

POST ABORTION CARE (PAC)

Post Abortion Care reduces Maternal Mortality and Morbidity

13% maternal deaths worldwide are due to complications related to unsafe abortions

Of the 46 million abortions that occur each year, roughly 20 million are performed under unsafe conditions. This is because of poorly trained providers, unsanitary circumstances, and crude and dangerous methods of self-inducement. Each year, an estimated 80,000 women die from complications resulting from unsafe abortions, accounting for at least 13 percent of the global maternal mortality. A vast majority of such deaths are preventable. Unsafe abortions also cause long-term health problems, ranging from chronic pelvic pain to infertility.

Situation in Pakistan

An estimated 890,000 abortions were occurring in Pakistan annually

29 of every 1,000 Pakistani women of reproductive age seek to terminate their pregnancies, at some point in their lives. The situation is still same as reported in 2004. Most abortions are carried out as a means of preventing unwanted births. According to the PDHS 2007, in Pakistan, 24% of births in the five years preceding PDHS were not wanted at the time of conception, with 13% wanted at a later time and 11% not wanted at all. Further research showed that if unwanted births could be eliminated, the total fertility rate in Pakistan would be 3.1 births per woman instead of 4.1 births. It also showed that the total demand for contraceptives is 55% and the unmet need is 25% (11% need spacing and 14% need to limit). The still high unmet need for FP (25%) in Pakistan, points towards the risk of unwanted pregnancies and unsafe abortions. The use of contraceptives is much higher in rich and urban women compared to poor and rural women, so the latter are at a higher risk of unwanted pregnancies.

Pathfinder International – Pakistan Field Office: Since February 2010 Pathfinder contributes to the implementation and integration of high-impact and cost-effective FP/RH best practices into MNCH services. Pathfinder is working on following strategic areas: **Advocacy:** Pathfinder works with all stakeholders to build consensus on moving further with the implementation of Karachi Declaration. Pathfinder has organized workshops in all provinces and reached out to 113 districts and prepared District Action Plans to include PAC. **Implementation:** Pathfinder worked at three levels to develop the capacity of all cadres of health care providers and mobilizers not only in developing their training manuals but also training providers and mobilizers in project districts: Pakistan Nursing Council has institutionalized the revised curriculum on PAC prepared by Pathfinder for mid-level care providers. Lady Health Workers Program Sindh and Punjab with Pathfinder has revised the training curriculum for Lady Health Workers and Lady Health Supervisors to include PAC counseling skills. Manual for Health Care Providers developed by Pathfinder includes modules PAC counseling and use of MVA.

Pathfinder has trained both LHWs and HCPs in District Layyah, and Tehsil Gujarat, Punjab and Shaheed Benazirabad district Sindh and Sawabi district Khyber Pakhtunkhwa whereas Pathfinder has also trained core teams of Merlin and IRC in PAC and HTSP counseling.

Unsafe abortion – the term refers to the termination of an unintended pregnancy either by persons lacking the necessary skills, or in an environment lacking the minimal medical standards, or both

The World Health Organization estimates that 19 out of every 20 unsafe abortions take place in the less developed regions of the world.



Pathfinder International Pakistan Field Office is working to advocate on inclusion of PAC within the health services both in Health and Population Welfare Departments in Sindh and Punjab Provinces

For further information please visit our website: www.pathfind.org

hahmed@pathfinder.org