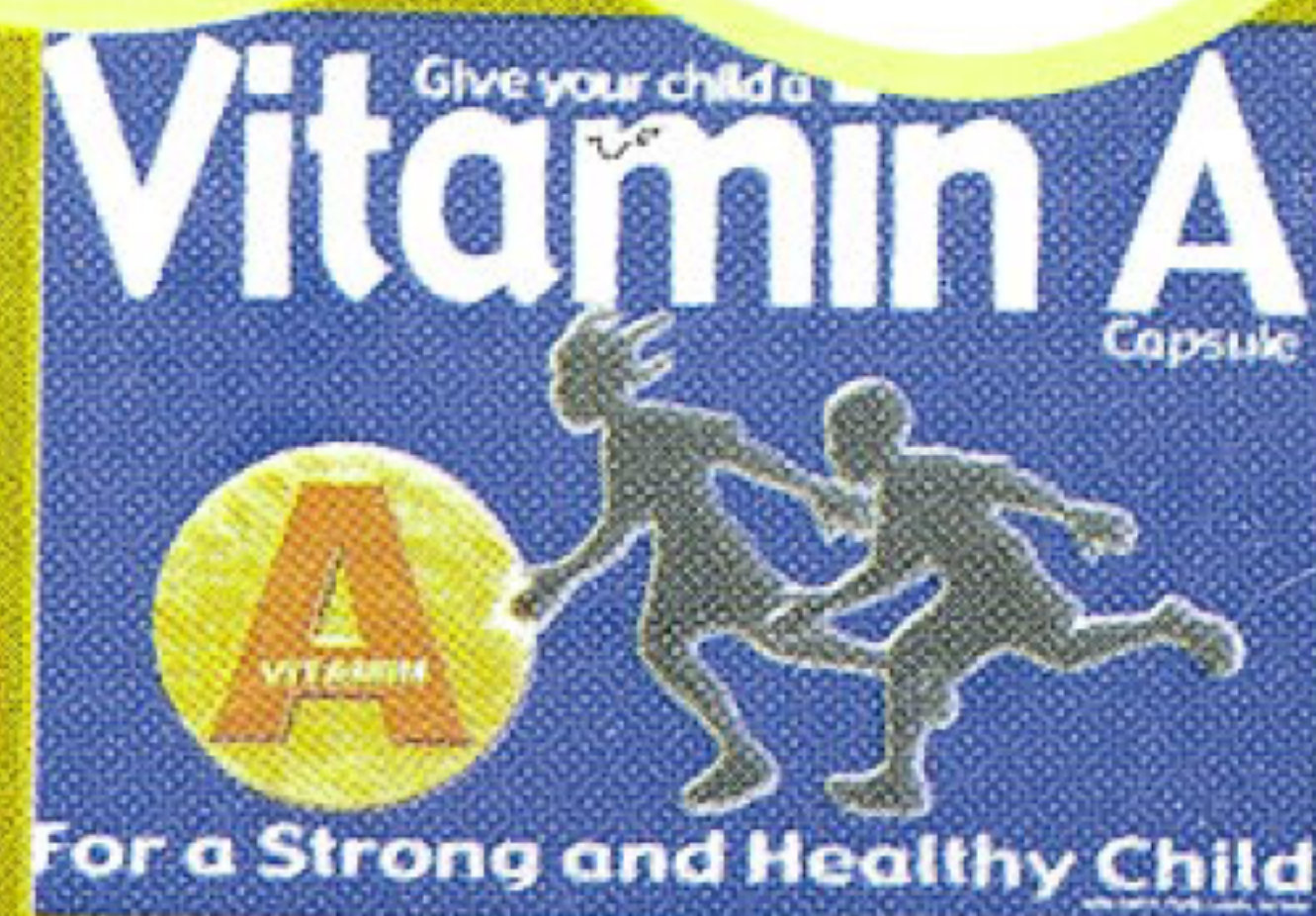


**DO NOT COVER**



# **CHILD HEALTH RECORDS**



**MOH-GHANA**

**NOT FOR SALE**



Hospital Registration No.....

Child's Name .....

Birth Registration No:..... Sex: F  M

Date of Birth: ..... Birth Weight  Kg

Place of Birth: ..... Date First Seen:.....

Mother's Name: .....

Education: Nil  Primary  J.H.S  SHS  Tertiary  Occupation .....

Father's Name: .....

Education: Nil  Primary  J.H.S  SHS  Tertiary  Occupation .....

Where family lives (Address)

House No./ Description .....

District .....Region.....

Clinic / Hospital.....

BROTHERS AND SISTERS		
Year of Birth	Sex	Remarks (Alive or Dead)

**SPECIAL CARE:** A child with any of the following history needs special care

TICK APPROPRIATE BOX

Birth weight less than 2.5 kg

Birth interval less than 2 years

Fifth child or more

Single parent

Brother/sister Malnourished

Multiple birth, e.g. Twins

Orphan

Any child death

Other (specify).....

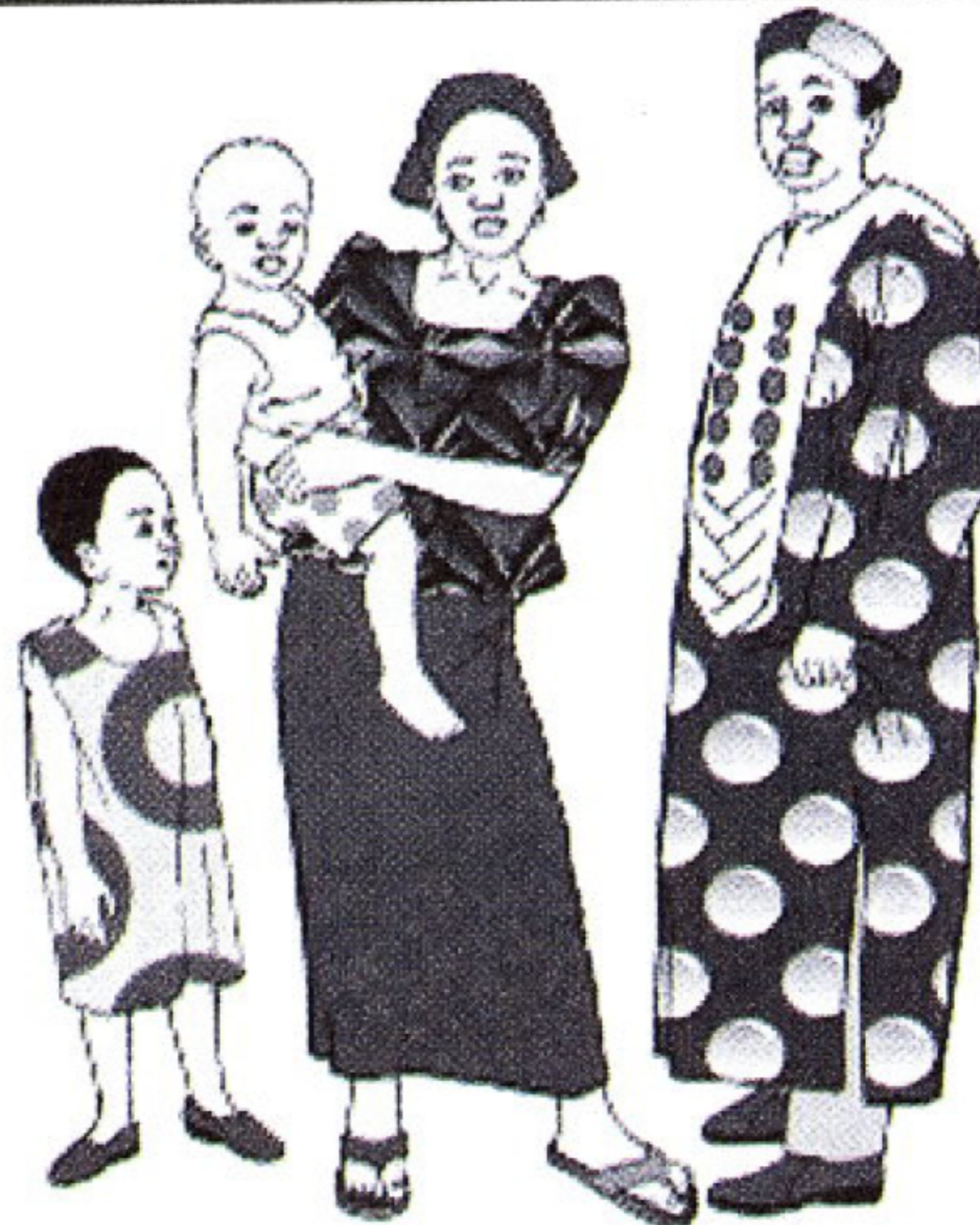


## BREAST FEEDING



1. Breast milk provides all the food and water an infant needs for the first 6 months of life
  2. Breast milk protects an infant against infection
- Start breastfeeding within 30 minutes after Birth**

## FAMILY PLANNING



1. Helps to make children by choice and not by chance
  2. Helps improve the health of mothers and children
  3. Space your births at least 2 years apart
- Talk to your family planning provider**



## IMMUNISATIONS AND VITAMIN A

VACCINE	DATE	DATE OF NEXT VISIT	BATCH NO.	PLACE GIVEN					
<b>TUBERCULOSIS (BCG)</b>									
At birth									
<b>POLIOMYELITIS</b>									
At birth									
1 <sup>st</sup> (6 weeks)									
2 <sup>nd</sup> (10 weeks)									
3 <sup>rd</sup> (14 weeks)									
<b>DIPHTHERIA/PERTUSSIS/TETANUS/HEPATITIS B/HAEMOPHILUS INFLUENZAE B.</b>									
1 <sup>st</sup> (6 weeks)			/						
2 <sup>nd</sup> (10 weeks)			/						
3 <sup>rd</sup> (14 weeks)									
<b>VITAMIN A</b>									
(6 months)									
<b>MEASLES</b>									
(9 months)									
<b>YELLOW FEVER</b>									
(9 months)									
<b>VITAMIN A</b>									
DOSE	2 <sup>nd</sup> (12 months)	3 <sup>rd</sup> (1 ½ years)	4 <sup>th</sup> (2 years)	5 <sup>th</sup> (2½ years)	6 <sup>th</sup> (3 years)	7 <sup>th</sup> (3½ years)	8 <sup>th</sup> (4 years)	9 <sup>th</sup> (4½ years)	10 <sup>th</sup> (5 years)
DATE									

Other vaccines:

.....

.....

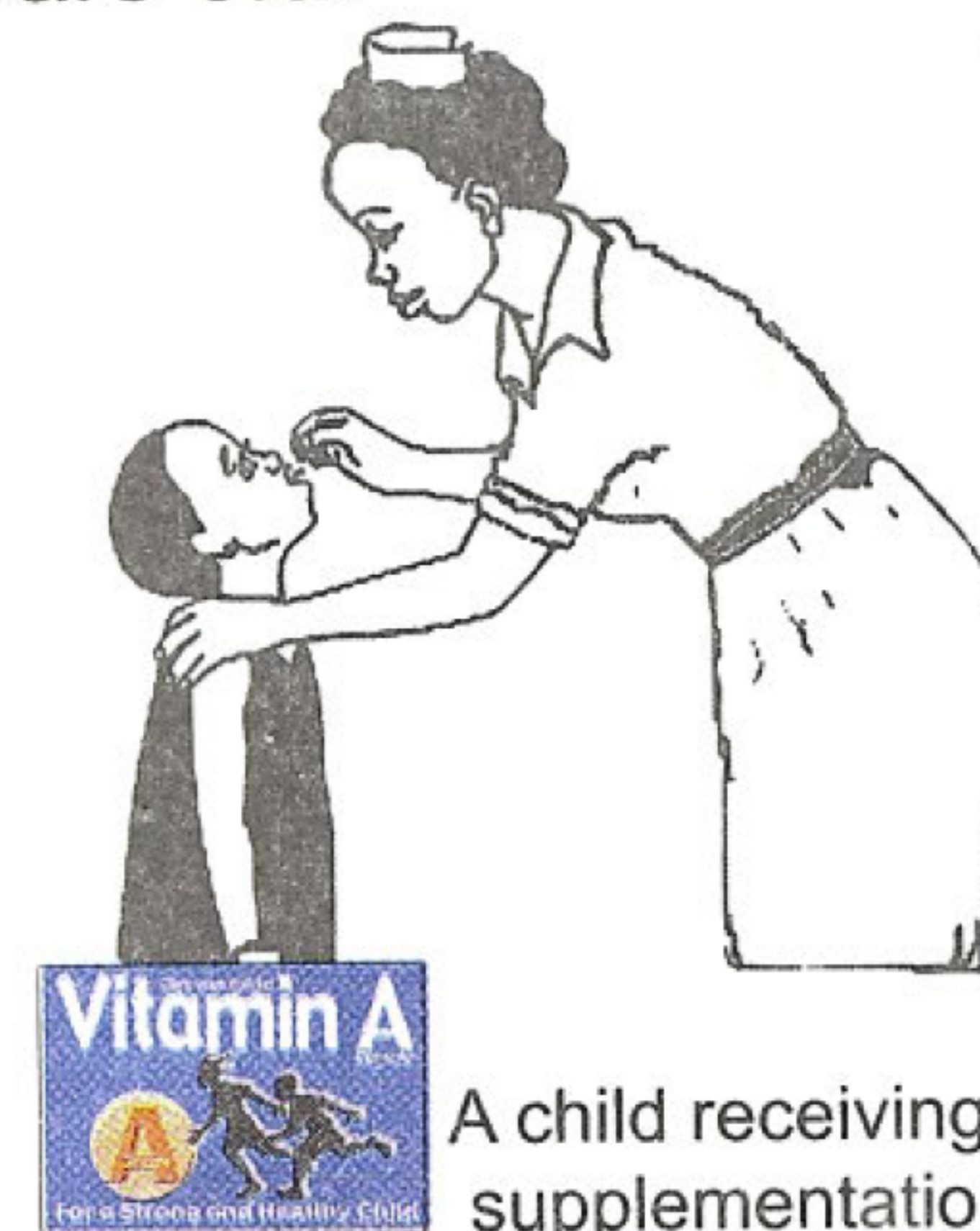
.....

## IMMUNISATIONS AND VITAMIN A

1. If child has fever after immunisation give paracetamol and sponge child.
2. If child develops unusual symptoms report to the nurse.
3. Make sure your child is fully immunised by age one.
4. Take your child regularly to the clinic for weighing and Vitamin A until he/she is five years old.

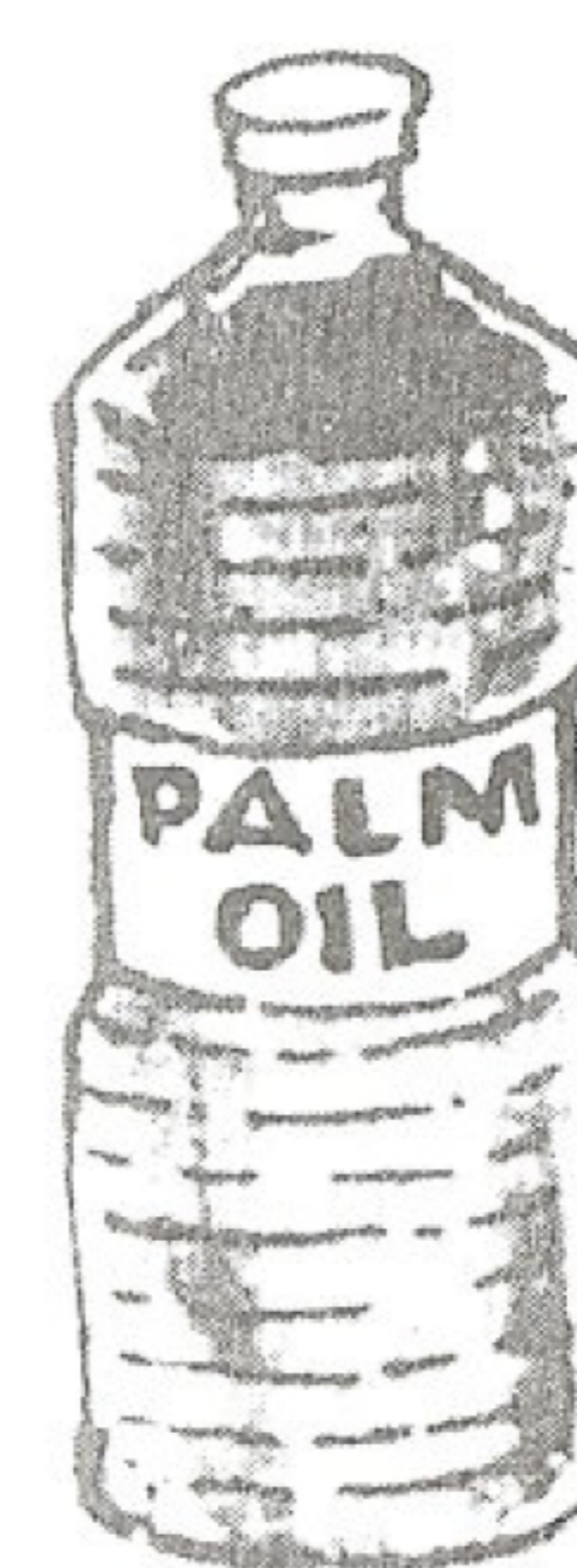


A baby receiving immunization

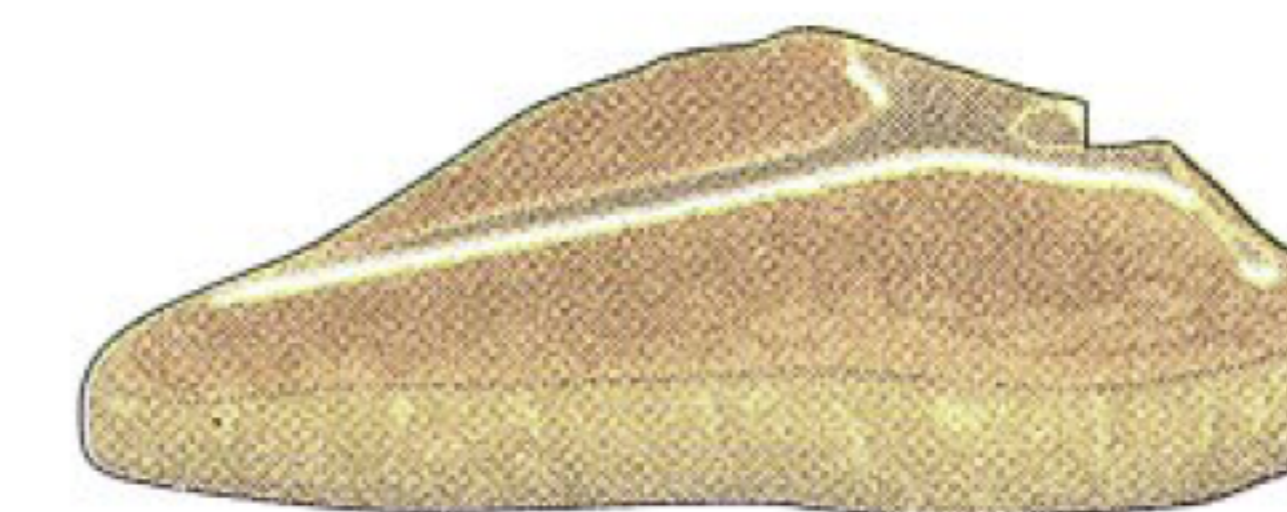


A child receiving Vitamin A supplementation

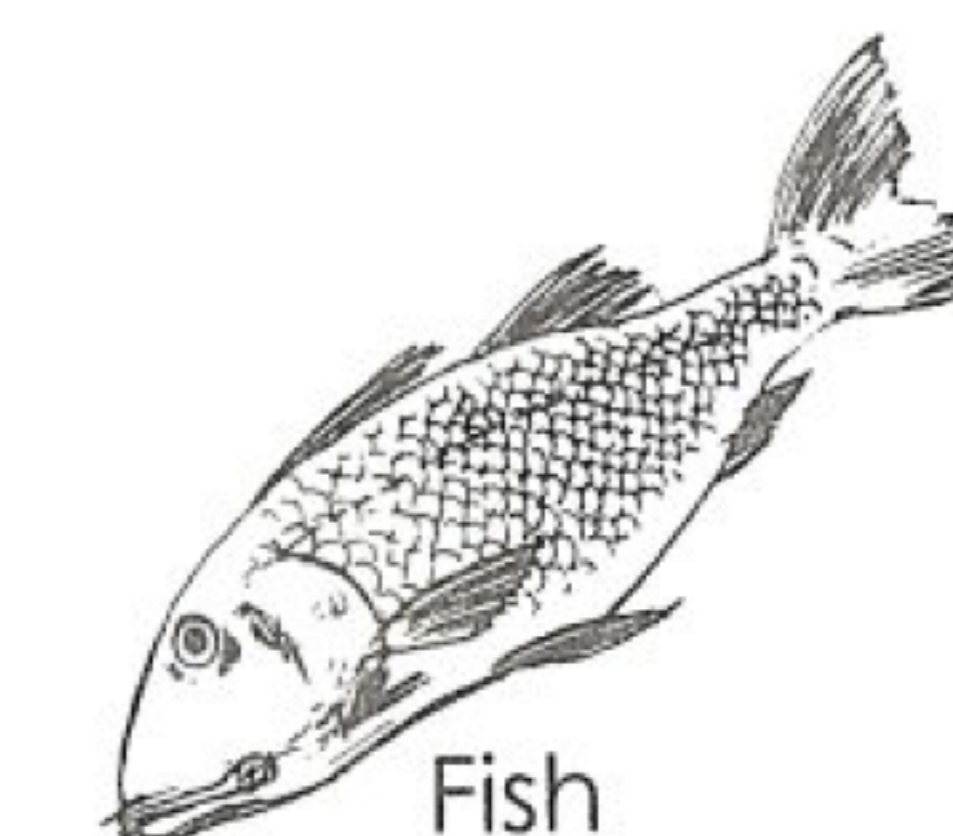
### Foods rich in vitamin A



Mango



Liver



Fish



Dark Green leaves



Pawpaw



Eggs



Carrot



## HOME MANAGEMENT OF FEVER

1. If a child's body is hot he/she might have malaria. Take immediate action to avoid danger.
2. Sponge with water at room temperature (Luke warm) and insert Artemisinin suppository if available.
3. Report at once to the nearest Clinic/Hospital or Chemical shop.
4. Give the full treatment according to instructions given.



**Report at once to the nearest Clinic/Hospital if the child gets sicker.**

## DOSAGE FOR ARTESUNATE-AMODIAQUINE

### Treatment Chart for Malaria in Children

	day 1		day 2		day 3		
	Artesunate 50mg	Amodiaquine 150mg	Artesunate 50mg	Amodiaquine 150mg	Artesunate 50mg	Amodiaquine 150mg	
 <b>5Kg - 10kg</b> under 1year							morning
							evening
 <b>11Kg - 24kg</b> 1year - 7 years							morning
							evening
 <b>24kg - 50kg</b> 8years - 13 years							morning
							evening

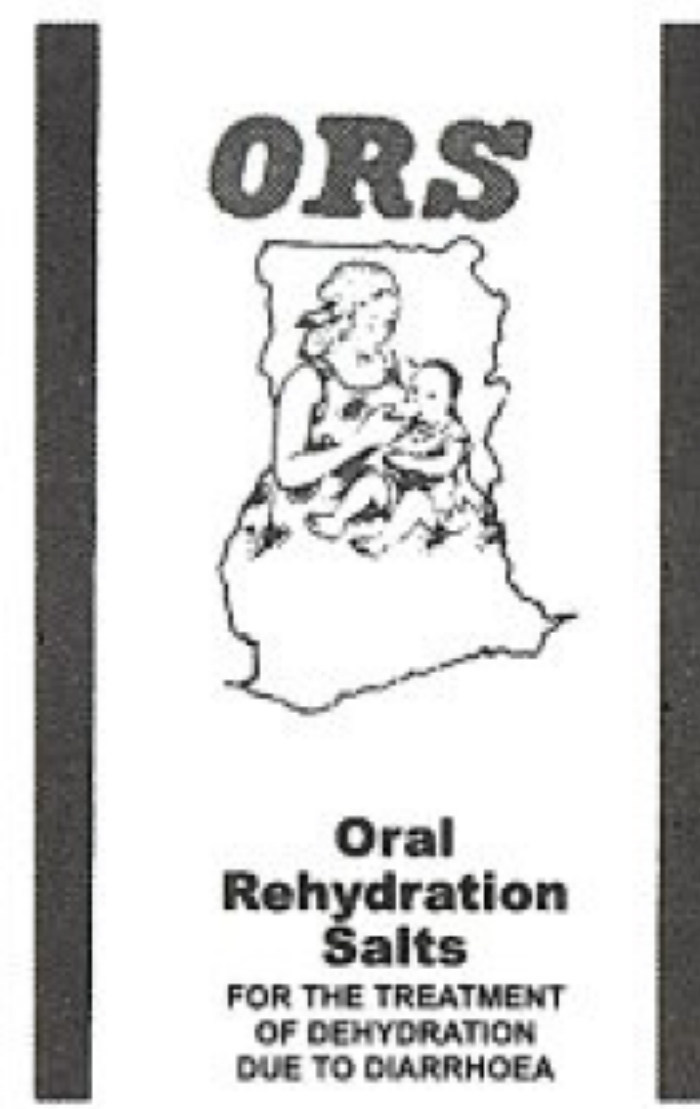
**Report at once to the nearest clinic if**

1. Child is convulsing
2. Child is weak or difficult to wake up.



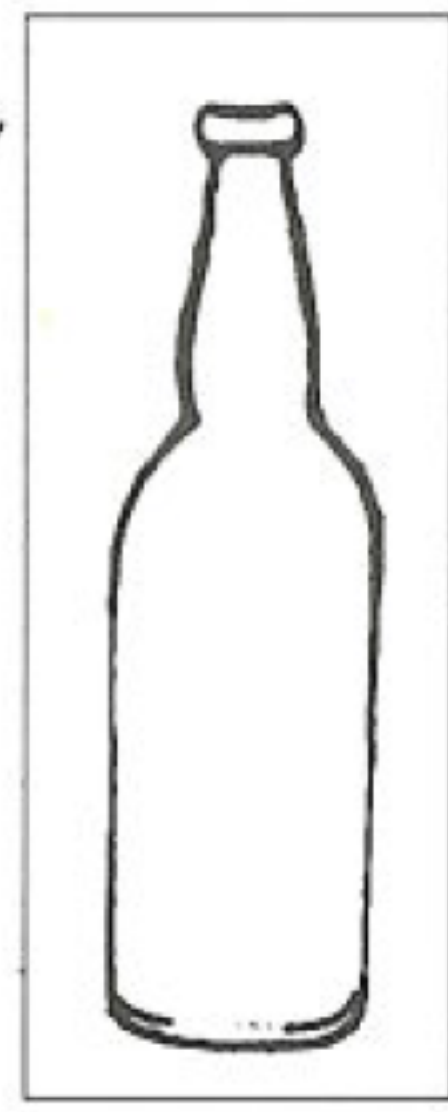
# HOME MANAGEMENT OF DIARRHOEA

## 1. Give ORAL REHYDRATION SALT (ORS)



1 sachet ORS

Mixed in



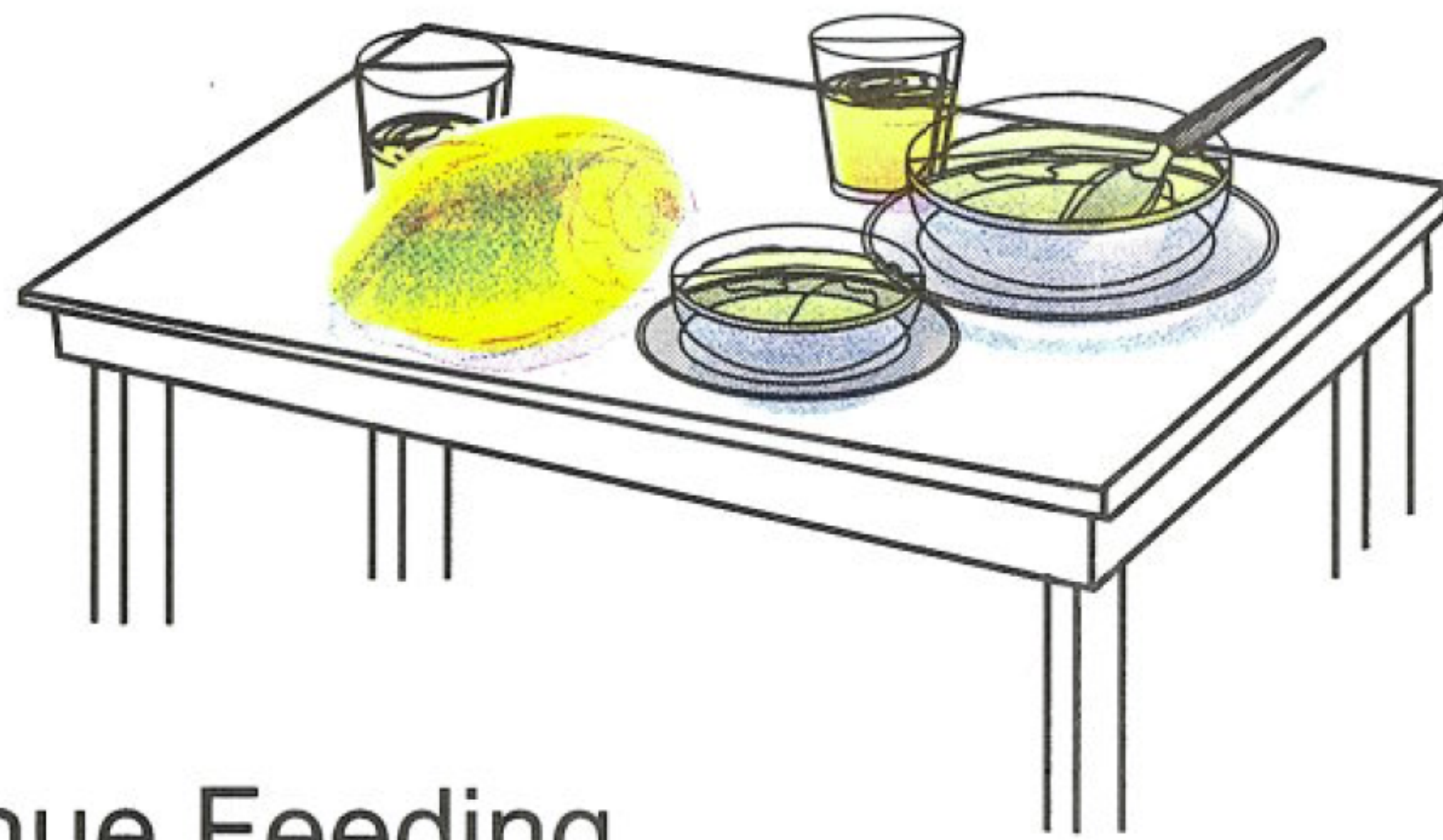
1 beer bottleful of clean water

Or



2 mineral Bottles full of clean water

## 2. Give Home Fluids eg. Rice Water, Coconut juice, Mashed-kenkey, Mashed tuo zafi, porridge etc



## 3. Continue Feeding



A. Breast feed



B. Give other foods

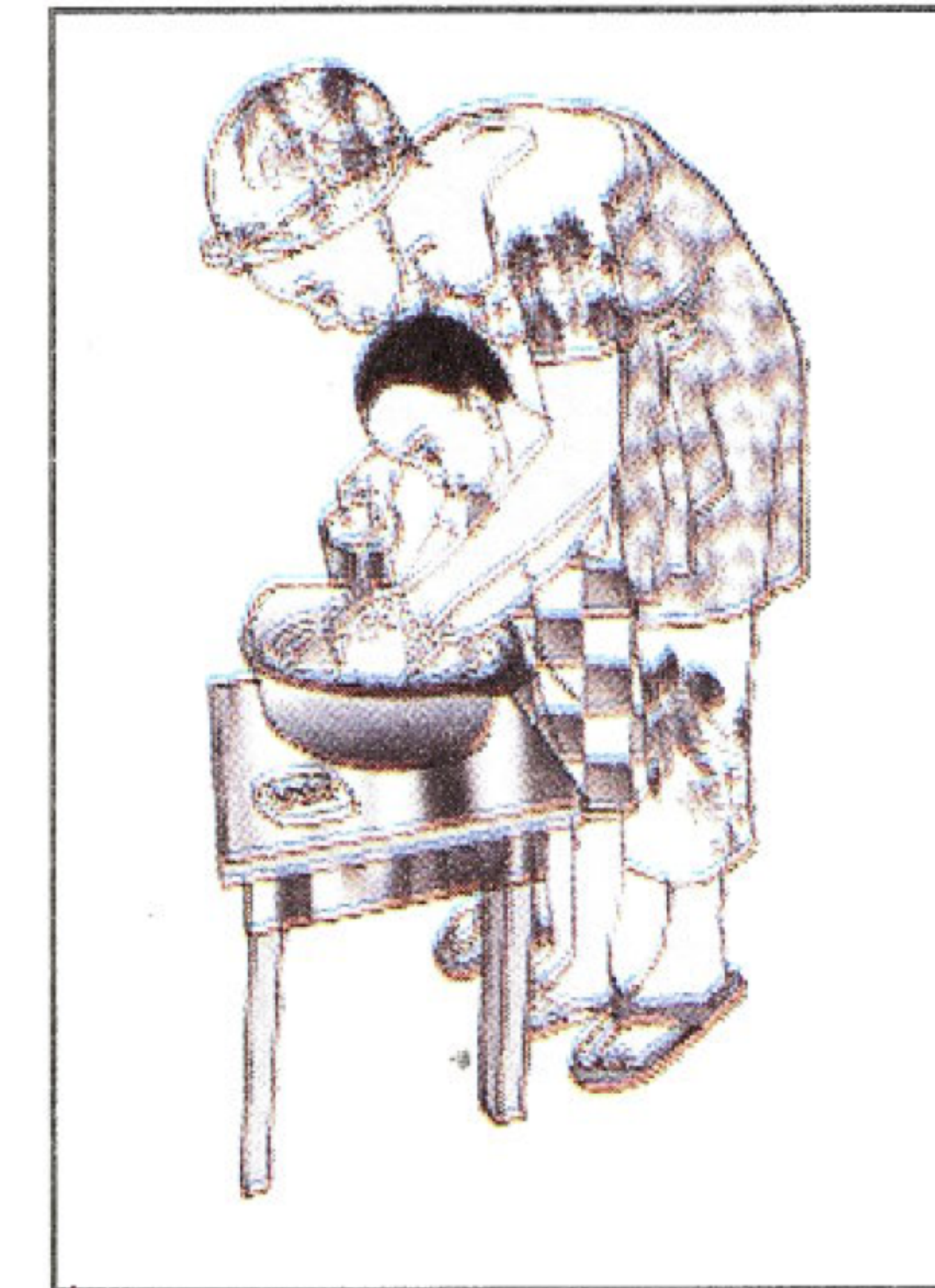
### Report at once to the nearest clinic if

1. A child's diarrhoea does not stop in 24 hours
2. There is blood in the stool

# PREVENTION OF MALARIA AND DIARRHOEA



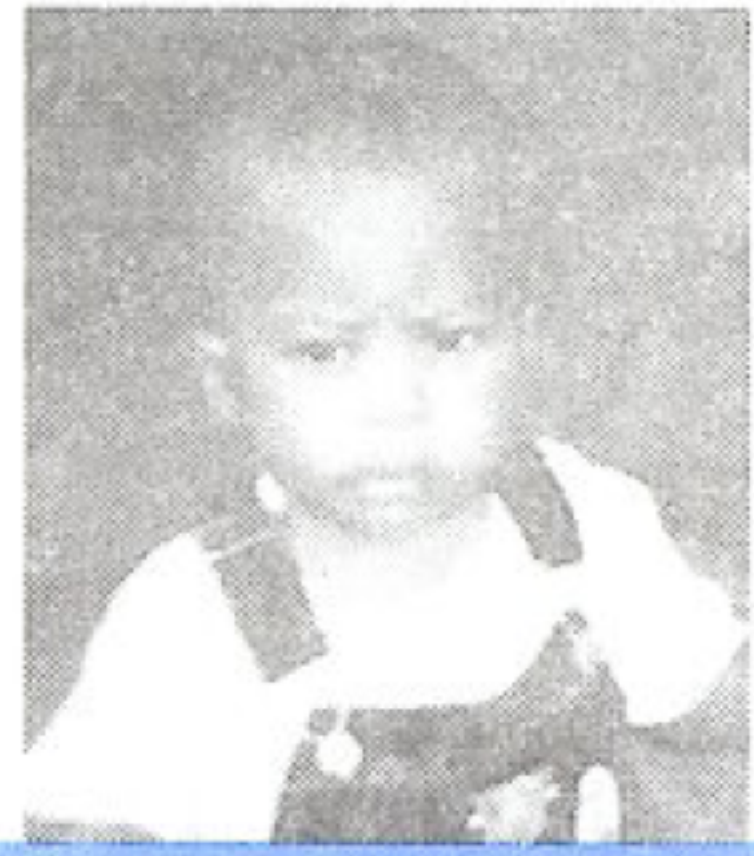
Sleep under an insecticide treated bednet to prevent mosquito bites



Wash your hands with soap before eating and after visiting the toilet

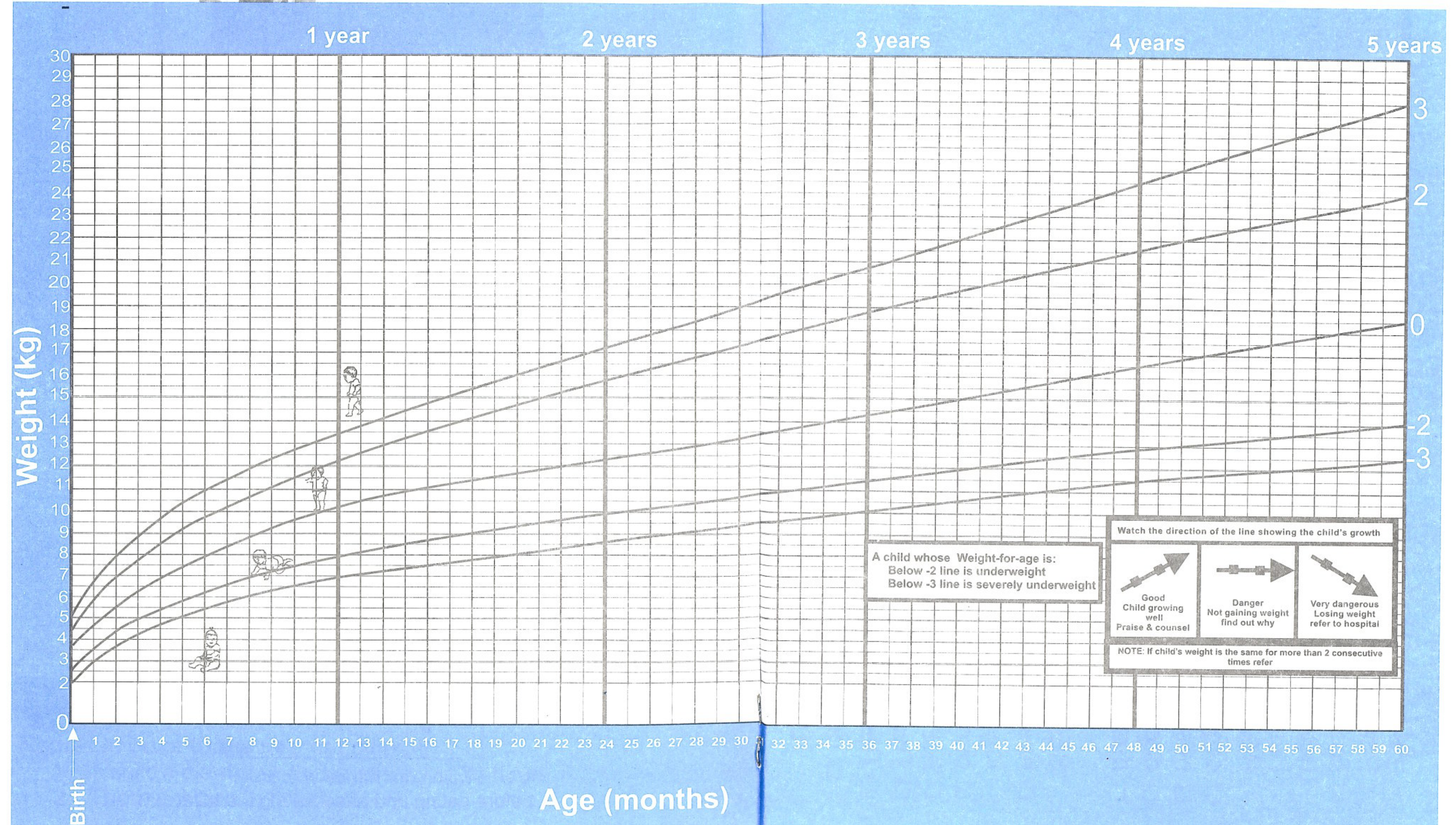


DATE OF BIRTH:



# Weight-for-age BOYS

Birth to 5 years (z-scores)

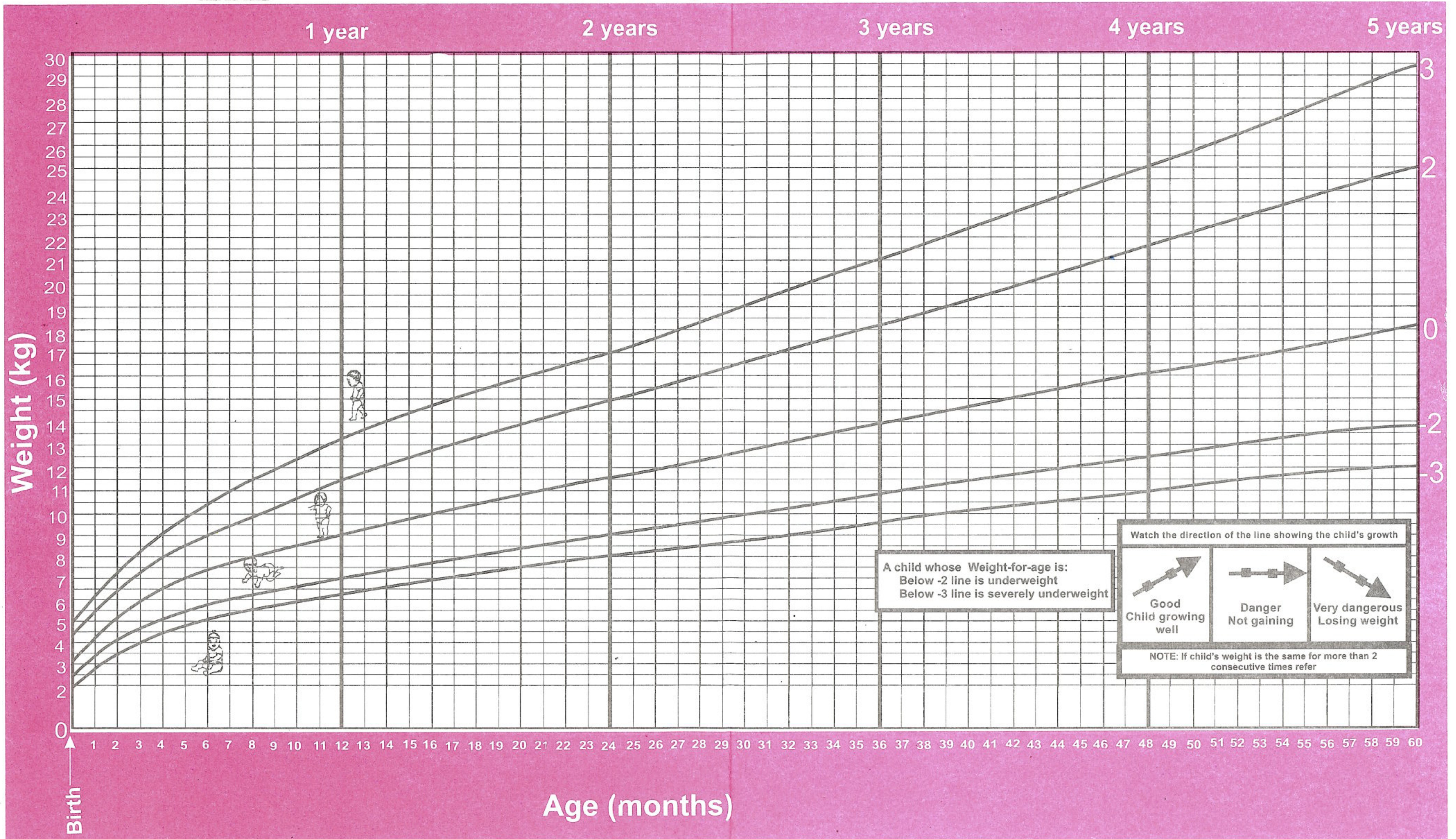






# Weight-for-age GIRLS

## Birth to 5 years (z-scores)





## **AN EARLY CHILDHOOD SCREENING TOOL**

Parents and other caregivers who are part of the child's daily life can do this screening. A child might have a problem in these areas when the child shows some of the following behaviours /signs:

### **HEARING-** If the child:

- does not turn towards the source of new sounds or voices
- has frequent ear infections (discharge from ear, earache)
- does not respond when you call unless he can see you
- does not talk or talks strangely

### **SEEING-** If the child:

- has red eyes or discharge from eyes, a cloudy appearance to eyes, or frequently rubs eyes and says they hurt
- often bumps into things while moving around
- holds head in an awkward position when trying to look at something
- The eyes sometimes or always look in different directions (Squints).
- There is a white spot in the eye

### **TALKING-** If the child:

- does not say mama/mommy/dada by 18 months of age
- cannot name a few familiar objects/people by age 2yrs.
- cannot repeat simple songs/rhymes by age 3yrs.
- is not talking in short sentences by age 4yrs.

### **PLAYING-** If the child:

- does not enjoy playing simple waving games by age 1 yr.
- does not play with common objects (e.g. spoon and pot) by age 2yrs.
- does not join games with other children by age 4 (e.g. catch: hide and seek)
- does not play like other children of the same age

### **MOVING-** If the child:

- is unable to sit unsupported by 10 months
- cannot walk without help by age 2
- cannot balance on one (1) foot for a short time by age 4yrs.
- moves very differently from other children of the same age

**ANY CHILD WITH THE IDENTIFIED PROBLEM SHOULD IMMEDIATELY SEE THE HEALTH WORKER.**



# FEEDING RECOMMENDATIONS DURING

From birth up to 6 months of age:

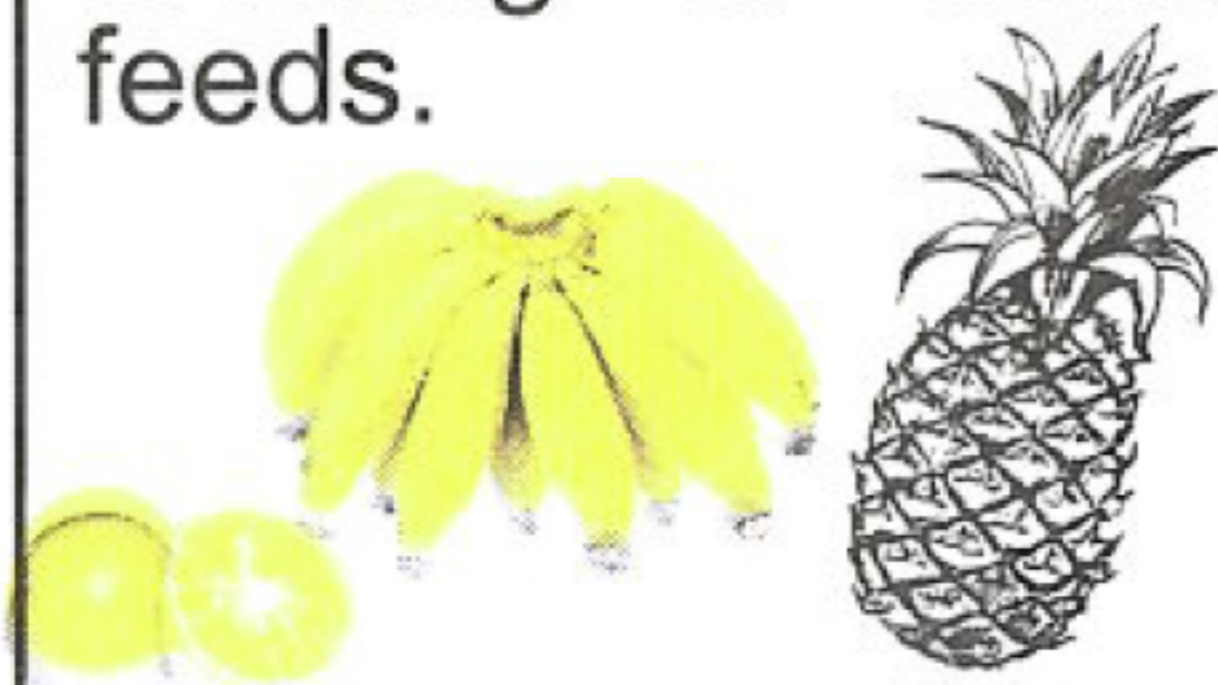


- Start breastfeeding within 30 minutes after birth.
- Give only breast milk as often as the child wants, at least **10 times** during the day and night.
- Breastfeed long enough to empty the breast at each feed (at least 10 minutes).
- Do not give water, sugar water, gripe water, juice, pito, herbal preparations, koko, milk or other liquids or foods.

6 months up to 9 months:



- Breastfeed as often as the child wants, at least **8 times** during the day and night.
- Give **3 times** per day, an adequate serving of a variety of foods without pepper. (**4 times** if not breastfed)
- Give **one (1)** snack a day.
- Give fruit everyday. Wash the fruit, mash or squeeze into juice.
- Feed new foods patiently.
- Do not give water just before breast feeding or other feeds.



9 month up to 12 months:



- Breastfeed as often as the child wants
- Give **4 times** per day, an adequate serving of a variety of foods without pepper. (**5 times** if not breastfed)
- Give **one (1)** snack a day.
- Give fruit every day. Wash the fruit, mash, cut-up, or squeeze into juice.
- Serve the child in a separate bowl and feed.
- Wash both adult's and child's hands with soap and water before feeding.
- Do not give water just before breast feeding or other feeds.

# HEALTH AND SICKNESS

12 months up to 2 years

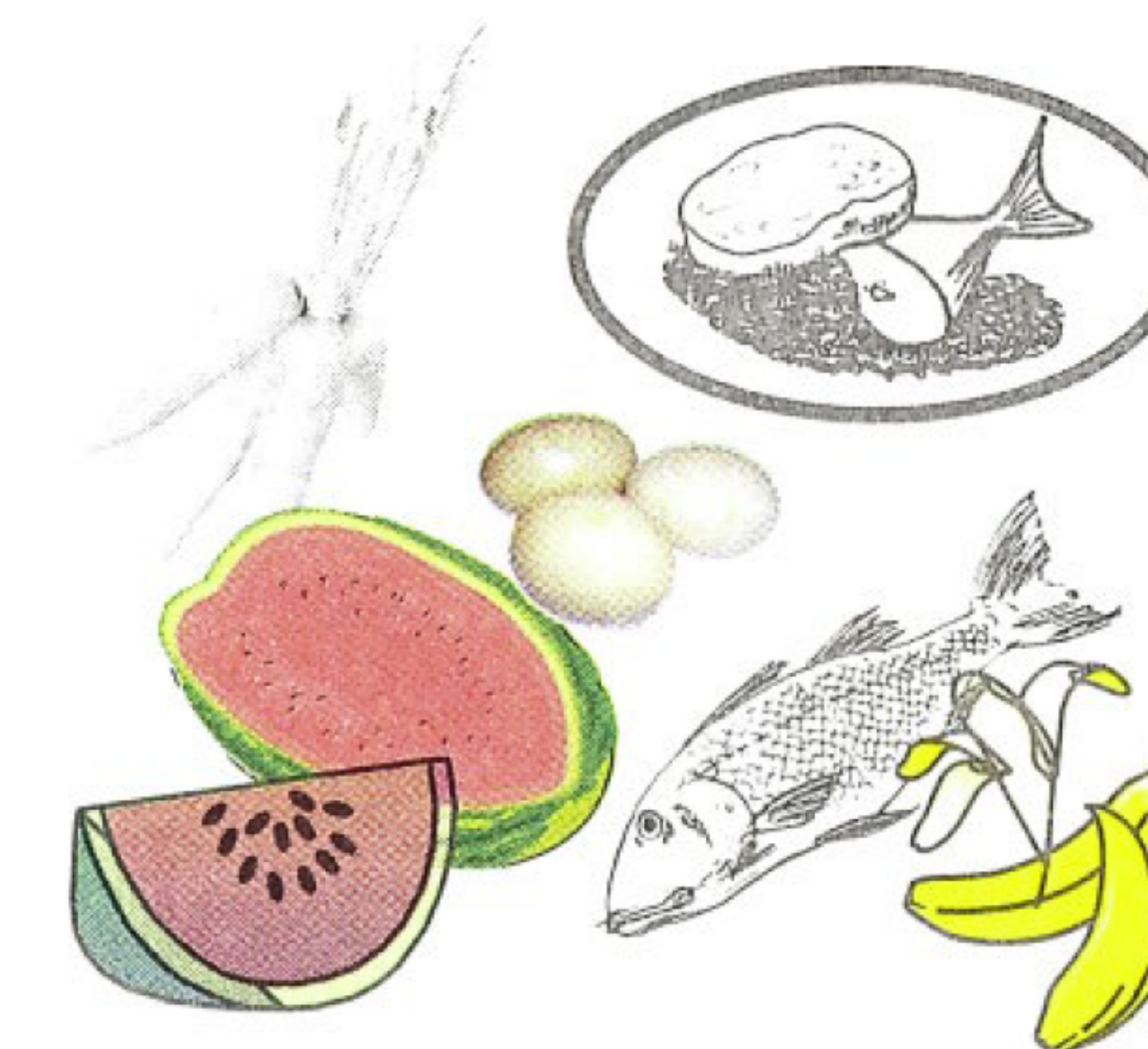


- Breastfeed as often as the child wants.
- Feed **3 times** per day, a variety of family foods with little or no pepper. (**4 times** if not breast fed)
- Give also, **two (2)** snacks in between main meals.
- Give fruit every day. Wash before eating.
- Serve the child in a separate bowl and supervise the child when eating.
- Wash both adult and child's hands with soap and water before eating.
- Do not give water just before breastfeeding or other feeds.

2 Years and Older



- Feed **3 times** per day a variety of family foods
- Give also, **two (2)** snacks twice daily in between main meals
- Give fruit every day. Wash before eating
- Serve child separately in a clean bowl and supervise eating
- Wash both adult's and child's hands with soap and water before eating.



\* See pages 19 & 20 for variety of foods fruits and snacks



## Family Foods

### Porridge

Thick porridge made from maize, millet, sorghum, guinea corn or rice; ekwegbemi or other thick porridge like tom-brown and weanimix. Add sugar and enrich with one or more of the following:

Palm oil, shea butter or other vegetable oil, groundnut paste, soy flour, bean flour, egg, milk or fish powder. For children 12 months and older, porridge should be served with bread, doughnuts (bofrot), koose, kulikuli or biscuit.



### Give Fruit everyday



Such as: Mango, Orange, watermelon, avocado pear, pawpaw, pineapple banana etc.

### Give Snack in between main meals.

E.g. Doughnut (bofrot), koose, bread, kulikuli, biscuit, banana, roasted or fried plantain or yam

## Family Foods

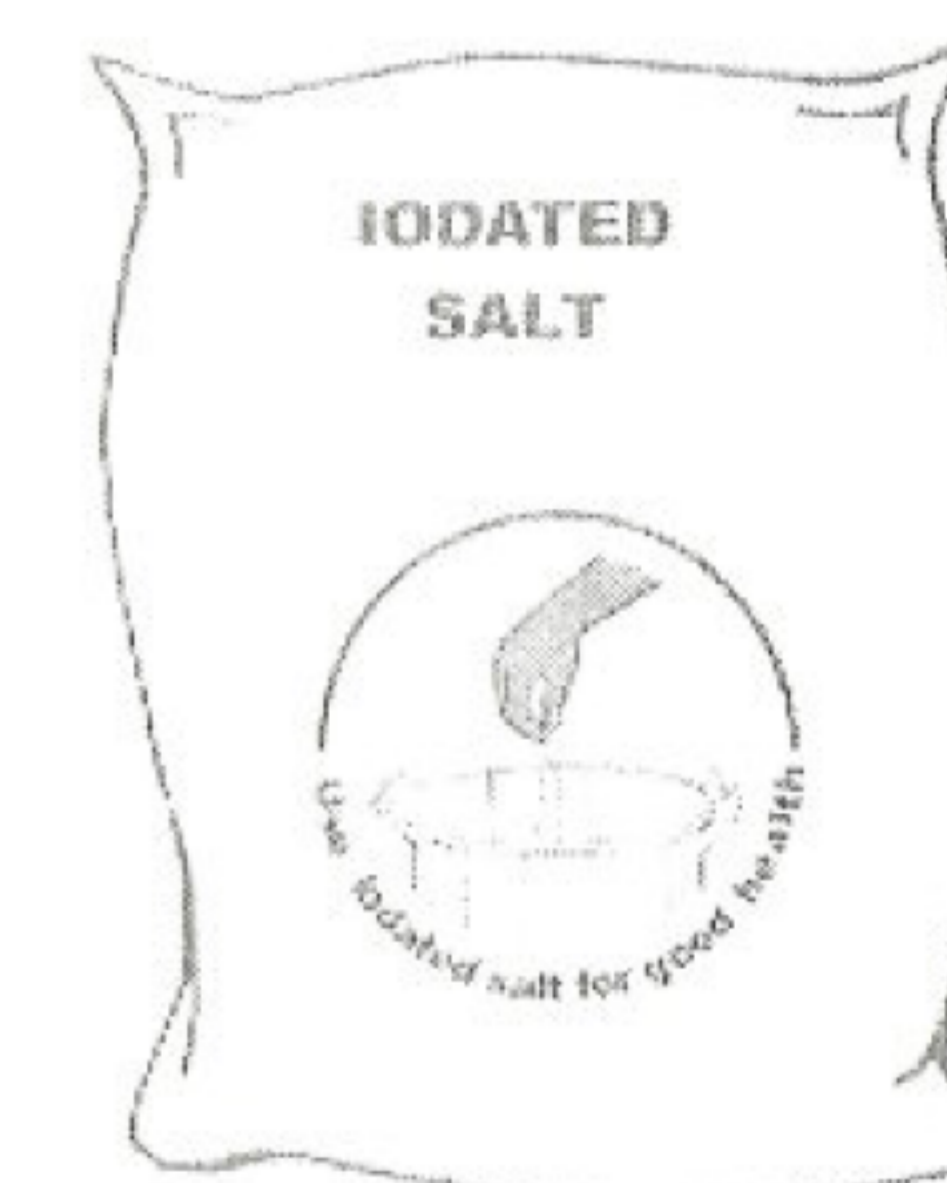
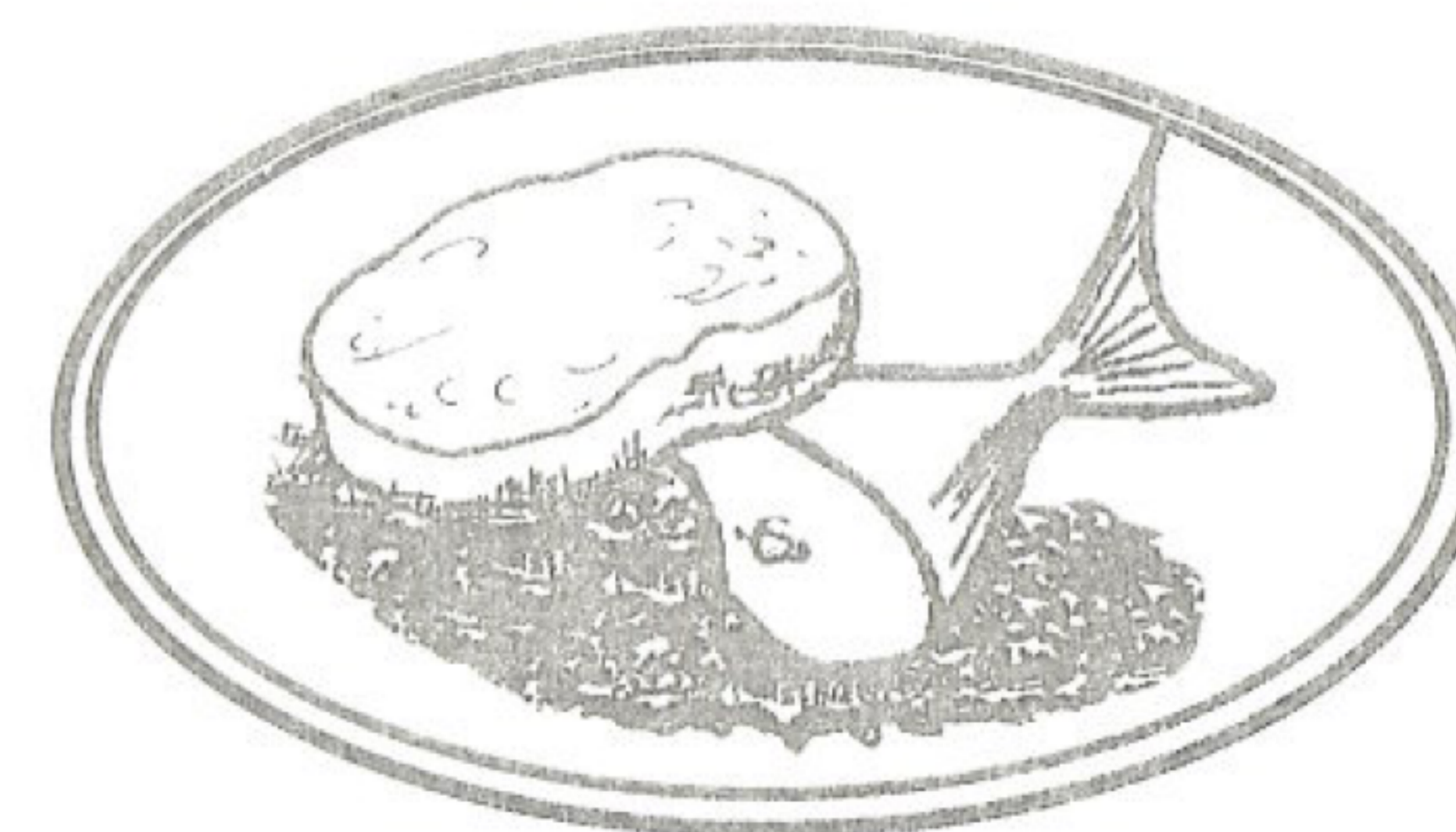
Waakye, rice, kenkey, banku, fufu, abolloo, gari, yam cocoyam plantain, cassava, sweet potato, kokonte, akple or tuozaafi

Serve with at least one ladle of stew such as Kontomire, beans, garden egg, okro, tomato, agushie, aleefu, ayoyo, pumpkin, bokoboko all cooked with palm oil or other vegetable oil and mashed fish, meat or egg

Or with at least one ladle of soup such as: groundnut, palm nut, neri, okro, vegetable soup with dawadawa or green leafy vegetable soup. All prepared with mashed fish, meat, egg or beans

### Other family foods e.g.

Mpotompoto, gari-foto, apapransa with palm oil or other vegetable oil and mashed fish, egg, meat, or beans.



Always use iodated salt

### FEEDING DURING AND AFTER ILLNESS

1. Continue breast feeding / feeding during illness
2. Give one or two extra feeds a day for two weeks after the child gets better



**ASSESSMENT FORM FOR SICK CHILDREN UNDER 5**

All sick children should be assessed for the following:

Date..... Temp..... Age.....

Weight.....

Complaint:.....

**Danger Signs**

Not able to drink/Breastfeed

Vomits everything

Convulsions (History of Convulsion in present illness).

Lethargic/unconscious

**Cough/Difficult Breathing (Y/N)**

Duration (days)

Breath rate per min.

Chest Indrawing

Stridor

**Diarrhoea (Y/N)**

Duration (days)

Blood in stool

Lethargic/Unconscious

Sunken eyes

Not able to drink/drinking poorly

Skin pinch (normal/abnormal)

**Fever (Y/N)**

Duration (days)

Measles within last 3 months

Neck stiffness

Measles rash

Cough/runny nose/red eyes

If yes for measles, look for mouth ulcers/pus in eyes/cloudy cornea

**Ear problem (Y/N)**

Pain

Discharge (if yes state duration)

Tender swelling behind ear

**Nutrition**

Visible severe wasting (inadequate weight gain)

Palmar pallor (if yes, severe or some)

Oedema of both feet

Weight for age (very low/not very low)

**ASSESSMENT FORM FOR SICK CHILDREN UNDER 5**

**Check Immunisation and Vitamin A status and refer/immunise if not up to date**

**Assess feeding if anaemic, low weight or less than 2 years**

(Frequency of breast feeding /24 hours)

Use of feeding bottle

Frequency of other foods/drink given

**ASSESS OTHER PROBLEMS**

**Diagnosis or classification**

**Counseling on feeding** (see Recommendations on pages 17 & 18)

**Treatment**

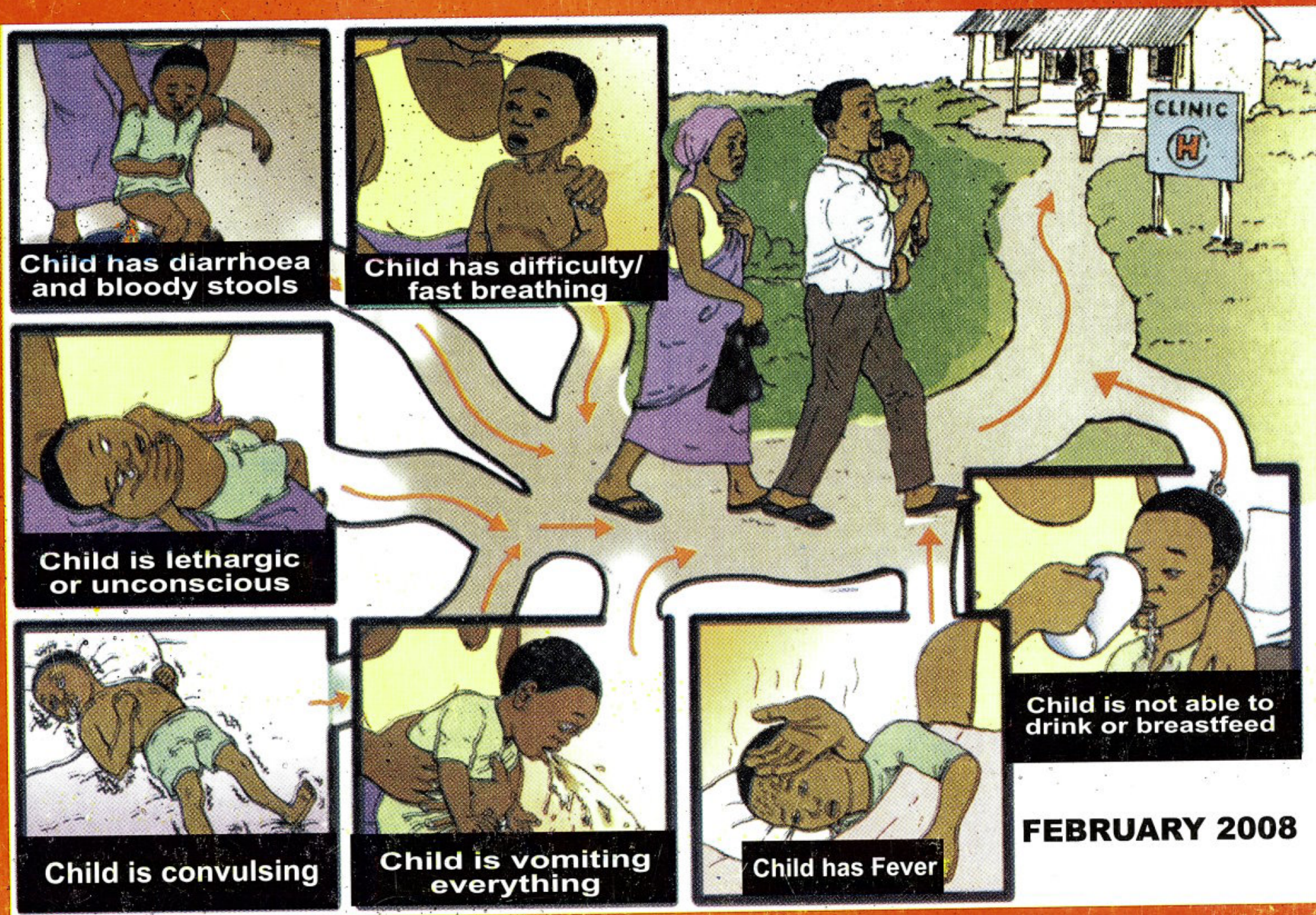
**Referral**

**ALWAYS USE THIS FORMAT  
ON PAGES 21 AND 22 AS A GUIDE FOR  
YOUR CLINICAL NOTES**



# DANGER SIGNS

Rush immediately to the clinic if.....



**FEBRUARY 2008**