



“MCH Handbook: Ensuring maternal and child health care amidst the pandemic in Ghana-

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Ghana MCH Record Book Project**



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Contents

1. MCH Record Book in Ghana
2. Progress of National Rollout of MCH RB
3. Promotion of essential MCH and Nutrition services under Covid-19

1. History of Development of MCH Record Book



- **Ghana MCH Record Book** was developed in 2018 by MOH and GHS with technical and financial support by JICA
 - to promote Quality COC
 - For QOC of Integrated MNCH and Nutrition Services
 - To improve communication between health providers, clients, and clients' family members
 - to empower women and family members
- Book was launched by the Second Lady



New areas

- Features for assessment of Estimated Weight at Delivery using the BMI of pregnant woman before 12 weeks
- Improved health messaging and illustrations to enhance communication
- Introduction of Length and height measurement
- Nutrition Counselling Tables for pregnant women and caregivers
- Continuum of Care

Essential Elements for Implementation



- Nutrition Counselling Clinic
- Respectful care
- Improved communication skills and effective utilization of MCH RB
- Enhanced Monitoring and Supervision

1. Nutrition-related essential features of Ghana MCH Record Book

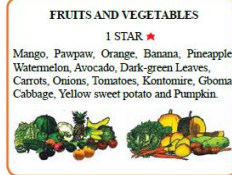
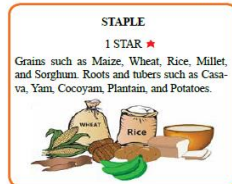


Nutrition messages with illustrations

3. How to eat well during pregnancy.

- Eat one extra meal each day (4 meals a day) and snack (such as fruits, biscuits, or roasted maize / plantains / groundnuts) to stay healthy.
- The meals to be taken should be prepared from a variety of foods (4 STAR diet ★★★★★) every day.
- Eat more iron-rich foods, e.g. meat, fish, etc.
- If you eat well, you will be healthier and your baby will grow healthier and stronger.
- Your family should provide a variety of foods for pregnant women. 4 STAR diet and personal hygiene are also important for all your family members.

THE 4 STAR DIET



- Oil and fat vegetable and other some vita.
- You should
- You should

From 6 up to 9 months



- **Texture:** Mashed / pureed / blended foods.
- **How often:** 3 times a day (give 4 times if not breastfed) and 1 snack.
- **How much:** 3 tablespoons per a feed. Increase gradually to one-half (1/2) of cup/bowl (250 ml).
- Give fruits every day.
- **Variety:** Feed a variety of foods - 4 STAR diet (referring to page 17).

Nutrition Counseling tables for pregnant woman and child

Nutrition Counselling			
Date of counselling	/ /	/ /	/ /
Assessment	Hemoglobin <input type="checkbox"/> Normal (11g/dl or above) <input type="checkbox"/> Moderate anaemia (7 – 11 g/dl) <input type="checkbox"/> Severe anaemia (less than 7g/dl)	<input type="checkbox"/> Normal (11g/dl or above) <input type="checkbox"/> Moderate anaemia (7 – 11 g/dl) <input type="checkbox"/> Severe anaemia (less than 7g/dl)	<input type="checkbox"/> Normal (11g/dl or above) <input type="checkbox"/> Moderate anaemia (7 – 11 g/dl) <input type="checkbox"/> Severe anaemia (less than 7g/dl)
	Feeding history and hygiene practices a) Meal frequency b) Variety		
Analysis (Record actual gaps)			
Actions (1-2 recommended actions)			
Remarks			
Name and signature			

Nutrition Counseling Table

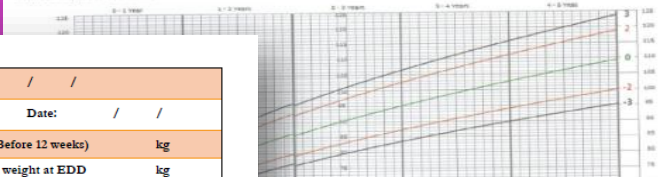
Date	Assessment of Growth		Interpretation of Chart or Curve	Recent History of Illness	Recent History of Feeding	Analysis List Identified Gaps in Feeding and Care	Action Recommended Actions (Double options agreed with Client)	Remarks (Additional notes on Assessment, Analysis and Actions)	Name & Signature
	Weight (kg) Z-score*	Height (cm) Z-score*							
/ /									
/ /									

Records of current pregnancy

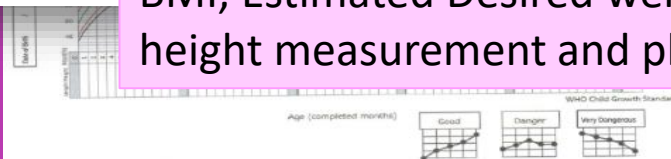
First day of the last menstrual period (L.M.P)	Date: / /
Estimated Date of Delivery (EDD)	By SCAN or LMP Date: / /
Height cm	Weight at ANC1 (Before 12 weeks) kg
BMI at ANC1 (Before 12 weeks)	Estimated desired weight at EDD kg
Type of contraception used before this pregnancy (If any)	

Length/height-for-age GIRLS

Birth to 5 years (Z-scores)



BMI, Estimated Desired weight at EDD, height measurement and plotting



Progress of National Rollout of Ghana MCH RB



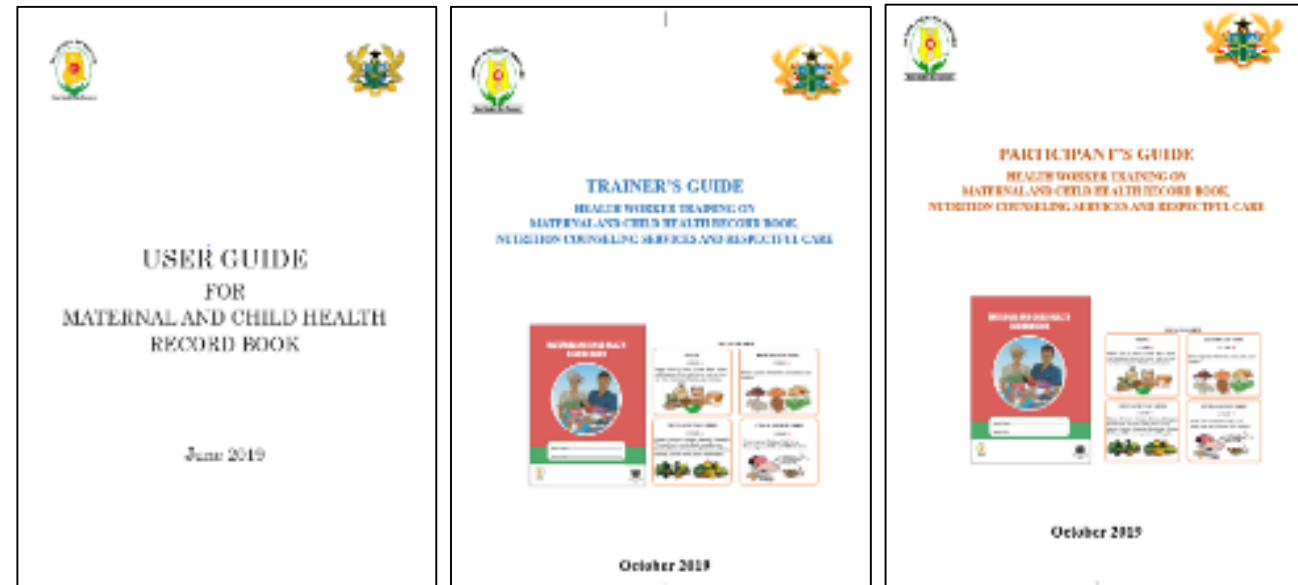
Milestones	Status	Remarks
1 Pre-test and Pilot test	Completed	In 2017 and 2018
2 National Version of MCH RB	Completed	national distribution started March 2018.
3 Procurement of Equipment for measurement on-going		Length board, weighing scale, HB machine procured to focus districts
4 Training of Facilitators	Completed	869 facilitators trained
5 Training of Health Workers	on-going	1826 health workers trained
6 Sensitization of Regional leaders	Completed	In all regions
7 Monitoring and Supervision	on-going	1st M&S conducted (2019)
8 Utilization of MCH RB at health facilities	On-going	Utilized at 80% health facilities (1st M&S)
9 Development of training materials and integration into other Partner funded activities	On-going	Training conducted with support from World Bank, UNICEF etc
10 Development of Management Guide	on-going	A series of WSs conducted

2. National rollout with Standardized Training



MCH RB has been rolled out nationwide through the use of a **training package developed and certified as a national standard**

1. Operational Guidelines
2. User Guide of MCH RB
3. Trainer's Guide
4. Participant's Guide
5. 4-day training curriculum
6. Checklist for M&S
7. Job-Aid Flipchart



GHS Promotes Partners to use the standard package
in their programs

2. National Rollout of MCH RB - health worker training -



Training includes a variety of activities and field practice

Classroom training



Introduction of MCH RB

Length measurement



On-site training



Counseling exercise

Length measurement



**Recording exercise
on MCH RB**



**Plotting exercise
on growth chart**

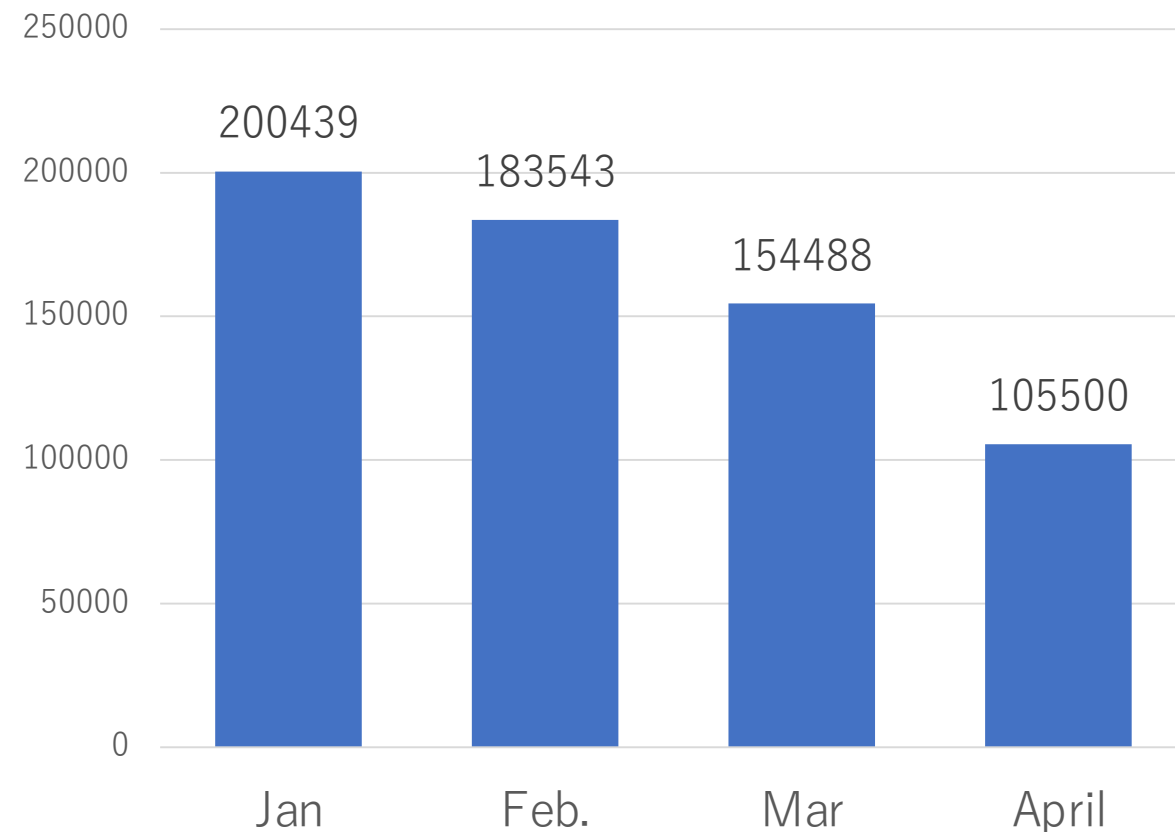


3. MCH under COVID-19 in Ghana



- Concern about possible low uptake of essential MCH and nutrition services for fear of infection
- In response developed and trained on MCH & Nutrition services in the context of COVID
- Guidelines on modification and triaging of patients to reduce overcrowding and enhance flow
- Orientation on infection prevention and control
- Provision of PPE for staff
- Key messaging on COVID prevention protocols

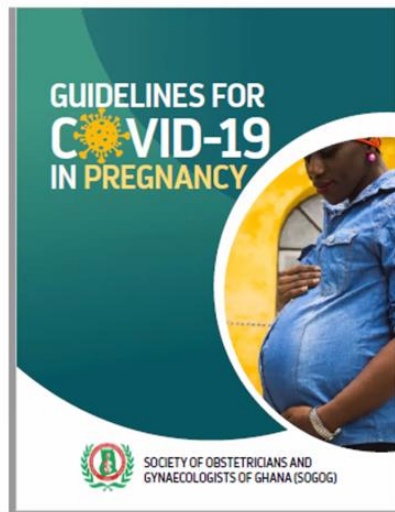
CWC Attendants 2020 Jan-April
(Greater Accra)



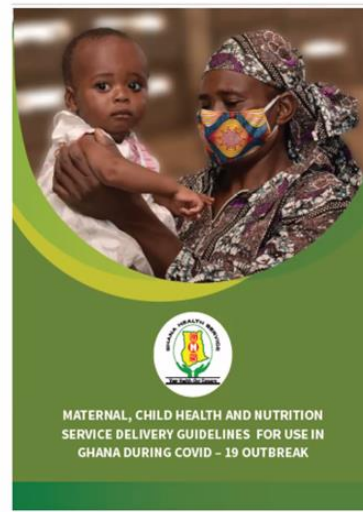
3. Promotion of MCH and Nutrition Under COVID-19 in Ghana



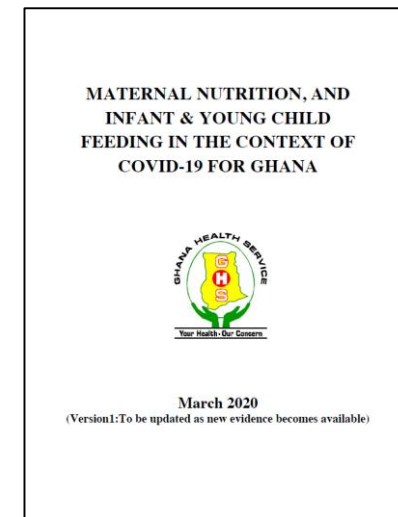
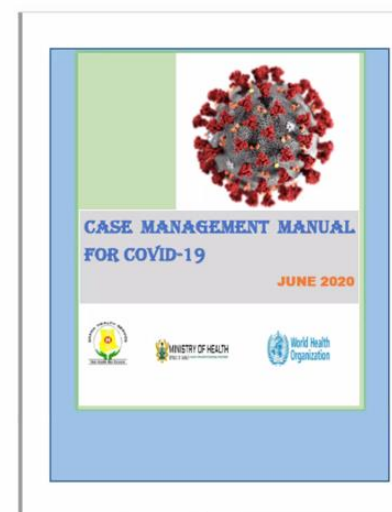
- Ghana Health Service (GHS), MOH, OBGY Society, and Paediatric Society of Ghana (PSG) developed Guidelines for MCH and Nutrition service under COVID-19 (April 2020)
- The guideline refers the effective use of MCH Record Book to promote COC of MNCH and Nutrition
 - Intensify BCC using MCH Record Book
 - Use MCH Record Book to counsel pregnant women on maintaining healthy pregnancy
 - Use MCH Record Book to teach mothers on danger signs and cord care



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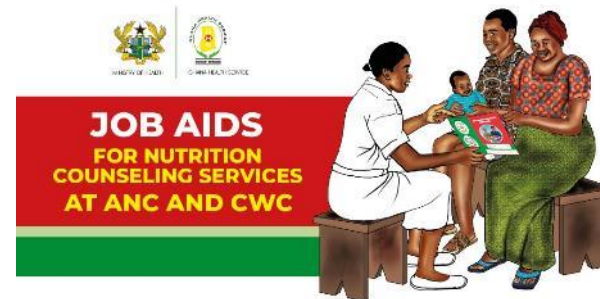
Ghana MCH RB Project



3. GHS-JICA MCH RB Project under COVID-19



- JICA Expanded Support of Printing of one million MCH Record Book (2020)
- Continued HW training with risk mitigation measures
- Finalization of training materials, job-aid, and M/S tools with online technical meetings
- Procurement of equipment for measurement for selected districts



3. GHS-JICA MCH RB Project under COVID-19



- Health worker training observes safety
- With Risk Mitigation Measures



Feb.2021



Ghana MCH RB Project



Way forward



- Utilizing MCH RB, Nutrition Counseling Services and Respectful care are integrated into the routine MCH services in Ghana
- Key critical issues are under discussion for sustainability of MCH RB program.
 - National coordination mechanism
 - Printing and Logistic Management
 - Protecting Copy Right
 - Tracking of the distribution and COC
 - Involvement of Private facilities
- The GHS-JICA MCH RB Project continues to work for the roll-out of MCHRB and institutionalization of the MCHRB in the health system in Ghana.



THANK YOU

Homepage (English)

<https://www.jica.go.jp/project/english/ghana/010/index.html>

Homepage (Japanese)

<https://www.jica.go.jp/project/ghana/010/index.html>

