

Maternal nutrition service assessment tool

(Service delivery– CNVs)

1.1 Mentee self-assessment Tool:

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

To be completed by mentee		
Tool for mentee's self-assessment (CNVs)		Assessment Date;-.....
Name of the CNV: - Submitted to Mentor(Name):		
Time of Visit (<i>Baseline, -mid line and at last mentorship visit</i>)		
competency assessment: Mentee self-assessment		
Directions: The following tasks ask how confident you feel about your ability to do specific tasks of nutrition at your village /kebele Please complete the form and submit to the mentor.		
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	
Task/Competency		0-3
Pregnant women		
1	Perform nutritional assessment -Adult MUAC	
2	Perform nutritional assessment- Adult Wt	
3	Classify the pregnant women's nutritional status	
4	Counsel on eating one additional, diversified meal and appropriate use of Iodized salt	
5	Monitoring for Weight gain during pregnancy	
6	Check for adherence Iron Folic acid supplementation	
7	Deworming pregnant women after 1 st trimester	
8	Counsel on early initiation of BF giving colostrum for newborn & EBF	
9	Counsel on adequate rest	
10	Counsel on avoiding pre-lacteal feeding, & artificial feeding	
11	Link women with MUAC < 23 cms	

	Lactating mother	
12	Perform nutritional assessment - Wt	
13	Perform nutritional assessment - Adult MUAC,	
14	Counsel on two additional diversified meal, and proper use of Iodized salt	
15	Counsel on use of ITN in malaria endemic area	
16	Counsel to continue and adhere of Iron Folic acid supplementation/MMS if the women didn't finish the full dose during pregnancy	
17	Counsel on Optimal breast feeding -early initiation, give colostrum	
18	Counsel on Optimal breast feeding – exclusive BF benefits of BF 0-6 months (Pre-lacteal feeding, any bottle feeding, formula feeding)	
19	Checking and Counseling on common BF problems	
20	Check and support for proper positioning and attachment of BF	
21	Checking and counseling for breast Feeding Problems (cracked nipple, breast engorgement & mastitis) and feeding during difficult circumstances (HIV, TB etc...)	
22	Counsel on optimal complementary feeding (Diversity, Frequency, amount, consistency & active responsive feeding)	
23	Counsel to bring the child every month for GMP	
24	Counsel on exposing the child on direct sunlight (Morning & Evening time)	
25	Advice on Family Planning (till 2 yrs and beyond)	
26	Counsel on the use of Family Health Card	

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

Mentee's Name	Baseline	Mid-term	End-term

3.1. Assessment by mentor

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

1. What 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 second year of a child
 - C. It includes both maternal and child nutrition
 - D. It is a window of opportunity to shape a child's development and growth
2. What is the recommended weight gain during pregnancy for a woman with a pre-pregnancy normal BMI?
 - A. 12-13 kg
 - B. 11–16 kg
 - C. 20 kg
 - D. 10 kg
3. Which of the following are among the nutritional services that are provided at ANC? (Circle all the correct options)
 - A. Nutrition assessment and counseling
 - B. Nutritional screening
 - C. Weight gain measurement
 - D. Micronutrient supplementation
 - E. Deworming
4. Which of the following are a good advice to reduce side effects of IFA supplementation during pregnancy? (Circle all the correct options)
 - A. Advice the mother to take the IFA tablet with food
 - B. Take iron with foods containing vitamin C because it improves absorption of iron
 - C. Advise the mother to avoid taking iron tablets with tea or coffee because it decrease absorption
 - D. Advise the mother to drink plenty of water
 - E. Provide anti acids if gastric symptoms persist
5. 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 month
 - 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
6. Which of the following are among the benefit of early initiation of breast feeding?
- A. Helps to stimulate milk production
 - B. Helps to expel placenta
 - C. Reduces post-partum bleeding
 - D. Creates mother and baby bonding
 - E. Reduces the risk of neonatal mortality
 - F. Colostrum is the first natural vaccination that prevents against infection
7. Optimal Complementary feeding practice includes?
- A. Timey initiation of age-appropriate complementary feeding
 - B. Age-appropriate feeding; amount and density
 - C. Responsive feeding
 - D. Feeding frequency and diversity
 - E. Food Hygiene (hand washing on critical time and proper storage of food)
8. What are the nutritional advice that should be provided for lactating women?
- A. Counsel Lactating women on eating two additional diversified meal.
 - B. Counsel on proper use of Iodized salt
 - C. Counsel on adequate rest.
 - D. Counsel on sunlight exposure.
 - E. Counsel on early initiation, colostrum feeding, EBF
 - F. Counsel on use of IFA if not Finished 90+ dose during pregnancy.
 - G. Advice on safe food handling practices and hand washing
9. What are the cause of Maternal malnutrition
- A. In adequate dietary intake and care
 - B. Poor practice
 - C. Lack of/poor nutrition service availability
 - D. Political instability, financial, social, cultural, and environmental conditions
 - E. Infection
 - F. All
10. What are the Consequences of maternal malnutrition
- A. Increases the risk of pregnancy-related complications (prolonged labor)
 - B. Intrauterine growth restriction, stillbirth, prematurity, low birth weight
 - C. Reduce women's productivity and economic empowerment.
 - D. Increase susceptibility to infections.
 - E. Increased risk of neural tube defect (NTD) – spina bifida, hydrocephaly, and anencephaly as a result of folic acid deficiency

F. All

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

Mentee's Name	Result at Baseline	Result at mid-term	Result at end- term
1.			
2.			
3.			
4.			

Skill assessment for maternal nutrition service delivery

Name of Mentee _____

Date _____

Profession _____

Name of Mentor _____

Name of Kebele _____

Maternal Nutrition competency assessment checklist

Instructions: mark 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
PREGNANT and LACTATING WOMEN			
	Assess and counsel the pregnant women		
Pregnant and Lactating women	1 Perform nutritional screening (Adult MUAC) & link to TSFP/ Food support & PSNP, If MUAC <23 cm		
	2 Counsel on Iron folic acid on adherence		
	3 Counsel on optimal nutritional practices (eating one additional diversified meal & proper use of Iodized salt, adequate rest, early initiation of breast feeding, feeding of colostrum and BF benefits, Avoidance of pre-lacteal feeding & Formula feeding)		Use of ORPA/GALIDRAA
	4 Counsel on adequate rest during pregnancy		
	5 Counsel on early initiation of breast feeding, feeding of colostrum and BF benefits		
	6 Deworming pregnant women after 1 st trimester		
	7 Counsel on Avoidance of pre-lacteal feeding & Formula feeding		
	8 Counsel on optimal nutrition practice (eating two additional diversified meal and use of Iodized salt, adequate rest during lactation, Optimal breast feeding (early initiation, , feeding on demand, EBF),		
	9 Demonstrate proper positioning and attachment during BF		

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

Mentee's Name	Result at Baseline	Result at mid-term	Result at end-term
1.			

2.			
3.			
4.			

Observation/Comments:

Competency rating (both knowledge and skill)

Mentee/HEW 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	