# ENC Now!

Example agenda for separate sessions over separate days

[Click here to open the course](https://hmbs.org/digital-learning/ENC-now/)

Find more resources at [hmbs.org](https://hmbs.org/)

The course can be split into sessions like in the example below. In this example, there are eight sessions of 90 minutes each, plus pre-course work that the participants need to do on their own.

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| EXAMPLE CALENDAR |
|  | 1Session 1 | 2 | 3Session 2 | 4 | 5 | 6 |
| 7 | 8 | 9Session 3 | 10 | 11Session 4 | 12 | 13 |
| 14 | 15Session 5 | 16 | 17Session 6 | 18 | 19 | 20 |
| 21Session 7 | 22 | 23Session 8 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |  |  |  |  |

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| Pre-course work | 90 min | Participants go through Section 1. Introduction on their own, including Knowledge Check |
| Session 1 | 90 min | Introduction |
| Session 2 | 90 min | Grey zone: Preparation for Birth |
| Session 3 | 90 min | Green zone: Routine Care |
| Session 4 | 30 min | Yellow zone: The Golden Minute — Clear Airway and Stimulate Breathing |
| 60 min | Yellow zone: The Golden Minute — Establishing ventilation |
| Session 5 | 90 min | Yellow zone: The Golden Minute — Establishing ventilation, continued |
| Session 6 | 90 min | Red zone: Continued Ventilation |
| Session 7 | 60 min | Commit to making a difference |
| 30 min | Evaluation Part 1* Post-course Knowledge Check
* Post-course Bag and Mask Skill Check
* Discussion about what an OSCE is.
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| Session 8 | 60­­‑90 min | OSCE- A & B |

You can adapt the length of the sessions depending on how much the participants will do on their own.