

PN-ABU-903

# MATERNAL and CHILD HEALTH SEMINAR

(1993) 9/12/93

## Summary Report

### CENTRAL ASIAN REGIONAL SEMINAR

ALMATY, KAZAKHSTAN

11-15 January 1993

*sponsored by*

United States Agency for International Development (USAID)  
Regional Mission for Kazakhstan & Central Asia



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## SUMMARY REPORT

A health crisis looms in the Central Asian Republics of the former Soviet Union. Infant mortality figures for the five republics presented in 1993 at the Central Asian Regional Seminar on Maternal and Child Health (MCH) ranged from 27.2/1000 for Kazakhstan to 46.3/1000 for Turkmenistan. Maternal mortality ranged from 65.3/100,000 for Uzbekistan to 106.9/100,000 in Turkmenistan.

These figures and reports of worsening trends provided the impetus for the A.I.D. sponsored conference, which was held in Almaty, Kazakhstan during January 11-15, 1993. Over 140 participants, most of them high-level officials from Ministries of Health, attended lectures and workshops on a variety of topics. The conference, which was coordinated by Wellstart International's Expanded Promotion of Breastfeeding (EPB) program, focussed on issues underlying the high rates of infant and maternal mortality in the Central Asian Republics.

The conference sparked lively discussion of issues, an on-going dissemination of ideas and almost immediate changes in health practices. Recent follow-up visits to four of the five Central Asian Republics represented at the conference revealed that in each country significant steps had already been taken, and additional actions planned to take advantage of the information and perspective gained at the conference. Often it is difficult to measure the usefulness or impact of a seminar. However, all indications are that the MCH seminar is a good example of getting the right information to the right people at the right time.

### MCH Conference

The seminar explored ways of decreasing maternal and infant mortality and morbidity, emphasizing health interventions that were internationally tested, culturally appropriate, and cost-effective.

U.S., Polish, Central Asian and World Health Organization (WHO) experts gave technical presentations on:

1. Maternal and Child Health Indicators
2. Maternal Health
3. Newborn Care
4. Breastfeeding
5. Family Planning

Plenary sessions and small group discussions followed the technical presentations. Participants then summarized and presented the conclusions and recommendations from these discussion sessions (See Annex I, Seminar Agenda).

## Maternal and Child Health Indicators

Presenters reviewed the definitions, standards, and reporting requirements for fetal, perinatal, neonatal, infant and maternal mortality recommended by the International Classification of Disease (tenth revision, ICD-10, 1989). Central Asian participants will use most of the agreed ICD-10 definitions in all future reporting of their health statistics. Two definitions related to very premature and low birthweight fetuses were discussed without reaching agreement. They are still under consideration:

- "A birth is a fetus at 22 completed weeks of gestation or older." In the former Soviet Union, the death of fetuses between 22-28 weeks were considered abortions.
- "Children born alive who weigh less than 1000 grams are considered live births." The Central Asian Republics (CAR) do not have the facilities to keep such low birth weight babies alive.

## Maternal Care

Presentations covered the following:

- the global Safe Motherhood Initiative;
- outcomes research on effective care in pregnancy and childbirth;
- prepregnancy, prenatal, delivery and postnatal care;
- maternal nutrition and anemia; and
- infection control and family involvement in maternity services.

Delegates were very interested in the technical aspects of maternal care and asked many specific questions regarding maternity care in the U.S.A. The technical exchange identified the Central Asian system of risk assessment as a problem area: it is so sensitive that it categorizes the vast majority of women as being at risk. Several countries have identified 80 percent of mothers as being in the "special", i.e. at risk, category. For example, episiotomies and anemia, which are widespread, are both classified as conditions which require separating mothers and newborns. Discussions focussed on the role of risk assessment to maximize benefits and minimize costs. There was some reluctance to question the current routines and procedures used in prenatal care in Central Asia.

Family centered maternity care and rooming-in stimulated considerable discussion among the participants who are concerned with preventing infections in maternity hospitals. Many of them seemed willing to change their policies to try these approaches. They also were very interested in the role of the American College of Obstetricians and Gynecologists and the American College of Nurse Midwives in relation to medical practitioners and the

government. Delegates asked many curious questions about who has responsibility for making policy decisions in the U.S.

Delegates from all countries expressed a desire to develop quality midwifery education. Turkmenistan is especially eager to start.

### Newborn care

Presentations covered the following areas:

- global overview of newborn care;
- importance of tetanus toxoid for pregnant women;
- risk approach to care;
- system of emergency transportation;
- thermal regulation (kangaroo care vs. incubator);
- pneumonia;
- importance of early and exclusive breastfeeding; and
- the role of family planning in newborn care.

Central Asian participants showed a keen interest in rooming-in and the kangaroo method of neonatal care. They are greatly concerned about their infant mortality rates. These rates have not improved since the 1970's, and have actually increased in two Central Asian countries in the last few years. Neonatal mortality rates can be reduced with existing resources by focusing on inexpensive interventions like tetanus toxoid for women, clean safe deliveries, adequate warming and drying of the infant, effective respiratory stimulation and early initiation of exclusive breastfeeding.

### Breastfeeding

Presentations covered the following areas:

- health and economic benefits of breastfeeding;
- global patterns in breastfeeding practices;
- maternal nutrition and lactation performance;
- environmental contamination of breastmilk; and
- changing lactation management practices in maternity services and training health staff.

Delegates reported that initiation, duration, and quality of breastfeeding are declining in Central Asia. The representatives of all five republics unequivocally supported breastfeeding promotion and worried about the uniformly negative trends reported. However only Uzbekistan presented plans or programs to reverse these trends.

Conference participants did not appear to have a complete understanding of the process of human lactation. Consequently, problems may have been attributed to the wrong cause. For example, there is a widespread conviction that many mothers do not produce enough milk due to inadequate maternal nutrition (and there are no programs to respond to this phenomenon in the CAR). However, the international literature attributes the "insufficient milk" syndrome primarily to infrequent suckling, not to maternal nutritional problems.

Each country identified its health service impediments to successful breastfeeding. Most women are separated from their newborns, preventing them from initiating breastfeeding in a timely fashion or nursing on demand, both of which help establish a good milk supply. Participants, however, had difficulty acknowledging that breastfeeding problems are usually the result of inappropriate lactation management. An additional disincentive for breastfeeding is provision of free infant milks - breastmilk substitutes - by government "milk kitchens."

Overly sensitive risk assessment criteria (discussed above) identify too many women as "high risk," and in need of inpatient care which separates them from their infants. Fortunately, research reported by Kazakhstan and Turkmenistan showed the usual benefits of rooming-in (reduction of infant morbidity, maternal satisfaction, rapid weight gain by infants). Some participants appeared to be enthusiastic about trying to unite mothers and babies soon after birth, which would have a positive impact on breastfeeding.

Health personnel in the CAR are concerned about environmental contaminants in breastmilk. Several countries are contemplating discouraging breastfeeding and providing breastmilk substitutes in highly polluted areas. To resolve these fears and ensure that appropriate breastfeeding policies are enacted, research is urgently needed to specify levels of contaminants in breastmilk in highly polluted areas of the CAR and to investigate any health or functional consequences for children. Except for acute poisonings and lead, no impacts on infant health via breastmilk have been demonstrated in other populations subjected to chronic exposure to environmental contaminants.

### Family Planning/Child Spacing

Presentations covered the following areas:

- impact and benefits of family planning on health;
- worldwide experience and trends with contraceptives;
- surgical methods and intrauterine devices;
- hormonal methods; and
- educating families about family planning and contraceptive marketing.

Participants uniformly preferred the terms *child spacing*, *maternal protection* or *social protection to family planning*. Nevertheless, they showed solid commitment to the concept.

Contraceptive services, whatever they are called, are their own, not imposed from the outside. Delegates want to reduce abortion through better information and access to family planning.

Participants identified a number of obstacles hindering the effective development of child spacing programs in the CAR:

- undertrained staff;
- insufficient information/promotional materials;
- insufficient equipment for surgical contraception;
- the absence of promotion and marketing;
- negative attitudes among some segments of the population;
- low levels of knowledge about methods;
- lack of injectable contraceptives; and
- the failure of doctors to recommend alternatives.

They recommended several concrete tasks to improve their programs:

- curriculum revision;
- special courses which provide certification;
- use of the already established training/educational establishments, as refresher training institutes;
- involvement of all types of doctors, not just ob/gyn specialists;
- teacher training;
- use of mass media;
- information provision to adolescents;
- active promotion of surgical contraception;
- development of uniform indicators/statistics;
- scholarships for overseas training;
- relevant research;
- development of national programs and policies;
- cooperation with religious leaders;
- organization of seminars at all levels (high school/colleges/universities);
- training of social workers for family planning counselling; and
- increased availability of all methods (though there was much discussion of whether surgical contraception for men would ever be acceptable).

One working group strongly recommended marketing/advertising, and identified it as "the leading link in the spread of contraception." The groups also recommended enlisting the support of donors, and using associations to help promote family planning.

## **Closing Session**

At the end of the seminar, country delegations gave closing remarks and expressed their appreciation for the seminar. They also outlined follow-up MCH actions that they intended to pursue upon return to their countries. Both Central Asian and international participants felt that the conference was successful. This success is based largely on the hard work of a number of individuals and organizations, more specifically: Dr. Susan Welsby and Linda Sanei from Wellstart International, Mary Ann Anderson from the USAID Office of Health, Washington, D.C., Paula Feeney from the USAID Regional Mission for Central Asia, Almaty, Kazakhstan, and the U.S. Embassies in Bishkek, Ashgabat, Tashkent (including the U.S. Embassy/Dushanbe's Deputy Principal Officer). Lessons learned from this seminar will assist CAR countries and A.I.D. in the development of future health activities in Central Asia.

## **Follow-Up Action**

Following the seminar, Dr. Susan Welsby travelled to four of the five Central Asian republics to determine if changes in practices were initiated after the seminar. Due to travel restrictions, she was not able to visit Dushanbe. She found that the seminar had spurred discussion, action (and plans for additional action), and a continuing demand for information.

During each of her visits, Dr. Welsby interviewed senior officials who attended the seminar and identified activities which appeared to be a direct result of the seminar. The impressive range of activities initiated by conference participants upon return to their respective countries demonstrated the substantial country specific impact of the seminar.

### **Kazakhstan**

The Kazakhstan Ministry of Health is following up the seminar in several ways. They:

- scheduled a series of replica seminars using seminar materials in all 19 oblasts;
- adopted the WHO definitions on live births to make local neonatal and infant mortality rates internationally comparable;
- summarized the seminar materials on neonatology and distributed them to all oblasts; and
- introduced improved breastfeeding practices and rooming-in at 5 maternity houses in the Alma Ata City Health Department.

## Kyrgyzstan

The Ministry of Health initiated the following activities:

- adopted the WHO's definitions of live births to make their neonatal and infant mortality rates internationally comparable;
- formulated a program to reduce maternal mortality which includes: establishing a faculty of adolescent gynecology at the state medical institute; carrying out studies on the benefits of birth spacing; promoting female sterilization; and introducing partograms (graphic presentation to monitor the labor process during birth) to the entire republic through a series of training seminars;
- developed and updated guidelines on breastfeeding management and sent them to all health facilities;
- initiated rooming-in and improved breastfeeding practices in 12 maternity houses throughout the republic;
- initiated a one year pilot project in Panifilov District to evaluate a rooming-in and maternal death reduction program. The stages of the study will be: baseline evaluation of health status (February 1993); training of health personnel (April 1993); implementation of programs; and evaluation (January 1994);
- designated maternity hospital No. 4 in Bishkek as the lactation management training center for Kyrgyzstan;
- added a lactation management course to the midlevel health worker refresher training school curriculum; and
- conducted replica seminars in Bishkek and some oblasts. The MOH is planning to cover all oblasts with a series of seminars.

In addition, the MOH is in the process of:

- printing and distributing manuals on breastfeeding management for doctors, nurse/midwives, and mothers;
- printing and distributing 10,000 posters on breastfeeding to all health facilities;

- developing a TV program on breastfeeding with a round table discussion format (scheduled for April 1993);
- adapting any new construction projects in maternity houses for rooming-in; and
- adding an article on breastfeeding to the monthly health journal distributed throughout the republic.

## Turkmenistan

Actions were initiated in Turkmenistan by the Parliamentary Committee for Social Policy, the Ministry of Health, and the Ministry of Agriculture.

The Parliamentary Committee of Social Policy:

- formulated new legislation on extended maternity leave;
- provided additional state financial assistance to regions with major environmental problems; and
- initiated a mass media campaign for prenatal care. The campaign will encourage pregnant women, particularly non-working women, to come earlier for their first prenatal visits. As part of this campaign they plan to print 25,000 pregnancy calendars (to help mothers determine the schedule for their prenatal medical check-ups).

The Ministry of Health (MOH):

- revised the proposed 1993-95 National Maternal and Child Health strategy to incorporate technical updates from the seminar;
- undertook a 6 month pilot project (Feb-Aug 93) introducing improved breastfeeding practices and rooming-in at the Republican Clinical Hospital in Ashgabat;
- broadcast TV and radio interviews with doctors on breastfeeding;
- distributed seminar information and materials to MOH health personnel; and

- revised refresher training courses for rural doctors to incorporate the technical updates.

The Nutrition Institute, at the Ministry of Agriculture, will now as a matter of policy:

- fortify with iron all food products developed at the institute.

### Uzbekistan

The Ministry of Health has taken action on several fronts and plans additional activities. They had already designated 1993 as the "Year of Breastfeeding Promotion." The seminar strengthened their commitment and improved the technical content of the Uzbek campaign.

The MOH:

- developed, printed and distributed to all health facilities a 7 page memorandum on updated breastfeeding management;
- organized a replica MCH seminar in Tashkent February 16-18 with Uzbek seminar delegates giving the presentations. The seminar was for 300 senior doctors. A series of seminars will be repeated at oblast and district level.
- House of Health staff dubbed videos on IUDs and minilaparotomies into Russian for the seminars (the videos were provided by A.I.D. contractors JHPIEGO and The Futures Group);
- organized TV interviews with seminar participants (from both the Tashkent and Alma Ata seminars); and
- developed and printed 100,000 sets of five posters on breastfeeding in Uzbek and Russian for distribution to health facilities.

Planned activities include:

- TV spots on undesired pregnancies, family planning, breastfeeding and immunizations; and
- a health education booklet for newly married couples incorporating prenatal, breastfeeding and family planning messages.

## Conclusions

The Maternal Child Health Conference proved to be seminal. The delegations from the four republics (Kazakhstan, Kyrgyzstan, Turkmenistan and Uzbekistan) visited after the seminar by Dr. Welsby initiated a considerable number of new MCH activities following the seminar. A major focus of these initiatives is the promotion of early and exclusive breastfeeding. Rooming in and inclusion of families to support new mothers appear to be the first elements of maternal care practices which are changing. Governments are formulating activities to increase the usage rates for oral and injectable contraceptives and female sterilization.

The seminar materials, provided in Russian, were greatly appreciated by participants who shared and discussed them with work colleagues upon their return to their respective countries. The seminar materials are in great demand among health personnel who were unable to attend the seminar. Currently, attempts by government personnel to reproduce and distribute the materials locally have been limited by lack of financial resources.

The seminar dramatically accelerated change in Central Asian maternal and child health and family planning programs. It also created a network of very motivated government health personnel who are favorably disposed towards USAID. This situation constitutes a real opportunity to build on momentum, guide change and achieve maximum impact from any health interventions USAID plans to undertake.

**ANNEX 1.**  
**Seminar agenda**

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# MATERNAL AND CHILD HEALTH SEMINAR

Academy of Sciences, Alma Ata, Kazakhstan  
11-15 JANUARY 1993

## AGENDA

### DAY ONE: MONDAY, 11 JANUARY

8:00 - 9:00 Registration

#### *MORNING SESSION:*

9:00 - 9:30 Welcome and Introductions by Chairperson, Paula Bryan  
- Minister of Health, Kazakhstan, Vasili N. Deviatko  
- US Ambassador, William Courtney  
- USAID Director, Craig Buck

9:30 - 9:50 Keynote Address  
  
Roza Otunbayeva, Ambassador, Republic of Kyrgyzstan to the  
United States of America

9:50 - 10:00 Introductory Remarks by Chairperson, Paula Bryan,  
U.S. Agency for International Development, Washington, D.C.

10:00 - 10:15 Country Presentation on Maternal and Child Health and  
Family Planning - Kazakhstan

10:15 - 10:30 Discussion

10:30 - 11:00 Break

11:00 - 11:30 Reducing Maternal Mortality: The Safe Motherhood  
Initiative

Malcolm Potts, University of California, Berkeley

11:30 - 11:45 Definitions of Maternal and Infant Health Indicators

Mark Belsey, World Health Organization

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11:45 - 12:00 Discussion

**MONDAY 11 JANUARY (continued)**

12:00 - 12:45 Effective Care in Pregnancy & Childbirth Based on Outcomes Research

Constance Bohon, American College of Obstetrics and Gynecology

12:45 - 1:00 Discussion

1:00 - 2:00 Lunch and Exhibits

*AFTERNOON SESSION:*

2:00 - 2:15 Country Presentation on Maternal and Child Health and Family Planning - Kyrgyzstan

2:15 - 2:30 Discussion

2:30 - 3:30 Discussion Groups on Definitions of Maternal and Infant Health Indicators (4 groups)

3:30 - 4:00 Break

4:00 - 4:45 Presentation of Discussion Groups' Recommendations

4:45 - 5:15 Prepregnancy and Prenatal Care

Constance Bohon, American College of Obstetrics and Gynecology

5:15 - 5:30 Discussion

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**DAY TWO: TUESDAY, 12 JANUARY**

**MORNING SESSION:**

- 9:00 - 9:30 Risk Assessment During Prenatal Care  
Judith Rooks, American College of Nurse Midwives
- 9:30 - 9:45 Risk Assessment in Kazakhstan  
Nina Kayupova, Republican Research Institute for the Protection of Maternal and Child Health, Kazakhstan
- 9:45 - 10:00 Discussion
- 10:00 - 10:15 Country Presentation on Maternal and Child Health and Family Planning - Tajikistan
- 10:15 - 10:30 Discussion
- 10:30 - 11:00 Break
- 11:00 - 11:30 Maternal Nutrition: Prevention and Treatment of Anemia in Women of Reproductive Age  
Mary Ann Anderson, AID/Washington, Office of Health
- 11:30 - 11:45 Discussion
- 11:45 - 12:15 Intrapartum Care  
Judith Rooks, American College of Nurse Midwives
- 12:15 - 12:30 Discussion
- 12:30 - 1:00 Postpartum Care: Prevention and Treatment of Hemorrhage  
Constance Bohon, American College of Obstetrics and Gynecology
- 1:00 - 2:00 Lunch and Exhibits

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**TUESDAY, 12 JANUARY (continued)**

***AFTERNOON SESSION:***

- |             |  |
|-------------|--|
| 2:00 - 2:15 | Discussion   |
| 2:15 - 2:45 | Infection Control and Family Involvement in Maternity Services<br>Constance Bohon, American College of Obstetrics and Gynecology |
| 2:45 - 3:00 | Discussion   |
| 3:00 - 3:15 | Country Presentation on Maternal and Child Health and Family Planning - Turkmenistan   |
| 3:15 - 3:30 | Discussion   |
| 3:30 - 4:00 | Break  |
| 4:00 - 4:15 | Country Presentation on Maternal and Child Health and Family Planning - Uzbekistan   |
| 4:15 - 4:30 | Discussion   |
| 4:30 - 5:30 | Discussion Groups on Strategies for Reduction of Maternal Morbidity (including Anemia) and Mortality in Central Asia (4 groups)  |

**DAY THREE: WEDNESDAY, 13 JANUARY**

*MORNING SESSION:*

- 9:00 - 9:30      Summary Reports from Discussion Groups
- 9:30 - 10:15     Care of the Newborn  
Mark Belsey, World Health Organization
- 10:15 - 10:30    Discussion
- 10:30 - 11:00    Break
- 11:00 - 11:15    Reduction of Perinatal Infection with Rooming-In  
Victor E. Radzinsky, Republican Research Institute on Maternal and Child Health Protection, Turkmenistan
- 11:15 - 12:00    Health and Economic Benefits of Breastfeeding and Global Patterns in Breastfeeding Practices  
Audrey Naylor, Wellstart
- 12:00 - 12:15    Discussion
- 12:15 - 12:30    Maternal Nutrition, Breastfeeding Practices and Lactation Performance  
Mary Ann Anderson, AID/Washington, Office of Health
- 12:30 - 12:45    Breastfeeding Practices and Lactation Performance in Kazakhstan  
Gulnara Semenova, Scientific Center on Regional Nutrition Problems
- 12:45 - 1:00     Discussion
- 1:00 - 2:00      Lunch

WEDNESDAY, 13 JANUARY

*AFTERNOON SESSION:*

- 2:00                    Effective Breastfeeding Promotion Programs:
- 2:00 - 2:45           - Changing Lactation Management Practices in  
Maternity Services and Training Health Staff
- Audrey Naylor, Wellstart
- 2:45 - 3:15           - Policy Change, Mother-to-Mother Support Groups  
and Education of Families
- Chloe O'Gara, Wellstart
- 3:15 - 3:30           Discussion
- 3:30 - 4:00           Break
- 4:00 - 4:30           Breastfeeding Promotion in Poland
- Krystyna Mikiel-Kostrya, Institute of Mother and  
Child, Poland
- 4:30 - 5:30           Discussion Groups on Breastfeeding Promotion in  
Central Asia (4 groups)

## DAY FOUR: THURSDAY, 14 JANUARY

### *MORNING SESSION:*

- 9:00 - 9:30      Summary Reports from Discussion Groups
- 9:30 - 10:15      Environmental Contamination of Breastmilk  
Chloe O'Gara, Wellstart
- 10:15 - 10:30      Breastmilk Contamination  
Orchan Machmudov, Republican Scientific Research  
Institute of Pediatrics, Uzbekistan
- 10:30 - 11:00      Break
- 11:00 - 11:15      Discussion
- 11:15 - 11:45      Rooming-in and Breastfeeding Promotion  
Tamara Chuvakova, Republican Research Institute for  
the Protection of Maternal and Child Health, Kazakhstan  
Mashkeev Auken, Republican Scientific Research Institute of  
Pediatrics, Kazakhstan
- 11:45 - 12:00      Discussion
- 12:00 - 12:45      Impact and Benefits of Family Planning on Health  
Malcolm Potts, University of California, Berkeley
- 12:45 - 1:00      Discussion
- 1:00 - 2:00      Lunch and Exhibits

**THURSDAY, 14 JANUARY (continued)**

*AFTERNOON SESSION:*

- 2:00 - 2:45      Worldwide Experience & Trends with Contraceptives  
                    Malcolm Potts, University of California, Berkeley
- 2:45 - 3:00      Discussion
- 3:00 - 3:15      Impact of a Community Health Worker Program on Maternal and Child  
                    Health and Family Planning  
                    Talaybek Buylashev, Republican Scientific Research Institute of Obstetrics  
                    and Gynecology, Kyrgyzstan
- 3:15 - 3:30      Discussion
- 3:30 - 4:00      Break
- 4:00 - 5:15      New Family Planning Methods (Surgical Methods and Intrauterine Devices)  
                    Alan Margolis, University of California, San Francisco
- 5:15 - 5:30      Discussion
- 7:00 - 8:30      *Reception at U.S. Embassy*

## DAY FIVE: FRIDAY, 15 JANUARY

### MORNING SESSION:

- 9:00 - 10:15      New Family Planning Methods (Hormonal)  
Alan Margolis, University of California, San Francisco  
Malcolm Potts, University of California, Berkeley
- 10:15 - 10:30      Discussion
- 10:30 - 11:00      Break
- 11:00 - 11:45      Educating Families about Family Planning and  
Contraceptive Marketing  
Paula Bryan, AID/Washington, NIS Task Force  
Vicki Baird, The Futures Group
- 11:45 - 12:00      Discussion
- 12:00 - 1:00      Discussion Groups on Family Planning in Central Asia  
(4 groups)
- 1:00 - 2:00      Lunch

### AFTERNOON SESSION:

- 2:00 - 2:30      Summary Reports from Discussion Groups
- 2:30 - 3:15      Conference Summary  
Central Asia Representative  
Malcolm Potts, University of California, Berkeley
- 3:15 - 3:45      Closing Remarks, Appreciation and Farewell  
- Minister of Health, Kazakhstan, Vasili N. Deviatko  
- USAID/Alma Ata, Paula Feeney
- 4:00 - 4:30      Press Availability

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**Annex 2.**  
**List of Seminar Participants**

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LIST OF SEMINAR PARTICIPANTS

KAZAKHSTAN

Vasilii N. DEVIATKO, Minister of Health, Ministry of Health,  
63 Ablaychan Avenue, Almaty 480003.  
Phone: 334611 Fax: 331719

Aman DUISEKKEEV, Deputy Minister Maternal and Child Health,  
Ministry of Health,  
63 Ablaychan Avenue, Almaty 480003.  
Phone: 331683 Fax: 331719

Auken MASHKEEV, Deputy Minister Research and Personnel, Ministry  
of Health,  
63 Ablaychan Avenue, Almaty 480003  
Phone: 334821

Sergei GAVRILOV, Consultant, Committee for Health and Social  
Protection, Supreme Soviet,  
Government House, Almaty 480091  
Phone: 627830

Edil DADANBAYEV, Chief Pediatrician, Ministry of Health,  
63 Ablaychan Avenue, Almaty 480003  
Phone: 334720, 618921, 617506

Raissa KOLOKINA, Chief Specialist Pediatrics (Neonatology),  
Ministry of Health,  
63 Ablaychan Avenue, Almaty 480003.  
Phone: 334816 Fax: 331719

Bakhit MUNAIDAROVA, Chief Specialist Nursing, Ministry of Health,  
63 Ablaychan Avenue, Almaty 480003.  
Phone: 331712 Fax: 331719

Aiman BAZARBAYEVA, Leading Specialist Obstetrics and  
Gynecology, Ministry of Health,  
63 Ablaychan Avenue, Almaty 480003.  
Phone: 334816 Fax: 331719

Nina KAYUPOVA, Director, Republican Institute for the Protection  
of Maternal and Child Health,  
125 Lenin Prospect, Almaty 480025.  
Phone: 644634, 643876

Tamara CHUVAKOVA, Deputy Director, Republican Institute for the Protection of Maternal and Child Health, 125 Lenin Prospect, Almaty 480025.  
Phone: 644903

Magripa SHARIFKANOVA, Deputy Director, Republican Institute for the Protection of Maternal and Child Health, 125 Lenin Prospect, Almaty 480025.  
Phone: 644634

Gulshara URMURZINA, Chief, City Health Department, 6 Dzhandosova Street, Almaty 480070  
Phone: 447207

Olga ALIMBAYEVA, Chief Obstetrician and Gynecologist, City Health Department, 6 Dzhandosova Street, Almaty 480070  
Phone: 444574

Maya ABABKOVA, Chief Specialist Nursing, City Health Department, 6 Dzhandosova Street, Almaty 480070  
Phone: 455831

Tamara DZHUSUBALIEVA, Chief, Marriage and Family Planning Clinic, City Health Department. 124 Gorkogo Ulitsa, Almaty 480065.  
Phone: 323343

Erkin DURUMBETOV, Chief Physician, House of Health, 86 Karl Marx Street, Almaty 480100  
Phone: 612081, 616936

Kasen KOZHAKHANOV, Dean, Faculty of Pediatrics, Almaty State Medical Institute, 88 Tole-bi Street. Room 5, Almaty 480012  
Phone: 672915

Sara EREZHEPOVA, Deputy Director, Republican Medical School for Midlevel Health Workers 54 8th March Street, Almaty 480100  
Phone: 611662

Zoya MURZAGULOVA  
Republican Mid-level Health Worker Refresher Training School  
19A Utepova Street, Almaty 480060  
Phone: 491819, 333105

Shamil TAZHIBAYEV, Deputy Director, WHO Collaborating Center on Nutrition, Scientific Research Center on Regional Nutrition Problems,  
66 Klochkov Street, Almaty 480008  
Phone: 429203 Fax: 420720

Gulnara SEMENOVA, Researcher on Breastfeeding, WHO Collaborating Center on Nutrition, Scientific Research Center on Regional Nutrition Problems,  
66 Klochkov Street, Almaty 480008  
Office Phone: 426867 Fax: 420720

Jibek KARAGULOVA, Deputy Director, WHO Collaborating Center on Primary Health Care and Nursing,  
13 M. Makataev Street, Almaty 480002  
Phone: 301485, 301655 Fax: 631207, 636973

#### KYRGYZSTAN

Rosa OTUNBAYEVA, Ambassador Extraordinary and Plenipotentiary of the Republic of Kyrgyzstan to the U.S.A. and Canada.  
Kyrgyz Embassy, Washington D.C., U.S.A.  
Phone: (202) 6287554 Fax: 3475028

Kafan SUBANBAYEV, Deputy Minister of Health, Ministry of Health,  
148 Moskovskaya Street, Bishkek 720405  
Phone: 268848 Fax: 228424

Jumagul DOSKEEVA, Chief of Maternal and Child Health, Ministry of Health,  
148 Moskovskaya Street, Bishkek 720405  
Phone: 228483 Fax: 228424

Tamara SAKTANOVA, Chief Nursing Specialist, Ministry of Health,  
148 Moskovskaya Street, Bishkek 720405  
Phone: 265520 Fax: 228424

Dusne KUDAYAROV, Director, Republican Scientific Research Institute of Obstetrics, Gynecology and Pediatrics,  
1 Togoloka Moldo Street, Bishkek 720361  
Phone: 224423

Ludmila RYBALKINA, Deputy Director, Republican Scientific  
Research Institute of Obstetrics, Gynecology and Pediatrics,  
1 Togoloka Moldo Street, Bishkek 720361  
Phone: 280929, 226748

Talavbek BUILASHEV, Deputy Director, Republican Scientific  
Research Institute of Obstetrics, Gynecology and Pediatrics,  
1 Togoloka Moldo Street, Bishkek 720361  
Phone: 264983, 224279

Rimma MANZHOSOVA, Deputy Director City Health Department  
12 Belinsky Street, Bishkek 720008  
Phone: 213365

Maken MUSURALIEV, Chair of Obstetrics and Gynecology, State  
Medical Institute, Bishkek  
Phone: 445051

Bektursun TOKUBAYEV, Chief Physician, House of Health,  
10 Erkindik Street, Bishkek 720040  
Phone: 224403, 224820

Kapan KENENBAYEV, Director of Bishkek Medical School for Mid-  
level Health Workers  
64/1-19 Kazim Tinistanov Street, Bishkek  
Phone: 223971, 221331

#### TAJIKISTAN

Nikolai Alexandrovich RAKHMATOV, Chief Pediatrician, Ministry of  
Health,  
69 Shevtchenko, Dushanbe-25  
Phone: (3772) 213064, 276989 Fax: 276669 Telex: 201155 TABIB

Zhura Hamidovna AKHMEDOVA, Chief Obstetrician and  
Gynecologist, Ministry of Health, Dushanbe  
69 Shevtchenko, Dushanbe-25  
Phone: (3772) 213064, 276989 Fax: 276669 Telex: 201155 TABIB

#### TURKMENISTAN

Hangeldy MAMEDOV, Deputy Minister Maternal and Child Health,  
Ministry of Health,  
95 Makhtumkuli Avenue, Ashgabat 744000  
Phone: (3632) 256047 Fax: 255348

Sergei KNYAZEV, Chief Maternal and Child Health, Ministry of Health,  
95 Makhtumkuli Avenue, Ashgabat 744000  
Phone: 252240, 252134

Valentina ORULOVA, Chief Obstetrician and Gynecologist, Ministry of Health,  
95 Makhtumkuli Avenue, Ashgabat 744000  
Phone: 252134, 255104

Sophia ALIEVA, Chief Pediatrician, Ministry of Health,  
95 Makhtumkuli Avenue, Ashgabat 744000  
Phone: 252134

Raissa ANTONOVA, Chief Nursing Specialist, Ministry of Health,  
95 Makhtumkuli Avenue, Ashgabat 744000  
Phone: 252240

Ashagul NAZAROVA, Senior Specialist Social Policy, Parliamentary Committee on Social Policy, Cabinet of Ministers,  
17 Gogol Street, Ashgabat  
Phone: 296595, 298423

Yazgul PUSHTIEVA, Senior Specialist Social Policy, Parliamentary Committee on Social Policy, Cabinet of Ministers,  
17 Gogol Street, Ashgabat  
Phone: 295957, 298423

Tatyana LIKHACHEVA, Chief Family Planning, Republican Research Institute of Maternal and Child Health Protection,  
28 Kotovsky Street, Ashgabat 744035  
Phone: 432104 Fax: 437422

Dzhemal ORAZVALIEVA, Leading Researcher, Republican Research Institute of Maternal and Child Health Protection,  
28 Kotovsky Street, Ashgabat 744035  
Phone: 432113 Fax: 437422

Galina KHANAMOVA, Chief of Department, Faculty of Pediatrics, State Medical Institute,  
31, 1 May Street, Ashgabat 744006  
Phone: 431915

Bayram UDEKURBANOV, Director, Ashgabat Medical School in the name of Indira Ghandi (Mid-level Health Worker Training)  
90 Fifty Years TSSP, Ashgabat  
School, Phone: 249297

Nikolai SAMEDOV, Deputy Director, Institute of Nutrition,  
Ministry of Agriculture,  
Berzengi, Ashgabat 744036  
Office: 430051

#### UZBEKISTAN

Ahror B.YARKULOV, Deputy Minister Maternal and Child Health,  
Ministry of Health,  
12 Navoi Street, Tashkent 700011  
Phone: 411691 Fax: 680811 Telex: 116198 MEDISZU

Farkhad FUZAILOV, Deputy Chairman, Committee on Maternal and  
Child Protection, Supreme Soviet,  
3 Alleya Paradov, Mustakillik Square, Tashkent  
Phone: 398492

Ninel ATABAYEVA, Chief of Pediatric Nutrition, Ministry of  
Health,  
12 Navoi Street, Tashkent 700011  
Phone: 411791 Fax: 680811 Telex: 116198 MEDIZSU

Svetlana NARZIKULOVA, Chief Obstetrician and Gynecologist,  
Ministry of Health,  
12 Navoi Street, Tashkent 700011  
Phone: 411741 Fax: 411641 Telex: 116024 PLASMA

Tamara LEZHNEVA, Leading Specialist Research and Personnel  
Training, Ministry of Health,  
12 Navoi Street, Tashkent 700011  
Phone: 411863 Fax: 411641 Telex: 116024 PLASMA

Delia KARIMOVA, Chief, Chair of Obstetrics and Gynecology,  
Tashkent Doctors' In-Service Qualification Improvement Institute,  
3 Tursunculova Street, Maternity House Number 9, Tashkent  
Phone: 782576

Orchan MAKHMUDOV, Director, Republican Scientific Research  
Institute for Pediatrics,  
3, Street, 2nd Chimbae, Talant Prospect, Tashkent 700179  
Phone: 293873, 293874

Damin ASADOV, Director, Republican Research Institute for  
Obstetrics and Gynecology,  
132-A M. Gorkey Avenue, Tashkent

Khabibulla SULTANOV, Chair of Pediatrics Number 2. Tashkent  
Pediatric Institute  
103 Chernet Ulitsa, Tashkent  
Office Phone: 443309 Home: 291905

K. LATYPOV, Chief Physician, House of Health,  
House 16, Apartment 12, 135 Moseef Chalan Zar, Tashkent  
Phone: 763286

V. NESTERENKO, Head, Republican Nutrition Division,  
Clinical Hospital Number 1,  
2 Farchadskaya Street, Tashkent 700107  
Phone: 778343

Tatiana PLEKHANOVA, Deputy Chief Regional Health Department, Syr-  
Daria Oblast, Syr-Dari City 707000

Dilbar UMAROVA, Deputy Chief, Regional Health Department, Syr-  
Daria Oblast  
216 Lenina Ulitsa, Djizak 708000, Uzbekistan

G. KOSTINA, Deputy Chief for Maternal and Child Health, Regional  
Health Department, Suhrkhandaria Oblast.

#### INTERNATIONAL SEMINAR PRESENTERS

William COURTNEY, U.S. Ambassador to Kazakhstan  
99, 97-A Furmanov, Almaty 480091, Kazakhstan  
Phone: 631770 Fax: (7-3272) 633883 Telex: 251375 AM EMB SU

Vicki BAIRD, Deputy Director, Contraceptive Social Marketing, The  
Futures Group  
One Thomas Circle NW, 6th Floor Washington D.C. 20005-5608, USA  
Phone: 202-775-9680 Fax: 202-775-9694  
Telex: 9102504173 FUTURES WASH

Mark BELSEY, Program Manager Maternal and Child Health and  
Family Planning, Division of Family Health, World Health  
Organization,  
20 Avenue Appia, Ch-1211, Geneva 27, Switzerland.  
Phone: 41-22-7913359 or 7912111 Fax: 7910746, 7884264  
Telex: 415416

Constance BOHON, Clinical Instructor Georgetown University  
Medical Center Obstetrics/Gynecology Department, Fellow of the  
American College of Obstetrics and Gynecology,  
Women Physicians Association Chartered, 1140 19th Street, N.W.  
Suite 500, Washington D.C. 20036, USA  
Phone: 202-887-0660

Krystyna MIKIEL-KOSTRYA, Pediatrician, National Institute of the  
Mother and Child, Warsaw, Poland. Deputy Chairperson of Poland's  
Breastfeeding Promotion Program.

Alan MARGOLIS, Professor Emeritus of Obstetrics and Gynecology  
and Reproductive Sciences, University of California, San  
Francisco, USA  
Box 221, 440 Birch Road, Bolinas CA 94924  
Phone: 415-868-0412 or 0493 Fax: 415-868-2457

Audrey NAYLOR, President, Wellstart International, Associate  
Clinical Professor Of Pediatrics, University of California, San  
Diego, USA.  
4062 First Avenue, San Diego, CA 92103, USA  
Phone: (619) 295-5192 Fax: (619) 294-7787

Chloe O'GARA, Director, Wellstart International Expanded  
Promotion of Breastfeeding Program, Washington, D.C.  
3333 K Street NW, Suite 101, Washington D.C. 20007, USA  
Phone: (202) 298-7979 Fax: (202) 298-7988

Malcolm POTTS, Professor, University of California, Berkley  
President International Family Health,  
First Floor, Margaret Pyke Centre, 15 Bateman's Buildings, Soho  
Square, London W1V 5TW, United Kingdom  
Phone: 44 (0)71 287 5602 Fax: 44 (0)71 287 5578

Judith ROOKS, Past President American College of Nurse Midwives.  
2706 SW English Ct, Portland, Oregon 97201, USA  
(503) 243-2253

#### OBSERVERS

Vladimir BARABANOV, Senior Medical Specialist, Kazakh Red  
Crescent and Red Cross Society.  
86 Karla Marxa Ulitsa, Almaty 480100, Kazakhstan  
Phone: 614070, 613791 Fax: (3272) 616333, 631207

Gary GLEASON, Consultant, UNICEF, New York  
Intercultural Communication Inc. 2400 Virginia Ave. NW, Suite C-  
103, Washington, D.C. 20037-2601, USA  
Phone: (202) 223 7668 Fax: 223 1699

Elisabet HELSING, Regional Adviser for Nutrition, World Health  
Organization Regional Office for Europe,  
8 Scherfigsvej, DK-2100, Copenhagen, Denmark  
Phone: (45-39) 171362 Fax: 171818 Telex: 15348

Allison HERRICK, Consultant to United States Agency for  
International Development, USAID.  
2808 R Street NW, Washington D.C. 20007, USA  
Phone: (202) 337 6418 Fax: 337 6418

Jane SALVAGE, Regional Advisor for Nursing and Midwifery, World  
Health Organization Regional Office for Europe,  
8 Scherfigsvej, DK-2100, Copenhagen, Denmark  
Phone: (45) 39171717 Fax: 311811 Telex: 15348 WHO DK

Jorg SIMON, Project Manager, Coordinating Unit of the Community  
of European Communities,  
115 Mira Ulitsa, Almaty 480091.  
Phone: 621173 Fax: 637897, 695977

Lyn THOMAS, Regional Director Europe, International Planned  
Parenthood Federation  
Regent's College, Inner Circle, Regent's Park, London NW1 4NS,  
United Kingdom.  
Phone: (071) 486 0741 Fax: 487 7950 Telex: 919573 IPEPEE G

Ronald MAGARICK, Associate Director Programming and Development,  
Johns Hopkins Program for International Education in Reproductive  
Health, Johns Hopkins University.  
Brown's Wharf, 1615 Thames Street, Suite 200, Baltimore, MD  
21231, USA.  
Phone: (410) 614 0572 Fax: 614 0586 Telex: 6849118, 6849019

Rustam MUZAFAROV, Acting Deputy Chairman, Kazakh Red Crescent  
and Red Cross Society.  
P.O. Box 97, Almaty 480100, Kazakhstan  
Phone: 614070, 613791 Fax: (3272) 616333, 631207

Tor PLANTING, Head of Delegation International Federation of the  
Red Cross and Red Crescent, Almaty Delegation.  
86 Karla Marxa ul. Almaty 480100, Kazakhstan  
Phone: (3272) 618063, 542742 Fax: 341535

Beverly TUCKER, Senior Program Officer Field Development and Training, Family Health International.  
2224 Chapel Hill-Nelson Highway, Durham NC 27713, USA  
Phone: (919) 544 6979 Ext 558 Fax: 544 7261 Telex: 579442

Martin VAESSEN, Vice President and Director for Demographic and Health Research Division.  
8850 Stanford Boulevard, Columbia MD 21045, USA  
Phone: (410) 290 2804 Fax: 290 2999

Alexandre ZOUEV, Research Officer Program Division, UNICEF  
Three United Nations Plaza, New York 10017, USA  
Phone: (212) 326 7080 Fax: 326 7096 Telex: 175989 TRT

#### U.S. AGENCY FOR INTERNATIONAL DEVELOPMENT

Craig BUCK, Director, USAID Regional Mission for Central Asia.  
97-A Furmanov Street, Almaty 480091, Kazakhstan  
Phone: (3272) 639267 Fax: 696490

Mary Ann ANDERSON, Public Health Adviser, USAID, Office of Health, Bureau for Research and Development,  
AID 1256, Room SA-18, Washington D.C. 20523-1817  
Phone: (703) 875 4521 Fax: 875 4686

Paula BRYAN, Senior Health and Human Resources Officer, USAID, Newly Independent States Task Force,  
NIS/TF/DIHHR, Room 5665 NS, Department of State, Washington D.C. 20523  
Phone: (202) 647 4399 Fax: 647 4756

Paula FEENEY, General Development Officer, USAID Regional Mission for Central Asia,  
97-A Furmanov Street, Almaty 480091, Kazakhstan  
Phone: (3272) 639267 Fax: 696490

#### SEMINAR COORDINATORS

Linda SANEI, Program Specialist, Pragma Corporation, Health Department, 116 E. Broad St., Falls Church, VA 22046 Phone: (703) 237-9303 Fax: (703) 237-9326

Susan WELSBY, Health Consultant, Wellstart International,  
97 A Furmanov Street, Almaty 480091, Kazakhstan  
Phone: (3272) 639267 Fax: 696490

#### INTERPRETERS

Yuri BOBROV, Coordinator Moscow based simultaneous interpreters  
Phone: (095) 244 1275 Home: 377 5325 Fax: 425 6196

Sergei CHERNOV, Moscow based simultaneous interpreter

Vladimir DASHKO, Moscow based simultaneous interpreter

Andrei DOLGOV, Moscow based simultaneous interpreter

Karen MELIK-SHAHNAZAROV, Moscow based simultaneous interpreter

Arkady TCHAIKOVSKY, Moscow based simultaneous interpreter

Bauyrzhan AMIROV, Almaty based Doctor and interpreter  
Office phone: (3272) 642730

Gulnara BECKMOUKHAMEDOVA, Almaty based simultaneous interpreter  
[REDACTED] [REDACTED] [REDACTED] [REDACTED] 9

Zara DASHTAMIROVA, Almaty based simultaneous interpreter  
[REDACTED] [REDACTED] [REDACTED] [REDACTED]

Svetlana KUTUSHEVA, Almaty based Red Crescent interpreter  
Office phone: (3272) 614070, 613791 Fax: 616333, 631207

Murat KUZHUKEEV, Almaty based doctor and interpreter  
[REDACTED] [REDACTED] [REDACTED] [REDACTED] [REDACTED]

Gulmira SHALABEKOVA, Almaty based interpreter  
[REDACTED] [REDACTED] [REDACTED] [REDACTED] [REDACTED]

Alzhan SHOMAEV, Almaty based Doctor and interpreter  
[REDACTED] [REDACTED] [REDACTED] [REDACTED]

Gulzhan SMAGULOVA, Almaty based interpreter

Olga TAUSHKANOVA, Almaty based Red Crescent interpreter  
Office phone: (3272) 614070, 613791 Fax: 616333, 631207

**OTHER INVITEES**

(The following people were unable to attend the seminar)

Alumhon Ahmedov  
Minister of Health, Tajikistan

Zukhara Ahmedov  
Chief, Mid-wife and Gynecological Department  
Ministry of Health, Tajikistan

Orasgeldy Aldogdiev  
Deputy Chairman for Health  
Cabinet of Ministers, Turkmenistan

Raisa Alexandrova  
Chief Specialist Nursing  
Ministry of Health, Turkmenistan

Olga Alimbayeva  
Chief Obstetrician/Gynecologist  
Alma Ata City Department of Health  
Ministry of Health, Kazakhstan

Ateeva Axsytan  
Minister of Health, Turkmenistan

Kalman Ayapov  
President, Almaty Medical College  
Ministry of Health, Kazakhstan

Galina Beisenova  
City of Almaty Nursing School  
Ministry of Health, Kazakhstan

Mereke Butina  
Chairmann, Republican Health Workers' Trade Union  
Kazakhstan

Kurban Chaylov  
Director, WHO Collaborating Center on Nutrition  
Turkmenistan

Yevgeniya Doskeyeva  
Chief, MCH Department  
Ministry of Health, Kyrgyzstan

Zinaida Fedotova  
Deputy Chairman, Supreme Soviet  
Kazakhstan

Kodiralieva Gulia  
Chief Obstetrician  
Ministry of Health, Kyrgyzstan

Suleiman Imambaev  
Parliamentary Committee on Health  
Kyrgyzstan

Anatoli Kopiltsov  
Deputy Minister of Health  
Tajikistan

P.K. Lezhneva  
Chief, Training of Specialists  
Administration  
Ministry of Health, Uzbekistan

Valentina Maltseda  
Head, Department of Prophylactic  
Treatment for Mothers and Children  
Ministry of Health, Tajikistan

Gerard Nachtigal  
German Development Agency  
Federal Republic of Germany

Tamara Paltusheva  
Chief, MCH Department  
Ministry of Health, Kazakhstan

Victor Radzinsky  
Director, Republican Institute of Pediatrics  
Turkmenistan

Jane Salvage  
Regional Advisor for Nursing and Midwifery  
World Health Organization  
Regional Office for Europe  
Denmark

Yusuf Shidakov  
Branch of the WHO Collaborating Center on Nutrition  
Kyrgyzstan

A. Suleimanov  
Rector, Tashkent Pediatric Institute, Uzbekistan

Tanirbergen Tokhtarov  
Chairman, Health Committee  
Supreme Soviet, Kazakhstan

Alieva Yusejnovna  
Chief Pediatrician  
Ministry of Health, Turkmenistan

Altynshash Zhaganova  
Chairman, Women's Affairs Committee  
Supreme Soviet  
Kazakhstan

Olga Zurmaneck  
Director, House of Health  
Ministry of Health, Turkmenistan

**Annex 3.**  
**Materials in seminar handout**

**BEST AVAILABLE DOCUMENT**

**Maternal and Child Health Conference Reference List**  
**Almaty, Kazakhstan, 11-15 January 1993**

**DAY 1: Maternal and Child Health Indicators**

World Health Organization, "International Conference for the Tenth Revision of the International Classification of Diseases." ICD10/Rev.Conf./89.19 Rev. 1, 1989: 1-61, presented by Mark Belsey in conjunction with his presentation, "Definitions of Maternal and Infant Health Indicators."

Bohon, Constance. "Effective Care in Pregnancy and Childbirth Based on Outcomes; Maternity Care: Prioritization of Components Based on Cost-effectiveness and Prevalence of Negative Outcomes."

Bohon, Constance. "Pregpregnancy and Prenatal Care." American College of Obstetrics and Gynecology. (includes slides and overhead copies)

Fortney, Judith. "Implications of the ICD-10 Definitions Related to Death in Pregnancy, Childbirth or the Puerperium."

Potts, Malcolm. "Reducing Maternal Mortality: The Safe Motherhood Initiative." Family Health International.

**DAY 2: Maternal Health**

Anderson, Mary Ann. "Maternal Nutrition: Prevention and Treatment of Anemia in Women of Reproductive Age." A.I.D., Washington, D. C., Office of Health. (with slides)

Bohon, Constance. "Infection Control and Family Involvement in Maternity Services." American College of Obstetrics and Gynecology. (with slides and handouts)

Bohon, Constance. "Postpartum Care: Prevention and Treatment of Hemorrhage." American College of Obstetrics and Gynecology. (with slides)

Bulletin of the World Health Organization. "Maternal Anthropometry for Prediction of Pregnancy Outcomes: Memorandum from a USAID/WHO/PAHO/MotherCare Meeting." World Health Organization, 1991; 69(5): 523-532.

Cook, James D. and Reusser, Molly E. "Iron Fortification: An Update." The American Journal of Clinical Nutrition, October 18, 1983: 648-659.

Morbidity and Mortality Weekly Report. "Current Trends: CDC Criteria for Anemia in Children and Childbearing-Aged Women." Centers for Disease Control, June 9, 1989; 38(22): 401-404.

Morbidity and Mortality Weekly Report. "Anemia During Pregnancy in Low-income Women - United States, 1987." Centers for Disease Control, February 9, 1990; 39(5): 73-76.

**BEST AVAILABLE DOCUMENT**

Rooks, Judith P. "Intrapartum Care: The Management of Labor and Delivery." (with slides)

Rooks, Judith P. "Maternal Risk Assessment: Outline." American College of Nurse-Midwives. (with slides)

### DAY 3: Newborn Care

Anderson, Mary Ann. "Maternal Nutrition, Breastfeeding Practices and Lactation Performance." A.I.D., Washington, D.C., Office of Health. (with slides and articles)

Eyong-Efobi, J.B.T. and Tetanye, E. "Water Supplementation in Exclusively Breastfed Infants in Hot and Arid Areas of Cameroon (Central Africa)." Abstract, Centre Universitaire de Sciences de la Sante (CUSS) de Yaounde, Hospital Centre de Yaounde.

Hamosh, M. and P. Hamosh. "Mother to Infant Biochemical and Immunological Transfer Through Breastmilk." Proceedings of the Invitational Asian Regional Lactation Management Workshop and Related Events, June 29-July 9, 1988, Indonesia. Printed February 1989: 331-341.

Huffman, Sandra L. "Maternal Malnutrition and Breastfeeding: Is There Really a Choice for Policy Makers?" Journal of Tropical Pediatrics, 1991; 37:11-14.

Mikiel-Kostyra, Krystyna. "Breast Feeding Promotion Programme in Poland - A Systematic Approach." (with slides)

Naylor, Audrey J. "Breastfeeding and Two Million Infant Lives." World Health Organization, Breastfeeding: Health and Economic Benefits, December 1992.

Naylor, Audrey J. "Breastfeeding: Health and Economic Benefits." San Diego, CA, (with articles, references, slides and handouts)

Naylor, Audrey J. "Lactation Management for Breastfeeding Success." San Diego, CA, (with slides and handouts)

Neville, Margaret C. "Milk Production by the Mammary Cell." Proceedings of the Invitational Asian Regional Lactation Management Workshop and Related Events, June 29-July 9, 1988, Indonesia. Printed February 1989: 331-341.

O'Gara, Chloe. "Policy Change, Mother to Mother Support Groups and Education of Families." (with slides)

World Health Organization/UNICEF Joint Statement. "Ten Steps to Successful Breastfeeding." Lactation Management for Breastfeeding Success, December 1992.

Yurkakok, Kadriye, Yavuz, Tuna, and Taylor, Carl E. "Swaddling and Acute Respiratory Infections". American Journal of Public Health, July 1990; 80(7): 873-875.

**DAY 4: Breastfeeding and Family Planning**

O'Gara, Chloe. "Environmental Contamination of Breastmilk." (with slides)

Margolis, Alan. Abstract and Glossary: "New Family Planning Methods - Surgical." University of California, San Francisco. (with slides)

Potts, Malcolm. "Health Impact of Family Planning." Family Health International. (with slides)

Potts, Malcolm. "World-Wide Experience and Trends in Contraception." Family Health International. (with slides)

**DAY 5: Family Planning and Summary**

Margolis, Alan. Abstract: "New Family Planning Methods - Hormonal." University of California, San Francisco. (with slides)

Baird, Victoria. "Educating Families About Family Planning and Contraceptives Marketing." The Futures Group, SOMARC Project, Contraceptive Marketing.

## READINGS

### Maternal Health

Belsey, Mark A. and Royston, Erica. "Maternal and Infant Mortality: A Global Overview." Technical paper prepared for the International Conference on Better Health for Women and Children through Family Planning, Nairobi, Kenya, October 5-9, 1987, World Health Organization.

Bohon, Constance, MD. "Maternal Mortality in the United States of America."

Enkin, Murray, Keirse, Marc J.N.C., and Chalmers, Iain. Appendices I-IV<sup>1</sup> in A Guide to Effective Care in Pregnancy and Childbirth. Oxford University Press, 1989:341-365.

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MotherCare. "Notes on an Appropriate Approach to Safe Motherhood, Working Paper: 8." U.S. Agency for International Development, Jakarta, Indonesia, June 1991.

World Health Organization. "Joint Interregional Conference on Appropriate Technology for Birth." ICP/MCH/m02(5)/0175, June 10, 1985.

World Health Organization. "EURO/PAHO Symposium on Appropriate Technology Following Birth." ICP/MCH 116(s)/0032f, December 18, 1986: 1-8.

### Breastfeeding

Almroth, Stina and Bidinger, Patricia D. "No Need for Water Supplementation for Exclusively Breast-fed Infants under Hot and Arid Conditions." The Royal Society of Tropical Medicine and Hygiene, 1990; 84:602-604.

Anderson, Mary Ann. "Nature and Magnitude of the Problem of Suboptimal Breastfeeding Practices." International Policymakers Meeting on Breastfeeding, Florence, Italy, July 30-Aug 1, 1990.

Anderson, Sue Ann, et al. "History and Current Status of Infant Formulas." The American Journal of Clinical Nutrition. February 1982; 35: 381-397.

Center to Prevent Childhood Malnutrition. "Breastfeeding Saves Lives." Center to Prevent Childhood Malnutrition Policy Series, Bethesda, MD, July 1991; 2(1): 1-12.

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<sup>1</sup> Appendix I: Forms of Care that Reduce Negative Outcomes of Pregnancy and Child Birth  
Appendix II: Forms of Care that Appear Promising but Require Further Evaluation  
Appendix III: Forms of Care with Unknown Effects which Require Further Evaluation  
Appendix IV: Forms of Care that Should Be Abandoned in the Light of the Available Evidence

Cunningham, Allan S., Jelliffe, Derrick B., and Jelliffe, E.F. Patrice. "Breast-feeding and Health in the 1980s: A Global Epidemiologic Review." The Journal of Pediatrics, May 1991; 118(5): 659-666.

DeZoysa, Isabelle, Rea, Marina, and Martines, Jose. "Why Promote Breastfeeding in Diarrhoeal Disease Control Programmes?" Health Policy and Planning, 1991; 6(4): 371-379.

Koopman, James S., et al. "Infant Formulas and Gastrointestinal Illness." American Journal of Public Health, 1985; 75:477-480.

Lederman, Sally Ann. "Environmental Contaminants in the Central Asian Republics and Their Significance for Breastfeeding." Executive Summary and Bibliography, prepared for Wellstart International, December 30, 1992.

Lucas, A., and Cole, T.J. "Breast Milk and Neonatal Necrotising Enterocolitis." The Lancet, December 1990; 336: 1519-1523.

Lucas, A., et. al. "Breast Milk and Subsequent Intelligence Quotient in Children Born Preterm." The Lancet, February 1, 1992; 339: 261-264.

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UNICEF. Innocenti Declaration - On the Protection, Promotion and Support of Breastfeeding. Florence, Italy, August 1, 1990.

Victora, Cesar G. et al. "Evidence for Protection by Breast-Feeding Against Infant Deaths from Infectious Diseases in Brazil." The Lancet, August 9, 1987: 319-321.

Wellstart/The San Diego Lactation Program. "The Lactation Management Education Program for the Philippines: Its Contribution to National Breastfeeding Promotion." San Diego, CA.

World Health Organization. "Facts About Infant Feeding - Breastfeeding and the Use of Water and Teas." Geneva, August 1992; Issue no. 1.

World Health Organization. "Facts About Infant Feeding - Breastfeeding and Child Spacing." Geneva, November 1992; Issue no. 2.

### Family Planning

Potts, Malcolm. "Can Family Planning Reduce Maternal Mortality?" Journal of Obstetrics and Gynecology, East Central Africa, 1986; 5: 29-35.

Potts, Malcolm and Rosenfield, Allan. "The Fifth Freedom Revisited: I, Background and Existing Programmes." The Lancet, November 1990; 336: 1227-1231.

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Potts, Malcolm and Thapa, Shyam. "Child Survival - The Role of Family Planning." Family Health International, September, 1991.

Rooks, Judith and Winikoff, Beverly. "A Reassessment of the Concept of Reproductive Risk in Maternity Care and Family Planning Services." Proceedings of a seminar presented under Population Council's Robert H. Ebert Program on Critical Issues in Reproductive Health and Population, New York, February 12-13, 1990.

**ANNEX 4.**  
**Materials in press briefing package**

**BEST AVAILABLE DOCUMENT**

**Briefing Materials Reference List**  
**Alma Ata, Kazakhstan, 11-15 January 1993**

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