



## MESSAGE BY THE HEAD SUKH INITIATIVE

**Dr. Haris Ahmed**

It is heartening to share Sukh Initiative newsletter being published at a very important point in the implementation phase of the program.



Sukh Initiative is unique that as its implementation progresses, internalized and institutionalization of its practices also continues, ensuring not only its sustainability but also its expansion by respective departments in the public sector. Changes in behavior norms as witnessed in the communities and meaningful interaction with youth, encourages us to envision a prosperous future.

I take this opportunity to appreciate each member of the Sukh Family for their dedicated and tireless efforts to make Sukh Initiative a much appreciated reality on the family planning landscape of the country, but more so, to bring "Sukh" (tranquility) in the lives of the families that they reach out to.

## MESSAGE BY THE CEO AMAN HEALTH CARE SERVICES

**Arshad S. Husain**

It is heartening to see the success of the Sukh Initiative. The collaborative efforts of the Sukh Initiative team and the diverse portfolio of partner organizations is creating an impact in the communities that program serves.



The Sukh Initiative newsletter is an initiative that will play an important role in providing information to our stakeholders about the positive impact we create through the work we do. The Sukh Initiative is designed to create scalable impact in the communities that we serve and is easily replicable to serve the underserved communities across Pakistan. With the continued support of our Government stakeholders and implementation partners, I am confident that this program will result in the desired behavioral change required in developing countries like Pakistan.

## NEWS AND ACTIVITIES FROM IMPLEMENTING PARTNERS

### Task Shifting by Aman Community Health Program

Under Sukh Initiative, Aman Community Health Program (ACHP) trained 200 lady health workers (LHWs) of the National Program for Family Planning and Primary Healthcare (LHW program) to strengthen the program and increase their efficiency and effectiveness. These LHWs provide basic contraceptive methods like oral pills, condoms and follow-up dose of injectable contraceptives. It was a successful pilot of LHW Initiative where LHWs provided the first dose of injection at the doorsteps. It was noted that clients were happier and greatly satisfied on receiving the desired service at their doorsteps.

A six-day interactive training was arranged for 200 LHWs and 10 Lady Health Supervisors (LHS) of the National Program at Regional Training Institute (RTI) of Population Welfare Department (PWD), Karachi. Eight training sessions were held from January to March 2017 to accommodate a large number of participants.

In each session, two PWD trainers and one facilitator were assigned as resource persons, who imparted the trainings using audio-visual aids and group activities.

The post-training evaluation showed that participants found the contents useful and the methodology of the training very effective.

As a result of the training, LHWs are able to measure blood pressure accurately, counsel clients more effectively on family planning, and provide the first dose of injectable contraceptives.



#### Screening activity by LHWs

It is very important to make trained LHWs completely eligible for providing the first dose of injections. For this purpose, it was proposed to formulate a detailed checklist to help LHWs in understanding the clients who are not eligible to have Depo-Provera (DMPA) dose (an injectable method). LHWs are required to follow a checklist, which is disseminated and collected by their supervisors. This checklist contains eight questions to screen eligible women for injectables. Before administering the dose they make sure that the client is not pregnant; not breastfeeding a child less than six weeks old; does not have liver tumor or hepatitis, heart problem, venous thromboembolism; and is not experiencing unexpected vaginal bleeding. For the convenience of LHWs, these eight questions are described in terms of symptoms as well as so LHW can take history of clients in the best possible manner.

Nearly 160 eligible LHWs have undergone the screening process in the presence of PWD's trained service provider and started giving the first dose of injection to their clients.



### Mobilization of Dispensary by Jhpiego for Quality FP Services

Jhpiego with the aim to improve the lives of mothers and children has activated and upgraded 11 facilities that are now visited by large number of married women of reproductive age (MWRAs) for family planning (FP) services as well as PAC and PAC-FP services. Jhpiego under Sukh Initiative is collaborating with the Department of Health, Population Welfare Department, Sindh Employees' Social Security Institution and Karachi Metropolitan Corporation to improve FP services in underserved population of four towns of Karachi.

After careful identification and assessment of public sector health facilities, Jhpiego found out that 11 MCH centers were working as dispensaries and providing medical services through their Out Patient Department (OPD). Out of these 11, only four were registered as dispensaries by the Department and were supposed to provide OPD services only. Seven facilities were registered as MCH and were supposed to provide delivery care. These facilities were found to be only providing OPD services in first half due to shortage of staff, lack of supplies, and poor condition of facilities. In some of these facilities, a full fledged labor room was once setup that used to provide labor room services, but due to shortage of staff and lack of support and budget from their departments, these labor rooms and operation theaters were later closed down.

Two years back, Jhpiego decided to take these 11 identified facilities as their intervention site and started working on them. One thing that motivated Jhpiego the most to work on these facilities were high number of MWRAs visiting OPD and EPI (Expanded Program on Immunization) centers. After the need assessment and approval from the heads of the departments, healthcare providers from these facilities, which included doctors and paramedics, were trained on comprehensive FP package and post-abortion care services. Not only that they were supported by provision of supplies, Jhpiego provided FP commodities and supported in renovation of allocated FP rooms as well as OPD facilities.

Aman Community Health Program and LHW program provided support as consortium partners for referral clients coming for FP services. For the same purpose, Jhpiego communicated with Willows Foundation as well to send maximum number of clients to these facilities. Jhpiego also deputed counselors to provide support once or twice a week to healthcare providers in counseling OPD and clients, and maintaining a data of the services. These providers were practically trained to master the skills by trainers visiting them frequently for supportive supervision.

All these 11 facilities are now providing FP services, which includes all methods (pills, condoms, injections, IUCDs and implants). They are also providing PAC services by prescribing misoprostol and provide PAC-FP services as well. These healthcare providers are giving counseling to all the MWRAs visiting the facility, as well as recording the data. The data clearly indicates that there were a lot of clients who needed services and were unable to avail FP services due to lack of availability of services and large number of MWRAs visiting the facility are now availing Long Acting Reversible Contraceptives (LARC) services.



### Youth Festival Organized by Aahung

Sukh Initiative organized a Youth Mela on May 13, 2017, under the program's family life education component being led by Aahung. The event was held at a community park in Korangi, Karachi, and was attended by over 3,000 community members, in particularly youth of the area. The aim of this activity was to encourage and educate youth, involve them in constructive activities and bring awareness on sexual and reproductive health and rights (SRHR). Amongst the dignitaries that attended the event were MPA, Mr. Aamir Moin Pirzada, district Korangi Vice Chairman, Mr. Ahmer Ali and Head of Sukh Initiative, Dr. Haris Ahmed.



The Youth Mela achieved its objective of delivering SRHR messages by using different interactive mediums including quizzes, theatres, music shows and stalls. Youth enrolled with the Sukh Youth Friendly Space conducted theatre performances that depicted the consequences of early age marriage, gender inequality, harassment and poor decision-making. The community health workers took the audience a step further by

conducting performances based on the family life education modules. As the performers were from the same community and depicted the issues faced on a day-to-day basis, the audience was able to best relate and engage more effectively throughout. The Aahung representatives subsequently held interactive quizzes after each of the events to measure the retention of key messages by the audience. Aman Telehealth helpline number, 9123, was highlighted repeatedly in order to advertise the helpline facility. The initiative taken by the community youth and workers demonstrated their commitment and towards SRHR issues.

The Youth Mela acted as a platform for increased coordination between all partners of the Sukh Initiative. Each of the implementing partner set up stalls where they marketed their services to community members, caregivers and the hard-to-reach youth. This enabled the Sukh Initiative to demonstrate its holistic approach in addressing SRHR issues.



## SUCCESS STORIES

### Screening Checklist for Injectables Saves Lives

Sobia Shahzad, is a resident of Ibrahim Hyderi, Karachi. While filling up the checklist during screening activity Rakhi (a local LHW of Ibrahim Hyderi) identified that Sobia has one of the symptoms of breast cancer mentioned in the checklist. Her problem was immediately referred to the service provider. Rakhi refused to provide the injectable contraceptive to Sobia, and advised her to go for breast examination first. Sobia got upset and did not seek any help as her family was not supportive.

Sobia was then referred to Aman Telehealth helpline, where she called immediately. The staff of Aman Telehealth took her history in detail and gave her counseling. She was advised to go for a detailed checkup and necessary tests.



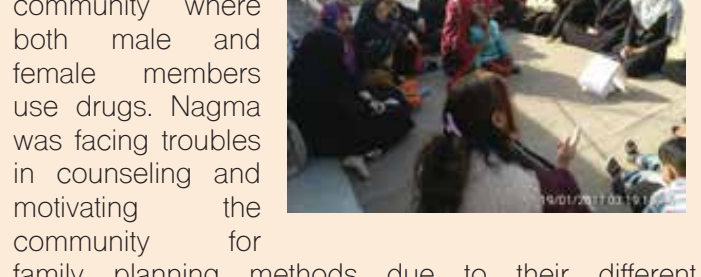
Sobia was happy and satisfied with the care given to her by the team. She noted that the Aman Telehealth number was very useful as the call agent assured her that she was in a good hospital and was being given proper medical care. Sobia noted down all the details provided by Aman Telehealth and planned to go for the suggested tests.

LHWs are also quite happy and stated that they were not aware of the technicalities of the provision of contraceptive injections. With the help of the checklist, they are now capable of identifying the right client for the right service.

### Training for Counseling Helps Communities

Naghma, a lady health worker in district Malir, has managed to provide counseling on family planning to 43 drug addicts in her catchment area. She has been associated with the National Program for Family Planning and Primary Healthcare for the last 16 years. Since July 2016, she is working with Aman Community Health Program under the Sukh Initiative's LHW component. She is one of the 200 LHWs who were trained by Sukh Initiative.

She is working in a community where both male and female members use drugs. Naghma was facing troubles in counseling and motivating the community for family planning methods due to their different backgrounds and addictive behaviors. Naghma mentions that counseling of drug addicts was a big issue and challenge for her. For years, she was waiting for a training opportunity focused on counseling and motivational skills. She got a chance to attend the trainings on Client Centered Family Planning Counseling. These trainings were organized for LHWs and LHSs by Sukh Initiative of SUKH Initiative in 2016. In these training, Naghma equipped herself with different counseling and motivational skills for family planning in May 2016. After attending this training, Naghma started to implement learning from the trainings in her field of work, and successfully counseled 43 clients for using different methods of family planning. Her clients, mostly married women of reproductive age, express happiness and contentment on receiving counseling from Naghma.



From Naghma's story, we can infer that providing need based training to LHWs can bring positive and sustainable impact. Such interventions lead to improving LHWs performance and confidence.

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Sukh Initiative is a multi-donor funded family planning and reproductive health project of Aman Health Care Services, implemented through a consortium of local and international organizations in collaboration with provincial government departments. The project aims to increase modern contraceptive prevalence rate by 15 percentage points in the one million underserved peri-urban population of Karachi city, Sindh, Pakistan

#### Provincial Government Partners



#### Project Partners

