

Introduction of Maternal and Child Health handbook

The Maternal and Child Health handbook (MCH handbook) is an attractive pink color handbook consisting of approximately 50 pages.

The MCH handbook is an integration of several health cards that have been existed and information media about maternal and child health.

The MCH handbook is one of the component on Safe Motherhood.

*Coordinating Committee for MCH handbook in Central Java
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What is the MCH handbook ?

MCH handbook is to be used instead of several existing health cards such as KMS Ibu Hamil, KMS Balita and KMS perkembangan Anak. The MCH handbook covers for 6 years from a mother's pregnancy until her child aged until 5 years old.

The purpose of the MCH handbook is to promote maternal and child health through the following practical aspects.

1. To improve mother's attitude and custom toward mother and child health care by giving necessary information for mothers.
2. To mobilize health personnel toward mother and child health care by giving good material and standard for health education
3. To introduce and generalize continuous health record keeping by integration of several existing cards.

What is the advantage of the MCH handbook ?

1. Motivation for health check up

The MCH handbook can motivate community people to put more attention on health check up at Puskesmas and Posyandu with the attractive color and picture of the handbook.

2. Consistent record keeping

The MCH handbook can keep consistent and comprehensive medical and health record concerning for one child from mother's pregnancy to age until five years old. Health personnel can refer and share medical record in the time of referral.

3. Health education media for MCH

The MCH handbook consists of basic health information about MCH. It is a kind of education media by mother's reading and by getting explanation from health personnel. With attractive illustration, mothers can understand it and remember the most important things easily. The MCH handbook also reminds health staffs to do health education concerning the contents of the handbook.

4. Standard for MCH services

The MCH handbook shows all kind of MCH services which mothers can get from public health service. Mothers can refer the contents and ask get health service according to the MCH handbook.

5. Cost effectiveness

The MCH handbook costs for printing about Rp. 1,000 per book (as of 1995). If several health cards can be replaced by one handbook, the printing fee is cheaper than total printing fee of several cards.

Moreover, if this handbook is managed carefully, mothers do not tend to loose it but keep and use it for whole period (6 years). Hence, burden for logistic section is not heavy since they do not have to prepare enormous number of spare handbook.

How to use the MCH handbook ?

1. Target

All pregnant women receive the MCH handbook. One book for one child ; i.e. if twin pregnancy, gets two books ; if a mother is pregnant again, gets a new one.

2. Distribution

At all health service facilities including Puskesmas, Polin Des, Posyandu, district hospital and private clinic (doctor/midwife), pregnant women can get the handbook for free of charge. Distribution and management of the handbook is responsible by Puskesmas staffs.

3. Usage

The MCH handbook is used not only for regular health check up on pregnant women and children under five years old, but is also used for medical recording when pregnant women and children get sick. It means that whenever they go to health service facilities, they can use the MCH handbook.

For mother's health; antenatal check with dental check, delivery record and family planning. For children's health, immunization, health and development check up, and dental check.

4. Recording

Health personnel or health volunteer records result of health services that they provide to pregnant women and children. These record also can be shared as a basic medical information when the user is referred to a hospital or a specialist.

5. Health education

Whenever pregnant women and children get health service, mother can receive health education from health personnel. Health personnel makes health education by using the handbook through individually and as group. At the same time, mother (sometimes husband) can read the handbook as a basic reference to help herself promote and check her baby's health and growth as well as her own.