

# ONE-PAGE SUMMARY OF ESSENTIAL INTERVENTIONS

## ESSENTIAL, EVIDENCE-BASED INTERVENTIONS TO REDUCE REPRODUCTIVE, MATERNAL,

CONTINUUM OF CARE	ADOLESCENCE & PRE-PREGNANCY	PREGNANCY (ANTENATAL)	CHILDBIRTH
<b>ALL LEVELS:</b>  <b>COMMUNITY PRIMARY REFERRAL</b>	<ul style="list-style-type: none"> <li>Family planning (advice, hormonal and barrier methods)</li> <li>Prevent and manage sexually transmitted infections, HIV</li> <li>Folic acid fortification/supplementation to prevent neural tube defects</li> </ul>	<ul style="list-style-type: none"> <li>Iron and folic acid supplementation</li> <li>Tetanus vaccination</li> <li>Prevention and management of malaria with insecticide treated nets and antimalarial medicines</li> <li>Prevention and management of sexually transmitted infections and HIV, including with antiretroviral medicines</li> <li>Calcium supplementation to prevent hypertension (high blood pressure)</li> <li>Interventions for cessation of smoking</li> </ul>	<ul style="list-style-type: none"> <li>Prophylactic uterotonics to prevent postpartum haemorrhage (excessive bleeding after birth)</li> <li>Manage postpartum haemorrhage using uterine massage and uterotonics</li> <li>Social support during childbirth</li> </ul>
<b>PRIMARY AND REFERRAL</b>	<ul style="list-style-type: none"> <li>Family planning (hormonal, barrier and selected surgical methods)</li> </ul>	<ul style="list-style-type: none"> <li>Screening for and treatment of syphilis</li> <li>Low dose aspirin to prevent pre-eclampsia</li> <li>Antihypertensive drugs (to treat high blood pressure)</li> <li>Magnesium sulphate for eclampsia</li> <li>Antibiotics for preterm prelabour rupture of membranes</li> <li>Corticosteroids to prevent respiratory distress syndrome in preterm babies</li> <li>Safe abortion</li> <li>Post abortion care</li> </ul>	<ul style="list-style-type: none"> <li>Active management of third stage of labour (to deliver the placenta) to prevent postpartum haemorrhage (<i>as above plus controlled cord traction</i>)</li> <li>Management of postpartum haemorrhage (<i>as above plus manual removal of placenta</i>)</li> <li>Screen and manage HIV (if not already tested)</li> </ul>
<b>REFERRAL*</b>	<ul style="list-style-type: none"> <li>Family planning (surgical methods)</li> </ul>	<ul style="list-style-type: none"> <li>Reduce malpresentation at term with External Cephalic Version</li> <li>Induction of labour to manage prelabour rupture of membranes at term (initiate labour)</li> </ul>	<ul style="list-style-type: none"> <li>Caesarean section for maternal/foetal indication (to save the life of the mother/baby)</li> <li>Prophylactic antibiotic for caesarean section</li> <li>Induction of labour for prolonged pregnancy (initiate labour)</li> <li>Management of postpartum haemorrhage (<i>as above plus surgical procedures</i>)</li> </ul>
<b>COMMUNITY STRATEGIES</b>	<ul style="list-style-type: none"> <li>Home visits for women and children across the continuum of care</li> <li>Women's groups</li> </ul>		

## NEWBORN AND CHILD MORTALITY, AND PROMOTE REPRODUCTIVE HEALTH

POSTNATAL (MOTHER)	POSTNATAL (NEWBORN)	INFANCY & CHILDHOOD
<ul style="list-style-type: none"> <li>Family planning advice and contraceptives</li> <li>Nutrition counselling</li> </ul>	<ul style="list-style-type: none"> <li>Immediate thermal care (to keep the baby warm)</li> <li>Initiation of early breastfeeding (within the first hour)</li> <li>Hygienic cord and skin care</li> </ul>	<ul style="list-style-type: none"> <li>Exclusive breastfeeding for 6 months</li> <li>Continued breastfeeding and complementary feeding from 6 months</li> <li>Prevention and case management of childhood malaria</li> <li>Vitamin A supplementation from 6 months of age</li> <li>Routine immunization plus <i>H.influenzae</i>, meningococcal, pneumococcal and rotavirus vaccines</li> <li>Management of severe acute malnutrition</li> <li>Case management of childhood pneumonia</li> <li>Case management of diarrhoea</li> </ul>
<ul style="list-style-type: none"> <li>Screen for and initiate or continue antiretroviral therapy for HIV</li> <li>Treat maternal anaemia</li> </ul>	<ul style="list-style-type: none"> <li>Neonatal resuscitation with bag and mask (by professional health workers for babies who do not breathe at birth)</li> <li>Kangaroo mother care for preterm (premature) and for less than 2000g babies</li> <li>Extra support for feeding small and preterm babies</li> <li>Management of newborns with jaundice (“yellow” newborns)</li> <li>Initiate prophylactic antiretroviral therapy for babies exposed to HIV</li> </ul>	<ul style="list-style-type: none"> <li>Comprehensive care of children infected with, or exposed to, HIV</li> </ul>
<ul style="list-style-type: none"> <li>Detect and manage postpartum sepsis (serious infections after birth)</li> </ul>	<ul style="list-style-type: none"> <li>Presumptive antibiotic therapy for newborns at risk of bacterial infection</li> <li>Use of surfactant (respiratory medication) to prevent respiratory distress syndrome in preterm babies</li> <li>Continuous positive airway pressure (CPAP) to manage babies with respiratory distress syndrome</li> <li>Case management of neonatal sepsis, meningitis and pneumonia</li> </ul>	<ul style="list-style-type: none"> <li>Case management of meningitis</li> </ul>
<p>* Family planning interventions at Referral level include those provided at the Primary level</p>		