

## Getting Started with ORB



### What is ORB?

ORB is an online platform located at [www.health-orb.org](http://www.health-orb.org) that contains freely available and downloadable materials for frontline health workers. The platform connects frontline health workers (and those who support them) to resources to expand their knowledge, organize content into courses, and share their learning with the community.



### 1. Familiarize yourself with ORB

To incorporate the materials from ORB in your programs, start by familiarizing yourself with the materials that are on ORB. Go to [www.health-orb.org](http://www.health-orb.org) and navigate to a topic, such as Antenatal Care or Nutrition, and explore the available materials. Download or bookmark some materials that you think are relevant to your work!



### 2. Are you a trainer? Use ORB content in trainings

Interactive or multimedia content is a great way to demonstrate ideas in face-to-face trainings. For instance, a video of cord care can be much more powerful than describing it on a PowerPoint slide. Likewise, an animation of a post-partum IUD insertion can be more useful to trainees than a static depiction of it. Search [www.health-orb.org](http://www.health-orb.org) to find materials that may be useful in your trainings.



### 3. Are you a Supervisor? Use ORB content in your supportive supervision visits

Supportive supervision or mentoring visits to facilities can be made more interactive through the strategic use of ORB content. Perhaps you observe a health worker incorrectly practicing hand washing. ORB content can be shared with health workers on your mobile phone or tablet, which may be more effective and supportive than simply explaining why their performance is lacking.



### 4. Share ORB content with the health workers you support

ORB content is freely shareable. If health workers that you work with have mobile phones (even some simple Nokia phones can play videos), tablets, or computers, you can share the files with them via a flash drive, SD card, or other method. If you don't know how to share the files, ask an IT colleague or contact [info@mpoweringhealth.org](mailto:info@mpoweringhealth.org)



### 5. Work to institutionalize ORB content with your local, sub-national, or national Government

ORB content can be adapted and included more systematically within your local health system. Work with stakeholders such as local governments, professional associations, or government eHealth departments to identify opportunities to use ORB content within pre-service education, health worker training updates, or for continuing professional development.

Contact [info@mpoweringhealth.org](mailto:info@mpoweringhealth.org) if you would like to know more!