



# FalahNama

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## Message from the Chief of Party:

Dear Friends and Colleagues,



As this is the first newsletter of the year, let me begin by wishing you all a very Happy and Prosperous New Year. The devastating floods which affected most parts of the country last year shifted the focus of many of our activities to relief work. We have now resumed our planned activities which are currently in full swing.

Through FALAH's timely intervention the Lady Health Workers, affected by the floods, have been able to restart their work making use of the rehabilitation kits provided to them.

The New Year also ushered in a change in FALAH's leadership, with the Chief of Party, Mr. Ashfaq Rehman departing for his home country Bangladesh. I am honoured to be a part of the FALAH team and look forward to the continued support of our colleagues and partners as we carry forward the FALAH agenda.

In light of the post 18th amendment with devolution of federal ministries to the provinces, FALAH has directed its efforts towards informing provincial policy makers about FALAH's initiatives at improving access to birth spacing services at the district level. We are sharing our successful experiences at creating awareness and enhancing acceptability to the birth spacing concept; improving the quality of care within the public and private sectors; making district managers more responsive to the reproductive health needs of the people; setting up mechanisms to ensure contraceptive availability and fostering greater inter-sectoral coordination.

A major initiative that was started during the quarter was the holding of step down sensitization sessions for religious leaders at the Union Council level. Through this initiative religious leaders are becoming more cognizant of the health rationale of birth spacing especially in light of the Quranic injunctions. The FALAH documentary entitled "Farishton nay bhi Poocha" that brings together the endorsement of prominent religious scholars on birth spacing concept is being used in

conducting the sensitization sessions.

We realize that one time trainings over the passage of time loses its impact, unless the message is continually reinforced by the supervisors. FALAH is imparting trainings in supportive supervision to Lady Health Workers' Supervisors (LHS) so that they can supportively ensure that the Client Centered Family Planning Services trainings, imparted to the Lady Health Workers, is being optimally utilized.

Working in close collaboration with the National Maternal, Neonatal and Child Health Program, the training of tutors of community midwives in the client centered approach for delivering family planning services has been completed. This will cascade into training the midwives already in place who will, hopefully, be able to provide counseling and birth spacing services to their clients.

The University of Health Sciences in Punjab has endorsed the "Basic Minimum Family Planning Contents Package" aimed at improving pre-service training. Apart from implementing the curriculum in two medical colleges within the FALAH districts, orientation has been provided to six major public sector medical colleges in Punjab on the curriculum. Through this activity future doctors will be better acquainted in meeting the reproductive health needs of their clients and proactively offer birth spacing services.

Family Planning Skills Labs were established at the Nursing School Mardan and another at the School of Nursing and Midwifery, District Hospital at Thatta. The labs will help to train nurses on acquiring competency based skills for providing birth spacing services

FALAH has in collaboration with the National Program for Family Planning and Primary Health Care specially designed and printed 12,000 wall calendars, recognizing the important role Lady Health Workers and their supervisors are playing in improving the health status of women and children at the community level. Nearly all of these have been distributed and the feedback has been overwhelming. The FALAH team is looking forward to a rewarding and productive year and hopes to take the project to even greater heights.

Dr Ali Mohammad Mir

## Distribution of Rehabilitation Kits among Lady Health Workers (LHWs) in Sindh

FALAH organized a ceremony for the handover of the rehabilitation kits for LHWs in Sindh on February 5, 2011 at the residence of the US Consul General in Karachi. Dr Marilyn Wyatt, wife of the US Ambassador in Pakistan handed over the kits to Dr. Iqbal Lehri, National Coordinator and Dr. Feroze Memon,



Dr. Marilyn Wyatt and other guests along with the LHWs who received rehabilitation kits

Provincial Coordinator of the National Program on Family Planning & Primary Health Care (FP&PHC).

Addressing the ceremony, Dr Wyatt noted that the US government, through USAID, was providing these essential kits to about 1,500 LHWs in the flood-hit areas of Punjab, KPK and Sindh. She added that "these supplies will help Pakistan's LHWs help others. These kits, consisting of blood pressure apparatus, weighing scales for children and adults, blankets, tents, chairs and other tools are needed by LHWs to serve their communities". The U.S Consul General Mr. William Martin, Head of USAID in Karachi, Ms. Julie Koenen and senior officials from the Ministry of Health, FALAH project and Population Council were also present on the occasion. The kits will help the LHWs resume services to their communities.

## Orientation on Basic Minimum Family Planning Contents Package

FALAH with the support of its technical partner Jhpiego conducted an orientation on the "Basic Minimum Family Planning Contents Package" at the

University of Health Sciences (UHS) in Lahore from January 25-27, 2011. It was chaired by the Provincial Secretary Health Punjab, Mr. Fawad Hassan Fawad. The package which has been developed by FALAH now includes a section on contraceptive technology updates which includes information on side effects and their management, infection prevention, criteria for using Lactational Amenorrhea and Standard Days Method, counseling skills and information on Islam and birth spacing. The Government of Pakistan's Policy on Family Planning and counseling skills have also been incorporated in the updated package. The orientation session was attended by faculty members of Rawalpindi Medical College, Nishter Medical College Multan, Allama Iqbal Medical College Lahore, Nawaz Sharif Medical College Gujrat, Sheikh Zayed Hospital Rahim Yar Khan, Sargodha Medical College and Punjab Medical College Faisalabad. The Vice Chancellor of UHS Dr. M.H Mubashhar, and Dr. Ali M. Mir, COP FALAH were also present at the occasion. The introduction of the basic Minimum Family Planning Content Package will enable future providers to have a better understanding of the



Participants at the orientation ceremony of the Basic Minimum Contents Package in Lahore

concept of birth spacing and its impact on reducing maternal and child mortality and the provision of high quality services.

## Interactive Theaters

As part of the social mobilization strategy, 85 interactive theaters were conducted by HANDS, a FALAH consortium partner, with 6761 participants in the districts of Dadu, Sanghar, Sukkur, Ghotki and Thatta. Interactive theaters are entertainment and education communication events which are organized in the rural areas of FALAH districts of



Men and young boys watching an interactive theater being conducted by FALAH in District Dadu

Local government officials, local community notables, and Lady Health Visitors(LHVs)/Family Welfare Workers (FWWs) along with the common people attend these theaters and encourage participants to seek their services on family planning (FP) issues.



Women and young girls watching an interactive theater being conducted by FALAH in District Dadu

### Mobile Service Units

A total of 168 mobile service units (MSUs) were organized by FALAH as a follow up for its social mobilization activities in district Sanghar, Thatta, Dadu and Ghotki. Twelve hundred beneficiaries received maternal and child health services, including family planning services. The MSU is organized as a follow up event after conducting the interactive theaters so as to provide family planning and maternal, neonatal and child health services to the mobilized community. The activity is carried out with the help of MSU teams of the district Population Welfare Departments, trained FWWs, Female Technical Officers (FTOs), and LHVs who conduct counseling sessions for the women and provide family planning services.



A woman receiving an injectable contraceptive through a mobile service unit arranged by FALAH in District Dadu

### Skills Lab established in Nursing and Midwifery School of Thatta

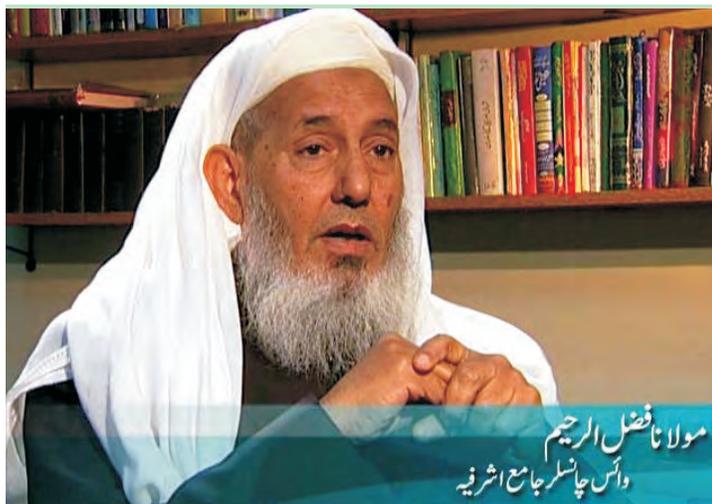
A skills lab established by FALAH, with the support of its implementing partner Jhpiego, was inaugurated at the Nursing and Midwifery School in Thatta on February 9, 2011. The ceremony was attended by Executive District Officer Health, Medical Superintendent of hospital, District Population Welfare Officer and the district coordinator of HANDS. The lab consists of several stations, each of which is equipped with training guidelines and learning tools. These stations will be helpful in teaching important clinical skills in contraceptive options, instrument processing, infection prevention and counseling on birth spacing.



A view of the skills lab established by FALAH in School of Nursing and Midwifery, Thatta

## “Farishton Nay Bhi Phoocha”:A Video Documentary produced by FALAH aired on National and Regional TV Channels

A video documentary produced by FALAH which contains endorsements from prominent religious leaders and eminent health professionals was telecasted on February 13, 2011 on PTV Home, PTV National and Sindhi KTN television. The video highlights the importance of birth spacing for saving lives of mothers and children and seeks endorsements from various influential groups including prominent Islamic scholars from various schools of thought, and recognized medical professionals. This is a major advocacy tool that will be used by FALAH's implementing partners to reach out to the community level religious leaders and seek their active support and help to overcome the misconceptions which are hindering the practice of birth spacing.



Maulana Fazal ul Rahim, Vice Chancellor of Jamia Ashrafia speaking in the video documentary

## Seminar on 'Birth Spacing Saves Lives'

A seminar on “Birth Spacing Saves Lives” was organized by ZAFA, a FALAH consortium partner on March 10, 2011 in Multan. Attended by more than 125 leading gynecologists of Multan, the seminar was aimed at highlighting the importance of Healthy Timing and Spacing of Pregnancies (HTSP), the benefits of birth spacing, the available contraceptive methods and the role of service providers in promoting birth spacing.

The seminar began with an overview of the FALAH project followed by an introduction about ZAFA Pharmaceuticals. The concept of HTSP was discussed in detail by one of the speakers, who also highlighted the proactive role of the service provider in advocating to people on the benefits of HTSP.

## Evaluation of Pilot Initiative on Community Based Volunteer Model

The Monitoring and Evaluation team of FALAH conducted an evaluation of the pilot initiative on Community Based Volunteers (CBV) model during this quarter. Based upon the evaluation findings, the model has been revised and the field teams have been given orientation on the revised CBV model by RSPN, a FALAH partner.

## FALAH's contributions for the Schools of Nursing: An interview with Nighat Durrani

FALAHNAMA recently spoke to Mrs. Nighat Durrani, Registrar, Pakistan Nursing Council(PNC) about FALAH's contributions for the Nursing Schools in Pakistan.

***The Nursing Council has been the main stakeholder in FALAH's pre service component, in your opinion what are the major contributions of FALAH project?***

In matters relating to 'Birth Spacing', and other family planning issues, the Nursing Council takes advice from stakeholders. FALAH project has always been supportive in carrying out activities as per the requirements of the Nursing Council. They have trained our midwives and tutors and have equipped our skills labs.



Mrs. Nighat Durrani, Registrar Pakistan Nursing Council, Islamabad

***Has the Basic Minimum FP Content Package developed by FALAH been approved and adopted by PNC and what is your opinion about the usefulness and utility of this package?***

The Basic Minimum FP Content Package has been approved in principle and is expected to be approved by the executive board in their meeting in April. The Package has already been

given to the Nursing schools and they are utilizing it and we will be assessing its impact during the upcoming examinations.

***FALAH has developed the skills lab? How do you evaluate this contribution of FALAH for the nursing schools and how do you think it will be utilized by all three cadres, nurses, LHVs and midwives?***

Even though these laboratories have been provided to the midwifery schools, they are equally useful for the nursing profession since both cadres follow the same curriculum in their fourth year. Medical students are also utilizing these skill labs at some stages of their studies. The FALAH partner Jhpiego has been very helpful throughout the training process and this has led to better coordination amongst the medical and nursing school students as previously we were mostly working in isolation.

***Recently FALAH has launched the e learning component in your institution. How effective do you think it is for students and the faculty?***

I think it is a very good initiative by FALAH and is imperative for the faculty because previously we were hesitant to assess ourselves and also that most people were reluctant to use such a package. But once we were given the flash drive by Jhpiego I found myself repeatedly testing my knowledge and soon all of us felt comfortable using this new learning technique.

***An assessment workshop was conducted recently by FALAH for the examiners of three faculties from all 3 provinces. Do you have any additional recommendations on that?***

It was very informative and useful. I have requested FALAH to conduct 3 -4 more workshops of its like. I have even received requests from the participants asking for more activities such as these, at least once a year, to train more staff.

***What would you say if we ask about the difference in level of support you had in FALAH as compared to other projects? Do you find any difference between the contribution FALAH or any other project has made towards the Nursing Council?***

FALAH's collaboration with us so far has been excellent. The good thing about FALAH is that they consult us at each and every step of their work which gives us a sense of ownership. For example, FALAH kept us involved throughout the development of the very successful e-learning package. Its presence on the Nursing Council's website is an indication of its contribution.

FALAH's approach is unlike most of the development projects which impose their own culture upon us and this contributes

to less-than-fruitful results. I believe that unless you do not take the stakeholder along with you from the beginning, there is no ownership of the project by them and consequently the implementation of the intervention suffers.

## Airing of HTSP spots on Regional FM channels

During the quarter, 2925 spots were recorded in Sindhi language on five Sindhi regional FM channels for 1601 minutes highlighting messages of HTSP. The FALAH jingle was also played with the spots followed by an acknowledgement to the USAID, Population Council, FALAH project and HANDS. Additionally, three talk shows of longer duration were also recorded in Sindhi language (called Kachary) and were relayed for 675 minutes. In these talk shows different district government officials, HANDS-FALAH team members, and FALAH trained public sector providers participated and discussed the issues as given in FALAH FAQs about myths and misconception regarding contraceptives.

## Trainings

### Training of Community Midwives(CMW) Tutors on Provision of Client Centered Family Planning Services (Advance)

In its effort to support the Maternal, Neonatal and Child Health (MNCH) Program, FALAH has conducted two 10-days training of trainers on "Client Centered Family Planning Services" (CCFPS) during February and March, 2011 in Islamabad. In all, 48 CMW tutors have been trained for the MNCH Program, from 24 districts of Pakistan. Both trainings were also attended by an observer from each provincial MNCH program. The trained midwifery tutors will in turn train all the graduated CMWs in CCFPS through a six-day training at their respective midwifery schools. Population Council would ensure quality supervision of these step-down trainings.



Participants of the training held from February 1-10, 2011 in Islamabad

## Training of LHWs/ Lady Health Supervisors (LHSs) on Client Centered Approach (CCA), Family Planning Methods and Group Methodology

FALAH organized twenty seven step down trainings on CCA, Family Planning Methods and Group Methodology for LHWs/ LHSs during this quarter in districts Bahawalpur, Charsadda, Dadu, DG Khan, Jehlum, Mardan, Sukkur, Sanghar and Thatta. Through these trainings a total of 516 LHWs/LHSs were trained and are now better equipped with information on the importance of birth spacing, how to provide counseling to clients, information on modern contraceptive methods, their side effects and management as well as how to conduct the group meetings with women in their catchments area.



Participants of the training

## Training of Village Health Committee members (VHC) on Family Planning Methods & Group Methodology

In this quarter FALAH carried out seven trainings of VHC members on family planning methods & group methodology in district Swabi, Jhelum, DG Khan, Mansehra and Thatta, in which 102 VHC members were trained. Eight group meetings were also conducted by trained VHC members in district Swabi, Manshera, Jhelum and DG Khan. Through these group meetings a total of 136 volunteers/ male members of the community were oriented and sensitized on the importance of birth spacing by using FALAH IEC materials in order to improve male involvement in birth spacing.

Following the training the VHC members can be more effective advocates in promoting the importance of birth spacing among men in the community.



Village Health Committee Members in the training

## Religious Leaders Workshop in Project Districts

FALAH consortium partners conducted five step down trainings for the Religious Leaders of districts Mansehra, Dadu, Sanghar and Thatta during February and March 2011. Through these workshops, 123 religious leaders have been sensitized on the significance of birth spacing as a health intervention and birth spacing in the context of Islamic injunctions so that they become proactive advocates of birth spacing in their communities.



Religious Leaders being sensitized on the significance of birth spacing in district Manshera

## Training on Blended Learning Approach for Greenstar Providers

FALAH, with the technical support of Jhpiego, has developed a Family Planning Curriculum for Greenstar that uses a blended learning approach in which a mix of learning methodologies is being used.



Training of Trainers on Blended Learning Approach in Islamabad

This training package was introduced during a workshop conducted in Islamabad from February 3-5, 2011 in which 24 trainers were given an overview and oriented on the blended learning approach. This tool will help develop provider competency along with better knowledge and management of side effects of contraceptives.

## Follow up visit to School of Nursing, Jhelum

FALAH's technical partner Jhpiego conducted a follow up visit to the School of Nursing at Jhelum to monitor the implementation of the "Basic Minimum Family Planning Contents Package." The existing teaching/training at the school and the skills lab were also reviewed and feedback was provided. The team also observed student's infection prevention practices in the FP skills lab.

## Training on Contraceptive Logistic Management

FALAH conducted seven trainings for the district level staff of the Department of Health, Peoples Primary Health Initiative (PPHI), National Programme (NP) and Population Welfare Department (PWD) on "Contraceptive Logistic Management" in Sindh. These trainings will help the facility and district level officials to improve the system of disbursing contraceptives more efficiently from the district headquarters to their service delivery outlets, thereby ensuring an uninterrupted supply of contraceptives at these outlets.

## Leadership Training Workshop for FALAH District Managers

FALAH in collaboration with Population Council successfully organized its 15th Training Workshop on "Strengthening District Population & Health Systems through Effective Leadership and Client Centered Services" from March 16–24, 2011 in Islamabad. The workshop was attended by 18 district managers, including officers from health, population, community development, education and representatives from NGOs from four districts of Punjab province; Jhelum, Bhawalpur, DG Khan and Rajanpur.

The Secretary Health Punjab, Mr. Fawad Hassan Fawad very graciously spared time to share his thoughts with the participants in a three hour session entitled 'Leader Deals in Hope.'



Secretary Health Punjab with the participants of the 15th Leadership Training Course

## Skills Development Training on IUCD

FALAH, with the support of its partner Save the Children US, organized a training on IUCD insertion techniques for 11 participants which included health service providers of NRSP from Districts DG Khan, Mansehra, and Charsada.

The training was held at the Lady Reading Hospital, Peshawar from March 21-26, 2011. Through this training, the participants acquired practical hands on experience in clinical settings which is important for enhancing their competency and ensuring that they are able to use the method safely. At the end of the training the participants were also provided with IUCD Kits by FALAH.

The Minister for Population Welfare, Government of KPK, Mr. Saleem Khan, chief guest in the concluding session appreciated the efforts of the FALAH project in providing the IUCD trainings and reaffirmed the commitment of his government in taking birth spacing facilities to the door steps of the people of KPK.



Participants of the training receiving IUCD kits from the chief guest

### Training of Community Based Volunteers (CBV)

*An approach to reach out to communities in non LHW covered areas*

The field teams of RSPN, FALAH's consortium partner have organized 46 trainings for the female and male CBVs in six-project districts namely, Thatta, Dadu, Sanghar, Sukkur, DG Khan and Mansehra. As a result of these trainings, 328 female and 338 male CBVs have been trained on their role and responsibilities, description of the CBVs model, Government of Pakistan's policy for FP Programme, HTSP messages, contraceptive method, common side effects, Islam and birth spacing, group meeting methodology, household visits,



Women CBV's in a training session

service delivery mechanism and record keeping. Through these trainings, male CBVs were trained to conduct the sensitization sessions with husbands on the importance of birth spacing. The trained female CBVs have so far conducted 551 group meetings with 9531 women, whereas the male CBVs have conducted 469 group meetings with 8356 husbands. At the end of these group meetings, female CBVs referred 704 potential clients to Basic Health Units and LHVs to seek services. Sixty-four female CBVs have also conducted the household visits of 3584 women during the month of March for providing information to women on importance of birth spacing, available contraceptive choices and their common side effects. They referred 103 women who were interested in getting birth spacing/family planning services to the project LHVs.



CBV is referring an adolescent married girl to LHV for FP services

### Training of LHVs on CCFPS Advance

Under the CBV model, 14 LHVs/ FWWs have been taken on board by RSPN to provide birth spacing services in non-LHWS covered rural areas. These LHVs were trained on CCFPS Advance in Sukkur from March 11-16, 2011 and on IUCD insertion at Abbassi Shaheed Hospital Karachi and Lady Reading Hospital Peshawar. The LHVs/FWWs have been provided all necessary equipment for delivery of quality birth spacing services. Outreach visits of the LHVs in non-LHW covered areas in six districts, Thatta, Dadu, Sanghar, Sukkur, DG Khan and Mansehra started in the end of March 2011. LHVs have provided the services to 542 women referred by the CBVs.