A step to improve maternal health in mountain region of Pakistan

Rafat Jan  
*Aga Khan University*, rafat.jan@aku.edu

Farzana Yameen  
*Aga Khan University*, farzana.yameen@aku.edu

Marina Baig  
*Aga Khan University*, marina.baig@aku.edu

Sadia Karimi  
*Aga Khan University*, sadia.karimi@aku.edu

Kiran Mubeen  
*Aga Khan University*, sadia.karimi@aku.edu

See next page for additional authors

Follow this and additional works at: [https://ecommons.aku.edu/jam](https://ecommons.aku.edu/jam)

Part of the Nursing Midwifery Commons

**Recommended Citation**  
A step to improve maternal health in mountain region of Pakistan

Authors
Rafat Jan, Farzana Yameen, Marina Baig, Sadia Karimi, Kiran Mubeen, and Arusa Lakhani

This blog is available in Journal of Asian Midwives (JAM): https://ecommons.aku.edu/jam/vol10/iss1/10
A Step to Improve Maternal and Newborn Health in Mountainous Region of Pakistan

Rafat Jan¹, Farzana Adnan Yameen², Marina Baig², Sadia Karimi², Kiran Mubeen², Arusa Lakhani³

Maternal mortality rates in Pakistan remain alarmingly high, reflecting the challenges faced in ensuring safe and healthy childbirth experiences for expectant mothers due to several factors. It is regrettably true that approximately 94% of maternal deaths occur in developing countries like Pakistan.¹ However, amidst these challenges, the role of midwives has emerged as a beacon of hope and a vital factor in improving maternal health outcomes.

In remote areas like Gilgit-Baltistan and Chitral, maternal and newborn health is compromised due to the geographical challenges and limited access to healthcare facilities contributing to a higher number of maternal deaths during childbirth than in the rest of the country.

In such a situation, the role of midwives takes on a heightened significance. They serve as essential healthcare providers, educators, and advocates for improved maternal and neonatal health. Their dedication and expertise contribute significantly to reducing maternal mortality and enhancing the overall well-being of women and families in these challenging and isolated regions.

To support the role of midwives and their better preparation for emergency obstetrical care, the Maternal, Newborn, and Child Health (MNCH) clinical stream of The Aga Khan University School of Nursing and Midwifery in collaboration with Aga Khan Health Services, Pakistan (@AKHSP) conducted a series of training for community midwives, Lady Health Visitors (LHVs), and doctors, under the #SehatmandKhandaan #SMK project funded by @GlobalAffairsCanada, the @AgaKhanFoundation and @UNFPA. The training aimed to enhance the competencies of health care providers to timely detect, manage and refer the following complicated and emergency birthing cases;

• Antepartum and postpartum hemorrhage
• Pre-eclampsia and eclampsia
• Puerperal sepsis

¹ Professor, Aga Khan University School of Nursing and Midwifery
² Senior Instructor, Aga Khan University School of Nursing and Midwifery
³ Assistant Professor, Aga Khan University School of Nursing and Midwifery
• Prolonged and obstructed labor
• Acute inversion of the uterus
• Helping baby breath
• Shoulder dystocia
• Cord prolapse
• Infection prevention and control in birthing centers

This program is a step towards empowering midwives and MNCH care providers to collaboratively manage complications in low-resource settings and building a sustainable healthcare system to serve communities across Gilgit Baltistan and Chitral.

References: