

WHEN TO TAKE YOUR CHILD TO THE CLINIC

- Knowledge** After working through this lesson, participants will be able to:
- Attitude**
- Practice**
1. Identify some situations when urgent medical care is needed.
 2. Know when to take a child to a clinic or health care provider.
 3. Be able to identify a child who is seriously ill with pneumonia, meningitis, a high fever, or dehydration.

Overview This is a lesson to help CHEs and parents decide when children need acute medical care. This lesson can be used with adults and older children as a review, after teaching some other health lessons. This lesson has an accompanying teaching booklet, *When to Go to the Clinic*.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - Handouts:
 - *Roberto*
 - *Alicia*
 - *Kavita*
 - *Narayan*

LESSON

60-90 minutes

Case Study Roberto: (5 minutes)

Roberto is two years old. He started out with a cold, with a runny nose and a mild cough. You treated him with saltwater nose drops. But now you notice that he is breathing quickly. When you count his breaths, he is breathing 50 times a minute, or almost once every second. And when you look at him, he is working hard to breathe. (Show Roberto's picture.)

What do you notice about Roberto?
What should you do?

Ask SH Questions:

*What did you **S**ee?*

*What was **H**appening?*

Roberto: (10 minutes)

- A.** Roberto started out with a cold and runny nose. What is the treatment for a cold?
1. Colds can be treated at home.
 2. Young children should not be given cold medicines and cough syrups.
 3. You can use salt water nose drops.
 4. Antibiotics will not help a cold.
- B.** Roberto started to breathe quickly. What does this show?
1. He may have a pneumonia, or lung infection.
 2. He should go to a clinic or health care provider.
- C.** How can you count how fast he is breathing?
1. Count how many times he breathes in a minute.

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2. Or count how often he breathes in 15 seconds and multiply by 4 to get breaths per minute.
- D. What do you notice about Roberto's picture?
 1. He looks anxious.
 2. He is pulling on his ribs to breathe.
 3. He has also pulled in the area below his rib cage.
 4. He is working hard to breathe.
- E. What is happening to Roberto now? What should you do?
 1. Roberto is having difficulty breathing.
 2. He should be taken to a hospital or clinic right away for treatment.
 3. He needs medical care right away.
 4. Pray for Roberto as well.

Case Study: Alicia (15 minutes)

Instructions: Alicia is seven months old. When you pick her up, she seems to be burning up. She is also sweating a lot. (Show Alicia's picture.)

- A. How do you take her temperature? Demonstrate how to measure the temperature of a baby.
 1. You can use a thermometer.
 2. With a baby, hold the thermometer in the rectum (bottom) or in the armpit for two minutes.
 3. Look at the red line to measure the temperature.
 4. Some areas may also have electronic thermometers.
- B. What is a normal temperature?
 1. A normal temperature is 37° C. (or 98.6° F.)
- C. What is Alicia's temperature?
 1. Alicia has a temperature of 39° C.
 2. She has a high fever.
- D. What else do you notice about Alicia?
 1. She is sweating a lot.
 2. She looks upset.
 3. She seems to be shivering.
- E. What should you do with Alicia?
 1. She should be seen by a health care provider.
 2. In some areas of the world, babies with a high fever may have malaria.
 3. She could also have another infection.
 4. She may need to be treated with antibiotics.

Case Study: Kavita (10 minutes)

Instructions: Kavita is five months old. She was fussy last night and cried a lot. She has a fever, but you lost your thermometer so you can't check it. When you pick her up, she cries Her neck is stiff and she cries when you lift her head.

Show Kavita's picture.

- A. What do you notice about Kavita?
 1. Kavita looks sad.
 2. Her neck is stiff.
 3. Her neck is painful.

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- B.** What do you think is happening?
1. She has a fever.
 2. She may have a serious infection.
 3. She may have spinal meningitis.
- C.** Meningitis (or spinal meningitis) is an infection of the lining of the brain and spinal cord. It is a serious infection. Most people with meningitis have a high fever and a stiff neck. What should you do with Kavita?
1. Kavita has a serious infection.
 2. She may have meningitis.
 3. This is an emergency.
 4. She needs to be seen at a clinic or emergency room right away.

Case Study: Narayan (15 minutes)

Instructions: Narayan is eight years old. He started out with diarrhea and vomiting.

- A.** How could you take care of Narayan when he had diarrhea and vomiting?
1. He can be treated at home.
 2. Give him ORS.
 3. Watch for signs of dehydration.
- B.** Narayan kept on vomiting. He refused to take ORS. You noticed that he looked sicker. Show the illustration, Narayan. What do you see?
1. He refuses to take ORS.
 2. He has lost weight.
 3. His mouth is dry.
 4. His eyes look sunken.
 5. He looks dehydrated.
- C.** What would you do with Narayan?
1. We can try to give him ORS at home.
 2. But if he refuses, we will have to go to the clinic.
 3. He may need an IV.
 4. He should see a health care provider.
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Picture Books (20 minutes)

- A.** Divide into pairs. Practice teaching each other the *When to Go to the Clinic* picture book. During the week, visit your friends and neighbors to teach about when to go to the clinic using the picture book

Summary (10 minutes)

- A.** What are some situations when a child should be taken to a clinic or health care worker?
1. A child with difficulty breathing
 2. An infant with a high fever.
 3. A child with a fever and a stiff neck
 4. A child with diarrhea and severe dehydration.

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- B.** Can you think of other situations when you should go to the clinic or health care provider?
1. A bad accident
 2. A child with an earache.
 3. A child who is lethargic or unconscious.
 4. A child with seizures.
 5. Children with severe malnutrition.
- C.** What can you treat at home?
1. Colds
 2. Diarrhea or vomiting, if there is no dehydration.
 3. Viruses
 4. Minor infections
 5. Minor injuries
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References:

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

HEALTH EDUCATION: WHEN TO TAKE YOUR CHILD TO THE CLINIC

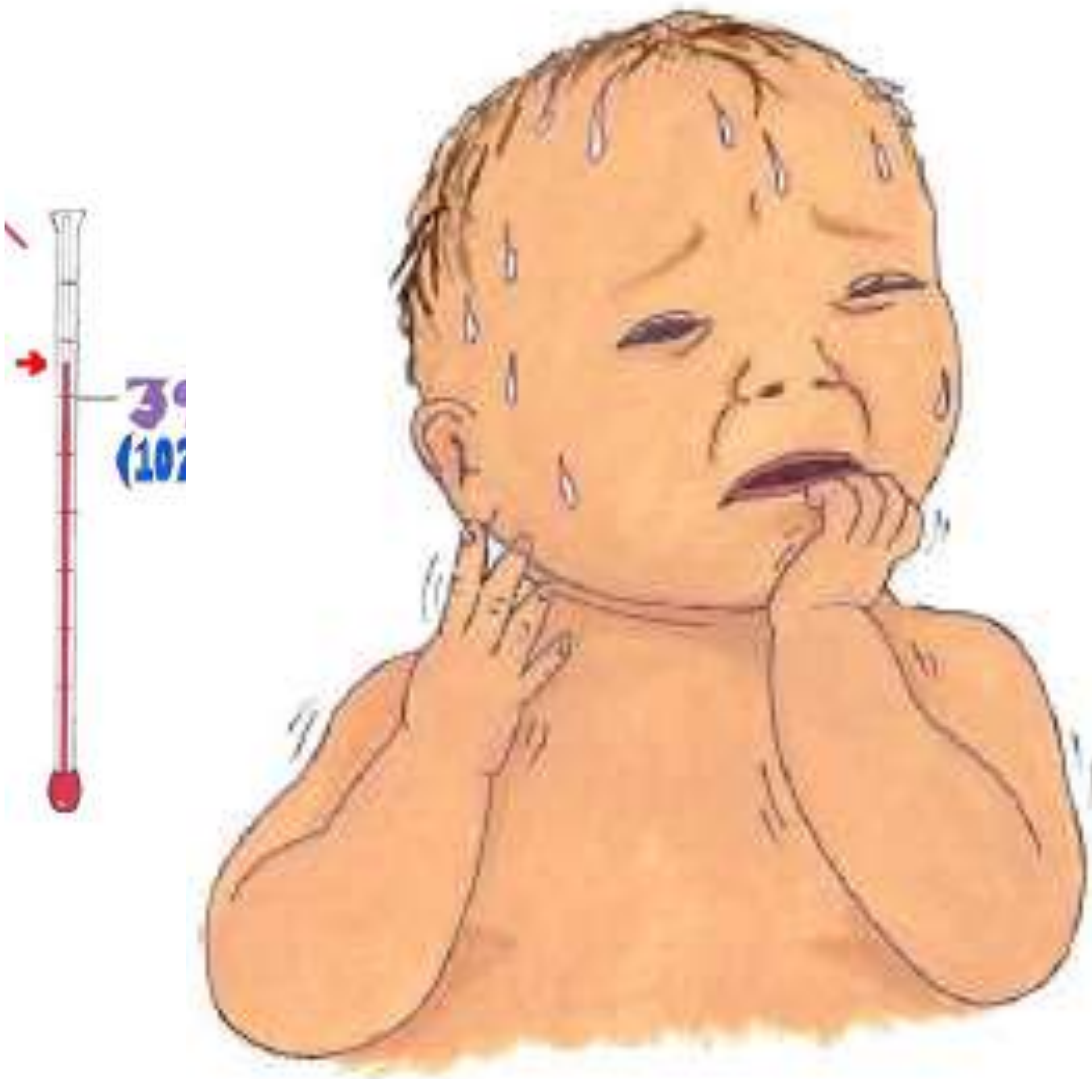
ROBERTO



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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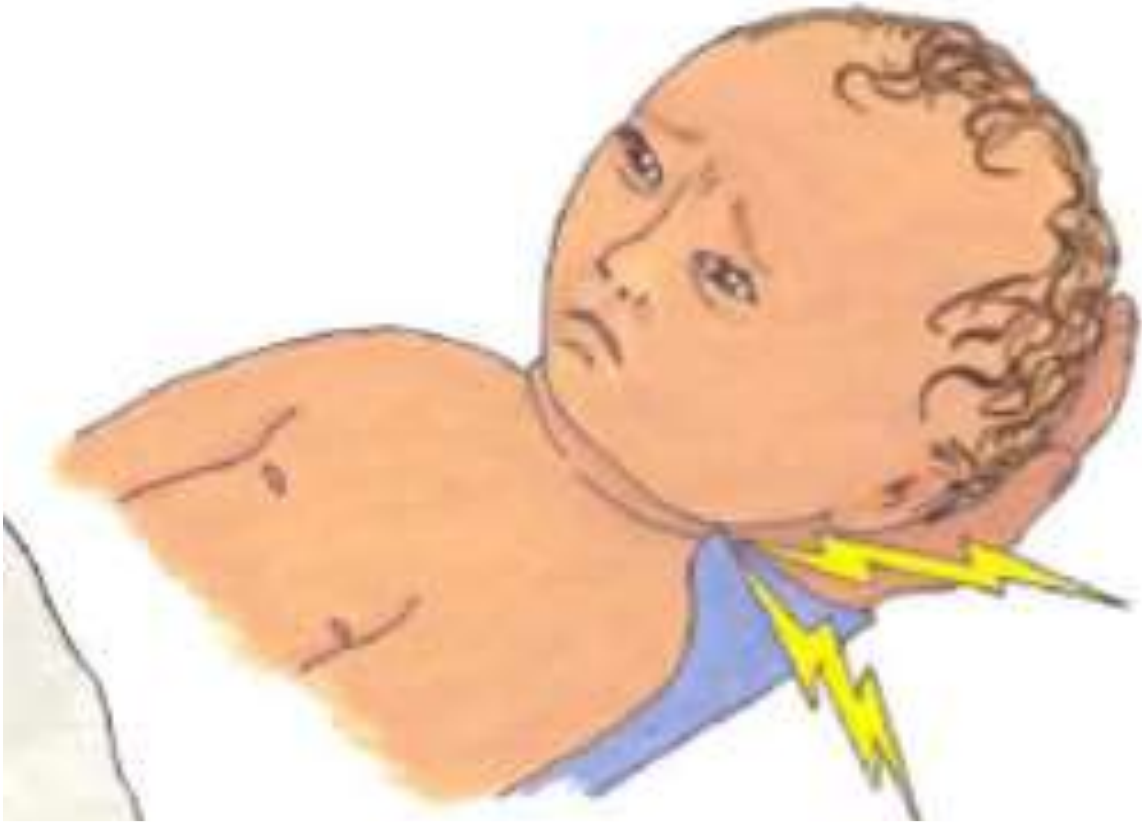
ALICIA



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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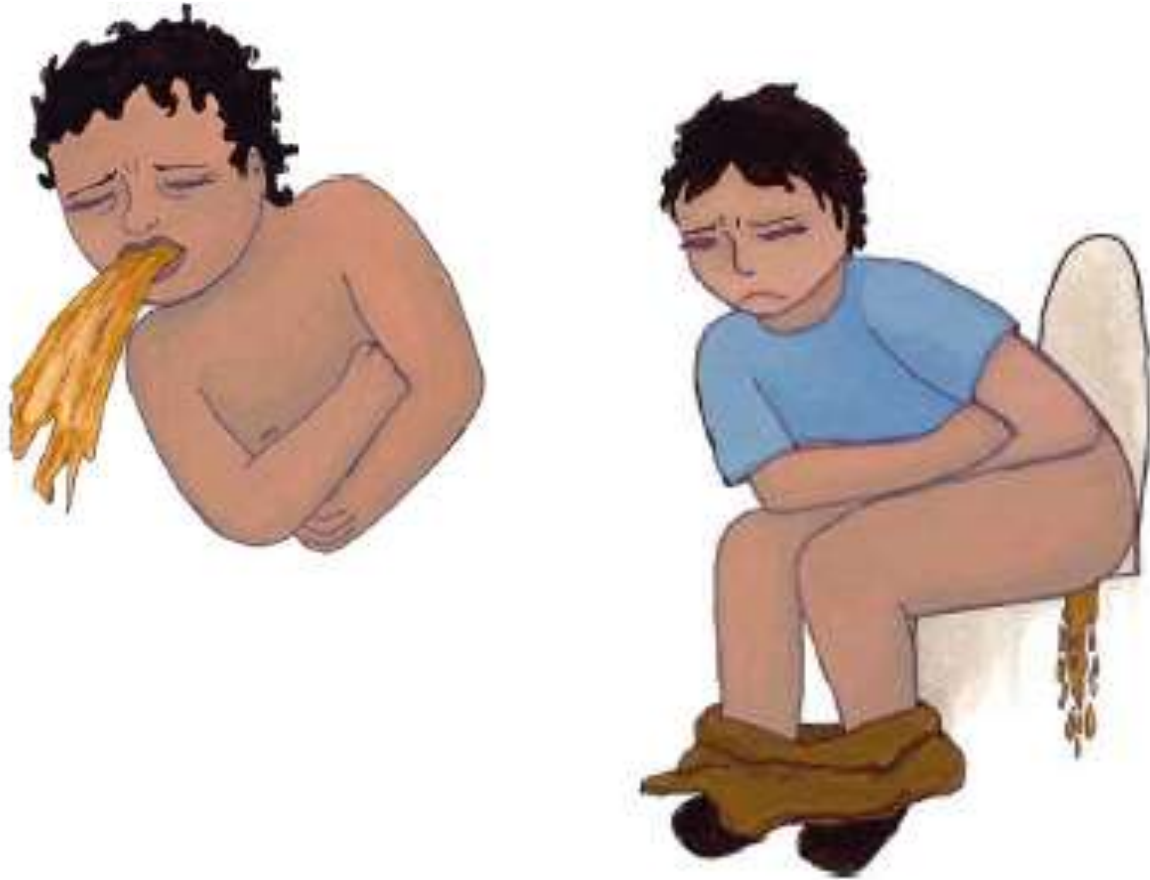
KAVITA



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NARAYAN



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