

Annex B: PSF Training Plan and BCC Materials

A. Mai Ita Koko (Come Let's Try!) Training Topics

The objective of the Mai Ita Koko (MIK) curriculum is to train a cadre of Community Health Workers, locally known in Timor-Leste as Promotor Saude Familiar (PSF), in key messages focused on maternal and newborn health so that they can carry out home visits with pregnant women and family members providing them with appropriate health education regarding healthy maternal behaviors during pregnancy, delivery and the postpartum period.

During training, HAI facilitators use participatory methods to create an interactive environment so PSFs will be more engaged (brainstorming, discussion, presentation and practice) during the three days of training.

In consultation with the MoH, HAI produced the PSF training curriculum and materials to be used for home visits with pregnant women. Under previous grant funding, HAI developed a smart package of communication tools that include: 1) 10 photo cards depicting relevant images of healthy maternal choices during pregnancy, delivery and the postpartum period; 2) a colorful poster showing all the photo cards and boxes to tick off behavior change decision made by families (attend antenatal care, deliver with a skilled attendant, etc.) that is left with the family; and 3) posters that depict the danger signs of pregnancy, delivery and postpartum. PSFs are trained to use these communication tools to deliver health education in the home. The training curriculum focuses on antenatal care, birth planning, having a skilled birth attendant (SBA) and a postpartum/newborn check either at home or at a facility and child spacing post delivery. An additional topic covered in the PSF curriculum is how to deliver effective health education and the role of the PSF in the health system. The training topics and pictures of the photo cards and posters are described below.

1. Topic: Antenatal Care

PSFs are trained to provide detailed information about the importance of antenatal care (ANC). They use photo cards and the action poster to explain the importance for pregnant women to see a midwife in the first trimester of pregnancy and at least four times during their pregnancy. PSFs learn to explain some of the benefits of attending ANC, such as receiving iron tablets, receiving bed nets to sleep under to prevent malaria, getting Tetanus Toxoid vaccination and information about nutrition and the danger signs during pregnancy.

2. Topic: Birth Plan

PSFs are trained on key messages regarding the importance of making a birth plan and reinforcing messages on the dangers sign during the pregnancy. The birth planning topics in which PSFs are trained to discuss with women and families are: contacting a midwife at the onset of labor, saving small amounts of money for transportation at the time of delivery,

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how to organize transport to get to women to the health facility, making arrangements for child care and care of the home or farm in order to go to a health facility at the onset of labor. During the training PSFs practice using the photo cards, the action poster and danger sign poster in order to become familiar with the tools.

3. Topic: Birth at Health Facility with Skilled Birth Attendant (SBA)

PSFs are trained in the benefits of delivering at a health facility with a SBA (most often a midwife in Timor-Leste). They are trained to use the photo card and poster to encourage women and families to make a plan to delivery with a SBA. They also are trained to use the danger signs poster to educate women and families about the danger signs of delivery that require immediate medical attention. The MoH encourages all pregnant women to delivery at health facility with assist by a midwife.

4. Topic: Birth at Home with SBA

In Timor-Leste midwives will also go to women's homes to assist them at the time of delivery and therefore, PSFs are also trained to discuss with women and families that if a home birth is planned how important it is to arrange to have a SBA and how they can go about contacting a midwife for assist at the onset of labor. As above the key messages include the benefits of having a SBA and the danger signs to know at the time of the delivery.

5. Topic: Giving of Colostrum

PSFs are trained to discuss with women and families the benefit of giving the first breastmilk, colostrums, as it is rich in vitamins. The training and communication materials also focus on health education for immediate and exclusive breastfeeding for six months.

6. Topic: Postpartum Check (PPC) at Home with Trained Health Staff

PSFs are trained on the importance of a postpartum check by a trained health staff to check on the health of the mother and newborn. The training includes the danger signs for mothers and babies during the postpartum period and encourages mothers and their family members to arrange with the midwife to come see her baby at home if she can't go to the health facility.

7. Topic: Postpartum Check (PPC) at Health Facility Trained Health Staff

Additionally, PSFs are trained to discuss the option of women going to a health facility to receive a PPC for herself and her newborn. As in PPC at home, PSFs are trained in the danger signs during the postpartum period and teach women and families about these

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danger signs and encourage mothers go see a midwife within the first week after birth and go for a minimum of three PPC visits after birth.

8. Topic: Child Spacing

PSFs receive training on the importance of child spacing and why waiting at least two years after the birth of their last child to get pregnant again is beneficial. PSFs receive training on key messages why child spacing is beneficial for parents, children, the family and the community. PSFs will not be trained in specific family planning methods, but will encourage women and families to go to the health facility to learn more about family planning methods.

9. Topic: Skill Building for PSFs

As part of the MIK curriculum PSFs receive training regarding the importance of their role in their communities. Specific topics covered during this session are employing the right attitude and approach when providing health promotion with women and families in their home, how to deliver simple messages on the eight focused topic areas. Even simple items like how to hold the photo card while discussing the topic and how to ask polite questions of mothers and families to learn about their current maternal health behaviors and respond with clear explanations when questions are asked of them.

B. MIK Follow –Up Supervision and Check-ins Post-Training

After the three days of training the HAI team will continue to work with the PSF to support them in their home visit work. In the three months following training, the HAI staff will accompany at least one PSF per suco as they carry out home visits. HAI staff will provide onsite coaching and mentoring for PSFs post training so their skills continue to improve. A feedback session will be carried out following the home visits between HAI staff and the PSF. It would be difficult to follow-up with each PSF in person, but we hope that lessons learned are shared amongst PSF in each suco.

C. MIK Follow-Up Motivation and Meetings

Three months after training, HAI staff together with district-based MoH staff will conduct a one day meeting in each sub district that has received the PSF training. In addition to the DHMT from respective districts, health promotion and maternal child health department staff from national level will be invited to participate.

These meetings will be a time to check in how the work is progressing from the perspective of the PSF, their workload and whether it is manageable at current levels, and identify further training needs to enhance their knowledge. It will also be a time for the PSFs to

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share experiences of home visits conducted over the last quarter, the HAI team to report on the total number of homes visited and SISCas supported, and a time for the DHMT to report out on HMIS data on key maternal indicators so PSFs can receive feedback on where improvements have been made and where there are pressing gaps. Fun activities will also be carried out at these meeting, such as competitions among PSF from different villages to check their knowledge about MCH key messages. It is hoped that these meetings will spark an exchange of ideas among PSFs, build stronger connections between the cadre of PSFs and the district health staff and spark a continued strong motivation among PSFs.

A. Photo Cards and Action Poster



Photo Card 1 – Antenatal Care

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Photo Card 2 - Having a Birth Plan



Photo Card 3 – Clinic Birth with Skilled Birth Attendant

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Uja parteria iha uma

Photo Card 4 – Home Birth with Skilled Birth Attendant



Fo kedes susuben kinur ba ita nia bebe foin moris

Photo Card 5 – Giving Colostrum

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Bolu parteira ba ita nia uma iha loran tolu nia laran depois de partus atu konsulta

Photo Card 6 – Post Partum Check at Home



Ba konsulta iha fasilitade saude iha loran tolu nia laran depois de partus

Photo Card 7 – Post Partum Check at Clinic

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Photo Card 8 – Family Planning



Action Poster