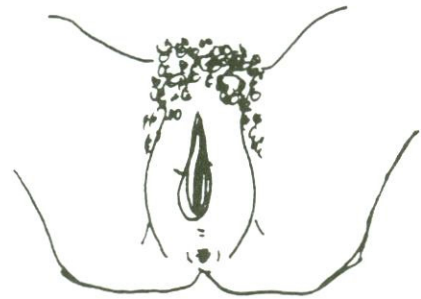


STEP THREE---THE BIRTH OF THE AFTER

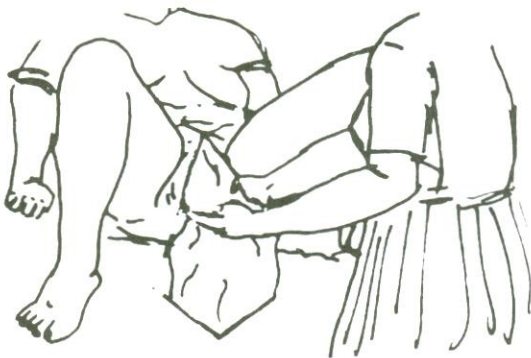
WHAT YOU DO:



WASH THE MOTHER WELL



CHECK FOR TEARS



COVER THE MOTHER WITH A CLEAN CLOTH OR PANTIES



KEEP THE MOTHER WARM

THE RESTING TIME



THE RESTING TIME



ATTENTION RIGHT AFTER BIRTH



GIVE PLENTY OF LIQUIDS TO THE MOTHER.



GIVE THE MOTHER NUTRITIOUS FOOD.



SEE THAT THE MOTHER RESTS.



SEE THAT THE BELLY GET SMALL.



CHECK THAT THERE IS NO BLEEDING.

(mentioned on the map on the back of the manuals). The books were designed with several purposes in mind, the most predominant being that the manuals would be used 1) as a reference guide for information covered in the two years of training received by the rural health volunteers and 2) to serve as training manuals for new health volunteers coming into the project.

The yellow covered manual, "Helping to Give Birth" is the creole english version of the manual for rural midwives. This creole english version was specifically designed for midwives in the Atlantic Coastal areas, with indigenous populations. This same manual was produced in spanish and in miskito. It emphasizes the identification of high-risk pregnancy and the importance of hygiene by the midwife. The book reviews signs of pregnancy, the pre-natal exam, the baby's birth and post-partum. You will notice that it is a very visual book!

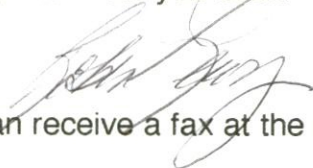
The green manual, which in this case is the Miskito version, "Wina Tara Hilpka Wan Mihta Ra Ba" is for community health leaders. (Rural community members identified by their community to be trained in first aid, health prevention, etc...) The english version is titled, "Health in our Hands". This manual covers the 5 most important areas of work for which the community health leaders assist medical staff: vaccinations, diarrhea and rehydration, respiratory illness, skin problems and malaria.

The manuals were designed for the literacy levels of the workers. In the case of the midwives, illiteracy is approx. +80%. The community health leaders are literate, but generally at primary school level. The green manual discusses disease transmission, prevention, identification of symptoms and treatment (both home remedies and scientific). Most of the graphics are drawings made from photos which were taken in the areas where the health volunteers live. The manuals produced in several languages was chosen to defend the people's right to their first language. The language usage was chosen to make the manuals more of the communities, not so much as something from outside.

The manuals have been received with great enthusiasm by the health workers themselves. An entire two day workshop was dedicated to working with communities to know how to use the book, to actually using it to solve problems (medical and educational) and evaluating its validity. Acción Médica (AMC) hopes to continue to make similar such manuals on other topics. In addition to being used by the communities of AMC the book is used by *Casa Materna* (temporary housing for rural pregnant women) in the department of Matagalpa, Nicaragua. The Ministry of Health of Honduras has requested permission to reprint the manuals for their costal health program with Miskito and Garifono populations and there has been some interest expressed from a group in El Salvador. We are very excited by this.

I have also enclosed a series of photographs taken within the communities serviced by Acción Médica Cristiana in Nicaragua. We use these to give people the visuals to better understand the reality of the work we have encountered. (This was a fun project, because those photographed are the health volunteers and they love the postcards, as one midwife mentioned, she loved the thought that she was "travelling all over the world without ever leaving her community!")

I hope to meet you soon. Perhaps in October in West Palm Beach?

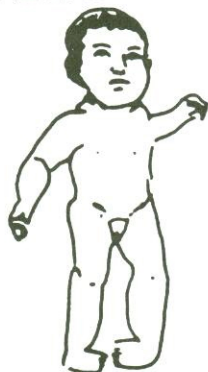


(I can receive a fax at the MIC-MOMobile office, 904-392-9912, or at the address above.)

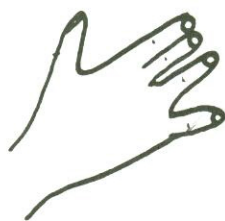


ATTENTION TO THE NEW BORN

CHECK THE BABY FOR DEFECTS:



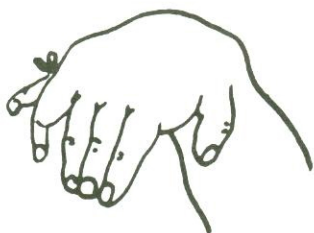
TWISTED FEET



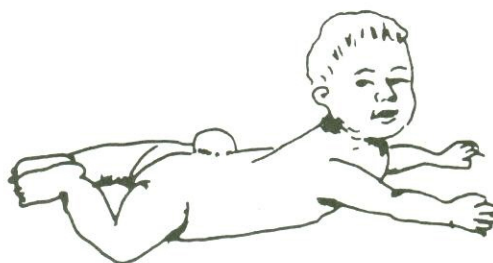
FINGERS OR TOES
STICK TOGETHER



PARTED LIPS



EXTRAFINGERS OR TOES



A BUMP ON THE BACK



SEE THAT THE BABY IS SUCKING GOOD



SEE THAT THE BABY CAN PU-PU AND PI-PI



IF THERE IS A DEFECT, TAKE THE BABY TO A DOCTOR QUICK!

YOUR RESPONSIBILITIES



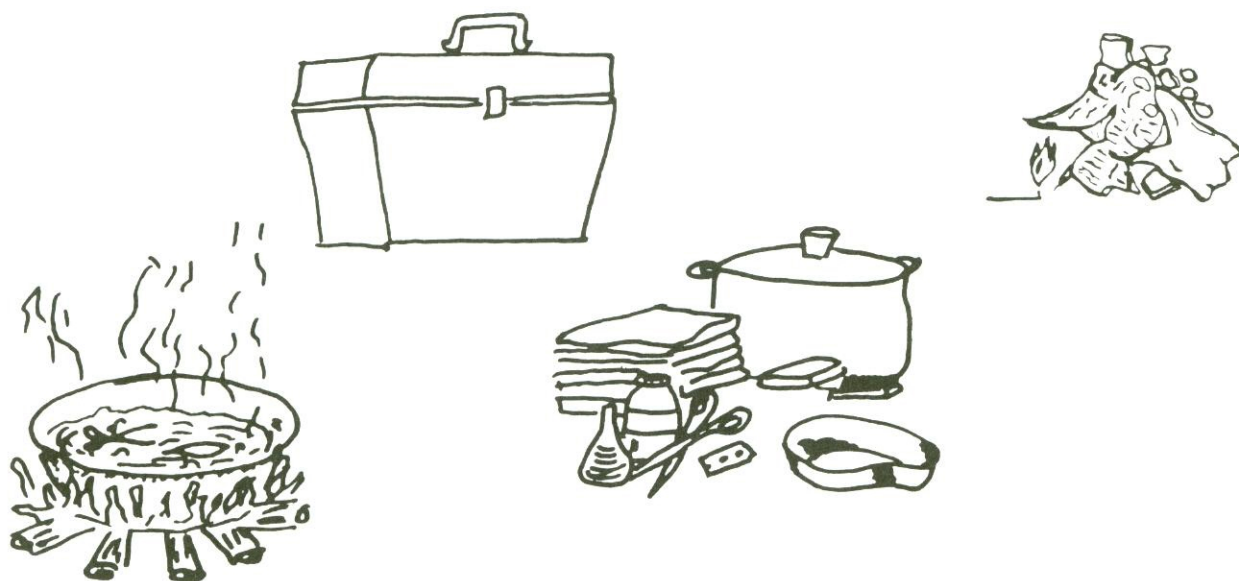
WEIGH THE BABY

name of the baby _____
 name of the mother _____
 name of the community _____
 date of birth _____
 baby's weight _____
 normal birth _____
 normal baby or a defect _____
 sex of the baby _____
 baby born dead or alive _____

Registro en la atención del Parto

Vapika nina _____	Maka _____		
Ma warka daskisa _____	Maka _____		
Aialka nina _____	Maka _____		
Ma warka daskisa _____	Maka _____		
Mucit aa Mucit apia _____	Maka _____		
Uapika nina _____	Maka _____		
Uapika nina _____	Maka _____		
Uapika nina _____	Maka _____		
Uapika nina _____	Maka _____		
Uapika nina _____	Maka _____		
Uapika nina _____	Maka _____		

FILL OUT THE BIRTH CERTIFICATE



CLEAN YOUR EQUIPMENT AND BURN ALL OF THE GARBAGE



COMMON PROBLEMS AFTER THE BIRTH

WHAT YOU DO:



PAINFUL BREASTS

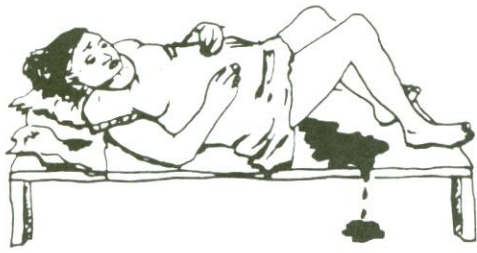


SMALL BREASTS SUNK-IN



SADNESS AND DEPRESSION

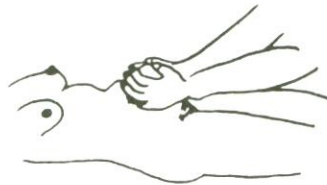
SERIOUS PROBLEMS AFTER BIRTH



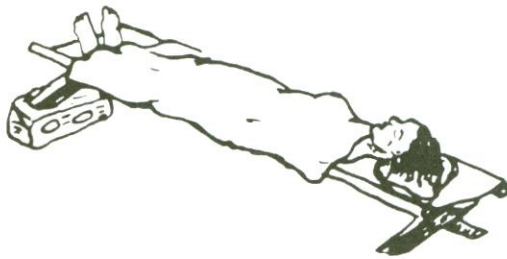
BLEEDING



BELLY NOT GETTING SMALL



IF THERE IS BLOOD OR THE BELLY NOT GETTING SMALL, RUB THE BELLY!



SHOCK



SWELLING



LOOK FOR MEDICAL ATTENTION



ADVICE TO THE NEW MOTHER

FOR THE MOTHER



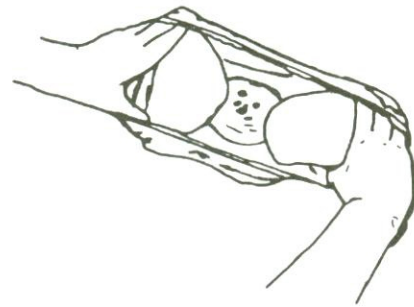
SEE THE BABY SUCK OFTEN



WASH YOURSELF EVERYDAY



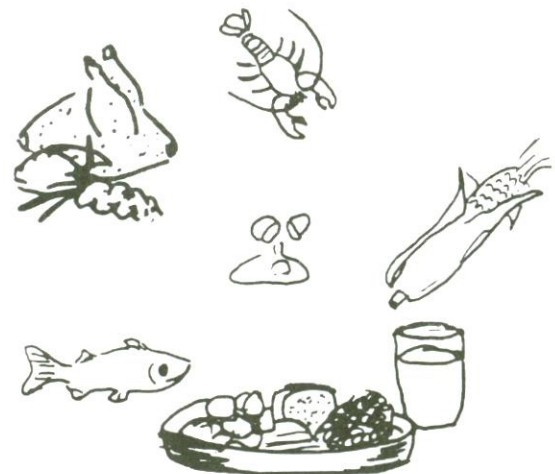
CHANGE YOUR CLOTHES DAILY



SPOTS OF BLOOD IN THE PANTIES IS NORMAL FOR 10 DAYS



DRINK PLENTY OF LIQUIDS



EAT A BALANCED DIET

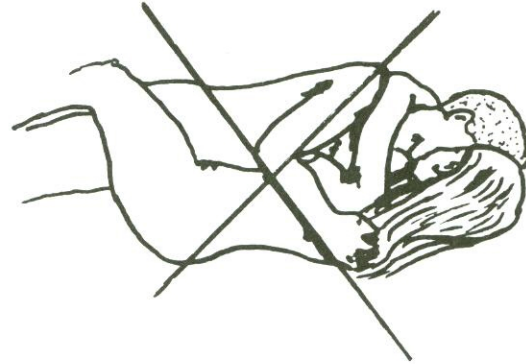
ADVICE TO THE NEW MOTHER



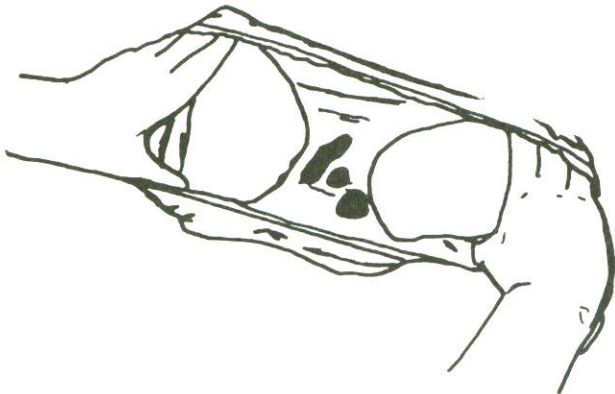
FOR THE MOTHER:



REST WELL EVERY NIGHT



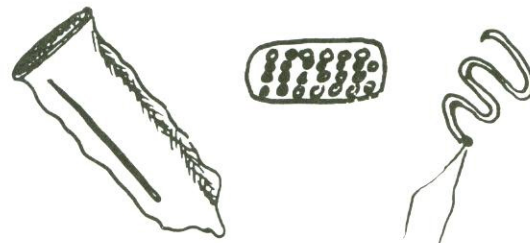
DO NOT HAVE RELATIONS FOR 30 DAYS



THE MOTHER WILL SEE HER PERIOD BETWEEN 4-8 WEEKS



DON'T GET A BIG BELLY
(PREGNANT) FOR TWO YEARS



PLAN YOUR FAMILY



ADVICE TO THE NEW MOTHER

THE BABY:



TAKE CARE OF THE NAVEL STRING



WASH THE BABY EVERYDAY



VACCINATE THE BABY



EXPOSE THE BABY TO THE SUN FOR A LITTLE WHILE EACH DAY, IN THE MORNING, TO IMPROVE COLOR



BRING THE BABY TO SEE THE DOCTOR, EVEN IF HE IS HEALTHY, SOON AFTER BIRTH.

VISIT AFTER ONE MONTH



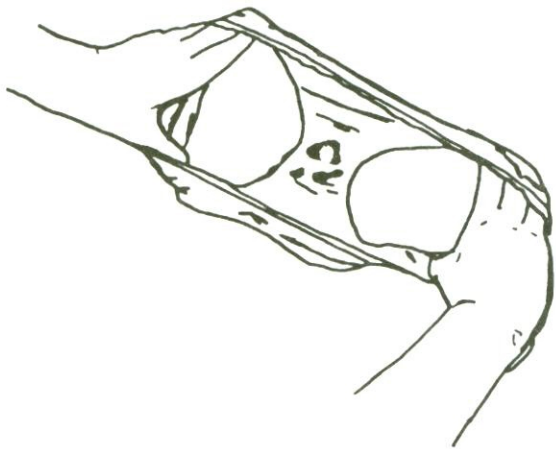
THE MOTHER



CHECK THAT THE BODY IS NOT SWELLING



CHECK THAT THE MOTHER DOES NOT HAVE A FEVER OR INFECTION



CHECK THAT THE MOTHER'S BLEEDING IS LESS

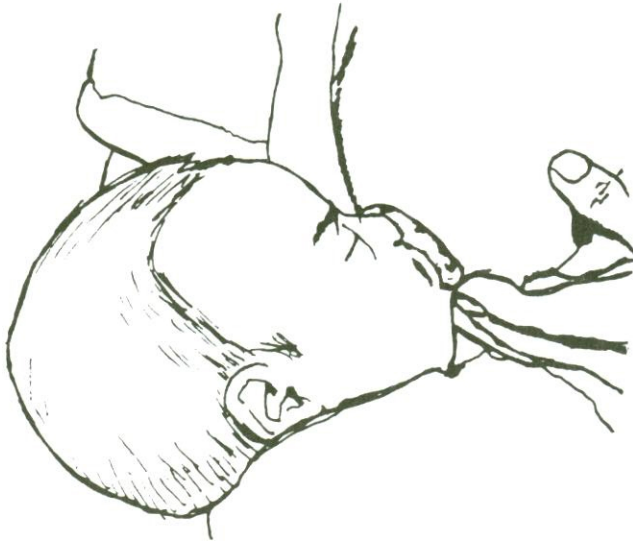


CHECK THAT THERE IS NO PAIN IN THE BREAST



VISIT AFTER ONE WEEK

THE MOTHER



CHECK THAT THERE IS A ENOUGH MILK IN THE BREAST.



CHECK THAT THE BELLY IS SHRINKING SMALLER.



SEE THAT THE MOTHER IS HAPPY.

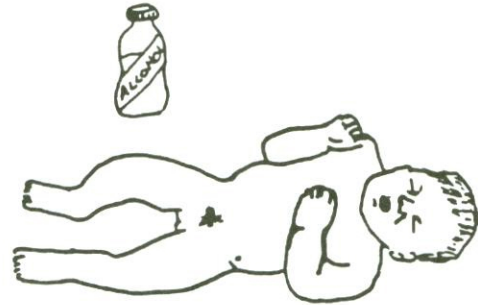
VISIT AFTER ONE WEEK



THE BABY:



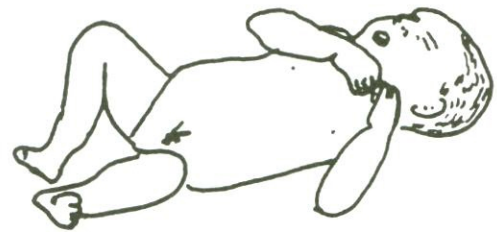
CHECK THAT THE BABY SUCK
THE SMALL BREAST WELL



CHECK THAT THE NAVEL STRING
IS DRYING AND IS CLEAN



CHECK THAT THERE IS NO
INFECTION IN THE EYES



CHECK THAT THE BABY BREATHES WELL



CHECK THAT THE BABY PU-PU WELL

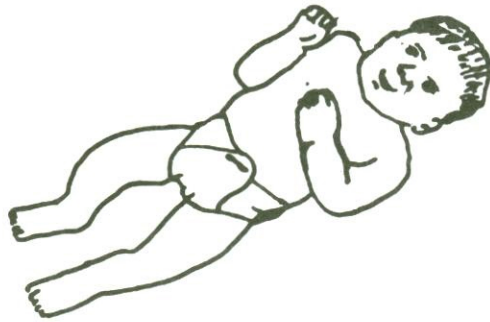


CHECK THAT THE BABY DOES NOT
HAVE A FEVER



VISIT AFTER ONE MONTH

THE BABY:



CHECK THAT THE BABY'S COLOR IS
NORMAL, NOT PALE.



CHECK THAT THE BABY IS HAPPY.



CHECK THAT THE BABY HAS SEEN A DOCTOR.

THE HAPPY FAMILY



THE HAPPY FAMILY

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- W.H.O./O.P.S.. **EL AGENTE DE SALUD COMUNITARIO**, España: W.H.O., 1987.
- LA NATURALEZA EN LA SALUD DEL HOMBRE**

AKNOWLEDGEMENTS

I want to thank the Acción Médica Cristiana collective for their participation in the development of this manual, which has been made for our brothers and sisters that live, work and with willingness serve in the communities which make up the family of Acción Médica Cristiana.

Special thanks to:

The Health Education Team:

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Amalia Dixon
Isidro Escobar

Special Assistance:

David Moraga A.
and the people of the communities of the Acción Médica Cristiana family.

WE APPRECIATE THE ECONOMIC ASSISTANCE OF
Dreikönigaktion de Katholischen Jungschar Österreiches. Austria
FOR THE DEVELOPMENT OF THIS PROJECT.

TEXT AND DESIGN BY ROBIN G. LEWY L.

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