



**World Health  
Organization**

REGIONAL OFFICE FOR **Africa**

# **ASSESSMENT TOOL**

**BREASTFEEDING COUNSELLING (BFC) AND  
HIV COUNSELLING TRAINING: FOLLOW-UP  
ASSESSMENT TOOL**



**Family and Reproductive Health Cluster**

# BREASTFEEDING COUNSELLING (BFC) AND HIV COUNSELLING TRAINING: FOLLOW-UP ASSESSMENT TOOL

## FORM A OBSERVATION OF THE COUNSELLOR/HEALTH WORKER TRAINED IN BFC AND HIVC

District \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_ Interviewer \_\_\_\_\_  
 Facility Name \_\_\_\_\_ Facility Type: Gov[] NGO[] Interview No. \_\_\_\_\_  
 Facility Level: Referral[] District[] Health/Maternity Centre[] Other(specify) \_\_\_\_\_  
 Starting Time \_\_\_\_\_ Ending Time \_\_\_\_\_ Time taken \_\_\_\_\_

Cadre of counsellor/health worker (*Tick Applicable*) Sex of C/HW: Male[] Female[]  
 Medical officer  Clinical officer   
 Midwife  Nurse   
 Public Health Nurse  Lay Counsellor  (Specify) \_\_\_\_\_  
 Other  (specify) \_\_\_\_\_

Which of the following training have you received? (*Tick applicable and state date*):

- i) PMTCT Basic Counselling  Date \_\_\_\_\_
- ii) Breastfeeding, HIV & Infant feeding Counselling  Date \_\_\_\_\_
- iii) General Counseling  Date \_\_\_\_\_
- iv) None of the above

Where observation is done: Antenatal  postnatal  YCC[] paediatric ward[]

Other (specify) \_\_\_\_\_

Has the client been before for infant feeding counselling? Yes  No

If Yes: number of previous visits for infant feeding counseling \_\_\_\_\_

Assessment	V. good	Good	Fair
<p><b>1. Does the health worker establish a rapport with the client?</b></p> <ul style="list-style-type: none"> <li>● Greet the client</li> <li>● Introduce her/him-self</li> <li>● Observe confidentiality</li> <li>● Introduce the topic</li> <li>● Appropriate gesture and body language</li> <li>● Show interest</li> </ul> <p><i>(5-6=Very good 3-4=Good &lt; 3=Fair)</i></p>			
<p><b>2. Does the health worker use Listening &amp; Learning skills:</b></p> <ul style="list-style-type: none"> <li>● Use non-verbal communication</li> <li>● Ask open ended questions</li> <li>● Use responses and gestures which show interest</li> <li>● Reflect back what the mother thinks &amp; feels</li> <li>● Empathise (show that s/he understands how the mother feels)</li> </ul>			

<ul style="list-style-type: none"> <li>Use non-judging words? (5-6= very good 3-4= good &lt;3= fair)</li> </ul>			
<b>3. Does the health worker build mother's confidence and give support?</b> <ul style="list-style-type: none"> <li>Accept what the mother thinks and feels?</li> <li>Recognise and praise what the mother and baby are doing right?</li> <li>Give practical help?</li> <li>Give a little relevant information ?</li> <li>Use simple language?</li> <li>Make suggestions and not commands? (All the 6=very good 4-5=good &lt; 4=fair)</li> </ul>			
<b>4. Has the health worker given adequate information on all potential feeding options to the mother?</b> <ul style="list-style-type: none"> <li>Exclusive breastfeeding for 3-6 months followed by rapid cessation and reverting to replacement feeding (?within two weeks)</li> <li>Commercial Infant Formula</li> <li>Animal milk (modified or unmodified)</li> <li>Wet nursing (Information to include advantages, disadvantages, cost implication, availability, time factor, preparation methods) (Adequate information on all the 4 feeding options =very good, 2-3=good, &lt; 2=fair)</li> </ul>			
<b>5. Does the health worker seem to be biased and direct the mother towards her/his choice of feeding method?</b>	Yes	No	
Does the mother make an actual choice of feeding method?	Yes	No	
<b>6. (Where applicable) Demonstration of feeding options</b>	<b>V.Good</b>	<b>Good</b>	<b>Fair</b>
A) If breastfeeding is chosen, does the health worker give correct information/support concerning: <ul style="list-style-type: none"> <li>Positioning a baby at the breast?</li> <li>Attachment of baby to the breast?</li> <li>Inquires about any breastfeeding difficulties and gives correct support where possible? (All 3=very good, 2=good, &lt; 2=fair)</li> </ul>			
B) If replacement feeding is chosen (specify it _____) Does the demonstration include: <ul style="list-style-type: none"> <li>Use of clean boiled and cooled water</li> <li>Use of clean dry feeding utensils</li> <li>Observation of personal and food hygiene</li> <li>Use of correct measurements (All 4=very good, 3=good, &lt;3=fair)</li> </ul>			
<b>7. Does the health worker suggest and discuss the importance of next follow-up visit?</b>	Yes	No	

# BFC AND HIVC TRAINING: FOLLOW-UP ASSESSMENT TOOL

## FORM B INTERVIEW WITH THE COUNSELLOR/HEALTH WORKER TRAINED IN BFC AND HIVC

District \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Interviewer \_\_\_\_\_  
 Facility Name \_\_\_\_\_ Facility Type: Gov[] NGO[] Interview No. \_\_\_\_\_  
 Facility Level: Referral [] District [] Health/Maternity Centre [] Other(specify) \_\_\_\_\_  
 Starting Time \_\_\_\_\_ Ending Time \_\_\_\_\_ Time taken \_\_\_\_\_

Cadre of counsellor/health worker (*Tick Applicable*) Sex of C/HW: Male [] Female []  
 Medical officer [] Clinical officer []  
 Midwife [] Nurse []  
 Public Health Nurse [] Lay Counsellor []  
 (Specify) \_\_\_\_\_  
 Other [] (specify) \_\_\_\_\_

Which of the following training have you received? (*Tick applicable and state date*):

- i) PMTCT Basic Counselling [] Date \_\_\_\_\_
- ii) Breastfeeding, HIV & Infant feeding Counselling [] Date \_\_\_\_\_
- iii) General Counseling [] Date \_\_\_\_\_
- iv) None of the above []

Assessment	V. good	Good	Fair
<p><b>1) Does the health worker know the importance of B/Feeding?</b></p> <ul style="list-style-type: none"> <li>● Protection from diseases</li> <li>● Adequate nutrient and water up to 6 months</li> <li>● Easily digested</li> <li>● Less expensive</li> <li>● LAM</li> <li>● Other (specify) _____</li> </ul> <p><i>(5 or more=very good, 3-4=good, &gt;3=Fair)</i></p>			
<p><b>2) Does the health worker know factors that influence production of breastmilk?</b></p> <ul style="list-style-type: none"> <li>● Frequency of breastfeed</li> <li>● Emptying of the breast</li> <li>● Positioning and attachment</li> <li>● Maternal environment/psychological well being</li> <li>● Others (specify) _____</li> </ul> <p><i>(4 or more=very good, 2-3=good, &gt;2=fair)</i></p>			
<p><b>3) Does the h/worker know the main causes of a crying baby?</b></p> <ul style="list-style-type: none"> <li>● Hunger</li> <li>● Discomfort (colicky pain, wet nappies, cold stress etc)</li> <li>● Illness</li> <li>● Habit</li> </ul>			

<ul style="list-style-type: none"> <li>Other (specify) _____ (4 or more=very good, 2-3=good, &gt;2=fair )</li> </ul>			
<b>4) Using the '100' mother card, how many mothers will transmit HIV to their babies overall?</b> (If s/he mentions 20 tick yes, else, tick No)	Yes	No	
<b>5) Using the '100' mother card, how many mothers will transmit HIV to their babies through breastfeeding?</b> (If s/he mentions 3 tick yes, else, tick No)	Yes	No	
	V. good	Good	Fair
<b>6) What information should be included in the general health education package in the Ante-natal Clinic about HIV?</b> <ul style="list-style-type: none"> <li>Basic facts about HIV</li> <li>Availability of services: <ul style="list-style-type: none"> <li>Voluntary Counselling and Testing</li> <li>Breastfeeding &amp; infant feeding counselling (all 3=very good, 2=good 1=fair )</li> </ul> </li> </ul>			
<b>7) What factors increase the risk of mother to child transmission of HIV?</b> <ul style="list-style-type: none"> <li>Some Obstetric procedures (esp. traumatic ones)</li> <li>Recent infection with HIV</li> <li>Severity of HIV infection</li> <li>Prolonged duration of breastfeeding</li> <li>Mixed feeding</li> <li>Breast conditions, eg. cracked nipple, mastitis, abscess</li> <li>Child's condition:- sores in the mouth</li> <li>Infection with STDs</li> <li>Other (specify) _____ (6 or more=very good, 4-5=good &lt;4= fair )</li> </ul>			
<b>8) What are the safe feeding options for the first six months of life?</b> <ul style="list-style-type: none"> <li>Exclusive breastfeeding followed by rapid cessation</li> <li>Fresh animal milk (modified or un-modified)</li> <li>Commercial infant formula</li> <li>Wet nursing</li> <li>Other (specify) _____ (4 or more=very good, 3=good, &lt;3= Fair)</li> </ul>			
<b>9) If an HIV-positive woman decides to breastfeed her baby, how can the baby be protected from being infected with HIV?</b> <ul style="list-style-type: none"> <li>Exclusive breastfeeding</li> <li>Proper positioning and attachment</li> <li>Rapid cessation of breastfeeding (all 3=very good, 2=good 1=fair)</li> </ul>			
<b>10) If a mother decides to give fresh cows' milk to her baby &lt; 6 months, how should this milk be modified?</b> <ul style="list-style-type: none"> <li>Should be diluted with clean boiled water</li> <li>Sugar should be added</li> <li>Infant should be give micronutrient supplements (all 3=very good, 2=good 1= fair )</li> </ul>			
<b>11) Why do HIV positive mothers need continuous support in the feeding of their infants?</b>			

<ul style="list-style-type: none"> <li>● To avoid mixed feeding</li> <li>● In case of changing feeding options</li> <li>● To monitor child's growth and development</li> <li>● To adjust feeding according to age of infant</li> <li>● To share experience with peers</li> <li>● To solve feeding related problems</li> </ul> <p><i>(5-6=very good, 3-4=good, &lt;3=fair)</i></p>			
<p><b>12) What should a mother consider before introducing other foods:</b></p> <ul style="list-style-type: none"> <li>● Time of starting complementary foods</li> <li>● Type of food - a variety</li> <li>● Number of feeds per day</li> <li>● Observe cleanliness during preparation, feeding and storage</li> <li>● Active participation in feeding of the baby/child</li> </ul> <p><i>(4-5=very good, 2-3=good, &lt;2=fair)</i></p>			
<p><b>13) Mention any five of the Ten Steps to Successful Breastfeeding:</b></p> <p><i>(5 or more=very good, 4=good, &lt;4=fair)</i></p>			
<p><b>14) Mention any three of the Ten Provisions of the International Code of Marketing of Breastmilk Substitutes:</b></p> <p><i>(3 or more=very good, 2=good, &lt;2=fair)</i></p>			
<p><b>15) What are the advantages of cup feeding as compared to bottle feeding?</b></p> <ul style="list-style-type: none"> <li>● Available in all households</li> <li>● Easier to clean</li> <li>● Ensures contact between caregiver and the baby during feeding</li> <li>● Less risk of diarrhoea, ear infection and tooth decay</li> <li>● Other (specify) _____</li> </ul> <p><i>(4 or more=very good, 2-3=good &lt;2=fair)</i></p>			

# BFC AND HIVC TRAINING: FOLLOW-UP ASSESSMENT TOOL

## FORM C

### EXIT INTERVIEW WITH MOTHER COUNSELLED BY A COUNSELLOR/HEALTH WORKER TRAINED IN BFC AND HIVC

District \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Interviewer \_\_\_\_\_  
 Facility Name \_\_\_\_\_ Facility Type: Gov[] NGO[] Interview No. \_\_\_\_\_  
 Facility Level: Referral [] District [] Health/Maternity Centre [] Other(specify) \_\_\_\_\_  
 Starting Time \_\_\_\_\_ Ending Time \_\_\_\_\_ Time taken \_\_\_\_\_

Has the client been before for infant feeding counselling? Yes [] No []

If Yes: number of previous visits for infant feeding counselling \_\_\_\_\_

If postnatal, state age of the baby: [][] months

If antenatal, state duration of pregnancy: [][] weeks

Assessment	V. good	good	Fair
<b>1. When can a mother with HIV infection pass it to her baby?</b> <ul style="list-style-type: none"> <li>● During pregnancy</li> <li>● During labour &amp; delivery</li> <li>● During breastfeeding</li> </ul> <i>(All 3=very good, 2=good, 1=fair)</i>			
<b>2. Suppose 20 mothers in your area are infected with HIV and all their babies are breastfeeding: How many of them will pass the infection to their babies through breastfeeding?</b> <i>(If she mentions 3=very good, 2=good, other or does not know=fair)</i>			
<b>3. Can you tell me some ways by which an HIV infected mother could feed her baby?</b> <ul style="list-style-type: none"> <li>● Exclusive breastfeeding and early cessation</li> <li>● Home prepared animal milk</li> <li>● Wet Nursing</li> <li>● Commercial baby formula</li> <li>● Other (specify) _____</li> </ul> <i>(4 or more=very good, 3=good, &lt;3=fair)</i>			
<b>4. Why is breastfeeding important?</b> <ul style="list-style-type: none"> <li>● Breastmilk is nutritious</li> <li>● It protects against infection</li> <li>● It prevents pregnancy</li> <li>● It is inexpensive</li> </ul> Others (specify) _____ <i>(3 or more=very good, 2= good, &lt; 2 fair)</i>			
<b>5. What helps to increase the flow of breastmilk?</b> <ul style="list-style-type: none"> <li>● Frequent breastfeeding</li> </ul>			

<ul style="list-style-type: none"> <li>• Making sure that the breast is always emptied</li> <li>• Putting the baby correctly to the breast</li> <li>• Support from family/friends/health workers</li> <li>• Good feelings by the mother</li> </ul> <p><i>(3 or more=very good, 2=good, &lt;2=fair)</i></p>			
<p><b>6. Why may a baby not obtain adequate breastmilk?</b></p> <ul style="list-style-type: none"> <li>• Putting the baby to the breast infrequently</li> <li>• Allowing the baby to suckle for only short periods</li> <li>• Improper holding of the baby to the breast</li> <li>• Worries/discomfort of the mother</li> </ul> <p><i>(3 or more=very good, 2=good, &lt;2=fair)</i></p>			
<p><b>7. For the HIV positive mother, if she decided to breastfeed: How can breastfeeding be done without making it very likely to pass the virus to the baby?</b></p> <ul style="list-style-type: none"> <li>• Giving the baby only breastmilk</li> <li>• Holding the baby properly onto the breast</li> <li>• Stopping breastfeeding suddenly before the baby is 6 months old</li> <li>• Other (specify) _____</li> </ul> <p><i>(3 or more=very good, 2=good, &lt;2=fair)</i></p>			
<p><b>8. For the HIV positive mother, if she is replacement feeding:</b></p> <p><b>A. Using fresh animal milk, what is required?</b></p> <ul style="list-style-type: none"> <li>• Un-diluted animal milk</li> <li>• Clean water</li> <li>• Sugar</li> <li>• Vitamin/mineral supplements</li> </ul> <p><i>(all4=very good, 3=good, &lt;3= fair)</i></p> <p><b>B. Using commercial formula, what is required?</b></p> <ul style="list-style-type: none"> <li>• Powdered infant formula</li> <li>• Clean water</li> </ul> <p><i>(2=very good, 1=good, &lt;1= fair)</i></p> <p><b>C. For all replacement feeding mothers: What is the danger of giving breastmilk in addition to replacement feeding?</b></p> <ul style="list-style-type: none"> <li>• More chances of the baby getting the HIV infection</li> <li>• Baby might prefer breastmilk to artificial milk and refuse the formula</li> <li>• Other (specify) _____</li> </ul> <p><i>(2 or more=very good, 1=good, &lt;1= fair)</i></p>			
<p><b>9. What should a mother consider before introducing other foods?</b></p> <ul style="list-style-type: none"> <li>• Appropriate time of starting</li> <li>• Types of food - a variety</li> <li>• Number of feeds per day – start with one, increase to several</li> <li>• Observe cleanliness during storage, preparation and feeding</li> <li>• Actively participate in feeding of the baby/child</li> </ul> <p><i>(4-5=very good, 2-3=good, &lt;2=fair)</i></p>			
<p><b>10. Were you satisfied with the session/counselling with the health worker today?</b></p>	<input type="checkbox"/> YES (explain why) _____ _____ <input type="checkbox"/> NO (explain why) _____ _____		



**BFC AND HIVC TRAINING: FOLLOW-UP  
ASSESSMENT TOOL**

**FORM D**

## FACILITY SUPPORTS: CHECKLIST OF EQUIPMENT AND SUPPLIES

District \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Interviewer \_\_\_\_\_  
 Facility Name \_\_\_\_\_ Facility Type: Gov[] NGO[] Interview No. \_\_\_\_\_  
 Facility Level: Referral [] District [] Health/Maternity Centre [] Other(specify) \_\_\_\_\_  
 Starting Time \_\_\_\_\_ Ending Time \_\_\_\_\_ Time taken \_\_\_\_\_

Where the observation is done: Antenatal [] postnatal [] YCC [] paediatric ward []  
 Other (specify) \_\_\_\_\_

### Record number of staff who attended various types of training in PMTCT programmes

Type of training	Medical Officers	Clinical Officers	Midwives	Nurses	Public Health Nurses	Other workers (specify)
1. General Counselling						
2. BFC, HIVC						
3. PMTCT						
4. Home Based Care						
1. + 2.						
2. + 3.						
3. + 4.						
1. + 2.+ 3.						
2.+ 3.+ 4.						
Other training (Specify) _____						

Patient Accommodation	YES	NO
Counselling room available where privacy is assured		
Clean safe water available nearby		
Functional toilet or latrine		
Are breastfeeding information posters displayed		
If yes, are they displayed in a Language understood by majority of Clients?		
<b>Practical materials available:</b>		
Measuring and mixing utensils		
Samples of locally available milks		
Samples of Micronutrient supplements (Vit. A capsules, Fe/FO, Multivitamin)		
Locally available foods for demonstration		
Scales for small young infants and older children (If all are available tick Yes, else, No)		
<b>Reference Materials</b>		
<b>A. Counselling Area</b>		
20 mother-baby cards		
Feeding option cards		
B-R-E-A-S-T-Feed Observation Forms		
Breastfeeding History Forms		
Counselling Skills Checklist		

Poster: 12 Steps to Successful Breastfeeding		
<b>B. Post-natal side</b>		
Immunisation kits		
Child health cards		
Vitamin A capsules		
Fe/FO tablets		
IEC posters on infant and young child feeding		
Weighing scale		
Iron and folic acid		
Vitamin A capsules		
Mebendazole		
Anti-malarial: (Fansidar/Chloroquine)		
Drugs for STDs		
Condoms		
Paracetamol		
<b>Record keeping</b>		
Is a mother's register available and being used?		
If yes, is it up to date?		
<b>Documentation</b>		
Number of infant feeding counselling sessions held in the last month		
Number of mothers counselled in the last month		
Average number of mothers counselled per day		
Commonly selected types of feeding options (indicate how many mothers selected a given method in the last month):		
Exclusive breastfeeding		
Use of animal milk		
Use of commercial infant formula		
Other (specify) _____		

ITEM	Number of days of stock-outs/30 days
Vaccines	
Child health cards	
Mebendazole	
Infant formula	
Iron/Folic	
Vitamin A Capsules	
Fansidar/Chloroquine	
Paracetamol	
Condoms	
Drugs for STDs	
Milk for practicals	