

NEW EVIDENCE IN MATERNAL, NEONATAL, CHILD HEALTH & FAMILY PLANNING IN PAKISTAN



“The Way Forward”

2 Days Conference (1st & 2nd December, 2010)

Health Services Academy, National MNCH Program

Abstract Book





Welcome Message

On behalf of the Health Services Academy, National MNCH Program and the Organizing Committees of the Conference, we warmly welcome you to the conference on 'New Evidences in Maternal, Neonatal, Child Health and Family Planning in Pakistan – The way Forward'. We are pleased to invite you to take part in the discussions and debates that will take place during this event, aimed at – among other things – policy directions for improving availability and access to maternal and child health care.

As stated in the Millennium Development Goals, the crucial question that must be considered relates to how health systems can respond to a growing need for action, particularly in reducing child mortality, improving maternal health, combating HIV/AIDS, malaria and other diseases as well as promoting global partnerships for development.

In Pakistan, the culture of following an evidence based approach is yet not fully flourished. The academic research conducted is ultimately restricted to the libraries and not disseminated. This conference is an effort to bring together the researchers to deliberate on evidence created and illustrated, to share the experiences of service provision during complex emergencies and to deliberate on how various evidences produced can be main streamed into the MNCH Program for achieving MDGs 4 & 5.

HSA is laying particular emphasis on pursuit of knowledge and service to the country. We remain committed to play a leading role in expanding access to information and evidence in the field of maternal, newborn and child health by initiating programmes geared towards meeting the needs of the health care market. In this regard, we would like to thank most sincerely the Ministry of health for its continued support. We also acknowledge with gratitude the support provided by partners at every stage of development of the Health Services Academy.

We wish you a very productive and successful two days here at the Conference.

Dr. Assad Hafeez
Executive Director
Health Services Academy

Dr. Farooq Akhtar
National Program Manager
National MNCH Program



Acknowledgements

I would like to take this opportunity to express our gratitude to the many individuals and organizations that have participated in the preparation and realization of this event. Without their enthusiasm and firm engagement, this Conference would not have been possible. In addition to the members of the Organizing Committees, the institutions under the auspices of which the concept of the Conference was developed, and all of the speakers and chairs that have agreed to be part of the programme, we would like to thank the Health Services Academy's collaborative partners who have actively participated in conceptualizing and organizing this event, including international organizations and, NGOs and civil society representatives.

I sincerely hope that the Academy, its sessions and its venue will provide an excellent opportunity to promote existing and future collaborative projects and to establish new partnerships.



Conference Organizing Committees

Patrons	Makhdoum Shahb-ud-Din (Federal Minister of Health) Khusnood Akhtar Lashari (Federal Health Secretary) Dr. Rashid Jooma (Director General Health)
Conveners	Dr. Assad Hafeez (ED, Health Services Academy) Dr. Farooq Akhtar (Program Manager, National MNCH Program)
Advisory Committee	Prof. David P. Southall Prof. Ghazala Mehmood Prof. Mehmood Jamal Prof. M. Ashraf Sultan Dr. Nabila Ali Prof. Sadiqa Jafarey Prof. Tabish Hazir Dr. Zeba Sathar Prof. Zulfiqar Bhutta
Technical Review Committee	Coordinator: Dr. Inayat H. Thaver Dr. Huma Qureshi Dr. Samina N. Khalid Dr. Tufail Ahmed Bhatti Dr. Rozina Khalid Dr. Saira Tariq Dr. Arslan Mazhar Dr. Nida Liaquat
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Publication Committee	Coordinator: Dr. Shafqat Shahzad Dr. Mariyam Sarfraz Mr. Nauman Anwar Rajput (MNCH Program)

Conference Day1

1st December 2010

Registration (09:00 – 09:30 AM)

Inaugural (09:30 to 10:30 AM)

09:30	Recitation from the Holy Qur'an	Dr. Tasneem Khurram, Student, Health Services Academy
09:35	Welcome address	Dr. Assad Hafeez, Executive Director/ Dean, Health Services Academy
09:45	Objectives of the Conference	Dr. Farooq Akhtar, National Program Manager, MNCH Program
09:55	Chief Guest address	His Excellency Makhdoom Shahab-ud-Din, Federal Minister for Health, MoH
10:05	Vote of Thanks	Dr. Shafiqat Shehzad, Associate Professor, Health Services Academy
10:10 – 10:20	Inaugural Ceremony: Mother Baby Care Center (UNICEF)	Visit by Chief Guest & Deepak Bajracharya Chief, Field Operations, UNICEF
10:20 – 10:40	Posters and Stalls Exhibit	Visit by Chief Guest & Participants
10:40 – 11:00	Tea/ Coffee Break	

Poster Session

Plenary Session I (11:00 – 12:00 Noon)

Maternal Health & Family Planning Status in Pakistan

Chairperson	Dr. Masoom Yaseen Zai, Vice Chancellor, Quaid-i-Azam University	
Co-Chair	Dr. Zeba A. Sathar, Country Director, Population Council	
Moderator	Prof. Shamsa Rizwan, Consultant Gynaecologist, Islamic International Medical College	
Speakers	Prof. Sadiqa Jafarey, President, National Committee on Maternal and Neonatal Health	Lessons learnt in Maternal Health in Pakistan
	Dr. Yasmeen Sabeeh Qazi, Senior Country Advisor, The David & Lucile Packard Foundation	Issues and challenges of FP/RH in Pakistan

Scientific Sessions (12:00 – 1:30 PM)

Scientific Sessions	I – Hall A	II – Hall B (UNFPA)	III – Hall C (Save the children)
	Family Planning and Birth Spacing	Inventory of Operational Research in MNCH / FP	New Evidences in MNCH
Chair	Dr. Mumtaz Esker Director General Technical, MoPW	Prof. Ghazala Mehmood Consultant Gynaecologist, Head of OBGYN, PIMS	Prof. Dr. Abdul Majeed Rajput President, Pakistan Public Health Association
Co-Chair	Dr. M. Ahmed Isa Senior Reproductive Health Advisor, USAID	Mr. Rabbi Royan Country Coordinator, UNFPA	Dr. Sarita Neupane Project Officer, Nutrition, UNICEF
Moderator	Dr. Adnan Khan Reproductive Health Coordinator, MoH	Dr. Tufail Ahmad Bhatti Research Associate, R&DD, HSA	Dr. Arshad Chandio Deputy National Coordinator, NP for FP&PHC
Discussant	Dr. Tauseef Ahmed Project Director, Pathfinder International	Prof. Syeda Batool Mazhar Consultant Gynaecologist, Head of OBGYN, PIMS	Dr. Shehla Zaidi Technical Resource Person on Health Policy, CHS, AKU
Speakers	1. Dr. Sadaf Ghani Depression among women of bilateral tubal ligation in district Sahiwal.	1. Madam Imtiaz Kamal Renaissance of Mid-Wifery in Pakistan.	1. Dr. Shafiqat Shehzad, Mr. Zahid Memon Pakistan's MNCH resource allocation and expenditure analysis.
	2. Dr. Sumaida Anwar Predisposing factors leading to decision in favor of vasectomy & post vasectomy experiences - A mixed model approach.	2. Dr. Farooq Akhtar Maternal, neonatal and child health in Pakistan: Towards the MDGs by moving from desire to reality.	2. Dr. Shehla Zaidi Financial Barriers to MNCH Finding from Rural Sindh.
	3. Dr. Adeela Rehman Relationship between awareness and practices of family planning.	3. Dr. S. Zakir Shah Background institutional factors for varied levels of knowledge and skills among the community mid-wives (CMWs).	3. Dr. Tabinda Zaman Perinatal outcomes in antenatal care service users versus non-users in the insured population of Northern Punjab: a comparative study.
	4. Dr. Nazish Masood Male involvement in child bearing among women with induced abortion in Islamabad.	4. Dr. Sihar Sikanter Pakistani perspective of maternal mental health and its impact on child health outcomes: A review of literature.	4. Prof. Shamsa Rizwan Reproductive Health of Women in Rural Pakistan.

Lunch Break (1:30 – 2:15 PM)

Panel Discussions (2:15 to 4:00 PM)

Panel Discussions	Panel - I Save the Children, USA (Hall A)	Panel - II (Hall B)	Panel - III (Hall C)
Theme	MDG 4 Countdown	Innovative Approaches in MNCH	HRH in MNCH
Title	Millennium Development Goal 4 Countdown	Innovative approaches in MNCH and their application and sustainability in Pakistan	Issues and Challenges in Human Resources for Health in MNCH
Chair	Dr. Mehreen R. Bhutto MNA, Parliamentary Secretary for Health	Mr. Bruce Rasmussen International Rescue Committee	Dr. Rashid Jooma Director General Health, MoH
Co-Chairs	Dr. Iqbal Ahmad Lehari National Coordinator, FP&PHC Program	Dr. Amir M. Khan Jozegai President, Pak. Pediatrics' Association	Dr. Guido Sabatinelli WR, WHO
	Dr. Farooq Akhtar National Program Manager, MNCH Program		Ms. Zoi Andrew Program Officer, DFID, Islamabad
Moderator	Dr. Amanullah Khan Director Health, Save the Children	Dr. Qadeer Ahsan Country Director, Healthnet Pakistan	Dr. Ayesha Rasheed Program Management Specialist, USAID
Discussant	Dr. Tariq Bhutta Prof. Paediatrics, Lahore	Dr. S. Amer Raza Deputy Team Leader, RAF	Ms. Janet Piz-Castillo, Chief, Office of Health, USAID/Pakistan
Speakers	Prof. Iqbal Memon (Prof. Paediatrics) Evidence Policy & Programs	Dr. Lubna Hassan (President, Society of Gynaecology, Pakistan)	Dr. Zulfiqar Khan (Technical Officer, WHO)
	Dr. Assad Hafeez (ED/Dean, HSA)	Mr. Bruce Rasmussen (IRG)	Dr. Arshad Chandio (DNC, PHC Program)
Panelists	Dr. Amanullah Bhatti (Director NIPS)	Dr. Adnan Khan (RHC, MoH)	Mr. Rana Matloob Ahmad (DD, BE&OE)
	Tracking Progress	Dr. Sohail Agha (Technical Advisor, Green Star)	
	Hem Lal Sharma (Health Specialist, UNICEF)		
	Child Care Emergencies		
	Prof. Salman Ali (Prof. Paediatrics, MH)	Mr. Peter Johnson (Global Learning Director, JHPIEGO)	Prof. Rizwana Chaudhry (Gynaecologist, CPSP)
	Mr. Azam Saleem (Joint Secretary B&F, MoH)	Mr. Mohamed Cisse (Chief of Health, UNICEF)	Dr. Ghulam Shabbir (Technical Advisor, UNFPA)
	Prof. Shakeela Zaman (Prof. of Preventive Paediatrics)	Ms. Helen Appleton (Senior Health Advisor, DFID)	Ms. Nighat Durraani (Director PNC)
	Dr. Sohail Saqlain (Joint Secretary P&D, MoH)		Madam Imtiaz Kamal (MAP)

Conference Day2

2nd December 2010

Plenary Session II (9:30 – 10:30 AM)
Neonatal and Child Health

Chairperson	Mr. Agha Nadeem, Additional Secretary Health, MoH	
Co-Chair	Dr. Fazl-e-Hakim Khattak, Chief Population Section, Planning Commission of Pakistan	
Moderator	Dr. Mobina Fatima, Research Assistant, Research & Development Department, Health Services Academy	
Speakers	Prof. Tariq Iqbal Bhutta, Prof. Paediatrics, Lahore	Promoting Financial and Human Resources for Child Health
	Prof. Tabish Hazir, Prof. Paediatrics, PIMS	Preventive interventions to improve neonatal health in Pakistan

Tea / coffee break (10:30 – 11:00 AM)

Scientific Sessions (11:00 – 1:00 PM)

Scientific Sessions	IV – Hall A	V – Hall B	VI – Hall C
	New Evidences in Child Health	New Evidences in MNCH	New Evidences in MNCH
Chair	Prof. Salman Ali Consultant Paediatrician, Military Hospital	Prof. Dr. Yaqoob Qazi Dean, Institute of Public Health, Lahore	Prof. Khawaja Abbas Prof. Paediatrics, Shifa International Hospital
Co-Chair	Prof. Shakeela Zaman Prof. of Preventive Paediatrics, Lahore	Dr. Talib Lashari Advisor Health Section, PCP	Prof. Shamsa Rizwan Consultant Gynaecologist, IIMC
Moderator	Prof. Yawar Najam Prof. Paediatrics, Shifa International	Dr. Mariyum Sarfraz Research Associate / Instructor, HSA	Ms. Sheeba Afghani Communication Specialist, UNICEF
Discussant	Prof. David P. Southall Medical Director, MCAI, North Staffordshire Hospital Expert in International Health	Dr. Siam Sikandar Consultant, Human Development Research Foundation	Dr. Saman Yazdani Director, Center for Health and Population Studies
Speakers	1. Dr. Tehzeeb Zulfikar Association of maternal macronutrient intake in 3 rd trimester of normal pregnancy on the maternal weight gain and neonatal birth weight of full term neonates.	1. Dr. Najma Lalji Are CMWs competent enough to perform?	1. Dr. Tufail Bhatti Role of antioxidants in LBW and gestational duration: A randomized control trials.
	2. Dr. Najma Jawad Awan Determination of Hepatitis B surface antibodies in children aged 3 years in Islamabad.	2. Prof. Syeda Batool Mazhar Critical life-saving interventions in MNCH: Assessing implementation status with WHO multi-country study.	2. Dr. Mariam Ashraf Assessment of women satisfaction on the quality of maternity services provided in PIMS, Islamabad.
	3. Dr. Kausar Hanif Hospital Cost of treating Neonates in Intensive Care Unit at Tertiary Care Hospital (PIMS), Islamabad	3. Dr. Farhana Shahid Factors affecting healthy lifestyle during and after gestational diabetes for native Pakistani women: A qualitative study.	3. Dr. Zaib Dahar Increasing access to quality Essential Obstetric Care.
	4. Dr. Abdul Majeed Childhood paralysis: Factor of Polio virus circulation	4. Dr. Ahsan Ahmed Healthcare services use, Maternal Health and Pregnancy Outcomes in rural Pakistan.	4. Dr. Ayesha Muhammad KAP of pregnant women regarding iron rich foods and supplements.
	5. Dr. Mazhar Mahmood Abbasi Community integrated management of childhood illnesses, "An innovative intervention to promote child health"	5. Dr. S. Amer Raza Dynamic of MNCH research in Pakistan-Perspective of Maternal and Newborn health; Research and Advocacy Fund (RAF).	5. Dr. Azra Ahsan (NOMNH) In-depth analysis of deaths of women of reproductive ages reported in the PDHS (2006-7): Psycho-socio, cultural factors contributing to adult female deaths.

Lunch Break (1:00 – 2:00 PM)

Panel Discussions (2:00 - 3:30 PM)

Panel Discussions	Panel IV (Hall A)	Panel V (Hall B) The David & Lucile Packard Foundation	Panel - VI (Hall C) UNICEF
Theme	MNCH service delivery in complex emergencies	Maternal Health/ FP	Evidence based approach for reaching MDG 4&5 in an integrated manner
Title	Evidence based Best Practices in Crises Situations	Challenges and New Evidences in Family Planning & Maternal Health in Pakistan	Evidence based approach for reaching MDG 4&5 in an integrated manner
Chair	Mr. Khushnood Akhtar Lashari Federal Secretary of Health, MoH	Dr. Sania Nishtar President, Heartfile	Dr. Mohamed Cisse Chief Health & Nutrition, UNICEF
Co-Chair	Dr. Jehanzeb Aurakzai National Coordinator, NHEPRN	Dr. Arif Hussain (Health Systems and Policy Specialist, TRF)	Dr. Farooq Akhtar National Program Manager, MNCH Program
Moderator	Dr. Samina N. Khalid Assistant Professor, HSA	Dr. Yasmeen Sabeeh Qazi Senior Country Advisor, The David & Lucile Packard Foundation	Dr. Samia Rizwan Health Specialist, UNICEF
Discussant	Ms. Janet Paz-Castillo Chief, Office of Health, USAID/Pakistan	Dr. Inayat H. Thaver Advisor Health, CEO, Mustashaar	Dr. Tahir Manzoor Health Specialist UNICEF
Speakers	Prof David P. Southall (Medical Director MCAI, UK) Dr. Naseer Nizamani (Assistant Representative, UNFPA) Dr. Tanveer Ahmad (Chief Executive, HANDS) Dr. Shabana Zaeem (Ihpiego) Dr. Sahib Jan Badar (Provincial Program Director MNCH, Sindh)	Dr. Yasmeen Qazi (Senior Country Advisor, Packard) Mr. Ashfaq Rehman (Population Council) Ms. Kausar S. Khan (Associate Professor, CHS, AKU) Ms. Insha Hamdani (Senior External Relations Manager, MSS)	Dr. Farooq Akhtar (NPM, MNCH Program) Dr. Tahir Manzoor (Health Specialist UNICEF) Dr. Qamar Suleman (Consultant Investment Case)
Panelists	Dr. Farooq Akhtar (NPM, MNCH Program) Dr. Ahmad F. Shadoul (Medical Officer MNCH, WHO)	Dr. Amna Mazhar (Country Project Manager, IPAS) Dr. Azra Ahsan (Technical Advisor, NOMNH)	Dr. Anwar Janjua (DG Health, Punjab) Dr. Abdul Jamil (Health Specialist, UNICEF) Dr. Qurban Mir (DG Health, AJK) Dr. Adil Hameed (DG Admin, AJK)

Closing Ceremony of MNCH Conference, Health Services Academy (3:30 - 4:30 PM)

Concluding Session "The Way Forward"

Guest of Honor	Begum Shehnaz Wazir Ali, Special Assistant to Prime Minister
Chair	Mr. Khushnood A. Lashari, Federal Secretary for Health, MoH
Co-Chair	Dr. Rashid Joona, Director General Health, MoH
Conference Summary	Dr. Assad Hafeez, Executive Director, Health Services Academy
Comments	by Partners
Remarks	by Secretary Health



Maternal Health in Pakistan - Lessons Learnt

Prof. Sadiqua Jafarey

Findings of PDHS 2006-07 show that there has been improvement in maternal health status and reduction in maternal mortality. Nevertheless, Pakistan is still lagging behind most countries in South Asia.

To improve the situation, lessons learnt from PDHS as well as programmes and projects related to maternal and neonatal health will be presented.

35% of women receive no antenatal care. Of those who receive only 28% made four or more antenatal visits during their pregnancy.

More than 60% deliveries are attended by unskilled birth attendants. Majority of the deaths of the mothers and neonates occur during labor and first 24 hours of delivery. The Poor in the rural as well as in the urban slums are the hardest hit.

The utilization of services at facility level increases by increasing awareness in the community and simultaneously improving services.

The referral chain from one facility to the other is very weak.

Training of HCPs (all cadres) is not sufficient for providing quality health care and family planning services. CPR has been stagnant at around 30% since the last two decades. FP services are not provided at health outlets. An estimated 890,000 induced abortions occurred in 2002. Every year 200,000 women are treated for unsafely performed abortion.

Socio-cultural factors play a very significant role and should be addressed simultaneously. Education has a very crucial role in improving the health status of the mother and the child. The state of nutrition of both the mothers and neonates is poor. There are serious concerns that it will increase with the current flood situation.



Depression among women of bi-lateral tubal ligation in District Sahiwal

Dr.Sadaf Ghani

The paper determines the proportion and compare the socio-demo-graphic characteristics of women with depression after 2-10 years of bi-lateral tubal ligation.

A structured questionnaire was used to collect information based on Hamilton Depression Scale, population consisted of 268, all married women of reproductive age group having bilateral tubal ligation for more than 2 years.

Mean age at time of ligation was 32 ± 3.5 . 35.8% of the women showed mild to moderate depression with P.O.03. Women expressing regrets at the time of ligation showed depression than women having no regrets P.O.04. 94.4% women did not receive pre-ligation counseling about psychological effects/depression and follow-up was not provided.

Study showed 35.8% women with depression and 64.79% without depression, showing more mild symptoms of depression. Women having longer time duration since Ligation, were depressed than those having short duration since ligation. Pre-ligation counseling was not provided in a large number of women that is 94.4%.



Predisposing factors leading to decision in favor of vasectomy and post vasectomy experiences” A mixed modal approach

Dr. Sumaida Anwar

This mixed model study aimed to improve the health of women of reproductive age by finding out the factors contributed towards vasectomy decision making and post vasectomy experiences in vasectomize males, living in two districts of southern Punjab (Bahawalpur and Rahim-yar-khan) Pakistan. For quantitative part 140 vasectomize males were interviewed. The mean age of sample was 38.7years, 93.6% respondents were satisfied with decision and 92.9% had religious satisfaction. In-depth interviews from 16 couples for qualitative part revealed eight overarching factors contributed towards vasectomy decision making and post vasectomy experiences depended on five factors i-e attitude of service providers, post operative recovery, sexual relationship, and effect on the health of the husband and wife, and overall effect on the family.



Relationship between awareness and practice of Family Planning Methods among Women

Dr. Adeela Rehman

The present study intended to investigate the relationship between awareness and practice of family planning methods among women. It was also to explore the level of awareness and practices of family planning methods among women. The study also explored constrain faced by women to practice family planning methods and its acceptance. The research method for the study was quantitative, in which semi-structured questionnaire was used to identify the phenomenon. The study was comprised of 120 women respondents who were married and having one children at least. Non probability sampling technique was used to choose the sample. The study was conducted in urban areas of Rawalpindi city. It was hypothesized that there is difference between awareness and practices of family planning methods. The results of the study were obtained by using different statistical test. Findings of the study showed that there was significant difference between awareness and practices of family planning methods among women. The results showed that women had more awareness about family planning methods but small numbers of women were practicing it due to religious obligations, husband disapproval and fear of side effects which supports the hypothesis that there is difference between awareness and practices of family planning methods. Although women lived in urban areas and had access to the information sources, like mass media, access to health facilities etc, but lack of practice of family planning indicated the influence of patriarchal structure of the society which demanded more number of children specially boys as well as some types of religion controversies may also lack its practice among women. It has been recommended that the practice of family planning methods may enhance among women by advocacy of both male and female and to build their capacity to utilize family planning methods for better living standard of both the children and themselves also.



Male involvement in childbearing among women with induced abortion in Islamabad

Dr. Nazish Masoud

Objectives: To determine the male involvement in decision making towards spacing and limiting childbearing among women with induced abortion and identify preferable method of controlling family size.

Methods: A cross sectional study was conducted and interviews carried out with married women who had induced abortion in Islamabad regarding the socio-demographic features, contraceptive use, husband involvement in decision making and the reasons for abortion.

Results: 84% of the women approved of the modern contraceptive methods as the preferable method of Family planning, 12% of women couldn't use any contraception because of husband's disapproval. The decision of abortion was taken by couple together; only 19% of women were forced into doing abortion. The main reason for abortion was the age of last child either to space or limit child bearing.

Conclusion: A Couple together decides the fertility preferences and those who have achieved their desired family size do not adopt permanent methods of family planning.



Are CMWs competent enough to perform?

Najma Lalji, Sarah Dobson, Narjis Rizvi and Fauzia Qureshi

National MNCH Programme and Technical Resource Facility commissioned the study. Methodology included observing 13 CMW joint training facilities and assessing skills of 56 CMWs. Quantitative data was analyzed by SPSS version 15.0. Difficulty was observed in meeting PC-1's CMW selection criteria. Clinical trainers were not designated. Training schedules restricted clinical leaning opportunity; Coordination between schools and clinical facilities was lacking and community rotations unstructured. More than 50% of students had not conducted required number of deliveries, but sat the exam. Poor hostel conditions and lack of resources affected training. CMWs could not apply knowledge to clinical scenarios and were weak in identifying and managing certain early complications. This raises alarms as these frontline workers are responsible for timely referral for such cases. Urgent action is required to make training and examination systems robust and improve coordination to achieve the required level of competency of CMWs.

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