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Child Nutrition Assessment tool for health post level

Service delivery at Kebele level

1.1. Mentee self-assessment Tool:

- **Ask the mentee to present his/her experiences based on the following questions:**
 - ✓ How should the CNV work to improve child nutrition services quality and coverage?

Tool for mentee's self-assessment		Assessment Date
Name of Mentee.....		Signature
Submitted to Mentor(Name),		
Period of assessment: Baseline, mid line and end line which is at the end of the mentorship visit		
Child Nutrition service competency self-assessment:		
Directions:		
Please complete the form and submit to the mentor.		
The following tasks asks you how confident you feel about your ability to provide child nutrition services.		
Grading of the competency level based on the following child nutrition service delivery tasks;		
0 = I am not at all confident: I do not know how to do this task		
1= I am somewhat confident: I can perform the task with support		
2 = I am extremely confident: I am capable of doing this task and consider myself competent/ proficient		
3 = I consider myself to have expertise and can teach this task to others		
Birth up to 6 months		0, 1, 2, 3
1.	Support and counsel early initiation of breast feeding	
2.	Counsel and support colostrum feeding	
3.		
4.	Can perform Growth monitoring and promotion	
5.	Counsel and support for exclusive breastfeeding practice	
6.	Check and support for proper positioning and attachment for breast feeding	
7.	Checking for Breast Feeding Problem/(Breast & nipple thrush, Mastitis, Inverted or flat nipples, Low milk supply, Tongue-tie, breast over fullness unable to feed, illness, breast engorgement)	
8.	Checking for exposure to breast milk substitutes (bottle feeding, formula feeding, How to Feed a Baby with a Cup)	

9.	Counseling the mother to Continue breast feeding frequently during illness and recovery	
10	Counseling the mother to Breast feed on demand	
Child 6 Months up to 5 Years		
11	Counsel on continued breast feeding up to two years and beyond	
12	Perform GMP	
13	Plotting on GMP growth chart based on WHO growth chart	
14	Interpreting the growth status and trend from plotted growth chart.	
15	Conduct nutrition screening	
16	Provide appropriate nutrition counseling	
17	Refer for medical and nutrition service (childcare and treatment)	
18	Link to appropriate social/nutrition sensitive services	
19	Checking timely initiation of complementary feeding	
20	Check quality of complementary feeding; diet diversity, amount , frequency, active responsive feeding, consistency and hygiene	
21	Link the lactating mothers to cooking demonstration for age-appropriate complementary feeding.	
22	Counsel on benefits of Vitamin A and Deworming supplementation	
23	Counsel and support age-appropriate optimal Complementary Feeding.	
24	Counseling on WASH practices (hand washing at critical times)	
25	Counsel the mother on responsive complementary feeding	
26	Counsel the mother to Increase Breast feeding during and after Illness	
27	Use of the Family Health Card	
28	Conduct Nutrition service data analysis and utilization for decision making	
29	Use of EPI card	
30	Remind the mother to follow appointment for nutrition service	

Knowledge & skill self-assessment result at the beginning, midterm and end of mentoring

Mentee's Name	Baseline	Mid-term	End-term
1.			
2.			

1.1.1. Assessment by mentor

Name of Mentee _____

Date _____

Profession _____

Name of Mentor _____

Name of Health Facility _____

1.1.2. Knowledge assessment questions (Circle all the correct options)

1. Growth monitoring and promotion (GMP) service includes?

- A. Measurement of weight
- B. Plotting on growth chart
- C. Interpretation of the growth status and trend from plotted growth chart.
- D. Conducting nutrition screening for underweight children
- E. Providing appropriate nutrition counseling
- F. Referral for medical and nutrition service (childcare and treatment)
- G. Linkage to appropriate social/nutrition sensitive services

2. Which variables are used to plot child's growth status on the growth monitoring chart?

- A. Age
- B. Weight
- C. Height
- D. MUAC

3. Which of the following best describes the first 1000 days nutrition?

- A. It focus on child nutrition from birth to three years of age
- B. It is the period from the time of conception up to the child's second year of age
- C. It includes both maternal and child nutrition
- D. It is a window of opportunity to shape a child's development and growth

4. Optimal breast-feeding practice includes?

- A. Early initiation of breast feeding within one hour
- B. Give water to under six-month children when they have abdominal pain
- C. Exclusive breast feeding for the first six months
- D. Demonstrate proper positioning and attachments
- E. Breast feeding on demand, day and night
- F. Continue breast feeding at least to 24 months and beyond

5. Which of the following are among the component of optimal Complementary feeding practices? (Circle all the correct options)

- A. Timely initiation of age-appropriate complementary feeding
- B. Age-appropriate feeding; amount and diversity

- C. Responsive feeding
- D. Feeding frequency and diversity
- E. Food Hygiene (hand washing on critical time and proper storage of food)

6. Which of the following is correct about Vitamin A Supplementation service provision? (Circle all the correct options)

- A. It is provided starting from child birth every six month
- B. It is provided for children starting from six month of age
- C. It reduces severity childhood illness
- D. It increases child survival

7. Strategies for the prevention and control of Iron deficiency Anemia includes?

- A. Dietary diversification; increased consumption of locally available iron rich foods
- B. Treatment of severe anemia
- C. Fortification of food with iron
- D. Control of malaria
- E. Control helminthiasis; deworming

8. Which nutritional indices are used to assess and classify nutritional status for children under-five?

- A. Weight for height
- B. Weight for length
- C. MUAC

9. What are the commonest BF problems

- A. cracked or sore nipples
- B. Insufficient or delayed milk production,
- C. Engorgement
- D. Mastitis
- E. All

10. Which of the following is not the risk of starting complementary foods too early or late

- A. The baby suckles less at the breast, & supply of breast milk decreases.
- B. This means the baby will miss important nutrients such as Vitamin A and minerals such as calcium & Iron
- C. The baby may stop gaining weight at a healthy rate and will become malnourished.
- D. The child does not get the extra food needed to fill the energy and nutrient gaps.
- E. Non

Knowledge assessment result at the beginning, midterm and end of mentoring

Mentee's Name	Baseline	Mid-term	End-term
1.			
2.			
3.			

4.			
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1.1.3. Skill assessment for child nutrition service delivery

Child nutrition competency assessment checklist

Name of Mentee _____ Date _____
 Profession _____
 Name of Mentor _____ Name of Health Facility _____

Instructions: Observe the mentee while conducting the following skill competency and fill one of the following scores to represent the performance level of each task/ step observed

- 0 = Not done or done incorrectly: step or task not performed correctly
 1 = Partially performed: step or task partially performed
 2 = Correctly performed: step or task performed correctly according to the standard.

Step/Task		Rating scale	Remark
Birth up to 6 Months of age		0, 1, 2	
1.	Appropriately Measure weight of the child		
2.	Plot child's weight with age coordinate of the growth monitoring chart		
3.	Interpret and classify for child's growth status		
4.	Counselling the mother/caregivers on optimal nutritional practice.		Use of ORPA/GALIDRA
5.	Counsel and support correct Positioning, Attachment, and frequency.		
Child 6 Months up to 5 Years of age			
6.	Appropriately Measuring for weight of the child		
7.	Plot child's weight with on age coordinate of the growth monitoring chart		
8.	Interpret and classify for child's growth status		
9.	Counsel the mother/caregivers on optimal nutritional practices.		Use of ORPA/GALIDRA

Skill assessment result at the beginning, midterm and end of mentoring

Mentee's Name	Baseline	Mid-term	End-term
1.			
2.			
3.			

4.			
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Summary by the Mentor

Competency rating (both knowledge and skill)

Mentee/Provider name: _____

	Baseline	Mid-line	End line
Mentee /nutrition service Provider	1. Eligible	1.Improving	1.Competent
	2.Not eligible	2.Not improving	2.Not Competent
Follow-up action/Recommendation			
Mentor name			
Mentor signature		Date	