

MATERNAL NEONATAL AND CHILD HEALTH QUARTERLY UPDATE

APRIL-JUNE 2024

Taluka Health Officer, Kunigal, launches Eligible Couples Card

Dr Mariappa, Taluka Health Officer of Kunigal, launched the Eligible Couples (EC) Card on May 27, during a training session for ASHAs organized by KHPT at the Kunigal Taluka Health Office. The EC card is a tool to help eligible couples to understand the importance of pre-conception care before planning pregnancy or to have another child. It provides guidelines for screening health, wellness and pregnancy related conditions, offers information on healthy habits, and serves as a comprehensive record of health status and screening test results for both the partners. The card was developed by KHPT in collaboration with the Departments of Health and Family Welfare, Women and Child Development and Rural Development and Panchayat Raj, with the support of Healthium Medtech.



■ Launching of the Eligible Couples Card by Taluka Health Officer at Taluka Health Office, Kunigal

Card on May 27, during a training session for ASHAs organized by KHPT at the Kunigal Taluka Health Office. The EC card is a tool to help eligible couples to understand the importance of pre-conception care before planning pregnancy or to have another child. It provides guidelines for screening health, wellness and pregnancy related conditions, offers information on healthy habits, and serves as a comprehensive record of health status and screening test results for both the partners. The card was developed by KHPT in collaboration with the Departments of Health and Family Welfare, Women and Child Development and Rural Development and Panchayat Raj, with the support of Healthium Medtech.

180 ASHAs from Kunigal block were trained in the month of May in three batches to use the card to counsel eligible couples shortly after marriage or after the birth of their first child.



■ Training of ASHAs on Eligible Couples card usage for counseling of Eligible Couples

“Kandamma Nagali” (Let the Baby Smile) campaign launched in Tumakuru district



■ “Kandamma Nagali” campaign at Beguru Gram Panchayat, Tumakuru

KHPT, as part of its Early Childhood Care and Development (ECCD) project, conceptualized a community level campaign called, “Kandamma Nagali” (Let the baby smile) to address the societal tendency to blame women for the birth of a female child and to dispel the misconceptions that females are biologically responsible for determining the gender of a child. Women and couple having a female baby, can have severe negative impacts on their psychosocial well-being due to the societal pressure to deliver a male baby. This issue affects women during various stages, including the preconception period, pregnancy, and motherhood, particularly when they have children aged 0-6 years. Poor psychosocial

status may negatively impact maternal health, fetal health, and the growth and development of the child after birth.

On June 21, “Kandamma Nagali” campaign was organized by the “Woman and Child Protection (WCP) Committee” of Beguru Gram Panchayaths (GP), Kunigal block. The WCP Committee of all the target GPs would be capacitated by KHPT to lead this campaign in their respective GPs of Tumakuru and Kunigal blocks. This committee brought together the field functionaries of the Health and Family Welfare, Woman and Child Development and the Rural Development and Panchayat Raj Department (RDPR) to collectively bring changes at the community level.

KHPT hosts Research Day to discuss Preconception Care studies

A Research Day event on the “Why and what of Preconception Care (PCC)” was held at the KHPT Head Office in Bengaluru on April 4, chaired by Dr Krishnamurthy Jayanna, Dean of MS Ramaiah University of Applied Sciences. This collaborative event brought together the expertise of both KHPT and Ramaiah University, showcasing a diverse array of research studies dedicated to preconception care (PCC) within the Maternal Neonatal and Child Health thematic.



■ Dr Krishnamurthy Jayanna, Dean of MS Ramaiah University of Applied Sciences, talked about the significance of preconception care at the Research Day

The research studies presented focused on both facilitators and barriers to preconception care. Key themes included the critical role of education and awareness, the importance of social networks like ASHAs and ANMs, and the need for women’s autonomy in decision-making. Common suggestions to address these challenges included advocating for active partner involvement in PCC activities, raising awareness about PCC, strengthening governance and health systems, fostering collaboration between government departments, and leveraging existing MNCH platforms to popularize PCC.

Gram Panchayat level awareness campaign on anaemia and nutrition

On June 11th, KHPT conducted an anaemia screening campaign in Hunasavadi village, Hunsuru taluka, Mysuru, for the Soligas tribal



■ Campaign on anaemia screening for women of reproductive age

women of reproductive age. Dr Kumaraswamy, the District Health Officer, inaugurated the awareness campaign on anaemia and nutrition. This initiative, facilitated by KHPT, aimed to sensitize women of reproductive age, as well as children and adolescents, on health topics including menstrual hygiene, WASH (Water, Sanitation, and Hygiene), anaemia, malnutrition, and the importance of dietary diversification.

Dr Brinda, District Leprosy officer (DLO), Ms Puttathayamma, the Block Health Education Officer (BHEO), Mr Pradeep, the Block Tribal Officer (BTO) and Mr Raju, local tribal community leader were also present at the event. The event not only raised awareness but also provided practical support, referring children with Severe Acute Malnutrition

(SAM) and adolescents and women of reproductive age with low haemoglobin levels to Primary Health Care Officers (PHCOs) and connecting them with Iron and Folic Acid (IFA) supplementation programs.



■ Screening of haemoglobin level of children using non-invasive screening device at Govt. High School, Mysuru

Capacity Building

Training of Field Investigators on community survey tool

KHPT, in partnership with St. John's Research Institute (SJRI) and funded by the Department



■ District Health Officer, Haveri addressing the participants at the Haveri Institute of Medical Sciences during the training

of Health Research-Indian Council of Medical Research (DHR-ICMR), is implementing a three-year project, "Implementation Research to develop an optimized model of comprehensive interventions and delivery strategies to reduce stillbirth", in Haveri district, Karnataka. This implementation research aims to bring effective antepartum and intrapartum care interventions together, strengthen sentinel stillbirth surveillance, and develop a comprehensive stillbirth prevention package through an exploratory sequential mixed-methods approach.

A four-day training session was organized from June 12-15, by St. John's Research Institute, KHPT, and the Haveri district health

department to orient the 20 KHPT project team members on community survey tool to do the baseline assessment of stillbirths for the DHR-ICMR study. The training was held at the Haveri Institute of Medical Sciences with support from the Dean, Dr Pradeep Kumar M V and in the presence of Dr M Jayanand, District Health Officer (DHO), Haveri. The survey aims to estimate the population-based burden, timing, and risk factors associated with stillbirths. Additionally, an assessment will be conducted to identify the potential gaps and bottlenecks in the implementation of government policies and interventions aimed at reducing stillbirths.

Case story



Nurturing Twins with Kangaroo Mother Care

Vanita, a resident of Badlapur in Thane district, Mumbai, lives with her husband and a five-year-old child. On April 20, 2024, she gave birth to twins at the Maternity Hospital. Her babies were admitted to the Special Newborn Care Unit (SNCU) as the first baby weighed **1,800** grams, and the second baby weighed **2,000** grams. The hospital Staff Nurse, Nikita initiated Kangaroo Mother Care (KMC) for both newborns as they were low birth weight (LBW) babies. Nurse Mentor, Vaishali explained the practice of KMC, which involves skin-to-skin contact and exclusive breastfeeding, in detail to Vanita and her family.

Vanita began practicing KMC every day and diligently continued this practice throughout her seven-day hospital stay. The babies were exclusively breastfed throughout their

stay, and the family ensured that both received ample KMC hours each day. She was discharged from the hospital on April 27, 2024. Upon discharge, Vanita continued to receive support through regular home visits by Peer Educator, Mona, to monitor the progress of her twins. Mona helped Vanita gradually increase KMC hours at home and involved the family in providing KMC. Vanita ensured consistent breastfeeding at home as well. By May 29, the first baby weighed **3,100** grams, and the second baby weighed **2,600** grams. This remarkable progress was a testament to Vanita's unwavering commitment to KMC and the support from her family.

Follow us on:

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