

Evaluation

Day		Adequate	Medium	Inadequate	Remark
1	General concepts and malnutrition				
2	ENA approach				
2	IYCF				
2	PMTCT				
3	Contr. Vitamin A				
3	Contr. Anemia				
3	Contr. IDD				
3	Woman Nutrition				
4	ENA contacts				
4	BCC				
4	M & E				

		Very good	Medium	Not good	Remarks
1	Location				
2	Overall organization				
3	Facilitation				
4	Duration <ul style="list-style-type: none"> - Too long - Too short - Adequate - 				

Post-Test: Questions

Malnutrition: Causes, Nature and Consequences:

1. Name two indicators used to assess PEM in a two year old child.
2. What is the best indicator to reflect chronic malnutrition in children?
3. What is one indicator to assess PEM in a non-pregnant woman?
4. What percent of Ethiopian children under the age of five are chronically malnourished?
5. What percent of Ethiopian women suffer from PEM?
6. What are the three major underlying causes of child malnutrition in Ethiopia?
7. How much height can a young child 'lose' due to malnutrition by the age of 24 months?
8. To combat the growth faltering that occurs in the first year of life, where should we intervene?

Essential Nutrition Actions

9. Identify the very important Essential Nutrition Action that is NOT included in the WHO/UNICEF/BASICS book "Nutrition Essentials"
10. Name the seven Essential Nutrition Actions.
11. What are the six contact points to implement ENA?
12. Recite three or more other health programs in which ENA should be integrated
13. Name three points that make the ENA approach different from before.

Infant and Young Child Feeding

14. For how many months should an infant in Ethiopia be exclusively breastfed (assume women is of unknown HIV status).
15. What is the infant feeding advice to give a mother with an infant <6 months who is sick?
16. What is the major factor influencing breastmilk volume?

17. Should a women empty one breast completely before the other? And why?

18. What percentage of calories does breastmilk provide for an infant 12-24 months of age?

19. How many times a day, on average, should a child 6-8 months be fed?

From 9-11 months?

From 12-24 months?

20. What micronutrient is almost always deficient in complementary food?

21. What does FADUA stand for?

22. At what age should a child begin to eat "family foods"

23. Does a baby under 6 months of age need to be given water? True or false (please circle)

24. All babies born to HIV+ women will be infected. True or False (please circle)

25. What percentage of MTCT transmission occurs during:

- Pregnancy:

- Labour/delivery:

- Breastfeeding for 24 months:

26. If an HIV+ mother chooses to breastfeed, name the four options she has for feeding her child.

Option 1:

Option 2:

Option 3:

Option 4:

27. What does AFASS stand for?

Micronutrients:

28. What are the four strategies to control Vitamin A deficiency?

29. One action is to give one Vitamin A capsule 200 000 IU to women during pregnancy. True or False (please circle)

30. The supplementation of vitamin A for children is done once a year. True or false? (please circle)

31. Children 6-12 months should receive 100 000 IU of A vitamin. True or False? (please circle)

32. For what is thyroxine important?

33. Who is most at risk of IDD?

34. What parasites can cause anemia?

35. In an area where the prevalence rate is >40%, the supplementation regime of iron/folic acid for pregnant women is 30 tablets. True or False? (please circle)

36. De-worming during the last quarter of the pregnancy is dangerous. True or False? (please circle)

37. What are four major strategies to control anemia?

Women's Nutrition

38: What physiological condition requires the most iron?

39: Pregnant women need to increase their caloric intake more than lactating women. True or False? (please circle)

40: Name three nutrition messages/actions for a pregnant women.

Behavior Change Communication

41. Name three key target groups important to recognize in a BCC that aims to improve breastfeeding behaviors:

42. What are the three main 'communication channels' used in BCC for health promotion?

43. Give two examples of inter-personal communication.

44. Promoting 'breastfeeding messages' through the radio has the highest likelihood of changing breastfeeding behavior than any other communication channel. True or False? (please circle)

45. Cite three examples of IEC materials used for BCC to promote better IYCF.

Monitoring and Evaluation

46. Please define the following indicators:

Timely Initiation of Breastfeeding Rate (TIBF)

Exclusive Breastfeeding Rate (EBR)

Timely Complementary Feeding Rate (TCFR).