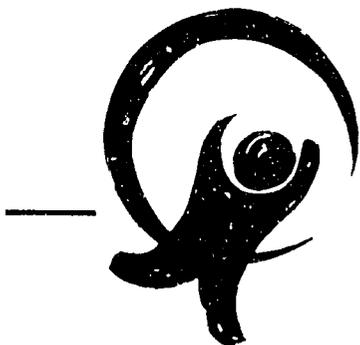




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WELLSTART  
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**REPRODUCTIVE HEALTH SEMINAR:  
SUMMARY REPORT**

**WESTERN NEWLY INDEPENDENT STATES  
REGIONAL SEMINAR**

**KIEV, UKRAINE  
24 - 28 October 1994**

**Carol Baume, PhD  
Joyce Warner, MA  
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*sponsored by*  
**United States Agency for International Development (USAID)  
Regional Mission for Ukraine, Belarus, and Moldova**

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The United States Agency for International Development  
Ministry of Health of Ukraine  
Ministry of Health of Armenia  
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Abt Associates Inc.  
American International Health Alliance, Inc.  
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Dialogue International  
The Futures Group  
Institute of Reproductive Health, Georgetown University  
MotherCare  
Mount Sinai Hospital, Toronto, Canada  
Medicos Sin Fronteras Spain  
National Research Institute of Mother and Child, Poland  
Population Communication Services  
Pragma Corporation  
Pragma Vision Technology  
The Johns Hopkins Program for International Education in Reproductive Health  
World Health Organization

Most importantly we would like to acknowledge the participating representatives of Ukraine, Armenia, Belarus, Georgia, and Moldova, for their commitment to improving the health and well-being of women and children.



## REPRODUCTIVE HEALTH SEMINAR: SUMMARY REPORT

### BACKGROUND

The Republics of the Newly Independent States (NIS) are currently undergoing a health care crisis. Rates of maternal and infant mortality are significantly higher in the NIS compared with those in Western Europe. The birth rate has steadily declined in Caucasus and western regions of the NIS. Approximately 45 percent of maternal mortality is caused by poor obstetrical conditions and abortion. Abortion is the principal form of contraception due to lack of information about and access to modern methods of contraception. High rates of infertility, hemorrhage, infections, and other gynecological problems are attributed to the multiple abortions women have during their reproductive years.

Many of the former Soviet Republics offer a child birth grant (minimum two month salary), a maternity leave (126 days with full pay which is used pre- and post-natally plus an extended maternity leave with partial pay), sick child care leave (any parent can take fully paid leave in case of sickness of a child under 14 years of age). Despite these generous family leave benefits, the birth rate is decreasing in these countries due to the strained economic situation in these countries.

A joint USAID/Wellstart/MotherCare team conducted an informal assessment of reproductive health care in Ukraine and Moldova in June, 1994. It was determined by team members that an international seminar would be an effective initial activity to improve reproductive health care in the western regions of the NIS.

### REPRODUCTIVE HEALTH SEMINAR

Wellstart International's Expanded Promotion of Breastfeeding Program organized a USAID sponsored Reproductive Health Seminar in Kiev, Ukraine October 24-28, 1994. The seminar provided a forum for technical updates and exchanges on maternal and neonatal health, breastfeeding, and family planning. Over 135 senior health professionals from the Newly Independent States of Armenia, Belarus, Georgia, Moldova, and Ukraine attended the Seminar. Technical presentations were made by representatives of Wellstart International, the World Health Organization, the JHPIEGO Corporation, the Johns Hopkins Population Communication Services Program, MotherCare, Abt Associates, and the Institute for Reproductive Health. Representatives from Ukraine, Belarus, and Moldova reported on local reproductive health indicators, maternal risk assessment methods, contraceptive use, abortion prevalence, and breastfeeding in the Western NIS. The Seminar agenda also included working group sessions during which participants incorporated the technical updates into draft reproductive health reform plans for their countries.



## UKRAINE MATERNITY EXIT SURVEY RESULTS

Results of a collaborative study done by the Ukraine Ministry of Health and Wellstart International were presented at the Seminar. The objective of the study was to obtain basic preliminary information on maternity experiences, breastfeeding, abortion and family planning in the Ukraine. The short and focussed study was meant to serve as a starting point for further discussion and research on current reproductive health care practices.

This study was conducted in three sites: in Kiev, and in the Donetsk and Lviv Regions. One hundred mothers were interviewed in each site, for a total sample size of 300. Respondents are women who were being discharged from a maternity, who had delivered vaginally, and who had a live infant at discharge.

Main conclusions of the research are listed below and were presented at the Seminar:

- Maternity policies are out of date and counterproductive to the establishment of good lactation. Changes in hospital routines and training of personnel are needed.
- Liquids and foods are being introduced to infants far too early. New infant feeding guidelines based on up-to-date research need to be enshrined in government policy and disseminated among health providers and mothers.
- There is a tremendous demand for family planning services, but also a tremendous amount of misinformation about family planning methods. Availability of contraceptive commodities is limited.
- Abortions are common, often painful and emotionally difficult because of staff treatment, and often followed by problems such as heavy bleeding.
- Women want information -- about child care, about breastfeeding, about family planning, about reproductive health.
- Women want to be treated with more respect and understanding. Although there are certainly some dedicated and compassionate staff, many women felt staff were not well trained, and did not wish to spend time talking them or helping with their concerns.

## MATERNAL AND INFANT CARE

Presentations covered the following areas:

- Health Care to Reduce Maternal and Infant Mortality
- Maternal Risk Assessment
- Obstetrical Complications and Impact on the Newborn
- Preventing Maternal Mortality from Abortion



## BREASTFEEDING

Presentations covered the following areas:

- Benefits of Breastfeeding
- The "Ten Steps" of UNICEF's "Baby Friendly Hospital Initiative"
- Women's Concerns in Infant Feeding
- Hypogalactia
- The International Code on Marketing of Breast Milk Substitutes
- The Lactational Amenorrhea Method and Intrapartum Breastfeeding Support
- Breastfeeding Support in Poland

## FAMILY PLANNING

Presentations covered the following areas:

- Benefits of Family Planning
- Worldwide Family Planning Practices
- IUDs
- Oral Contraceptives
- Injectables and Norplant
- Sterilization
- Barrier Methods
- Maximizing Access & Quality
- Sexually Transmitted Diseases

## Country Plans of Action

### BELARUS

The Belarus Country Plan calls for continuing efforts to promote optimal breastfeeding, including Baby Friendly Hospital Initiative activities. Emphasis will be given to training of health staff and pregnant women. Ministry of Health will work on changes in sanitary norms and regulations to implement rooming-in all around. Printing of health education materials and broadcasting information via radio and TV will be another priority in the program implementation.

### MOLDOVA

In its Country Plan Moldova proposes to: Introduce rooming-in in at least 70% of district hospitals; issue the MOH order on sanitary regulation, permitting rooming-in; make changes in current infrastructure of delivery departments; make changes in training and curricula of the Medical University and Colleges; and organize district seminars on breastfeeding, family planning and safe motherhood.



## UKRAINE

In its Country Plan Ukraine proposed to approve the Ukraine Family Planning Program (which has been drafted and will be revised after the lessons learned from this Seminar), and National Breastfeeding Program. For the implementation of these Programs it will be necessary to create an appropriate infrastructure, launch the Baby Friendly Hospital Initiative, and improve safe motherhood technologies. The Ministry of Health of Ukraine is planning to establish a National Breastfeeding Center, Regional centers, district subcenters and special offices in the field.

Another major component of the Ukraine Country Program is training, which includes: changes in the current curricula and preparation of new ones; changes in the running orders of the Ministry of Health and Ministry of Public Education; printing and dissemination of updated textbooks and scientific literature; printing of posters, leaflets and brochures; developing a TV soap opera and broadcasting other information programs; organizing Health Education courses, including NGO education.

The Ministry also plans to conduct new studies in safe motherhood, family planning and breastfeeding in Ukraine in order to get National updated information, and start a contraceptive industry in Ukraine.

In addition, the Safe Motherhood program is planning to organize 1) regular schoolgirl screening and training regarding future motherhood; 2) pre-pregnancy screening; 3) risk assessment during the pregnancy; 4) updated neonatal intensive care centers.



## SEMINAR EVALUATION

A brief evaluation form was distributed to Seminar Participants on the last day. Responses to these four questions were from one to five with five being the highest. Results of the questionnaire are as follows:

Question	Responses	
	Mean	SD
How useful for your work were the presentations?	4.19	.96
How useful were the small group sessions?	4.06	.97
How useful were the materials for your work?	4.73	.68
How much did you learn at this Seminar?	3.76	1

The following topics were suggested by participants to be included in future Reproductive Health Seminar agendas:

### Reproductive Health

- Techniques in modern laboratory methods
- Health Education: methods, forms, and tools
- Legislation, regulations, and social protection for maternal and child care
- Systems of control and surveillance of instructions in health care system
- Infertility care in the USA
- Child adoption
- Updates on diagnosis and treatment of AIDS

### Maternal and Child Care

- Instructions and recommendations for safe motherhood
- Management of modern obstetrical problems
- Intrapartum care in the US
- Critical conditions in obstetrics and neonatology
- Infections in obstetrics and neonatology
- Modern labor and delivery methods
- Prevention and care of preterm and low birth weight babies
- Resuscitation of newborns with breathing disorders
- Post-abortion rehabilitation
- Newborn respiratory distress syndrome
- Use of a laparoscopy in gynecology



### **Breastfeeding**

- Information on the negative impact of breast milk substitutes on infant's health
- Feeding of sick infants
- Breastfeeding newborns with pathological conditions
- Weaning
- Psychological development and health indicators of breastfed and bottlefed infants
- Methods and techniques for better milk secretion
- Modern and traditional treatment of hypogalactia
- Contraindications to breastfeeding and rooming-in

### **Family Planning**

- Spiritual sexual education
- Family planning education in school
- Family planning for adolescents
- Contraception for different age groups
- National family planning and breastfeeding programs in different countries
- Characteristics of alternative methods in contraceptives (Immunological)
- Techniques and contraindications for IUDs
- Counselling patients with different diseases on methods of contraception
- Training of nurses and midwives on family planning
- Contraceptives for persons with cases of extragenital pathology
- Demonstration of new syringes for abortions
- Techniques of IUD insertion



## ANNEX I

**REPRODUCTIVE HEALTH SEMINAR**

Kiev, Ukraine  
24-28 October 1994

**AGENDA****SUNDAY, 23 OCTOBER**

3:00 - 9:00 p.m. Registration and Check-in

**DAY ONE: MONDAY, 24 OCTOBER**

8:30 - 9:30 a.m. Breakfast  
Final/Late Registration

**-MORNING SESSION:**

- 9:30 - 10:00 Welcome and Introductions by:  
-Chairperson (Dr. Miriam Labbok/Institute of Reproductive Health)  
-Vice Prime Minister of Ukraine (Mr. Ivan F. Kuras)  
-First Deputy Minister (Dr. Andrei Serdiuk)  
-Mission Director/USAID Kiev (Mr. Terrence McMann)
- 10:00 - 10:40 Introductory Remarks by Chairperson (Dr. Miriam Labbok)  
Keynote Address (Deputy Minister of Health Ukraine, Dr. Raisa Bogateyryeva)
- Major themes introduced:
- 1) Definition of Reproductive Health Care
  - 2) Programming for Cost Effectiveness
  - 3) Quality of Care
  - 4) Client Centeredness
  - 5) Importance of Child Spacing
- 10:40 - 11:00 Presentation of Key Reproductive Health Indicators and Demographic Overview of Moldova and Belarus  
-Ministry of Health Belarus (Dr. Zinaida Syevkovskaya)  
-Minister of Health of Moldova (Dr. Timofei Moshnyaga)
- 11:00 - 11:20 Break
- 11:20 - 12:00 Presentation of Ukraine Maternity Exit Survey Results  
(Dr. Raisa Bogateyryeva, MOH Ukraine & Dr. Carol Baume, Wellstart)
- 12:00 - 12:15 Discussion



12:15 - 1:30 Lunch

***AFTERNOON SESSION:***

1:30 - 2:15 Health Care to Reduce Maternal and Infant Mortality: Lessons from the Experiences of the U.S. and Other Countries (Ms. Judith Rooks, MotherCare)

2:15 - 2:30 Discussion

2:30 - 3:15 Reproductive Health from WHO Perspective (Dr. Jelka Zupan, WHO)

3:15 - 3:30 Discussion

3:30 - 4:15 Maternal Risk Assessment and the Need for Low-risk As Well as High-risk Maternity Care (Ms. Judith Rooks, MotherCare)

4:15 - 4:30 Break

4:30 - 5:15 Diagnosis and Management of Significant Obstetrical Complications and Impact on Newborn (Dr. Durlin Hickok, MotherCare)

5:15 - 5:30 Discussion for two previous sessions (Ms. Rooks and Dr. Hickok, MotherCare)

5:30 - 6:00 Response: Risk Assessment in WNIS (Dr. Boris Venstkovsky, Department Chair, Obstetrics and Gynecology, Ukraine)

6:00 - 6:15 Discussion

6:15 - 6:30 Daily Closure Session

6:30 - 8:00 Dinner

***EVENING SESSION:***

8:00 - 9:30 Workshop on Cost-Effective Reproductive Health Care (Mr. Abdo Yazbec and Mr. Eric Gemmen, Abt Associates)

**DAY TWO: TUESDAY, 25 OCTOBER****MORNING SESSION:**

8:30 - 9:30	Breakfast
9:30 - 9:40	Daily Start-up and Objective Setting
9:40 - 10:20	Benefits of Breastfeeding (Dr. Audrey Naylor, Wellstart International)
10:20 - 11:00	The "10 Steps" of UNICEF's Baby Friendly Hospital Initiative (BFHI) (Rooming-in, Rh Incompatibility, Swaddling) (Ms. Dorte Jepsen, WHO)
11:00 - 11:20	Discussion
11:20 - 11:35	Break
11:35 - 12:05	Country Presentation on Reproductive Health in Ukraine (Dr. Ludmila Tutchenko) (Maternal Health & Breastfeeding Practices)
12:05 - 12:20	Discussion
12:20 - 12:55	Infant Feeding - Concerns for Women (Hypogalactia, Stress, Contaminants, Water, Supplements, Risk Management) (Dr. Audrey Naylor, Wellstart International)
12:55 - 1:10	Discussion
1:10 - 2:20	Lunch

**AFTERNOON SESSION:**

2:20 - 3:20	Break-out Groups on Benefits of Breastfeeding and BFHI
3:20 - 4:00	Breastfeeding Promotion in Poland (Dr. Krystyna Mikiel Kostyra, Wellstart International)
4:00 - 4:15	Discussion
4:15 - 4:30	Break
4:30 - 5:10	Policy Implications and the International Code on Marketing of Breast Milk Substitutes (Ms. Dorte Jepsen, WHO)
5:10 - 5:25	Discussion
5:25 - 5:35	Daily Closure and Preview of Wednesday's Events
5:35 - 6:35	Break-out Groups on Promotion of Optimal Breastfeeding Practices



6:35 - 8:00                      Dinner

***EVENING SESSION:***

8:15 - 9:30                      Break-out Groups on Maternal and Perinatal Health

**DAY THREE: WEDNESDAY, 26 OCTOBER****MORNING SESSION:**

8:30 - 9:30	Breakfast
9:30 - 9:45	Daily Start-up and Objective Setting
9:45 - 10:45	Benefits of Family Planning W/Overview of Worldwide Family Planning Practices (Historical Context, LAC, Response to Abortion, Population Growth, Policy Issues, and Country Programs) (Dr. James Shelton, USAID)
10:45 - 11:00	Discussion
11:00 - 11:30	Country Presentation - Moldova (Prof. Pyotr Roska, Dr. V. Mosin) (Prevalence of Abortion, Prevalence of Contraceptive Use, Consequences of Abortion, Side Effects of Contraception)
11:30- 11:45	Discussion
11:45 - 12:00	Break
12:00 - 12:30	IUDs (Dr. Noel McIntosh, JHPIEGO)
12:30 - 12:45	IUDs - Belarus Presentation (Dr. Zhuravev)
12:45 - 1:00	Discussion
1:30 - 2:15	Lunch

**AFTERNOON SESSION:**

2:15 - 3:00	Oral Contraceptives (Dr. Paul Blumenthal, JHPIEGO) (Including Method Action, Effectiveness, Advantages/Disadvantages, Program Experience, Side Effects, Use as an Emergency Contraceptive, Technical Considerations)
3:00 - 3:30	Discussion
3:30 - 4:00	Injectables and Norplant (Dr. Paul Blumenthal, JHPIEGO)
4:00 - 4:15	Discussion
4:15 - 4:30	Break
4:30 - 4:40	Daily Closure and Preview of Thursday's Events
4:40 - 5:40	Breakout Group - Hormonal Methods



6:00 - 7:30                      Dinner

*EVENING SESSION:*

8:00 - 9:30                      Counseling Workshop  
(Ms. Irina Gushin, PCS and Dr. Paul Blumenthal, JHPIEGO)

**DAY FOUR: THURSDAY, 27 OCTOBER****MORNING SESSION:**

8:30 - 9:30	Breakfast
9:30 - 9:45	Start-up and Objective Setting
9:45 - 10:15	Sterilization (Dr. Noel McIntosh, JHPIEGO)
10:15 - 10:25	Discussion
10:25 - 10:55	Barrier Methods (Dr. James Shelton, USAID)
10:55 - 11:05	Discussion on Sterilization and Barrier Methods
11:05 - 11:20	Break
11:20 - 12:05	LAM, Child Spacing, and Intrapartum Breastfeeding Support (Dr. Miriam Labbok, Institute for Reproductive Health)
12:05 - 12:40	Discussion
12:40 - 2:00	Lunch

**AFTERNOON SESSION:**

2:00 - 3:00	Break-out Groups on At Risk Groups
3:10 - 3:55	Maximizing Access & Quality (MAQ) - The Importance of Counseling and Choice (Dr. James Shelton, USAID)
3:55 - 4:05	Discussion
4:05 - 4:50	Preventing Maternal Mortality from Abortion (Dr. Paul Blumenthal, JHPIEGO)
4:50 - 5:00	Discussion
5:00 - 5:10	Closure
5:10 - 6:10	Breakout Group - Post-Partum and Post-Abortion Family Planning

**EVENING SESSION:**

7:00 - 11:00	Banquet
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**DAY FIVE: FRIDAY, 28 OCTOBER*****MORNING SESSION:***

8:30 - 9:30	Breakfast
9:30 - 9:45	Start-up and Objective Setting
9:45 - 10:30	Communications Strategies (Ms. Irina Gushin, PCS) (Dr. Vahan Dermirdjian, Deputy Minister of Health)
10:30 - 10:45	Discussion
10:45 - 11:30	STDs and GTIs (Dr. Noel McIntosh, JHPIEGO)
11:30 - 11:45	Break
11:45 - 1:15	Working group to Draft Country Specific Follow-up Recommendations (groups by country)
1:15 - 2:30	Lunch

***AFTERNOON SESSION:***

2:30 - 3:30	Working groups continue
3:30 - 4:00	Presentations of Country Recommendations -Ukraine -Moldova -Belarus
4:00 - 4:25	Conference Summary
4:25 - 4:45	Closing Remarks -Deputy Minister of Health (Dr. Raisa Bogateryeva) -Mission Director USAID Kiev (Mr. Terrence McMann)
4:45	Press Availability
6:30 - 8:00	Dinner



## ANNEX II

**PARTICIPANT LIST**  
**Reproductive Health Seminar**  
**Kiev, Ukraine**  
**24 - 28 October 1994**

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**ANNEX III**  
**COUNTRY PLAN OF ACTION GRIDS**

## BELARUS

GOALS	ACTIVITIES	IMPLEMENTOR	DATE
I. Introduction of the "10 Steps for Successful Breastfeeding" into public health institutions offering maternity services and newborn care.	1.1 Restructure maternity houses and childrens' hospitals/wards with the goal of the creation of maximum rooming-in services; 1.2 Organize seminars for teachers in medical institutes and schools on problems of successful breastfeeding; 1.3 Introduce suitable training in the curriculum of medical institute students supported with the necessary literature; 1.4 Conduct regional training seminars for prenatal clinic, maternity house, and children's polyclinic staff on the benefits support of breastfeeding; 1.5 Draft methodological materials for medical personnel of various levels caring for mothers and print them in sufficient quantity; 1.6 Prepare a series of television programs and videos on the promotion of breastfeeding.	MOH MOH MOH MOH MOH/Medical Institutes MOH	1994-95
II. Reduce Maternal Mortality.	2.1 Improve the treatment of high risk women; 2.2 Studying and introduction of birthing techniques; 2.3 Drafting and printing of necessary methodological textbooks.	MOH MOH MOH	1994 & ongoing
III. Family planning, prevention of unwanted pregnancies, and overall improvement of reproductive health.	3.1 Update training curriculum on contraception in medical and institutes and schools; 3.2 Draft, print, and/or obtain the necessary methodological literature for medical schools and institutes; 3.3 Conduct systematic regional training seminars for doctors and other medical personnel; 3.4 Conduct a media campaign on contraceptives; 3.5 Ensure access and choice of contraceptives; 3.5 Develop a proposal for a National Family Planning Program and submit to the government.	MOH MOH Dept. of Health MOH MOH MOH	1994-95 1994-95 on-going 1994-95 1994-95 1994

**GEORGIA**

**Breastfeeding**

<b>GOALS</b>	<b>ACTIVITIES</b>	<b>RESOURCES</b>	<b>IMPLEMENTOR</b>	<b>DATE</b>
Administrative	<ol style="list-style-type: none"> <li>1. Nominate a National Coordinator;</li> <li>2. Establish a National Committee;</li> <li>3. Include breastfeeding in hospital regulations;</li> <li>4. Prepare a National Plan;</li> <li>5. Look for resources.</li> </ol>	A lot of funds are needed, but they are not available.	The Ministry of Health	3-5 years after finding resources, 60% of infant will be being breastfed.
Policy	<ol style="list-style-type: none"> <li>1. Create and implement a National Breastfeeding policy;</li> <li>2. Change the legislation and regulations re women's working conditions and maternal health.</li> </ol>	A lot of funds are needed, but they are not available.	Breastfeeding Committee	3-5 years after finding resources, 60% of infant will be being breastfed.
Institutional	<ol style="list-style-type: none"> <li>1. Restructure physical layout of maternities;</li> <li>2. Update training curricula.</li> </ol>		Breastfeeding Committee	
Community	<ol style="list-style-type: none"> <li>1. Conduct a media campaign;</li> <li>2. Develop materials suitable for mothers.</li> </ol>		Breastfeeding Committee	
Train prenatal clinic and maternity house staff on the benefits of breastfeeding and skills for its implementation.	Organize seminars for the maternity house staff of the country.	Programs and materials translated into Georgian (Minimum 1 kit per facility).	The person responsible for the implementation of this program and a group of volunteers.	4-5 Months
Implementation of a program of "successful breastfeeding" in 70-80% of the maternity houses in the country.	Organized at the facility level starting from the delivery table, throughout the stay, and finishing at discharge.	Restructuring for a sufficient number of postpartum wards.	Directors of maternity hospitals and chiefs of neonatal and obstetrical departments.	1 year

## MOLDOVA

## Breastfeeding

GOALS	ACTIVITIES	RESOURCES	IMPLEMENTOR	DATE
<p>Increase the weight of children being breastfed and increase the state of their health and also reduce the amount of artificial formulas purchased.</p>	<ol style="list-style-type: none"> <li>1. Continue work on the shifting of maternity houses to rooming-in;</li> <li>2. Develop sanitary regulations for rooming-in;</li> <li>3. Create a breastfeeding training center for medical personnel; and</li> <li>4. Introduce changes to medical student curriculum.</li> </ol>	<ol style="list-style-type: none"> <li>1. WHO, UNICEF, USAID, Wellstart.</li> <li>2. Printing of a curriculum for breastfeeding specialists;</li> <li>3. Conduct research on how breastfeeding relates to children's health in the country; and</li> <li>4. Resources for an IEC campaign.</li> </ol>	<p>MOH (Chief Specialists, P.M. Stratulat and E.D. Stasi)</p>	<p>1995-1997</p>

**Family Planning**

<b>GOALS</b>	<b>ACTIVITIES</b>	<b>RESOURCES</b>	<b>IMPLEMENTOR</b>	<b>DATE</b>
I. Training of specialists on family planning.	1. Creation of a National Committee on family planning; 2. Conduct tests of family planning specialists; 3. Introduce family planning student's curriculum; and 4. Organize a family planning information center for the country.	-  1. Train groups (5-6) doctors on the basis of the negotiations of the countries of the world; and 2. Participation of international specialists at the seminars.	MOH	IX. 1995
			Maternal Child Health Research Center (E. Gladyn)  Moldovan Family Planning Association (V. Moshin)	1995  1995
II. Reduce the frequency of abortions in the country (from 60.1 in 1993 to 40 abortions per 1000 women of reproductive age by 1997) by using effective contraceptive methods (from 20.6% in 1993 to 45% in 1997)	1. Promote the idea of family planning and taking of modern contraceptives among the population; 2. Organize centers for female and male surgical sterilization; and 4. Early detection of pregnancy.	1. Printing of textbooks, brochures and booklets on family planning; 2. Use of mass media (television, radio, and); 3. Surgical laparoscopy; 4. 60 computers....; and 5. Procurement of 100,000 ....	Republic Center of Family Planning; Republic Center on Health; and Maternal Child Health Research Center.	1995-97
				1995
			MOH Moldova	1995

**Maternal Health**

<b>GOALS</b>	<b>ACTIVITIES</b>	<b>RESOURCES</b>	<b>IMPLEMENTOR</b>	<b>DATE</b>
I.Reduce maternal mortality from 50 per 100,000 in 1993 to 35 per 100,000 by 1997.	<ol style="list-style-type: none"> <li>1. Rationalization of family planning;</li> <li>2. Improvement of prenatal consultations for pregnant women; and</li> <li>3. Increase the number of specialist dealing with urgent obstetrical conditions.</li> </ol>	<ol style="list-style-type: none"> <li>1. Prenatal monitoring and ...;</li> <li>2. Publication of methodological literature;</li> <li>3. A Supply of medicaments and other preparations for maternity houses; and</li> <li>4. Modern sets of surgical instruments.</li> </ol>	MOH (Chief Specialists)  Maternal Child Health Research Center. (E.Sheafin)	1995-1997
II. Improvement in the training of midwives.	<ol style="list-style-type: none"> <li>1. Creation of models "medical colleges obstetric clinics";</li> <li>2. Update curriculum; and</li> <li>3. Participation of international specialists.</li> </ol>	<ol style="list-style-type: none"> <li>1. Drafting of methodological recommendations and textbooks; and</li> <li>2. ... for training of midwives.</li> </ol>	MOH  Medical Colleges	1995-96

## UKRAINE

### Breastfeeding

GOALS	ACTIVITIES	RESOURCES	IMPLEMENTOR	DATE
<p>Organize the launch of the UNICEF "10 steps" in a center in each oblast.</p>	<p>1. Health education; 2. Train personnel with the 18-hour course and issue Certificate of Completion; 3. Draft regulatory documents on rooming-in; and 4. Organize a center in each oblast with rooming-in and have them disseminating their experience afterwards.</p>	<p>Funds for an IEC campaign (television, press, health education materials);</p> <p>Information about the current world situation; and</p> <p>Funds to create the centers.</p>	<p>1. MOH 2. Chief specialists</p> <p>WHO, UNICEF Medical academies, universities, and regional health care departments.</p> <p>1. MOH 2. Health Administration</p> <p>Regional specialists, Heads of the Regional Health Administrations.</p>	<p>On-going from Nov 1994</p> <p>Before June 1995 Until January 1995</p> <p>Before January 1, 1995.</p> <p>From January 1995 after the issue of a directive.</p>
<p>I. Administrative:</p> <ul style="list-style-type: none"> <li>■ Include BF rate in the national statistics;</li> <li>■ Create a national BF program;</li> <li>■ Search for funds to the support BF program;</li> <li>■ Nominate a National BF Coordinator;</li> </ul>	<p>MOH directive</p> <p>Study the question from the world prospective and throughout Ukraine estimate priorities.</p> <p>Cooperate with different donor organizations, look for partners.</p>	<p>Financing of research activities, preparation of training programs.</p>	<p>MOH</p>	

GOALS	ACTIVITIES	RESOURCES	IMPLEMENTOR	DATE
<p>II. Policy:</p> <ul style="list-style-type: none"> <li>■ Develop a national BF policy; and</li> <li>■ Adopt the Code of Marketing</li> </ul>	<p>Substantiate economic and social expediency.</p>		<p>MOH, Leading specialists</p> <p>Ukrainian Parliament</p>	
<p>III. Institutional:</p> <ul style="list-style-type: none"> <li>■ Develop training methods;</li> <li>■ Modernize BF curriculum;</li> <li>■ Develop a lactation management education program; and</li> <li>■ Include BF in all related fields.</li> </ul>	<p>Curriculum (prepare a plan in accordance with the local situation)</p>	<p>Training of trainers</p> <p>Training all leading specialists</p>	<p>MOH, Departments for Advanced Studies</p> <p>WHO, UNICEF</p> <p>Regional Specialists (OB/Gyns and pediatricians)</p>	
<p>IV. Community:</p> <ul style="list-style-type: none"> <li>■ Provide information and other necessary materials; and</li> <li>■ Enlist the support of the Ukrainian Obstetric-surgical society, women's organizations, Donbass association of "Family and Health, and religious organizations.</li> </ul>	<p>Draft booklets, films, and articles.</p>	<p>Financial resources for an IEC campaign.</p> <p>Methodological literature.</p>	<p>Regional Health Department,</p> <p>Regional leading specialists</p>	

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## ANNEX IV MATERIALS FOR SEMINAR PARTICIPANTS

### BREASTFEEDING

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**ANNEX V  
MATERIAL FOR PRESS BRIEFING PACKET**

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**ANNEX VI****LIST OF MEDIA COVERAGE**

1. October 21, 1994. Ukraine State TV News Program at 19:00 and 23:30, coverage of Ukraine MOH press conference announcing upcoming Seminar.
2. October 24, 1994. Ukraine State TV News Program at 20:00 and 23:30, coverage of Seminar welcome and opening sessions.
3. October 28, 1994. Ukraine State TV News Program at 23:30 and replica on 29 October 1994 at 08:30. Coverage of post-seminar interviews with Ukraine MOH representatives, Drs. Bogateryeva and Goida.
4. October 28, 1994. "Pravda Ukrainy", news article - "One hour after birth", Focussed on importance of early intiation of breastfeeding.
5. October 27, 1994. "Kievskie Vedomosty" - "Doctors discuss the problems of Safe Motherhood."
6. October 31, 1994. 1-st Ukraine Broadcasting Radio Program - Coverage of main topics covered at Seminar.
7. November 4, 1994. "Vseukrainskie vedomosty" - "Mother's milk."
8. October 31, 1994. IntelNews Paper (Ukraine English-Language News Agency) "Health Update-Seminar Explores Low Cost Birth Control."
9. October 23-29. Ukraine Broadcasting Brief News. Radio, brief interviews with a representatives of Seminar country delegations.

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## WELLSTART INTERNATIONAL

Wellstart International is a private, nonprofit organization dedicated to the promotion of healthy families through the global promotion of breastfeeding. With a tradition of building on existing resources, Wellstart works cooperatively with individuals, institutions, and governments to expand and support the expertise necessary for establishing and sustaining optimal infant feeding practices worldwide.

Wellstart has been involved in numerous global breastfeeding initiatives including the Innocenti Declaration, the World Summit for Children, and the Baby Friendly Hospital Initiative. Programs are carried out both internationally and within the United States.

### **International Programs**

Wellstart's *Lactation Management Education (LME) Program*, funded through USAID/Office of Nutrition, provides comprehensive education, with ongoing material and field support services, to multidisciplinary teams of leading health professionals. With Wellstart's assistance, an extensive network of Associates from more than 40 countries is in turn providing training and support within their own institutions and regions, as well as developing appropriate in-country model teaching, service, and resource centers.

Wellstart's *Expanded Promotion of Breastfeeding (EPB) Program*, funded through USAID/Office of Health, broadens the scope of global breastfeeding promotion by working to overcome barriers to breastfeeding at all levels (policy, institutional, community, and individual). Efforts include assistance with national assessments, policy development, social marketing including the development and testing of communication strategies and materials, and community outreach including primary care training and support group development. Additionally, program-supported research expands biomedical, social, and programmatic knowledge about breastfeeding.

### **National Programs**

Nineteen multidisciplinary teams from across the U.S. have participated in Wellstart's lactation management education programs designed specifically for the needs of domestic participants. In collaboration with universities across the country, Wellstart has developed and field-tested a comprehensive guide for the integration of lactation management education into schools of medicine, nursing and nutrition. With funding through the MCH Bureau of the U.S. Department of Health and Human Services, the NIH, and other agencies, Wellstart also provides workshops, conferences and consultation on programmatic, policy and clinical issues for healthcare professionals from a variety of settings, e.g. Public Health, WIC, Native American. At the San Diego facility, activities also include clinical and educational services for local families.

*Wellstart International is a designated World Health Organization Collaborating Center on Breastfeeding Promotion and Protection, with Particular Emphasis on Lactation Management Education.*

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