

Maternal Health in Rural Areas

Why Maternal Health?

In country like ours, there lies a huge disparity for access to health care. We are well equipped to tackle major health issues but fail to reach out to vast majority of people specially in rural areas. Many still die because of lack of basic awareness regarding hygiene, sanitation and customs.

In case of women the situation is even worse as they are not properly equipped to tackle issues like menstruation, pregnancy, sexual hygiene.

Maternal Mortality Ratio (MMR) in India was very high with 600 women dying during child birth per hundred thousand live births.

Jatan Sansthan

Jatan Sansthan is a no profit organization working with the rural population of the state of Rajasthan in the districts of Rajsamand, Udaipur, Jhalawar and Bhilwada.

Jatan has worked on programs related to health, education, violence against women, livelihood issues.



About SUMA

‘SUMA’ Rajasthan White Ribbon Alliance for Safe Motherhood was launched in 2002 to create social awareness and reduction of high maternal and neonatal mortality in the state.

Rajasthan Medicare Relief Society (RMRS)/ Rogi Kalyan Samiti (RKS) are responsible to ensure proper functioning of hospitals.



Observations

These are the following areas which I have observed

- Reproductive Health
- Maternal Health
- Newborn Health
- Child Health
- Adolescent Health

Interventions

- Focus on spacing methods, particularly on PPIUCD at high case load facilities.
- Focus on interval IUCD at all facilities include sub-centres.
- Home delivery of contraceptives and ensuring spacing at birth through ASHAs.
- Ensuring access to Pregnancy testing kits.

Action plan

Kishori mela.

Kishori mela was also organised by jatan through which adolescent girl could know about body changes in teenage life and was inspired to break the silence of shame.

Open house

We met pregnant women, husbands, mother in law, lactating women etc together and discussed about maternal health. And tried to understand the situation by asking many questions.

- Do you know About contraceptives and who told you all about this
- Questions about Quality of maternal and new born health services at facilities



Open house Discussion

FGD (Focus on Group Discussion)

Under FGD we were suppose to discuss with separate groups of pregnant lady, husbands, lactating women about maternal health.

Assessment of Quality of Maternal and New born health services at selected facilities.

Assessment of Quality measures of facilities identification and maternity services availability to be observed

Visits

CHCs

- Railmagra
- Devgarh
- Kelwara

PHCs

- Kuraj
- Kuwaria
- Sangawash
- Nathdwara
- Aamet
- Selagurha

Visit at Devgarh Primary Health Centre

Discussion with Dr. Sushil kumar, he and his staff is very passionate about working in this field and haven't faced any problem regarding maternity issues. ANMs and other doctors have present them selves very passionate about his work.

However, he was pointing out at the present facilities made available from the government but they didn't received yet.



Dr. Sushil kumar

Education session with adolescent girls

- We played educational game which made them aware of barriers given by society for a girl.
- Education about Violence, Reproduction education, Sanitary pads, Child marriage etc





Thank you