HOME-BASED CARE FOR MALARIA CONTROL

Adapted from Manual for Community Health Agents For Malaria Control GHS/LSTM/WHO-TDR

Objectives

Provide information to Community based agents about.

- Signs and symptoms of malaria
- Its causes
- How severe the disease can be
- How to prevent it
- When necessary, how to advise on the correct actions to take when someone has malaria

How do we know that a sick person has malaria?

Additionally the person may experience any of these

- Feels like lying down
- Headache
- Dizziness
- Heavy head and the eyes feel like dropping when he looks down
- Feels like vomiting or may vomit

How do we know that a sick person has malaria?

- People with malaria usually feels
- A bitter taste in the mouth
- And cannot eat well
- Small children with malaria have
- Hot body
- Vomiting
- Sometimes pains in the belly
- And diarrhoea

How do we know when malaria is simple or uncomplicated?

- The person may have the signs and symptoms described but is not to ill. He is able to move about and is conscious.
- Note that a child with malaria playing does not mean that the child is not ill. Malaria makes you feel ill for a while then a little better for a while and then very ill again. Children will play any time then they feel a little better. They may still be very sick and can rapidly become worse.
- Always take fever in children very seriously even if they play a little.

How do we know when Malaria is serious?

- The person becomes very weak, cannot walk, stand or sit
- They may be confused and be talking or behaving abnormally
- They may be sleepy or drowsy
- They may have convulsions or fits
- They may be vomiting a lot
- Their body may be very hot all the time
- They may pass urine that looks like tea without milk
- They may pass little or no urine
- They may have yellow eyes, palms, soles, and in the mouth and tongue.
- They may bleed from the mouth or nose

How do we know when Malaria is serious?

- Pregnant women with malaria may bleed. In fact malaria in pregnant women is always considered serious because it causes low blood, miscarriage, or small, unhealthy babies
- Malaria can start very seriously at once or become very serious after a short time
- Serious or severe malaria can kill
- If the sick person does not get better after two days of treatment, then the malaria is serious

Telling malaria from another illnesses

- There are many diseases that make the body hot. From the beginning, the signs may look like malaria, but later additional signs may show that the illness is different. So anytime there is something different about a sick person or the one does not get better after two days of recommended treatment, it is best to go to the hospital/ health centre at once.

Some diseases mimicking malaria

- Typhoid – the person does not get better on anti-malaria drugs and sometimes fell pains in the belly.
- Meningitis-the neck is stiff (cannot bend) and is painful.
- Pneumonia-the sick person has chest pain, pain at the sides and coughs.
- Early measles-may present like malaria with a fever and non-specific signs. It is only after the first day or two that the child develops a cough and could then later a rash.
- Early stages of acute respiratory infections may present like malaria with no specific signs and fever

Some diseases mimicking malaria

- If you see only the signs and symptoms you must go to the hospital /health centre right away .

IMPORTANT:

- An illness in babies less than 2months old is very serious. If a baby is less than 2 months is ill, for example with a hot body or is not breastfeeding well, it is unlikely to be malaria. DO NOT TREAT AT HOME –seek care right away

Group Work one

In 3 groups:

- Brainstorm about the disease malaria and why it is important in Ghana from the perspective of individuals, families and communities. Leave out the health service perspectives please.
- When and why do individuals, families and communities decide to seek treatment for fever?

Session 3-What do we do when a child has malaria?

- Cool the body: very hot body is dangerous for small children – it cause convulsions and end in death.
- Do not wrap up the child. Remove the child`s clothes and this can help cool the body
- Sponge the sick child with hot body lukewarm water repeatedly until the body is cool. A sick person should be bathed each day

What to do

Give paracetamol syrup or tablet it does not cure the malaria but it helps cool the body

Age	Amount of paracetamol
Under one year	¼ tablet or 5ml syrup (1 teaspoonful)
1 to 4 years	½ tables 10ml syrup (2 teaspoonful
5 to 9 years	¾ tables 15ml syrup (3 teaspoonful
10 to 14 years	1 tablet

What to do

- Give food-give the child with malaria food to eat before giving the medicine
- Give food only after cooling the body as sick people often vomit if they eat or drink when they have a hot body
- It is easier to eat soft or liquid food during illness
- If the child is less than 6 months, give breast milk only
- If the child is aged more than 6 months, give the usual food and continue breastfeeding

What to do next

- With change of anti-malaria drug policy, rush the child to the nearest clinic/hospital where artesunate- amodiaquine will be given to weight or age.
- When a child has serious malaria (severe) this is an emergency: cool the body, give paracetamol and take the child at once to the hospital/health centre

What to do next

- Do not try to treat a child less than 2months old at home when he is ill, with hot body and not breastfeeding well; he is unlikely to have malaria; rush to the nearest hospital/health centre

What to do for convulsion

Children with serious malaria may have convulsions. Convulsions are not infections. Women can handle the convulsion child and do not have to wait for the man to come.

- Hold the child gently lying on the side until the shaking is over
- If he has to vomited use fingers to remove the vomit from the mouth
- Cover the child with a wet towel and take him to the hospital / clinic at once. On the way to the hospital/ clinic, continue to cool the body by sponging with lukewarm water if the body is still hot
- If the child remains asleep, DO NOT GIVE paracetamol nor anything to drink- take him to the hospital at once

Session 4: What to do when an adult has malaria

- If aches and pains are severe, take two tablets of paracetamol two three times a day to get relief.
- Seek professional care at the hospital/health centre where you will be given Artesunate-Amodiaquine and monitored for side effects.
- Pregnant women should not delay in seeking care.

Group Work Two

In 3 groups:

- When a child has fever, what to do individuals, families and communities do?
- What do we do at home when a child has febrile convulsion?
- What are the families remedies for fever in your locality?

Session 5: How do we get malaria?

- Parasite is transmitted through the bite of infective female anopheles mosquito during blood meal from one person carrying the parasite to the other.
- Anopheles species- 400 but 60 important
- Common types that transmit malaria in Ghana
- Anopheles gambiae sensu strictum(ss)
- Anopheles funestus
- Anopheles melas (a complex type found in mangrove swamps areas)
- Anopheles arabiensis

LIFE CYCLE OF AN ANOPHELINE MOSQUITOES

Mosquitos have 4 different stages in the life cycle

Egg
Larva
Pupa
Adult

The Mosquito

- The mosquito feeds on plant juices
- The female feeds on blood meals as it needs the blood meals for its egg to develop
- On biting, the female mosquito spits saliva into the wound to make it easier to suck blood.
- When the malaria germ gets into the blood, they live for days and multiply.
- They become many in the liver and move into the blood where they continue to grow.
- When they are too many , they make us sick as they make us sick as the body is unable to fight them all.
- In pregnant women, the germs live and breed in the placenta and prevents the baby from growing well. Often this lead to miscarriage and pre mature delivery.

Some misconceptions

- When we work too hard in the sun and get tired, we get malaria
- When people work too long near the fire
- When disobedient children play too hard in the sun
- When we do not eat well or drink good water
- Malaria blows in the wind for us to catch
- When we eat too much sweets

ONLY MOSQUITO BITES CAUSE MALARIA, NOTHING

Session 6 – Avoiding Malaria

Malaria can be prevented through

- Stopping mosquito breeding
- Stopping mosquitoes from biting us
- Giving preventive drugs to pregnant women

Stop mosquito breeding

This is achieved through

- Burying containers like cans, tins, shells, coconut shells, old lorry tyres which collect water and allow mosquitoes to breed.
- Draining all pools of water which serve no purpose
- Cover pots and water containers clearing weeds around houses and the neighbourhood.