



Map 1. Geographical regions and districts of Nepal

Appendix - II**Observation Checklist for Nutrition Education**

S.N	<u>Activities</u>	<u>Yes</u>	<u>No</u>
1.	Is comfortable with clients		
2.	Is knowledgeable of the topic		
3.	Listens to people actively/attentively		
4.	Give in brief important points about the iron deficiency anemia		
5.	Use simple local language		
6.	Asks questions appropriately		
7.	Encourages people to ask question		
8.	Uses language that client can understand		
9.	Has eye contact while giving teaching		
10.	Uses Audio/Visual Aids		
11.	Has confidence in her topic		
12.	Uses language that client can understand		
13.	Asks patient to repeat what they understand		
14.	Gives specific instructions to clients		
15.	Finishes the teaching on time		
16.	Summarizes the topic		

Appendix III**Training process evaluation questionnaires for FCHV****A. To rate opinion of course component using following criteria.**

A. Strongly disagree. B. Disagree. C. Strongly Agree. D. Agree. E. No opinion

1. The trainers clearly stated their learning objectives.
2. The trainers communicated clearly and effectively.
3. The information presented in the course was new.
4. The trainers used many Audio-visual materials.
5. The course content was more theoretical.
6. The session was well-organized.
7. The trainers asked questions and involved me in the session.
8. The content of the course was useful to my work.
9. The course made me feel more competent and skillful in my work.

Additional Comments.

1. Which sessions did you like most in this training.?
2. Which sessions did you dislike most in this training.?
3. Did the course achieve its objectives?
4. What topics should be added to improve the course?
5. What topics should be deleted to improve the course?

Appendix - IV**FGD guidelines for FCHV****1 Respondents General Background Questions.****Date:**

S.N.	Name	Age	Sex	Marital Status	No. Of children	Education
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1. How long have you been working as a FCHV?
2. Do you know about anemia?
3. What do you mean by iron deficiency anemia?
4. What are the main effects of IDA in mothers during pregnancy, labor and in infants?
5. What you advise for the prevention and control of anemia during pregnancy?
6. What types of food do pregnant women in your community eat?
7. Can you tell any foods that pregnant women eat in your community not to eat during pregnancy?
8. Do you know about iron rich and iron absorbent food?
9. Which locally available foods are rich in iron and do the people in your community eat them? If not why?
10. Do the pregnant women go for check go for check up in ANC? If do not go why?
11. What do you know about kitchen garden? Describe its importance.
11. What types of foods and vegetables are grown and available in your kitchen garden?
12. How have you used the knowledge and skill learnt in training?
13. What contribution do you feel you are making to the community?
14. Did you use IEC materials in prenatal teaching to mothers?
15. Are you getting any help from VHW?
16. Are you doing household visits to the community? How many times in a month?

Appendix- V**Semi- structured questions****Pre Test- Post Test Questionnaire for FCHV regarding the prevention of IDA**

The following questions and exercises can be given to the FCHV before and after completion of the training to test their knowledge and skills.

Part I Respondent's Background questions:

1. Respondents name.....

2. Age.....

3. Date of interview.....

4. Place

5. Address.....

6. Family size.....

7. Marrital status

- Married
- Divorced
- Widow

8. Religion

- Buddhist
- Hindu
- Muslim
- Christian

9. Education

- No education
- Primary School
- Secondary school
- College

10. Occupation

- Housewife
- Service
- Farming
- Laborer

Part II Question for IDA:**A. Knowledge**

1. One major sign of IDA is?

- a. Headache () b. Weakness () c. Tiredness ()

2. Is anemia is caused by not eating enough food rich in iron?

- (Yes) (No) (Don't know)

3. Does anemia is associated with decreased work capacity and impaired resistance to infection?

- (Yes) (No) (Don't know)

4. Does anemia need medical treatment?

- (No) (No) (Don't know)

5. Is iron essential for the formation of hemoglobin of red blood cells?

- (Yes) (No) (Don't know)

6. Can severe anemia be treated at home?

- (Yes) (No) (Don't know)

7. Is it possible to know whether a women is anemic by looking?

- (Yes) (No) (Don't know)

8. Do you agree that severe anemia is associated with increased risk of maternal and fetal morbidity and mortality?

- (Yes) (No) (Don't know)

9. Is IDA a serious problem during pregnancy?

- (Yes) (No) (Don't know)

10. The most common cause of severe anemia in Nepal is :

- a. Malaria () b. Hookworm () c. Roundworm ()

11. Do you agree that there are two types of iron in the diet?

(Yes) (No) (Don't know)

12. Are iron tablets important drugs to treat IDA?

(Yes) (No) (Don't know)

13. Is blood transfusion is needed for severe anemia?

(Yes) (No) (Don't know)

14. Are low birth weight babies are caused by IDA?

(Yes) (No) (Don't know)

15. Is dizziness a severe sign of anemia during pregnancy?

(Yes) (No) (Don't know)

B. Skill.

1. Have you ever seen women with severe anemia?

2. How do you know which women have severe anemia?

by looking

by feeling

by symptoms

3. How many such cases have you seen during the last one month?

4. What did you do to such anemic women?

:Do not do anything

:Refer to HP/SHP

:Home medicine

:Home advice

:Others

5. Did you feel comfortable to help the women with anemia?

If no, why?

6. Did the women get drugs for anemia?

If yes from where?

7. What drugs were used to treat anemia?

Appendix VI**Training Curriculum on prevention of IDA for FCHV**

Session	Objectives	Methods	Time	Materials	Evaluation
1. Registration and introduction	<p>At the end of the session the participants will be able to ;</p> <p>1. Deal with the administration issues as registration, introduction and distribution of materials.</p> <p>2. Explain the training purpose.</p> <p>3. Explaining the times when the course starts and finishes each day and when break occurs.</p>	Lecture Discussion	1 hour		
2. Introduction on the topic	<p>At the end of the session participants can explain:</p> <p>1. What is IDA?</p> <p>2. What may happen if anemia is not treated?</p> <p>3. How the women can be treated for anemia?</p>	Ask the question. Discussion Group work	2 hours	Posters Flip chart	Asking FCHVs questions
3. Causes of IDA	<p>At the end of the session the participant can:</p> <p>1. Explain the different causes of IDA: -Due to lack of iron in the diet. -Due to lack of vitamin c in the diet. -Heavy menstruation -Malaria -Hookworm infestation.</p>	Lecture Discussion Group work	3 hours	Posters Flip chart	Asking the questions

Session	Objectives	Methods	Time	Materials	Evaluation
4. Sign and symptoms of IDA	<p>At the end of the session the participant can explain the :</p> <ol style="list-style-type: none"> 1. Signs and symptoms of anemia. 2. How the anemia patient feel when she has anemia? 3. Can recognize the anemia by looking the nail, eyelids and tongue. 	<p>Lecture Discussion Group work Demonstration</p>	3 hours	<p>Posters of anemic patient Flip chart Showing the sign and symptoms of anemia</p>	<p>Oral Re-demonstration</p>
5. Iron rich foods	<p>At the end of the session the participants can explain the types of locally available food which contain iron :</p> <ul style="list-style-type: none"> -Green vegetables -Buckwheat, millet, bitten rice, gundruk, masewra 	<p>Lecture Discussion Demonstration of real iron rich foods</p>	2 hours	Posters of iron rich foods	Asking questions
6. Iron absorbent foods	<p>At the end of the session the participant will be able to explain:</p> <ol style="list-style-type: none"> 1. The types of food which contain vitamin c or which are iron absorbent foods: -Amala, orange, guava, mango and papaya 2. Explain the importance of vitamin c foods. 	<p>Lecture Discussion Demonstration</p>	1 hour	<p>Posters Flip chart</p>	Asking questions
7. Effects of IDA on pregnant women	<p>At the end of the session the participants will be able to explain</p> <ol style="list-style-type: none"> 1. The effects of IDA on pregnant women: -Maternal mortality -Prenatal/Perinatal mortality -Infection 	<p>Lecture Discussion</p>	1 hour	<p>Posters Flip charts</p>	Asking questions

Session	Objectives	Methods	Time	Materials	Evaluation
8. Prevention of IDA	<p>At the end of the session participant will be able to explain:</p> <p>1. Prevention of IDA among the pregnant women:</p> <ul style="list-style-type: none"> -Eat iron rich and iron absorbent foods. -Control of malaria by using bednets. -Control of hookworm by wearing shoes. <p>-Iron tablet supplementation:</p> <ul style="list-style-type: none"> -advise the pregnant women to eat iron tablets during pregnancy 	Lecture Discussion	3hours	Posters Flip chart	Asking questions

Curriculum Vitae

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