

School of Nursing

Course Code : BSCN3002

Course Name: Child health nursing

NATIONAL HEALTH PROGRAMMES FOR CHILDREN IN INDIA



Name of the Faculty: DEEPIKA BAJWAN

Program Name: B.sc Nursing

INTRODUCTION:

The **ministry of health, Government of India, central health council** launch programs aimed at controlling or eradicating diseases which cause considerable morbidity and mortality in India.

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HOW TO ACHIEVE HEALTH

- By improving host resistance to environmental hazards
- By improving environmental safety
- By improving health systems designed to increase the likelihood, efficiency & effectiveness of the first two goals

HEALTH PROGRAMME

1. NATIONAL RURAL HEALTH MISSION
2. NATIONAL PROGRAMS RELATED TO MOTHER AND CHILD CARE
 1. Maternal and child health program (MCH)
 2. Integrated child development service scheme (ICDS)
 3. Child survival and safe motherhood program(CSSM)
 4. Reproductive and child health program(RCH)
 5. Integrated management of neonatal and childhood illness

Various national health programs are currently in operation for the improvement of child health and prevention of childhood diseases. The brief lists of these programs are:

- Reproductive and Child Health Program.
- Universal Immunization Program
- Integrated Child Development Services Scheme(ICDS)
- School Health Program
- Nutritional Program
- IMNCI
- MCH
- WELL BABY CLINIC/UNDER FIVE CLINIC

NATIONAL PROGRAMS RELATED TO COMMUNICABLE DISEASES

- National program of immunization
- Acute respiratory infection control program
- Diarrheal disease control program
- Revised national tuberculosis control program
- Leprosy eradication program
- National vector borne disease control programs
- National malaria eradication program
- National Filarial control program

NATIONAL PROGRAMS RELATED TO CONTROL OF NUTRITIONAL DEFICIENCY DISORDERS

1. Special Nutritional program 1970
2. Mid-day meal program. 1957
3. Anemia prophylaxis program. 1970
4. National iodine deficiency disorders control program. 1962

INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS)

- **ICDS** being implemented by **Ministry of Women and Child Development is the world's largest programme** aimed at enhancing the health, nutrition and learning opportunities of **infants, young children (O-6 years) and their mothers.**
- It is the foremost symbol of India's commitment to its children – India's response to the challenge of providing pre school education on one hand and breaking the vicious cycle of malnutrition, mortality and morbidity on the other.

INTEGRATED CHILD DEVELOPMENT SERVICE SCHEME (ICDS) (1975)

TARGET: holistic development of children

OBJECTIVE-

- To improve the nutritional and health status of children in the age group 0-6 years.
- To reduce mortality, morbidity, malnutrition and school dropout.
- To lay the foundation for proper psychological and social development of the child.



- To achieve effective co-ordination of policy and implementation amongst the various departments to promote child development
- To enhance the capability of the mother to look after the normal health and nutritional needs of the child through proper nutrition and health education.

The Scheme provides an integrated approach for converging basic services through community based workers and helpers.

The services are provided at a centre called the 'Anganwadi', which literally means a courtyard play centre, a childcare centre located within the village itself.

The package of services provided are:

- ❖ Supplementary nutrition,
- ❖ Immunization,
- ❖ Health cheservices,
- ❖ Pre-school non-formal education and
- ❖ Nutrition and health education
- ❖ check-up
- ❖ Referral

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<u>BENEFICIARY</u>	<u>SERVICES</u>
Children of below 3 years age group	<ul style="list-style-type: none">• Health checkup• Immunization• Referral services• Supplementary nutrition
Children of 3-6 year age group	<ul style="list-style-type: none">• Non formal preschool education• Health checkup• Immunization• Referral services• Supplementary nutrition
Expectant and nursing women	<ul style="list-style-type: none">• Health check up• Immunization against tetanus of expectant• Nutrition and health education• Supplementary nutrition

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Service Delivery :

Anganwadi Workers

- Each Anganwadi unit covers a population of about 1000.
- A network of Mahila Mandals has been built up in ICDS Project areas to help Anganwadi workers in providing health and nutrition services.

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- The work of Anganwadis is supervised by *Mukhyasevikas*.
- Field supervision is done by the Child Development Project Officer(CDPO).

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MATERNAL AND CHILD HEALTH PROGRAMME

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DEFINITION

According to WHO (1976)

Maternal and child health services can be defined as *“promoting, preventing, therapeutic or rehabilitation facility or care for the mother and child”*.

Thus maternal and child health service is an important and essential service related to mother and child’s overall development.

SUB AREAS:-

- The components of MCH include the following sub areas.
 - ❖ Maternal health
 - ❖ Family planning
 - ❖ Child health
 - ❖ School health
 - ❖ Handicapped children
 - ❖ Care of the children in special setting such as day care centers.

MATERNAL AND CHILD HEALTH PROGRAMME



OBJECTIVES OF MCH:-

- To reduce maternal, infant and childhood mortality and morbidity.
- To promote reproductive health
- To promote physical and psychological development of children and adolescent within the family.

SERVICES

Services delivered by **multipurpose health workers**

- Record of occurrence of pregnancy
- identify women with anemia
- Administered 2 doses Tetanus Toxoid.
- Provide iron and folic acid tablet to pregnant women

Care of Mother

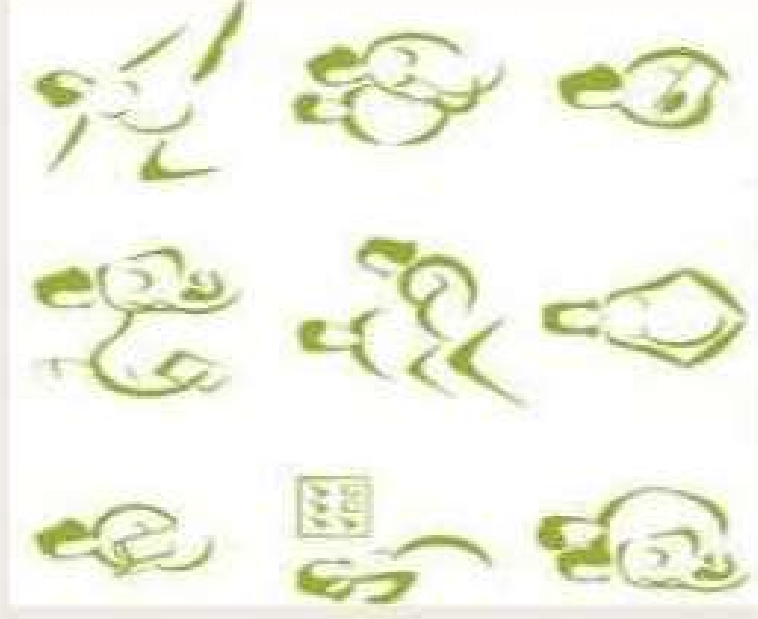
1. Antenatal Care
(Fertilization -Onset of true labour pain)

2. Intranatal Care
(Onset of true labour pain- Expulsion of Placenta)

3. Postnatal Care
(Expulsion of placenta-42 days)

Components of A.N. care

1. Antenatal visits.
2. Antenatal examination.
3. Risk approach.
4. Prenatal advices.
5. Specific health protection
6. Mental preparation.
7. Family planning.
8. Paediatric component.



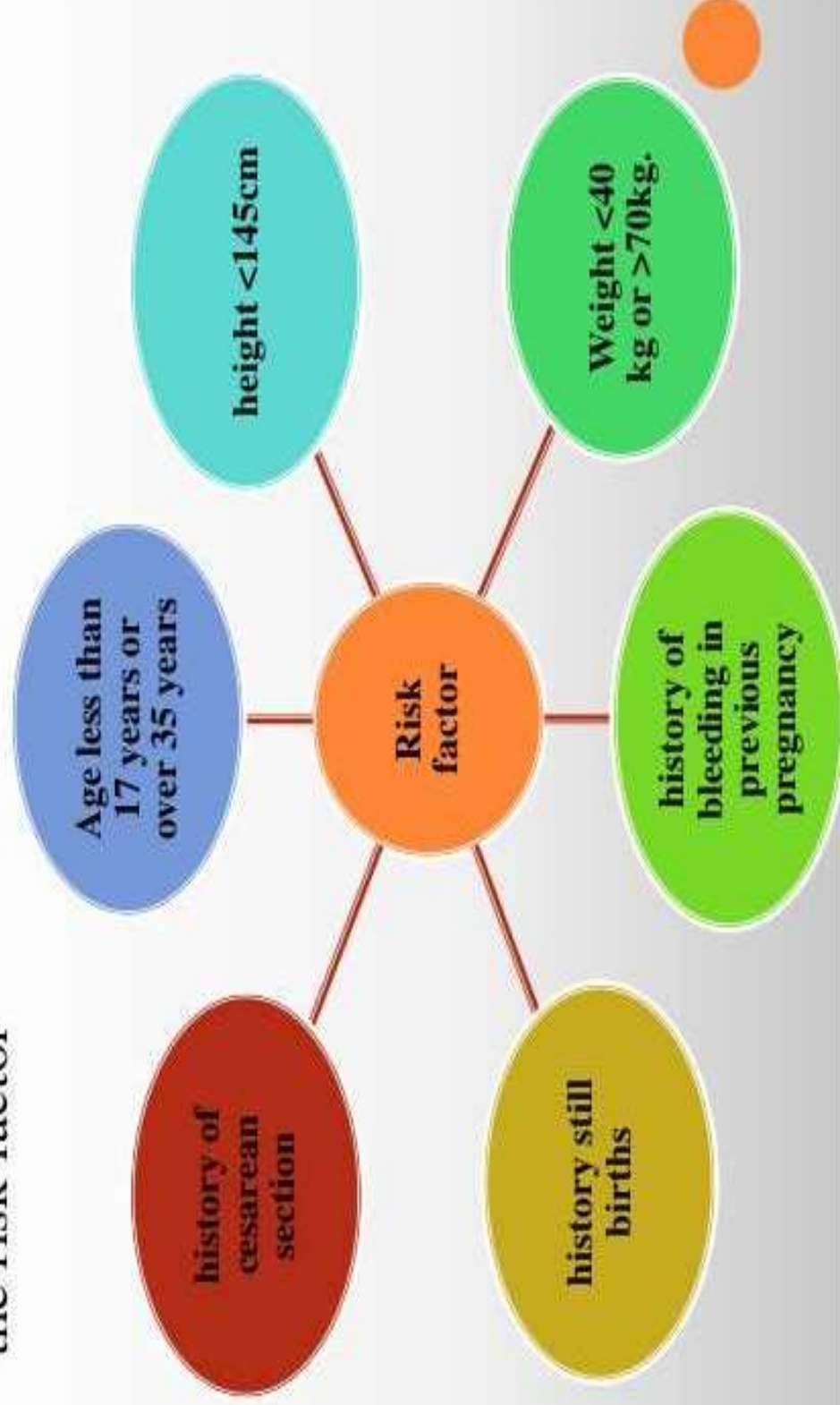
Intranatal Care

Procedures of Intranatal care:

- 1.Clean Hands of attendance
2. Clean surface
- 3.Clean equipments
4. Skilled birth attendant
- 5.Readiness to deal complications
6. Specific care of newborn



- Screen women identified as pregnant for any of the risk factor



CARE OF CHILDREN

- Monitoring of growth of children to detect malnutrition.
- Immunization
- Treatment of common ailments
- Referral cases to higher centers
- Implementation national health policies.

Role of Nurse in MCH

The function of community health nurse are:-

1. Direct care provider:

A. Antenatal care:-

- i. Contact: Contacting every pre-pregnant mother in the primary Stage of pregnancy.
- ii. History:- taking history of general health, previous child birth and present pregnancy.
- iii. Antenatal examination:- Conducting physical birth and present pregnancy.

Cont....

iv. Antenatal Examination:-

- a. Calculate obstetric examination etc.
- b. Calculating the expected date of delivery
- c. Identifying high risk of mothers
- d. Providing counselling and health education.
- e. Helping mother and other family members in planning the delivery.

B. Intranatal care:-

- Preparing the place for delivery.
- Arranging necessary equipment.
- Giving mental support to mothers.
- Preparing mother for delivery.

Cont...

- Examine position of foetus, dilatation of cervix, and heart of foetus, observing the position of bladder and uterine contraction.
- Noting general condition of the pregnant mother, process of pain and time of membrane rupture.
- Ensuring safe delivery, examining umbilical cord and noting abnormalities.
- If necessary, taking help of doctor or referring patient to a specialist.
- Maintaining through asepsis during delivery.
- Should be ready to handle complications like bleeding, malpresentation, cord prolaps etc.

Cont....

- Noting the correct time of birth.
- **C. Postnatal care:-**
- The week immediately after the child birth is called postnatal period. The responsibilities of community health nurse are.-
- Observing the blood pressure, temperature and pulse of mother immediately after the delivery and then during the following period.
- Collecting information about the general condition of mother, food, sleep, pain and elimination etc. and, accordingly the nursing care.

Cont.....

- Observing fundus, perineum, lochia, bladder etc.
- Observing breast and nipples.
- Protecting the mother from complications like puerperal sepsis, breast inflammation, postpartum hemorrhage, urinary incontinence, urinary retention and thrombophlebitis and providing required treatment.

D. Neonatal care

- Observing the respiration of newborn, immediately after birth and if necessary providing resuscitation.
- Taking care of the umbilical cord and cutting the

Cont.....

- Cord and tying it using proper techniques.
- Taking notice of abnormalities or congenital defects and informing the relatives.
- Assessing the physical condition of the newborn by his apgar score (9 or 10 is ideal score)
- Cleaning the newborn child (giving bath to the newborn has become less popular.
- Taking care of the newborn skin and eyes.
- Keeping the newborn child on safe bed and providing breast feeding to baby at the earliest.
- Maintaining normal body temperature of the newborn.
- born. Give kangaroo care.

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