

Counseling needs knowledge of the subject. Knowledge grows with time and more reading and discussing. Counseling also needs skills about talking with different persons—men and women, young and old etc., understanding their viewpoints. It calls for sensitivity and empathy.

Counseling also needs motivating skills. Different problems involve different solutions. Therefore motivating becomes necessary. We often do it in the family. This is how we arrive at a decision after weighing pros and cons of several alternatives.

You can also do effective counseling after some experience.

### **Escorting patients to a hospital**

Many people need to go to a town or city hospital for higher care. They feel lost and helpless in such situations. Often, they face difficulties in such situations. Also somebody from the family has to stay back to look after children and cattle, getting money, farm work etc. They often need you to accompany them.

You can ensure that needy people get the right help. You also can help in deciding to go at the PHC, Community Health Centre (CHC) or the district hospital. If the CHC is far away, people may choose to go to other suitable private or trust hospital. In some emergency situations (like bleeding during or immediately after birth) time is precious. Situations that need escorting are:

- Childbirth and immediately after childbirth, difficulties during pregnancy and childbirth.
- Abortion and bleeding
- A seriously sick child
- A very sick person, like brain malaria. Heat stroke
- Someone wants to know about his/her TB or suspect HIV
- Accidents like snake bite, burns, serious injury, poisoning, drowning
- Clients for accepting IUD or sterilization.

### **You need to have necessary information and skills.**

Knowledge about which hospital to take to. What is the distance?

Help family in decision-making. You need to decide with the family about where to go.