

ONE-PAGE SUMMARY OF ESSENTIAL INTERVENTIONS

ESSENTIAL, EVIDENCE-BASED INTERVENTIONS TO REDUCE REPRODUCTIVE, MATERNAL, NEWBORN AND CHILD MORTALITY, AND PROMOTE REPRODUCTIVE HEALTH

| CONTINUUM OF CARE | ADOLESCENCE & PRE-PREGNANCY | PREGNANCY (ANTENATAL) | CHILDBIRTH | POSTNATAL (MOTHER) | POSTNATAL (NEWBORN) | INFANCY & CHILDHOOD |
|--|--|---|---|--|---|--|
| <p>ALL LEVELS:</p> <p>COMMUNITY PRIMARY REFERRAL</p> | <ul style="list-style-type: none"> Family planning (advice, hormonal and barrier methods) Prevent and manage sexually transmitted infections, HIV Folic acid fortification/supplementation to prevent neural tube defects | <ul style="list-style-type: none"> Iron and folic acid supplementation Tetanus vaccination Prevention and management of malaria with insecticide treated nets and antimalarial medicines Prevention and management of sexually transmitted infections and HIV, including with antiretroviral medicines Calcium supplementation to prevent hypertension (high blood pressure) Interventions for cessation of smoking | <ul style="list-style-type: none"> Prophylactic uterotonics to prevent postpartum haemorrhage (excessive bleeding after birth) Manage postpartum haemorrhage using uterine massage and uterotonics Social support during childbirth | <ul style="list-style-type: none"> Family planning advice and contraceptives Nutrition counselling | <ul style="list-style-type: none"> Immediate thermal care (to keep the baby warm) Initiation of early breastfeeding (within the first hour) Hygienic cord and skin care | <ul style="list-style-type: none"> Exclusive breastfeeding for 6 months Continued breastfeeding and complementary feeding from 6 months Prevention and case management of childhood malaria Vitamin A supplementation from 6 months of age Routine immunization plus <i>H.influenzae</i>, meningococcal, pneumococcal and rotavirus vaccines Management of severe acute malnutrition Case management of childhood pneumonia Case management of diarrhoea |
| PRIMARY AND REFERRAL | <ul style="list-style-type: none"> Family planning (hormonal, barrier and selected surgical methods) | <ul style="list-style-type: none"> Screening for and treatment of syphilis Low dose aspirin to prevent pre-eclampsia Antihypertensive drugs (to treat high blood pressure) Magnesium sulphate for eclampsia Antibiotics for preterm prelabour rupture of membranes Corticosteroids to prevent respiratory distress syndrome in preterm babies Safe abortion Post abortion care | <ul style="list-style-type: none"> Active management of third stage of labour (to deliver the placenta) to prevent postpartum haemorrhage (<i>as above plus controlled cord traction</i>) Management of postpartum haemorrhage (<i>as above plus manual removal of placenta</i>) Screen and manage HIV (if not already tested) | <ul style="list-style-type: none"> Screen for and initiate or continue antiretroviral therapy for HIV Treat maternal anaemia | <ul style="list-style-type: none"> Neonatal resuscitation with bag and mask (by professional health workers for babies who do not breathe at birth) Kangaroo mother care for preterm (premature) and for less than 2000g babies Extra support for feeding small and preterm babies Management of newborns with jaundice ("yellow" newborns) Initiate prophylactic antiretroviral therapy for babies exposed to HIV | <ul style="list-style-type: none"> Comprehensive care of children infected with, or exposed to, HIV |
| REFERRAL* | <ul style="list-style-type: none"> Family planning (surgical methods) | <ul style="list-style-type: none"> Reduce malpresentation at term with External Cephalic Version Induction of labour to manage prelabour rupture of membranes at term (initiate labour) | <ul style="list-style-type: none"> Caesarean section for maternal/foetal indication (to save the life of the mother/baby) Prophylactic antibiotic for caesarean section Induction of labour for prolonged pregnancy (initiate labour) Management of postpartum haemorrhage (<i>as above plus surgical procedures</i>) | <ul style="list-style-type: none"> Detect and manage postpartum sepsis (serious infections after birth) | <ul style="list-style-type: none"> Presumptive antibiotic therapy for newborns at risk of bacterial infection Use of surfactant (respiratory medication) to prevent respiratory distress syndrome in preterm babies Continuous positive airway pressure (CPAP) to manage babies with respiratory distress syndrome Case management of neonatal sepsis, meningitis and pneumonia | <ul style="list-style-type: none"> Case management of meningitis |
| COMMUNITY STRATEGIES | <ul style="list-style-type: none"> Home visits for women and children across the continuum of care Women's groups | | | | | |

* Family planning interventions at Referral level include those provided at the Primary level