



Success Story – May 2022

Name of Partner: Community Uplift Program

Name of District: Sukkur

A Journey towards Healthy Birth

Case Study Title: Success Story of Pregnant Mother

Background:

Accelerated Action Plan (AAP), is an initiative of Health Department, Government of Sindh. The goal of program is to improve health and nutritious status of children and mothers by rapidly expanding approach and enhancing coverage and intervention in all districts of Sindh, both through facility and community action plan. AAP is a multi-sectorial approach work with other sectors like Agriculture, Livestock, Fisheries, WASH Local Govt, Education, Population Welfare and Social Welfare etc.

Iron and Folic Acid (IFA) supplementation has shown to be a cost-effective intervention for addressing anemia deficiencies especially while being pregnant. Starting IFA supplementation for Pregnant Women and continuing till exclusive breast-feeding days reduces their susceptibility to anemia. Accelerated Action Plan (AAP) Health in the collaboration with Government of Sindh and District Stakeholders for Reduction of Stunting and Malnutrition is focused on under five-year children and Pregnant/ Lactating women and Adolescent girls in District Sukkur.

The initiative implemented in the program is focusing on ground situation in Sindh, where most of the females are facing iron deficiencies from adolescent. This affects their whole life and results in many diseases, malnourished birth and failures of lactation. It is a difficult situation to recover, but IFA supplementation makes it possible and saves lives from death and complications to support a healthy baby birth.

Ms. Rozina Irshad - Community Health Worker, identified Ms. Afshan W/O Intikhab Ali Junejo resident of Village Allah Wadhayo Junejo, UC Sultanpur, Tehsil Pano Aqil; as a pregnant woman, who was suffering from continued headaches, pain in knees and hemoglobin deficiency. Her family was worried about her health due to added burden of pregnancy.

Ms. Rozina Irshad conducted interpersonal counseling sessions with Ms. Afshan, provided her 90 IFA tablets and shared consuming methods for her nutritional wellbeing.

It is highly appreciated that CHW Ms. Rozina Irshad is successfully working in Sultanpur area, which has cultural, social, and religious restrictions, which ultimately affect the female nutrition as males are given priority over women.

Beneficiary Information:

Age	30 years	No. of IFA Tab. Received	180
Contact #	0313-3698440	Family Members	07
Number of IFA follow-ups	03	Earning hands	01
Source of Income	Farmer	CNIC #	45501-8348506-0
Monthly Income	Rs. 15,000	Number of children	04

At the time of first meeting, Ms. Afshan was unable to walk adequately, feeling extremely weak and her MUAC was down to 22.2. She had not visited any nearby hospital for Antenatal Care and Tetanus prevention and she was not aware about nutritional diet and diversity. During the meeting her health situation was closely monitored, discussed and was provided with information and supplements. She was also referred to the nearest health care facility for medical checkup.

Location:

District	Sukkur	Taluka	Pano Aqil
Union Council	Sultanpur	Village/Muhalla	Allah Wadhayo Junejo

Characters:

- CHW: Rozina Irshad
- Beneficiary: Afshan W/O Intikhab Ali Junejo



Before MUAC 22.0



After MUAC 26.5



Pre-counseling & supplementation of IFAs by CHW Ms. Rozina to Ms. Afshan alongwith her family members

On the first follow up visit to the village, CHW Ms. Rozina Irshad conducted Mother Support Group meeting for awareness, need for timely follow-up of severe acute malnutrition children and screening those who fall in the criteria. During the session, Ms. Afshan shared her health condition; now her health is much better than before, she feels improvement in weakness of knees and headache and her MUAC measurement has improved considerably. She told that, now she was consuming good diet, iron rich supplementation (IFA) and was very thankful to CHW Ms. Rozina Irshad for her support. Mr. Intikhab Ali Junejo told that CHW Ms. Rozina Irshad counseled his family and gave motivational key messages, which has changed their way of thinking, realization of women health issues during antenatal days which are so complicated especially for women in backward areas of Sindh province.

Conclusion:

Ms. Afshan's family member were very happy after seeking support on health and seeing improvement in her health condition; referrals for TT, ANC, and PNC. It has left effect on other villagers for importance of timely vaccination of PWs and completion of course of LWs as per recommendation and schedule of Expanded Program on Immunization.

Ms. Afshan shared with CUP Pano Aqil team, that she will share this success with others who are not aware of the benefits attached to the usage of IFAs as per instructions and she will refer more beneficiaries to health care facility during ANC days.

CHWs thank AAPH Program for providing support to villagers and children for the last 04 years and their hard work converted to success and support to underprivileged communities.

Lesson Learned/Conclusion:

Accelerated Action Plan was initiated in 2018 due to miserable health situation prevailing especially in rural areas of Sindh province, high prevalence of Malnutrition Ratio, and death rate among the pregnant women and complication during the antenatal days.



Team has learnt the following key points by documenting this success story in particular and the project in general:

- Timely Coverage may prevent morbidity & mortality ratio among pregnant, Lactating and innocent children from fits soon after birth & under birth weight.
- Sensitization of PW's family creates a good example to seek good health.
- Healthy diet & timely IFAs supplementation highly improves the overall health of pregnant women and reduces the complications during birth.
- Safe delivery at hospital from trained birth attendants reduces hygienic issues during the birth process.