

REPUBLIC OF RWANDA



MINISTRY OF HEALTH
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Basic Maternal and Child Health Course for Community Healthcare Workers

Course Objectives

At the end of this course, participants will be able to:

1. Understand the principles of maternal and child health care.
 2. Perform essential health screenings and interventions.
 3. Educate and support mothers, children, and families.
 4. Recognize danger signs and refer cases to higher care levels.
 5. Promote community awareness and participation in health programs.
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Course Structure and Modules

Module 1: Introduction to Community Healthcare Work

- Role of CHWs in maternal and child health.
 - Ethical principles and cultural sensitivity.
 - Building trust within the community.
 - Maintaining confidentiality and professionalism.
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Module 2: Anatomy and Physiology for Reproductive Health

- Overview of the reproductive system (female and male).
 - The menstrual cycle and ovulation.
 - Basics of conception, pregnancy, and fetal development.
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Module 3: Pregnancy Care

1. **Antenatal Care (ANC)**
 - Importance of ANC and schedule of visits.
 - Key screenings during ANC (blood pressure, anemia, infections).
 - Nutritional requirements during pregnancy.
 - Identifying danger signs (e.g., severe headache, bleeding).
 2. **Pregnancy Testing and Counseling**
 - How to administer and interpret pregnancy tests.
 - Communicating results and next steps.
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Module 4: Safe Delivery and Birth Preparedness

- Preparing for childbirth: birth plan and hospital selection.
 - Recognizing labor signs.
 - Emergency signs and referral for complications.
 - Promoting skilled attendance at birth.
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Module 5: Postnatal Care (PNC)

1. **Care for the Mother**
 - Monitoring postpartum recovery.
 - Managing common postpartum issues (bleeding, infections).
 - Breastfeeding support and counseling.
 2. **Care for the Newborn**
 - Early newborn care (cord care, thermal protection).
 - Importance of exclusive breastfeeding.
 - Recognizing newborn danger signs (jaundice, feeding difficulties).
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Module 6: Child Health and Growth Monitoring

- Key milestones in child development.
 - Conducting regular growth monitoring (height, weight, head circumference).
 - Vaccination schedule and importance of immunizations.
 - Nutritional guidance for infants and children.
 - Identifying and managing common childhood illnesses (e.g., diarrhea, respiratory infections).
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Module 7: Family Planning and Reproductive Health

- Importance of family planning in maternal and child health.
 - Methods of contraception (natural and modern methods).
 - Counseling couples and individuals on family planning.
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Module 8: Community Health Education and Advocacy

- Conducting health education sessions in the community.
 - Promoting hygiene, sanitation, and clean water practices.
 - Advocacy for maternal and child health services.
 - Mobilizing community resources and partnerships.
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Module 9: Identifying and Managing Emergencies

1. **Maternal Emergencies**
 - Pre-eclampsia and eclampsia.
 - Severe postpartum bleeding.
 - Obstetric infections.
 2. **Child Emergencies**
 - Severe dehydration.
 - High fever and febrile seizures.
 - Severe malnutrition.
 3. **Referral Protocols**
 - Criteria for referral.
 - Communication with healthcare facilities.
 - Transport and support for the referred patient.
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Module 10: Data Collection and Reporting

- Importance of accurate data collection.
 - Tools for recording and reporting (logbooks, registers, mobile apps).
 - Using data for community health planning.
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Training Methods

- **Lectures and Discussions:** Core knowledge delivered through presentations.
 - **Practical Demonstrations:** Hands-on practice of essential skills.
 - **Role-Plays:** Simulating real-world scenarios to build confidence.
 - **Fieldwork:** Community engagement and practice sessions.
 - **Group Work:** Encouraging collaboration and peer learning.
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Assessment and Certification

Participants will undergo:

1. **Knowledge Assessment:** Written or verbal quizzes.
2. **Practical Skill Test:** Demonstrating competence in core tasks.
3. **Field Evaluation:** Performance in community settings.

Certification will be provided upon successful completion, recognizing participants as skilled community healthcare workers in maternal and child health.

Training Materials

- Participant handbook.
 - Flip charts and visual aids.
 - Demonstration kits (e.g., pregnancy test kits, growth monitoring tools).
 - Referral and emergency action flowcharts.
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This structured course ensures that CHWs are well-prepared to provide comprehensive maternal and child health services, bridging gaps in healthcare access and improving outcomes in their communities.