

Welcome to the Essential Newborn Care (ENC) training course.

NB: It is beyond the capacity of any Inservice training course to fully replace training offered at a training institution or university. An appropriate qualification in midwifery and or neonatal nursing is still required for optimal nursing care of well, sick and small newborns. You will be awarded a certificate of completion at the end of the course that you can include in your CV but this course does not provide any additional qualification. Course materials have been selected to focus on essential knowledge and skills and practical application. They do not offer comprehensive training in neonatal care. Extension materials have been provided in some modules for those staff who would like to study further.

We do hope you will enjoy the course and that it will help you to feel more confident in caring for newborns!

1. Aims

- To increase knowledge and confidence in neonatal care.
- To strengthen practical skills.
- To link theory with practice.
- To assist facilities to review their own practices and identify areas where care could be strengthened.
- To develop critical thinking skills (to understand why something happened and plan appropriate interventions).
- To establish and strengthen multidisciplinary neonatal health care worker teams (team building).
- To familiarize staff with the relevant KZN tools.
- To emphasize a continuum of ongoing learning. We are hoping that this learning will eventually include maternity, neonatal and paediatric modules amongst others.
- To teach staff that they are responsible for their own learning and development (CPD). Please make sure that you complete all the course requirements yourself at your own pace and do not depend on your facilitator or colleagues to do this. The course will also be available on line so if you are struggling to access the course materials at work you can complete them at home.

2. Course structure

- The course is divided into 2 components
 1. Care of the well-baby.

This is based on the WHO Essential Newborn Care (ENC) 1 and 2 training courses and incorporates the old Helping Babies Breath (HBB) course (now renamed ENC1). The following modules are included:

 - Essential Newborn Care 1
 - Module 1: Neonatal mortality overview
 - Module 2: Nurturing care and communication
 - Module 3: Routine care at birth
 - Module 4: The Golden Minute
 - Essential Newborn Care 2
 - Module 5: Thermoregulation
 - Module 6: Risk assessment and examination
 - Module 7: Breast feeding
 - Module 8: Ongoing care and discharge
 2. Care of the sick and small baby:
 - Module 9: Assessment: Gestational age and observations
 - Module 10: Neurodevelopmental care
 - Module 11: Kangaroo Mother Care
 - Module 12: Glucose control
 - Module 13: Respiratory support
 - Module 14: Respiratory distress
 - Module 15: Fluids and feeds
 - Module 16: Growth
 - Module 17: Infection prevention and control
 - Module 18: Neonatal infections
 - Module 19: Encephalopathy and seizures
 - Module 20: Jaundice, anaemia and polycythemia
 - Module 21: Advanced resuscitation

- Each module consists of 2 sections. We have tried to keep the content as short as possible so each section can be completed in a total of one hour. 1 module should be completed every 2 weeks.
 1. Participant's resources (Knowledge acquisition-): completed individually/groups.
Learning materials are varied and most of the following will be included for each module. Each item to be completed will be listed by number, in the order they should be completed, in each module folder.
 - Reading material
 - PowerPoint
 - Video
 - Clinical Observation (timing for this will depend on the intervention observed)
 2. Facilitator's resources (Knowledge application): supported by your hospital's course facilitator
 - Facilitated discussion around what has been learned and observed and any need for quality improvement in the facility.
 - Practical exercise.
 - Knowledge check. You must pass this with 80% in order to progress to the next module.
- There is a 2-week period after each component for you to catch up on any missed modules

3. Course delivery

The course has been designed to be delivered in a flexible manner in order to meet the varying situations at, or needs of, each facility.

- You will have a facilitator to guide you through the course. This may be either:
 1. Onsite-by the ANM, MO or OM (preferred method).
 2. Off site-by the District and/or outreach team.
- Knowledge acquisition materials may be covered either:
 1. As self study -You should be allocated time to access the text, PowerPoint and video content on the unit/departmental computer or on the internet in your own time (Preferred method).
 2. Corporately
 - Text, powerpoint and video content is covered as a group in an hour session.
 - Text, powerpoint and video content is covered as a group divided into three 20 minute sessions.
- PowerPoint: There are notes under each slide. If completing this on your own be sure to read these notes. If the PowerPoint is presented by your facilitator the notes should be printed and used to narrate the slides.
- Clinical observation: You will need to print a hard copy of these. They should be completed at your and your units convenience. Wherever possible try and complete each clinical observation during the 2 weeks allocated to that module. The completed observation forms must be submitted to your facilitator before the final knowledge check in order for you to receive a completion certificate.
- Practical exercise, knowledge check and discussion should all be done corporately preferably in a single hour session but could also be divided up if necessary, into three 20 minute sessions. This will be organized by your facilitator.
- Completion certificate: After each component, your facilitator will arrange with the District and Outreach teams for some practical skills to be demonstrated. You will then be required to pass a final knowledge and skills check with 80%, in order to receive your certificate.

4. Acknowledgements (Materials that have been used or adapted)

- WHO and American Academy of Paediatrics-Essential newborn care 1 & 2
- Bettercare- Newborn Care manual. This has been developed in South Africa for our context. NB There are multiple other training manuals available for free on line. We encourage you to access these as part of your ongoing learning. [Bettercare training manuals](#)
- Management of sick and small newborns (MSSN) –Training manuals
- Global health media –Training videos
- All India Institute of medical science (AIIMS) –Training materials
- NF Kerala-Learn from the legends –Training materials
- S.T.A.B.L.E course –Kris Karslen (Permission to use her training materials free of charge)
- Save the children (STC) Saving newborn lives- Reference manual and training guide
- Kalafong Hospital-KMC video
- Area 2 Neonatal Experiential learning site (NELS) training materials
- KZN guidelines, records, management checklists, skills assessments, audit tools