

# Nepal's Newborn Health Strategy: The way forward to achieve MDG-4

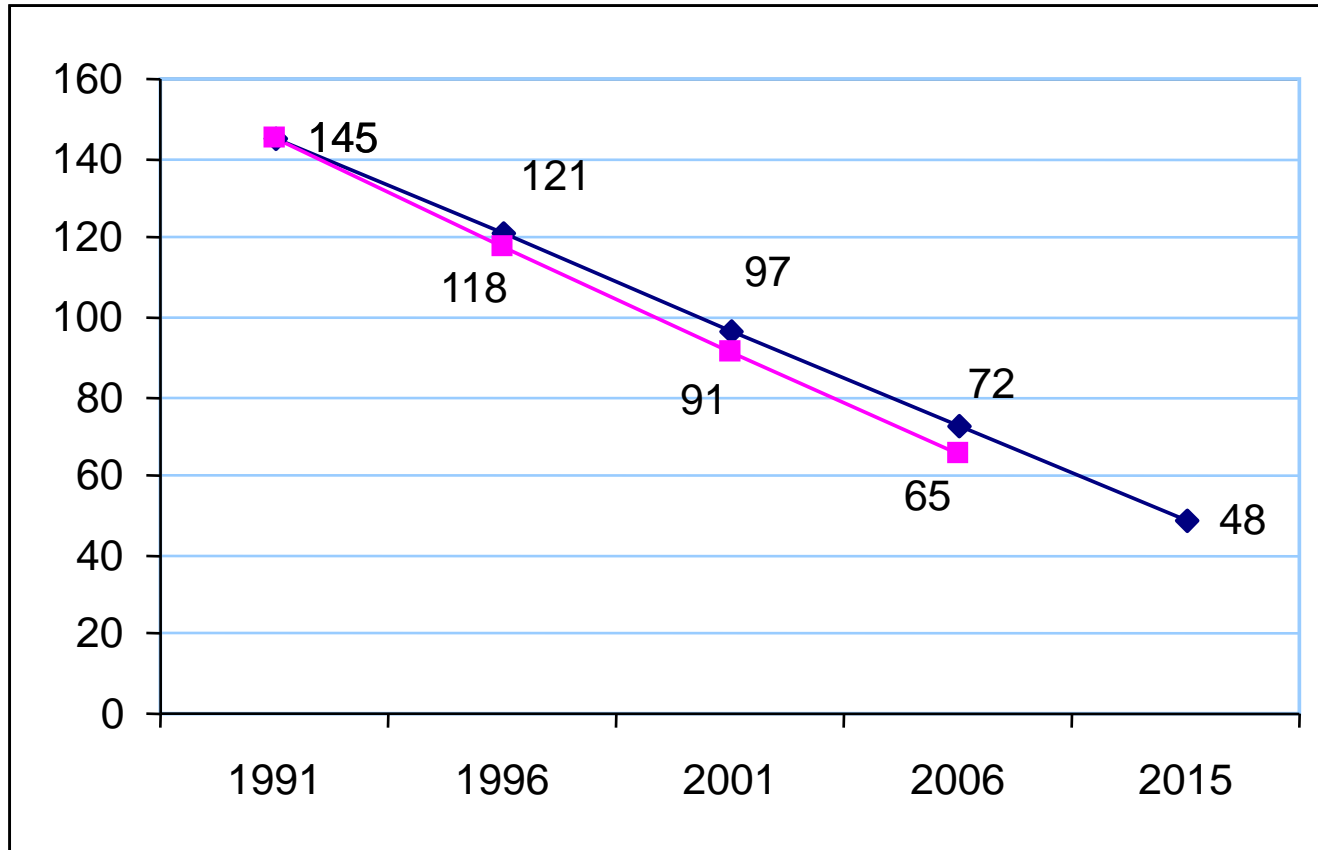


On Behalf of Nepali Team  
Dr. B. K. Suvedi  
Director, Family Health Division  
Ministry of Health & Population  
NEPAL

# Nepal



# ***MDG goal 4 and progress***



**Nepal is on track for achieving MDG4**

## U5, IMR and CMR goal and progress trend (in absolute number/1000 LB)

	1991	1996	2001	2006	2015
<i><b>U5MR goal</b></i>	<b>145</b>	<b>121</b>	<b>97</b>	<b>72</b>	<b>48</b>
U5MR progress	145	118	91	61	
<i><b>IMR goal</b></i>	<b>97</b>	<b>81</b>	<b>65</b>	<b>49</b>	<b>32</b>
IMR Progress	97	79	64	48	
<i><b>NNMR</b></i>	<b>58</b>	<b>48</b>	<b>39</b>	<b>29</b>	<b>19</b>
NNMR progress	58	<b>49</b>	<b>43</b>	<b>34</b>	

# Revised strategy ...

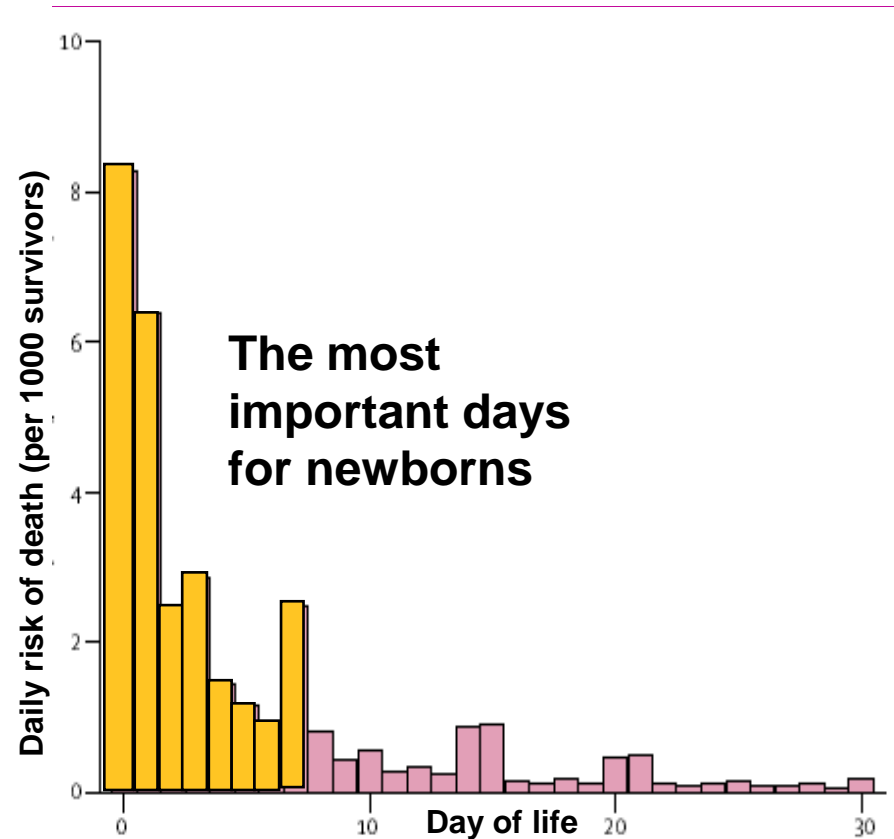
- Continue ongoing “high impact” programmes:
  - *Immunisation (infant and TT)*
  - *CB-IMCI (ARI and diarrhea)*
  - *Vit A and deworming*
  - *Water Supply and Sanitation*
- ***Focus on neonatal mortality where 50% of all U5 deaths occur in the first seven days.***

# How did Nepal develop the newborn package?

- **A high level technical working group (TWG) was formed to develop the package**
- **The TWG Nepal developed the newborn strategy based on**
  - **literature review (national and international)**
  - **several pilot studies conducted in Nepal**

# Determinants for newborn mortality

1. Birth asphyxia and birth injuries
2. Low Birth Weight
3. Hypothermia
4. Infections



LANCET Neonatal Survival Series

# Pilot Programs Impacting Neonates

- **MINI** (Morang Innovative Neonatal Intervention)  
Focus on management of neonatal sepsis by CHWs
- **MIRA** (Mother Infant Research Activities)  
Focus on management of neonatal sepsis at HF level
- **CB-MNC** (Community Based Maternal Neonatal Care)  
Focus on CHWs initiating timely PNC and appropriate management or referral for
  - i) low birth weight, ii) hypothermia, iii) danger signs in neonates, &
  - iv) post partum hemorrhage prevention with misoprostol for home deliveries



# The Community Based Newborn Strategy

## Prior to delivery:

- Keep record of all pregnant women
- Counseling on good delivery practices

## During home delivery:

- Provide free of charge a set of Clean Delivery Kit
- Weigh the baby
- Ensure proper thermal care (skin-to-skin technique)
- Teach KMC technique for LBW baby and refer to health facility
- Asphyxia management (use “ambu bag” if necessary)
- Counseling on breastfeeding and other good practices

## After delivery (Postnatal visit on 3<sup>rd</sup> and 7<sup>th</sup> day)

- counseling on Breastfeeding, Birth Spacing etc.
- Vaccination messages
- Treatment with oral Cotrimoxazole to pneumonia/PSBI cases and refer for Gentamicin Injection at community level health facility

# Newborn package delivery system

- Since 81% of births in Nepal take place in homes, the interventions will be home based.
- This services will be provided by Female Community Health Volunteers (FCHVs) by
  - *Being present during delivery*
  - *Home visiting on day three*
  - *Home visiting on day seven*
- The package will be piloted in 5 districts between 2008-2010.

# Who are these Female Community Health Volunteers?

A FCHV is a woman, selected by local mother's group who provides basic health information and preliminary services on family planning, maternal, new born and child health and other health issues.



# FCHV Program

- Started in 1988 in 28 districts and expanded nation-wide in the mid-1990s.
- Minimum one FCHV per ward (roughly one per 500 population, about 16 deliveries/year)
- At present over 48,500 FCHVs are functional.
- FCHVs work an average of 5.1 hours per week.



# Major activities of a FCHV

- **Polio campaign**
- **Vitamin A distribution**
- **Routine immunisation**



- **Treatment of diarrhea with ORS and Zinc**
- **Treatment of pneumonia with antibiotics**

# The newborn package



- The community based newborn package is a very ambitious intervention.
- The intervention is complex and requires certain degree of technical expertise.
- Our expectation from FCHVs is very high.

Wish us luck for the success of this  
ambitious undertaking

