

Performance Checklist for Giving Vitamin A (VAS)

Instructions: This performance checklist is best used while paired with the VAS visual checklist - each checklist has the same 31 steps. While observing VAS service delivery, compare the quality of service to international best practices by recording a performance rating (+,-,0) down the column(s) to the right of each step. Use a new column for each observation.

Performance Ratings (+,-,0): Performance ratings provide a step-by-step record of VAS service provision. Supervisors and monitors should use the performance ratings to identify steps for which the service provider is competent (+), and those where the service provider needs additional support (-,0).

+	The service provider did the step correctly, and did not need help to complete the step
-	The service provider did the step incorrectly, or needed help to complete the step
0	The service provider did not perform the step

Step	Part 1: Community Education	Rating
1	Welcome children and caregivers.	
2	Tell caregivers that today vitamin A will be given to eligible children.	
3	Show vitamin A capsules and explain the relationships between age and dose: – “Vitamin A in blue capsules is for children ages 6-11 months (6 months up to 1 year), and the red capsules are for ages 12-59 months (1 year up to 5 years).”	
4	Explain Dosing Schedule: – “Vitamin A should be given to children every 4-6 months (2-3 times per year).”	
5	State the Benefits: – “Regular vitamin A means your child will be stronger and have healthy eyes.”	
6	Explain the Side Effects (for more detail see Table 1 at the end of this checklist): – “Children who get vitamin A may get one or more of these side effects: nausea, vomiting, headache, loss of appetite, swelling of the fontanel (soft spot on top of the head).”	
7	Mention Possibility of Side Effects: – “Side effects are rare, about 5 out of every 100 children may experience them.”	
8	State the Duration of Side Effects: – “Side effects last for a maximum of 2 days from when the child receives vitamin A.”	
9	Explain When to Seek Medical Attention: – “If symptoms last longer than 2 days or if other symptoms develop, get medical help.”	
10	Clarify Safety and Pairing with Vaccinations: – “Vitamin A is <u>very safe</u> for children and can be given on the same day as deworming and vaccinations.”	
11	Ask if there are any questions and respond accurately and respectfully.	
Step	Part 2: Eligibility Screening and Service Provision	Rating
12	Ask child’s name and request child health card to verify.	
13	Check for vitamin A eligibility using the criteria listed below the service. If after checking for eligibility, you find that a child fails to meet 1 or more of the criteria for a particular service, do not provide that service. Instead, see Table 2 found at the end of this checklist. * Never send vitamin A home with a caregiver to give to the child later. 3 Eligibility Criteria to Qualify for Vitamin A <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Child is 6-59 months of age (6 months up to 5 years) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Show the capsules and verify that: Child has not received vitamin A in the past 1 month <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <i>Child is <u>not</u> experiencing the following <u>today</u>. Ask the caregiver if the child has the following today. If so, refer child for medical help:</i> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Severe difficulty breathing today (observe to make sure the child will not choke on the oil) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

14	Clean your hands using alcohol-based hand sanitizer or soap and clean water.								
15	Ask if the child is comfortable and make sure the child is calm. To minimize choking risk, never force a child to take vitamin A and do not give it to a child who is crying.								
16	For children eligible for vitamin A, select the age-appropriate dose: <ul style="list-style-type: none"> – Ages 6-11 months (6 months up to 1 year) receive blue capsule (100 000 IU) – Ages 12-59 months (1 year up to 5 years) receive red capsule (200 000 IU) 								
17	Ask the caregiver to support the child’s head and to ensure the child’s mouth is open.								
18	Use clean scissors to cut off the narrow tip of the capsule.								
19	Without touching the child, squeeze all of the vitamin A oil into the child’s mouth.								
20	Discard used capsule in waste container.								
21	Ask if the child has swallowed all of the oil and is comfortable.								
22	Wipe off excess oil from hands and scissors using a clean towel.								

Step	Part 3: Recordkeeping and Exit Counseling	Rating				
23	Record the vitamin A doses given to the child on your distribution records and on the child health card.					
24	Write the return date on the child health card or other paper and give to the caregiver. Tell caregiver when and where to return with their child for vitamin A.					
25	Clarify Safety and Pairing with Vaccinations: <ul style="list-style-type: none"> – <i>“Vitamin A is very safe for children and can be given on the same day as deworming and vaccinations.”</i> 					
26	Explain the Side Effects (for more detail see Table 1 at the end of this checklist): <ul style="list-style-type: none"> – <i>Children who get vitamin A may get one or more of these side effects: nausea, vomiting, headache, loss of appetite, swelling of the fontanel (soft spot on top of the head).”</i> 					
27	Mention Possibility of Side Effects: <ul style="list-style-type: none"> – <i>“Side effects are rare, about 5 out of every 100 children may experience them.”</i> 					
28	Clarify the Duration of Side Effects: <ul style="list-style-type: none"> – <i>“Side effects last for a maximum of 2 days from when the child receives vitamin A.”</i> 					
29	Explain When to Seek Medical Attention: <ul style="list-style-type: none"> – <i>“If symptoms last longer than 2 days, or if other symptoms develop, get medical help”</i> 					
30	State the Benefits: <ul style="list-style-type: none"> – <i>“Regular vitamin A means your child will be stronger and have healthy eyes.”</i> 					
31	Ask if there are any questions and respond accurately and respectfully.					

Side Effect	Nausea	Vomiting	Headache	Loss of Appetite	Swelling of the Fontanel
Vitamin A	✓	✓	✓	✓	✓

Reason for Ineligibility:	How to Respond to Ineligibility:
The child...	If the child...
– Is younger than 6 months, or is 60 months (5 years) or older.	– Is younger than 6 months, tell caregiver when and where to return with their child for the next vitamin A dose, and counsel on exclusive breastfeeding. – Is 60 months (5 years) or older, counsel on vitamin A-rich foods.
– Has received vitamin A within the past 1 month.	– Has received VAS within the past 1 month, tell caregiver when and where to return with their child for the next vitamin A dose.
– Is experiencing severe difficulty breathing.	– Is experiencing severe difficulty breathing, refer for immediate medical attention. Also, tell caregiver to return with the child for the next VAS dose.