

Circular Letter No; 02 – 08 /2011

Ministry of Health

Rev Baddegama Wimalawansa Thero
Mawatha,

Colombo 10

12/01/2011

All Provincial Director of Health Services,

All Regional Director of Health Services

All Heads of Institutions

Guidelines for implementation of MCH/FP services in flood affected areas during the emergency phase

1. Identify vulnerable groups and admit them to nearest hospitals

- a. Pregnant mothers with POA >36 weeks –
- b. Sick pregnant mothers
- c. Newborns (along with their mothers)
 - i. All newborns in 0-7 days, pre mature, LBW
 - ii. Others with any of the following signs:
 - Lethargic, unconscious, convulsions or bulging fontanelle
 - rapid breathing (>60 breaths per minute) or slow breathing (less than 30/minute)
 - fever (37.5 C⁰ or above/feel hot)
 - Low body temperature (less than 35C⁰ /or feel cold)
 - Bleeding from umbilicus,
 - pallor, cyanosis,
 - umbilical sepsis
 - more than ten skin pustule /or swelling, redness, localized hardness of skin
 - within 24hours jaundice
 - Admit all
- d. Sick children with the following signs:
 - i. Under 02 months
 - Lethargic, unconscious, convulsions or bulging fontanelle
 - rapid breathing (>60 breaths per minute) or slow breathing (less than 30/minute)

- fever (37.5 C^0 or above/feel hot)
- Low body temperature (less than 35C^0 /or feel cold)
- Sunken eyes, slow skin pinch (signs of severe dehydration)

ii. Over 02 months:

- Not able to breast feed or drink
- Vomits everything
- Convulsions
- Lethargic and unconscious
- Fast breathings (More than 50 breaths per minute)
- Too breathless to talk or feed

two of the following signs together

- Lethargic /unconscious
- Sunken eyes
- Not able to drink or drink poorly
- Very slow skin pinch
- Blood in the stools

2. Antenatal care:

Provide essential antenatal care in mobile clinics

- a. Assess danger signals (eg: bleeding PV, reduced foetal movements, oedema, severe headache, fever, chest pain, visual disturbances)
- b. Check blood pressure
- c. Appropriate referral
- d. Provide them with a maternity kit

3. Natal care

- a. Hospital delivery has to be ensured
- b. For emergency field deliveries use the sterile delivery pack
- c. In case of emergency field delivery admit the mother together with the newborn urgently to the hospital
 - Cut and tie the umbilical cord to prevent bleeding
 - Dry the baby well with a dry cloth and keep well covered and skin to skin contact with the mother
 - Look for bleeding and take appropriate action

4. Newborn care

- a. Keep the baby warm –
 - i. During the day advice the mother to keep the baby always with the mother
 - ii. During the night keep the baby close to the mother, preferably skin to skin

- iii. Keep the baby well covered, put additional layer of clothing (it is important to cover the head and extremities)
- iv. When necessary use warm water to clean the baby

- b. Ensure exclusive breast feeding (give only breast milk, no formula feeds)
- c. Observe for danger signs (refer above)

5. Child care

- a. Observe for danger signs
- b. Ensure exclusive breast feeding up to 6 months and continue breastfeeding up to 2 years or beyond with complementary feeding (use clean water when preparing complementary foods)
- c. Continue feeding during illnesses
- d. Supplementary foods (thripasha 100g per day/high energy biscuits 8 -10 per day etc.) can be provided as complementary foods during emergency phase
(Refer to the annexed circulars and guidelines on Infant and Young Child Feeding during emergency.)

6. Family Planning

- i. Make FP (DMPA, OCP, Condoms and ECP) services available

7. Women

- Ensure security and protection for female headed households and girls/women without family protection
- If possible organize a corner where privacy can be maintained for changing cloths and breastfeeding
- Ensure that there are females among the service providers eg; food/water distribution, registration, health care provision to avoid taking unnecessary sexual advances
- Make sure that there are separate latrines for women, if possible make sure that the path to latrine and the latrine is well lit during the night. And also make sure that the latrines are lockable
- Ensure that each adolescent girl/woman receive a hygienic pack (soap, tooth paste, washing powder, sanitary towel, paracetamol card, mosquito coils, rubber slippers one pair, panties, comb, safety pins, towels)

- 8. Locate affected health staff staying within the locations and delegate responsibilities.

For further information and guidance please contact The Director, Family Health Bureau,
231, De Seram Place, Colombo 10. Telephone; 011 2696677 Fax; 011 2690790.



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Dr Ajith Mendis
Director General of Health Services

CC;

Secretary Health

Additional Secretary (MS)

All Deputy Directors General of Health Services,

Chief Epidemiologist

Director HEB

Director Nutrition

Director Nutrition Coordination Unit

Director NIHS

All Directors of Teaching Hospitals,

All Heads of Medical Institutions

President of SLCOG

President of SLCP

President of SLCCP