

Family Health Guide



Making Quality and Affordable Health Care Accessible to All

About Your Family Health Guide

Your ***Family Health Guide*** contains health information for you and your family. It tells you about important health risks and sicknesses and how you can avoid them.

Mothers, you and child can be in danger IF:

- You do not have proper prenatal care;
- You deliver without the help of a midwife, nurse or doctor; and
- You and your child do not have proper care after delivery.

Your family can also be at risk if a member has been suffering from chronic cough for more than two weeks.

You can avoid maternal, newborn and child health risks IF:

- You practice family planning
- You have your children immunized
- You promptly visit your health provider for diagnosis and treatment

This ***Family Health Guide*** helps you decide what health services are right for you and your family.

With the help of your Community Health Team (CHT) Partner, you can find out what your health needs are and make plans for your family's health. He/she can also refer you to health facilities and providers in case of emergency.

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B. HEALTH PLAN IMPLEMENTATION FORMS

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Other Booklets in the Family Health Guide:

- A. List of Health Providers and Emergency Health Contacts
- B. *Booklet ni Nanay at ni Baby*
- C. Family Guide to PhilHealth: Benefits, Availment and Responsibilities

OUR FAMILY

FAMILY

(Place a photo of your family here)

NHTS Household ID Number: - -

PhilHealth ID Number: □□-□□□□□□□□-□

Our Community Health Team (CHT) Partner: _____

CHT Contact Number(s): _____

Family Health Hour: Every _____ (day) at _____ (hour)

A. Health Messages



This section contains important health messages that you should know for your family's health if:

- You plan to have a baby
- You are pregnant
- You plan to have the number of children you want, or
- You want to bring your child or a family member to a health provider for check-up

Caring for Newborn

The first 28 days of your newborn is the most critical.



- ✓ Breastfeed your newborn and keep him/her dry and warm through skin-to-skin contact

- ✓ Start breastfeeding within 1 ½ hours

- ✓ Breast milk is adequate for your baby's needs for the first 6 months. (Exclusive Breastfeeding)

- ✓ Breastfeeding for the first 6 months (without milk formula, water or other foods) will protect your baby from ear infections, diarrhea and respiratory illnesses

- ✓ Newborn screening (NBS) is important because it can help in the early detection of diseases like mental retardation. Newborn Screening is done 24 to 72 hours from delivery.



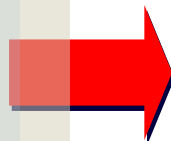
- ✓ Have your baby immunized with BCG and Hepatitis B vaccines to protect him/her from TB and Hepatitis B.

- ✓ Refer to your *Booklet ni Nanay at ni Baby - "Ang Aking Mga Pangangailangan sa Unang Linggo ng Aking Pagsilang"*, page 24

Newborn Screening (NBS) is free for dependents of PhilHealth-sponsored members in accredited government facilities. (Refer to Section A on INPATIENT COVERAGE, page 7 and Table 2, page 8 [MEDICAL CASES-Newborn Care Package] of the Family Guide on PhilHealth)

Danger Signs!

- Convulsions
- Stopped breastfeeding / poorly sucking
- Feels hot or cold
- Foul-smelling discharge or blood from cord
- Yellowish soles / eyes / skin
- No or less movement
- Fast / difficulty breathing



Bring your baby to a health provider if you observe any of these signs

Bring with you Form 2A (Health Plan Implementation for Newborn Health – ages 0 to 28 days), your PhilHealth card, Member Data Record (MDR) and the baby's birth certificate

On the way to the health facility:

- Keep your baby warm
- Breastfeed your baby every 2 hours (If the baby is able to breastfeed)

Caring for Infant and Child

Protect your child from infectious diseases that may lead to permanent disability or even death



✓ Complete your child's immunization [tuberculosis (BCG), diphtheria, tetanus and whooping cough (DPT); polio (OPV), Hepatitis B and measles] to protect him/her from infectious diseases that may lead to permanent disability or death

✓ Follow the immunization schedule in the *Booklet ni Nanay at ni Baby*

✓ Breastfeed your child up to 2 years of age and beyond

✓ Your baby must receive Vitamin A at 6 months old. Do this every 6 months until 5 years old. Vitamin A increases your baby's resistance to infectious diseases and helps prevent blindness.

✓ Deworming tablets help prevent intestinal worms. It impairs healthy nutrition, reduces appetite and leads to mal-absorption of nutrients that cause stunting, under-nutrition and anemia. Give your child deworming tablets at 1 year old. Do this every 6 months.

✓ Bring your child to the health center to monitor weight and height (monthly weighing recommended for those 0-24 months)

✓ Refer to your Booklet ni Nanay at ni Baby - "Tagubilin sa Pagpapakain", page 26

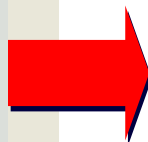


Warning Signs!

- Cough
- Diarrhea (soft stools at least 3 times a day)
- Fever
- Swelling of hands and feet

Danger Signs!

- Convulsions
- Poorly or unable to eat or drink
- Vomits everything
- Fast or difficulty in breathing
- Very sleepy or unconscious



Bring your
child to a
health
provider if you
observe any of
these signs

Bring with you Form 2B (Health Plan Implementation for Infant Health – ages 29 days to less than 12 months) or 2C (Health Plan Implementation for Child Health – ages 12 months to less than 5 years), your PhilHealth card, Member Data Record (MDR) and the baby's birth certificate

Caring for Adolescents

✓ Puberty is when a girl or a boy's body begins to develop and change. During puberty, the body will grow than any other time in your life. It usually starts sometime between age 8 and 13 in girls, and 10 and 15 in boys.



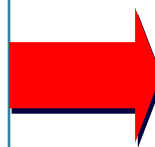
Changes During Puberty

Boys will:	Girls will:
Become taller	Become taller
Have more muscular body	Have wider hips
Have deeper voices	Develop larger breasts
Have nocturnal emission ("wet dream") or ejaculation	Start menstruating

- ✓ Once a girl starts menstruating, **she can get pregnant.**
- ✓ Once a boy starts have nocturnal emission ("wet dream") or ejaculation, **he can get a girl pregnant.**
- ✓ Once a girl/boy starts becoming sexually active, **s/he may get sexually-transmitted infections (STIs).**

Both boys and girls will also:

Grow body hair
Have acnes and pimples
Have body odor



Thus, personal hygiene is important during puberty.

They need to wash and keep their genitals clean to avoid allergies, irritation and odors.

Consult your health provider for more information. You may also attend fertility classes (if available) in your barangay/at your local health center.

Caring for Pregnant Woman

Healthy pregnancy means a healthy baby



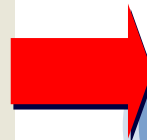
✓ Have at least 4 prenatal check-ups (at least 1 visit during the first 3 months; at least 1 visit during the 4th to 6th months; and at least 2 visits during the 7th to 9th months).

✓ Receive Tetanus Toxoid

✓ Ask your health provider to help you accomplish "*Plano sa Paghahanda sa Oras ng Panganganak at Emergency*" in your *Booklet ni Nanay at ni Baby*, p.14

Danger Signs!

- Swelling of the legs, hands and/or face
- Severe headache, dizziness, blurring of vision
- Vaginal bleeding
- Pale skin
- Vomiting
- Convulsion
- Difficulty in breathing
- Fever and chills
- Too weak to get out of bed
- Severe abdominal pain
- Foul-smelling vaginal discharge
- Watery vaginal discharge
- Painful urination
- Absence or decrease in baby's movement inside the womb



Go to the nearest health facility immediately

Bring with you Form 2D (Health Plan Implementation for Maternal Health: Pregnancy/Prenatal Care), your PhilHealth card and Member Data Record (MDR)

- ✓ **Give birth at a health facility.** Complications that may happen during childbirth need to be promptly managed



- ✓ In case of emergency, immediately call for help. See your **List of Health Providers and Emergency Contacts**.

Use your PhilHealth benefits. Check the Family Guide on PhilHealth if you are a member or dependent, page 7

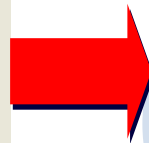
Caring for the Mother after Giving Birth

- ✓ Complications may arise within 42 days after delivery. You are at risk. Visit your health provider to detect and treat possible complications following these schedules:
 - Within 12 hours after delivery
 - On the 3rd day
 - On the 7th day
- ✓ For more information, refer to the messages on how to care of the mother in the first 42 days after giving birth in your *Booklet ni Nanay at ni Baby*



Danger Signs!

- Severe or continuous headache
- Pale skin
- Fever
- Foul-smelling vaginal discharge
- Difficulty in urination
- Pain in the genital area
- Vaginal discharge (e.g., pus)
- Breast inflammation
- Difficulty in breathing
- Heavy bleeding (more than 2 fully soaked pads within 20 minutes after delivery)



Go to the
nearest
health facility
immediately

If you are a PhilHealth member or dependent, bring Form 2E (Health Plan Implementation for Maternal Health: Post-Partum), your PhilHealth card and Member Data Record (MDR)

Planning for a Healthy Family

Family planning allows you to properly time and space your pregnancies. It helps your body fully recover and prevent pregnancy as well as delivery complications.

- ✓ Go to your health provider for counseling on family planning if:
 - You want to space your pregnancy and use a family planning method
 - You do not want to have a child or another child
 - You want to have another child later
 - You thought of becoming pregnant
 - You are pregnant
 - You missed your menstrual period and suspect that you are pregnant

- ✓ If you want to have a child soon, you also need to consult your provider to help you with fertility concerns.

- ✓ Avoid getting pregnant if you are below 18 years old, or if you are more than 35 years old. These are the ages when there are more chances of complications during pregnancy and delivery.

- ✓ Space your children 3-5 years apart. Wait at least three years before getting pregnant again. It takes about three years for you to go back to how your body health was before you were pregnant.



Visit Your Health Provider for:

- Check-up
- Re-supply of family planning commodities, ex. pills and condoms
- Advice on effective family planning methods that suit you and your partner's needs

Family Planning Methods

Modern Natural Family Planning (NFP) Methods

Modern NFP methods are used to plan or prevent pregnancies by identifying the woman's fertile period. These methods do not require the use of drugs, surgical procedures or devices to promote or prevent conception. NFP is recommended for couples that can postpone intercourse when the woman is fertile. Consult your midwife, nurse or doctor to know the suitable method for you.

Breastfeeding method (Lactational Amenorrhea Method or LAM)

After you give birth, there is a period where the chances of getting pregnant are low. It is effective only if your period has not yet returned and your baby only receives breast milk for the first six months, without water, milk formula, juice, other liquids, and food.



Thermometer Method

In this method, your body temperature is used to tell you (the woman) if you are ovulating. You can get pregnant during unprotected sex at that time. Its effectiveness depends on correctly taking your body temperature.

Modern Natural Family Planning (NFP) Methods



Cervical mucus method

This method requires you (the woman) to observe the consistency of your cervical mucus to know when you are fertile. You can get pregnant during unprotected sex at that time.

Sympto-thermal Method

This method is a combination of the thermometer and cervical mucus methods, and relates to other symptoms felt during the menstrual cycle.

Standard Days Method

This works best if your menstrual cycle is between 26 and 32 days long. It specifies days within your cycle when you should avoid unprotected sex. The beads help you remember the safe period for intercourse.



Other Modern Family Planning Methods

Other modern family planning methods prevent pregnancy by using drugs, devices or surgical procedures. You can use these methods even if you have sex during your fertile period. Consult your midwife, nurse or doctor to know the suitable method for you.



Contraceptive Pills

They contain hormones that prevent pregnancy when taken daily. If you are breastfeeding, there are pills that may be suitable for you.

Condom

This rubber barrier prevents semen from entering your (the woman's) body. It also prevents transmission of sexually transmitted infections.

Injectable hormones

This method also contains hormones that prevent pregnancy when you (the woman) are injected every three months. It is safe to use even when breastfeeding.

Intra-Uterine Device (IUD)

This method uses a small and flexible device placed inside your womb to prevent pregnancy.

IUDs can be used continuously for up to 8 to 10 years with only periodic check-ups required.



MANAGING THE NUMBER OF YOUR CHILDREN THROUGH PERMANENT FAMILY PLANNING METHODS

If both of you do not want to have children anymore, you may consider other permanent family planning methods.

Bilateral Tubal Ligation (for women)

This is a permanent method involving surgery of the woman's tube where the egg cell passes through.

Non-Scalpel Vasectomy (for men)

This is a permanent method that involves surgery of the man's tube where the sperm cells pass through.

This method will not affect your virility.

Sponsored members can avail of the following family planning methods for free in PhilHealth-accredited facilities:

- Non-scalpel vasectomy (NSV)
- Bilateral tubal ligation (BTL)
- IUD insertion

Refer to page 12 (SURGICAL CASES) your Family Guide to PhilHealth: Benefits, Availment and Responsibilities for more information

Bring Form 2F (Health Plan Implementation for Family Planning), your PhilHealth card and Member Data Record (MDR) when you go a PhilHealth-accredited facility

Caring for Family Members with Chronic Cough

- ✓ Go to the health center for check-up and testing if coughing for 2 weeks or more

If diagnosed with TB, remember:

- ✓ Go to a TB-DOTS provider immediately for treatment
- ✓ TB can be treated. Free Anti-TB Drugs are available at the health center or any DOTS facility
- ✓ Patient needs to take anti-TB drugs for at least 6 months AND must be supervised by a treatment partner
- ✓ Improper treatment of TB may lead to more serious complications. Because TB is an infection transmitted thru air, it may spread to other members of the family, especially children.
- ✓ TB may cause death if left untreated or not properly treated.
- ✓ Return to the health center/DOTS facility for your follow-up sputum exam and regular check-ups.



Sponsored members can avail of the PhilHealth TB-DOTS package for free in PhilHealth-accredited facilities.

Refer to page 12 (MEDICAL CASES) of your Family Guide to PhilHealth: Benefits, Availment and Responsibilities for more information

Bring Form 2G (Health Plan Implementation for Chronic Cough Management), your PhilHealth card and Member Data Record when you go a PhilHealth-accredited health facility