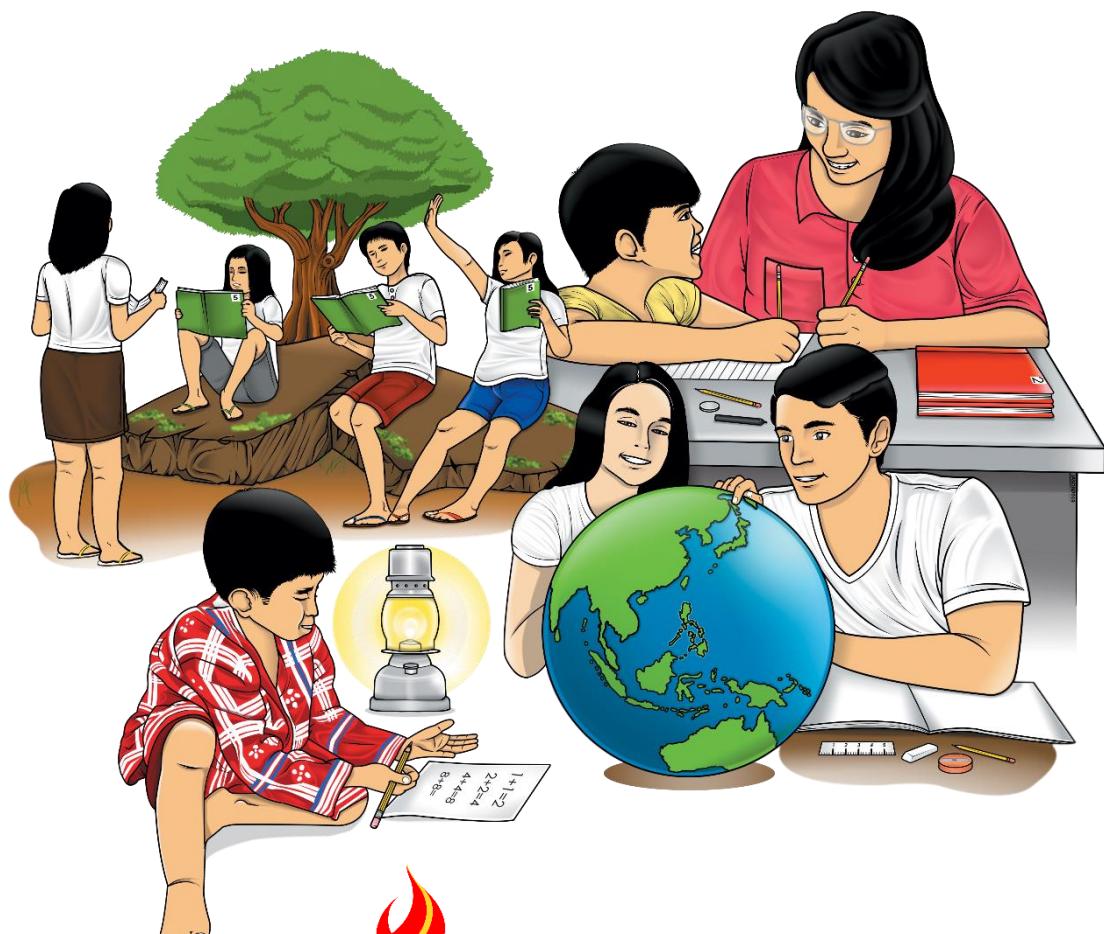


# Health

## Quarter 2 - Module 8:

### Unang Yakap: Essential Newborn Protocol



**Health – Grade 8**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 8: Unang Yakap: Essential Newborn Protocol**  
**First Edition, 2020**

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# **Health**

## **Quarter 2 – Module 8:**

### **Unang Yakap: Essential Newborn Protocol**

# **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## **What I Need to Know**

This module will help you understand better the purpose of Essential Newborn care (UNANG YAKAP). In this study session you are going to learn about the knowledge and skills you need to provide essential newborn care and your role in supporting the mother and her new baby. You have already covered some of the issues in the Postnatal Care; however newborn care is such a crucial part. It is useful for you to revisit some of the key points, as well as learn new information that will help you carry out your role as effectively as possible.

The lessons are from the DepEd mandated learning competencies – which are the same learning competencies the formal schools are teaching.

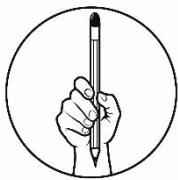
The module consists of one lesson with different sets of activities to help you conceptualize the learning competency and objectives.

### **Lesson: Unang Yakap: Essential Newborn Protocol**

After going through this module, you are expected to:

Discuss the essential newborn protocol (Unang Yakap) and initiation of breastfeeding (H8FH-IIe-f-34)

- a. describe how to give essential newborn care;
- b. explain how to assess, classify the different illnesses of newborn babies; and
- c. recognize the advantages of breastfeeding.



## ***What I Know***

Let us see what you have learned in the previous lesson!

Directions: Write **True** if the statement is correct and **False** if the statement is wrong.

- 1. A first trimester of pregnancy starts week 1 up to end of week 20.
- 2. Prenatal care helps decrease the chance of a safe and healthy delivery.
- 3. A typical pregnancy lasts 40 weeks from the first day of your last menstrual period to the birth of the baby.
- 4. Mix feeding is the best ideal form of infant feeding.
- 5. According to the researchers, babies born to mothers who lack pre-natal care have triple the chance of being born at a low birth weight.

**Lesson  
1**

# **Unang Yakap: Essential Newborn Protocol**

The most important outcome of Unang Yakap is the promotion of breastfeeding. Since the baby is placed closely to the mother's breast he becomes familiar with the breast as the source of food. Unang Yakap emphasizes the need to breastfeed within the first 60-90 minutes. It is during the early stage of breastfeeding when the protein and nutrient-rich colostrum is released. This gives the newborn baby protection against infections



## **What's In**



Illustrated by: Ruth B. Elman

What do you observe in the picture? What is the mother doing with the baby?

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What do you think is/are the needs of a newborn baby?

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## What's New

Many studies prove that breastfeeding is good for the mother and not just the baby.

Directions: Can you cite some of the benefits or advantages of breastfeeding to both mother and child?

MOTHER

CHILD

|    |    |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |



## What is It

### UNANG YAKAP (ESSENTIAL NEWBORN CARE: PROTOCOL FOR NEW LIFE)



**UNANG YAKAP** saves life of mother and newborn. It is the campaign for all practitioners and health facilities to adopt and embrace the safe and quality care of essential intrapartum.

**Essential Newborn Care** (ENC) is a care that every newborn baby needs regardless of where it is born or its size. ENC should be applied immediately after the baby is born and continued for at least the first 7 days after birth.

**Essential Newborn Care Protocol** aimed to significantly reduce infant deaths in the country.

The guidelines are categorized into the time bound and non-time bound plus unnecessary procedures.

**Time bound** procedures should be routinely performed first which are:

Immediate drying  
Skin to skin contact  
Clamping of the cord after 1-3 minutes  
Non-separation of the newborn from the mother  
Breastfeeding initiation

**Non-time bound** interventions

include:  
Immunizations  
Eye care  
Vitamin K administration  
Weighing  
Washing  
Routine suctioning  
Routine separation of newborn for observation  
Administration of prelacteals

**Newborn Screening** is a simple procedure to find out if the baby has congenital metabolic disorder that may lead to mental retardation or even death if left untreated

**Resuscitation** of a baby who is not breathing must start within one minute of birth.

**Colostrum** the first secretion from the mammary glands after giving birth, rich in antibodies and helps the newborn's immature digestive tract develop.

**Immunoglobulin** any of a class of proteins present in the serum and cells of the immune system, which function as antibodies.

**Lactation** is the period of milk production initiated by the **prolactin hormone** in the mammary glands.

**Oxytocin** a hormone released by the pituitary gland that causes increased contraction of the uterus during labor and stimulates the ejection of milk into the ducts of the breasts.

### **What Is The EINC Protocol?**

The Essential Intrapartum Newborn Care Protocol is a series of measures that are performed in order to provide safe and quality care for mothers within 48 hours of giving birth and up to a week of a newborn's life.

First, the newborn is immediately and thoroughly dried. This step stimulates the newborn's breathing.

Second, the newborn and the mother must come into physical contact with each other for at least six hours. This is done to prevent complications such as hypothermia, infection and hypoglycaemia.

Third, the umbilical cord of a newborn is clamped for one to three minutes, or when the cord pulsations stop. The proper timing of umbilical cord cutting and clamping helps prevent a newborn's brain from bursting a blood vessel and bleeding.

Fourth, the mother and her newborn are kept close and early breastfeeding is implemented. Early breastfeeding gives a newborn a substance called colostrum which boosts a newborn's immunity against diseases.

Unang Yakap is an improvement on prenatal care. It promotes respectful birthing because:

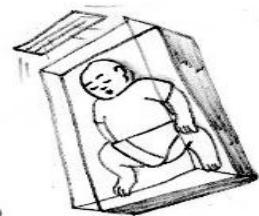
it gives the mother the option to choose who she wants to be with as she gives birth;

the mother is mobile and within reason during labor; she is also able to choose her position during labor and delivery; the mother is given a non-drug pain relief before offering anaesthesia; there is spontaneous pushing in semi-upright position; there is no episiotomy unless necessary; there is active management of third stage labor; and use of partograph in labor monitoring.

Most health centers and hospitals now perform this protocol on newborns. Prior to giving birth, you can give clear instructions that you want to perform Unang Yakap immediately after your baby is born.

The newborn loses heat in four ways:

**Evaporation:** when amniotic fluid evaporates from the skin



**Conduction:** when the baby is placed naked on a cooler surface, such as the floor, table, weighing scales, cold bed.



**Convection:** when the baby is exposed to cool surrounding air to a draught from open doors and windows or a fan.



**Radiation:** when the baby is near cool objects, walls, tables, cabinets, without actually being in contact with them.

Illustrated by: Krizza M. Ibardolaza

**Breast milk** is the milk produced by the breasts of a human female to feed a child. Milk is the primary source of nutrition for newborns before they are able to eat digest other foods.

**Breastfeeding** lowers your baby's risk of having asthma or allergies. Babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. Breastfeeding has been linked to higher IQ scores in later childhood.



#### **Benefits of Breastfeeding for both Mom and Baby:**

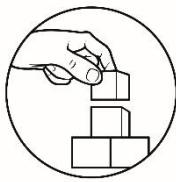
1. Breast milk provides ideal nutrition for babies
2. Breast milk loaded with Antibodies that help your baby fight off viruses and bacteria
3. Breastfeeding may reduce disease risk
4. Breast milk promotes a healthy weight
5. Breastfeeding may make children smarter
6. Breastfeeding may help lose weight
7. Breastfeeding helps the uterus contract
8. Mothers who breastfeed have a lower risk of depression
9. Breastfeeding reduces your disease risk
10. Breastfeeding may prevent menstruation
11. It also saves time and money

Illustrated by: Krizza M. Ibardolaza

#### **Activity 1.1**

*Directions:* Arrange the step-by-step interventions in EINC. Write the number (1,2,3,4) of the correct sequence in a separate sheet.

- A. Non-separation of the mother and baby for early breastfeeding initiation.
- B. Immediate and thorough drying of the baby.
- C. Properly-timed cord clamping.
- D. Early-skin-to-skin contact between the mother and the newborn.



## **What's More**

### **Activity 1.2**

Directions: Aside from unang yakap and initiation of breastfeeding, what are the essential needs a baby must have? Draw your answer on the box provided.

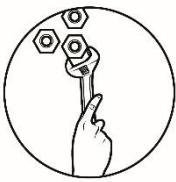


## **What I Have Learned**

The Essential Intrapartum Newborn Care Protocol is a series of measures that are performed in order to provide safe and quality care for mothers within 48 hours of giving birth and up to a week of a newborn's life.

Unang Yakap saves life of mother and newborn. It is the campaign for all practitioners and health facilities to adopt and embrace the safe and quality care of Essential intrapartum.

Breastfeeding lowers your baby's risk of having asthma or allergies. Babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea.



## What I Can Do

If you're given a chance to be one of the lawmakers in the Philippines, what are other health protections and protocols will you implement? Why?

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## Assessment

### Test I. True or False

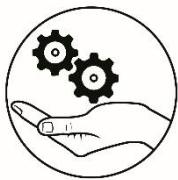
Directions: Write **True** if the statement is correct and **False** if it is wrong.

1. Newborn screening can be done on the 48<sup>th</sup> -72<sup>nd</sup> hours of life. However it may also be done after 24 hours from birth.
2. Breast milk for a newborn up to 6 months is sufficient to meet the nutritional needs.
3. One reason of reducing the number of deaths of a newborn baby is the UNANG YAKAP.
4. R.A. no. 760 or "the Rooming-in and out breastfeeding Act of 1992 encourage, protect and support the practice of breastfeeding.
5. Breastfeeding babies are high risk of having asthma or allergies.
6. Blood test, hearing screen and pulse oximetry testing are the parts of new born screening.
7. Healthy infants are not necessarily be provided with NBS because they are already in normal condition.
8. Babies may be brought only to public hospitals because they have complete medical services.
9. A "positive" or "out of range" result means that the baby's screening did show sign that the baby may be at higher risk of having one or more of the conditions included on the NBS panel.
10. According to study, mothers who failed to experience breastfeeding are associated with an increased incidence of premenopausal breast cancer, ovarian cancer, type 2 diabetes and metabolic syndrome.

**Test II. Multiple Choice:**

Directions: Choose the letter of the correct answer. Write your answer on the space provided before the number.

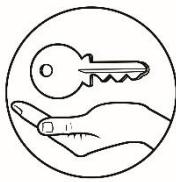
- \_\_\_\_ 1. It is known as the best and ideal form of infant feeding.  
A. breastfeeding                              C. mix feeding  
B. bottle feeding                              D. all of the above
- \_\_\_\_ 2. The milk produced by the breasts of a human female to feed a child.  
A. breast milk                                C. infant milk  
B. cow's milk                                D. soya milk
- \_\_\_\_ 3. The first secretion from the mammary glands after giving birth, rich in antibodies.  
A. colostrum                                C. milk  
B. mammary glands                        D. oxytocin
- \_\_\_\_ 4. A child from the time delivery to 30 days.  
A. fetus                                        C. newborn  
B. infant                                      D. toddler
- \_\_\_\_ 5. It is a simple procedure to find out if the baby has a certain disorders and Conditions that can hinder their normal development.  
A. CBC                                        C. lipid panel  
B. hemoglobin                                D. newborn screening
- \_\_\_\_ 6. A care that every newborn baby needs regardless of where it is born or its size.  
A. breast feeding                            C. lactation  
B. essential newborn care                D. unang yakap
- \_\_\_\_ 7. Any of a class of proteins present in the serum and cells of the immune system, which function as antibodies.  
A. antibodies                                C. oxytocin  
B. Immunoglobulin                          D. Serum
- \_\_\_\_ 8. A hormone released by the pituitary gland that causes increased contraction of the uterus during labor and stimulates the ejection of milk into the ducts of the breasts.  
A. antibodies                                C. oxytocin  
B. immunoglobulin                          D. serum
- \_\_\_\_ 9. Known as luteotropic hormone is a protein best known for its role in enabling mammals, usually females, to produce milk.  
A. antibodies                                C. oxytocin  
B. lactation                                  D. prolactin
- \_\_\_\_ 10. After a baby is born, the umbilical cord is cut. This may be done immediately after birth.  
A. breastfeeding                              C. Essential newborn care  
B. cord clamping                            D. lactation



## ***Additional Activities***

Listen to the song “UGOY NG DUYAN”, and answer the question:

What do you think may be the effects of the song to the baby? Why? Write your ideas in your health activity notebook.



## ***Answer Key***

| Assessment |       | What I Know |           | What Is It |       | Activity 1.1 |   | True or False |       | 1.3 |   |
|------------|-------|-------------|-----------|------------|-------|--------------|---|---------------|-------|-----|---|
| 1.         | False | 1.          | Test I.   | 1.         | True  | 1.           | A | 2.            | True  | 2.  | A |
| 2.         | False | 2.          | Test II.  | 2.         | True  | 3.           | A | 3.            | True  | 3.  | C |
| 3.         | True  | 3.          | Test III. | 3.         | False | 4.           | B | 4.            | True  | 4.  | D |
| 4.         | True  | 4.          | Test I.   | 4.         | False | 5.           | C | 5.            | False | 5.  | B |
| 5.         | False | 5.          | Test II.  | 5.         | True  | 6.           | D | 6.            | True  | 6.  | A |
| 6.         | True  | 6.          | Test III. | 6.         | False | 7.           | B | 7.            | False | 7.  | B |
| 7.         | True  | 7.          | Test I.   | 7.         | True  | 8.           | C | 8.            | False | 8.  | C |
| 8.         | False | 8.          | Test II.  | 8.         | True  | 9.           | D | 9.            | True  | 9.  | D |
| 9.         | True  | 9.          | Test III. | 9.         | False | 10.          | B | 10.           | True  | 10. | B |
| 10.        | False | 10.         | Test I.   | 10.        | True  |              |   |               |       |     |   |

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