

pahal

QUARTERLY NEWSLETTER BY UP-TSU

A NOTE BY THE EXECUTIVE DIRECTOR

Dear Friends,

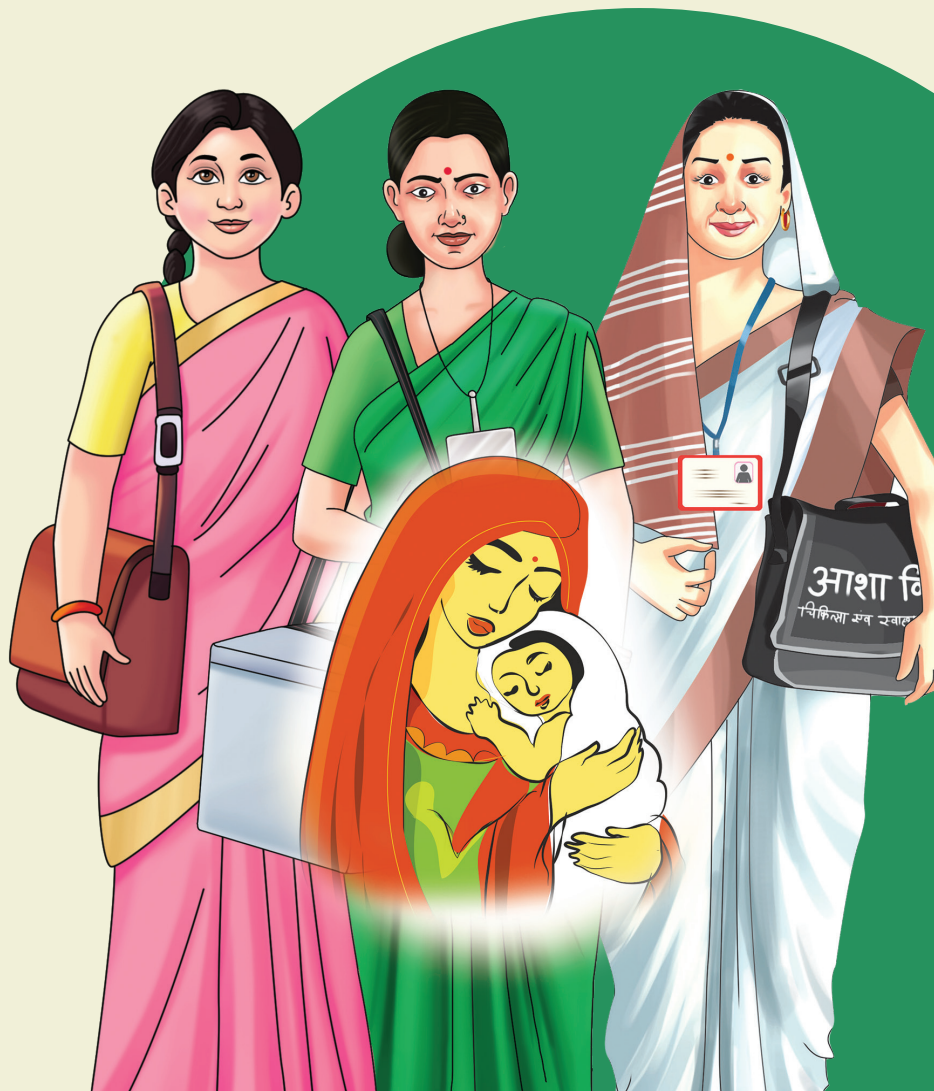
With immense pleasure, I am presenting the 14th issue of 'PAHAL' offering insights on UP-TSU's work in the second quarter of 2022.

This issue will update you on the initiatives taken by UP-TSU for enhancing the availability of Iron Folic Acid (IFA) supplementation for pregnant women accelerating PPH Emergency Care by Bundle Approach, the activation of district hospital level validation committee meetings etc.

I hope this issue is a stimulating read and motivates us all.

Sincerely,

(Dr. Vasanthakumar N.)
Executive Director



About UP-TSU

Uttar Pradesh Technical Support Unit (UP-TSU) was established in 2013 under a Memorandum of Cooperation signed between the Government of Uttar Pradesh (GoUP) and Bill & Melinda Gates Foundation (BMGF) to strengthen the Reproductive, Maternal, Newborn, Child, and Adolescence health (RMNCH+A) and Nutrition. University of Manitoba's India-based partner, the India Health Action Trust (IHAT) is the lead implementing organization.

UP-TSU provides technical and managerial support to GoUP at various levels of the health system and that includes maternal, new born, child health, nutrition and family planning. UP-TSU also supports the GoUP at the state level in policy formulation, planning, budgeting, human resource management, monitoring, contracting, procurement, and logistics to improve healthcare throughout the state.

IN THIS ISSUE

Resumption of RMNCHA+ Nutrition Services

pg | 02

- Family Planning

pg | 03 - 08

- Facility Level Initiative
- Community & Outreach
- Nutrition
- Monitoring & Evaluation
- IEC/BCC

Your suggestions, innovative ideas and feedback are invaluable to the success of our program.

Write to us at iec.uptsu@ihat.in



Orientation on FPLMIS during ANM meeting



Orientation of ANMs on FPLMIS

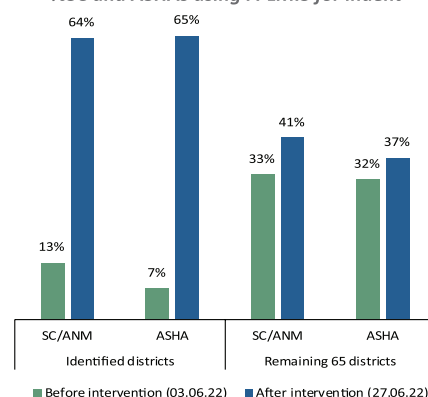


Orientation of ASHA Sanginis during monthly meeting

INTERVENTION FOR STRENGTHENING OF FPLMIS IN 10 POOR PERFORMING DISTRICTS

An uninterrupted supply chain for Family Planning commodities forms the back bone of the FP Programme and is crucial for its successful implementation. The digitization of supply chain has transformed the health system. FPLMIS is a web and SMS based, mobile application for assisting in collection, processing, indenting, issuing and monitoring the utilization of family planning logistics. This system is envisaged to be used by health functionaries at all levels starting from the state level up to the ASHA level. Although, the operationalization of FPLMIS up to the PHCs is 100% since the roll out of FPLMIS in UP, but its use at ANM/SC and ASHA level still needs to be pushed.

%SC and ASHAs using FPLMIS for indent



Source: FPLMIS

A one time exercise was done in ten identified districts where there is no FP logistics manager at the district and divisional level. These districts also have very low functionality (indenting/issuing) in FPLMIS. So, a team of three DFPS (one from the base district and two from other districts) was formed to provide technical support and carry on the reorientation of the block level officials of the identified districts on FPLMIS. During the monthly cluster meeting, ASHA Sanginis were given the responsibility to support ASHAs in indenting through FPLMIS. A significant increase has been observed in use of FPLMIS by SC/ANM and ASHAs in these ten identified districts post intervention.

Team members were given particular blocks for continuous follow-up with nodal officers about improvement in the indicators after this exercise for three months.

10 identified districts: Agra, Amethi, Chandauli, Ghazipur, Jaunpur, Jhansi, Lucknow, Mirzapur, Siddharth Nagar, Varanasi

SPREADING AWARENESS ABOUT FAMILY PLANNING THROUGH WALL-WRITING

IEC has been identified as an effective way of diffusing information about family planning, and of bringing changes in attitude towards and practice of contraception in eligible couples. Among the many ways of communication, one is also communicating and spreading information through wall paintings/ writings as the kind of impact that art has on people is intense and lasts longer.

In district Bhadohi of Mirzapur division, efforts have been made to promote family planning methods by increasing awareness among community through wall writing. A letter was issued by CMO to all MOICs for this activity. FP messages, information about fixed day services, Khushhaal Parivar diwas, HRP day and all FP methods are also being written every month by ASHA Sanginis of all the blocks by involving community of their ASHAs areas. ANMs and ASHA Sanginis along with ASHAs relentlessly work towards convincing the Pradhan of the Gram Panchayat for getting financial assistance for procuring materials needed for wall writing. Till now, 712 ASHA areas have been covered and 1,468 wall writings have been done in Bhadohi since January 2022. This practice is now being replicated in Sonbhadra and Shamli too.



Wall writing by Sangini-Block Gyanpur Bhadohi



Wall writing by Sangini- Bhadohi



Wall writing by Sangini- Sonbhadra



'Doctor se Suniye': A Webcast on Routine Immunization and the Importance of Institutional Deliveries

A webcast was organized under the chairmanship of ACS Shri Amit Mohan Prasad via the National Informatics Centre (NIC) to sensitize the general population on health-related issues and improve their health-seeking behaviors on the 22nd April, 2022. Dr. Devendra Khandait from Bill and Melinda Gates Foundation (BMGF) and Dr. Vandana Singh from UP-TSU were invited by the Hon'ble ACS to speak in this webcast on routine immunization and the importance of institutional deliveries and the preparation they require.



Govt NM CHC Sandila describing her NM register

Visit by Mr. Michael Benarroch, President and Vice Chancellor of the University of Manitoba (UoM)

The President of UoM along with Mr. James Blanchard and Ms. Marissa visited the Sandila block of district Hardoi on 11th May, 2022. They visited the CHC-FRU Sandila where they interacted with the Medical officer in-charge (MoIC) Dr. Sharad Vaish (anesthetist) and the HoD Queen Mary Hospital, KGMU Professor Uma Singh. The idea behind the visit was to understand the functioning of RRTC, Buddy-Buddy, and Emergency Obstetric Care and Life Saving Anesthesia Skills. They also visited the Mini Skill Lab and interacted with the Government Nurse Mentor Ms. Puneeta. Subsequently, they also visited the VHND in the block and interacted with the ANMs, ASHAs, and AWWs to know about iVHND and the services provided to pregnant women and children.

Bill & Melinda Gates Foundation's (BMGF) CEO, Mr. Mark Suzman's Visit to Veerangana Avanti Bai, District Women Hospital, Lucknow

The CEO of BMGF along with the team of their India Country Office visited Lucknow on the 9th May, 2022, and visited the Veerangana Avanti Bai Hospital. They interacted with the Senior Incharge (SIC), Chief Medical Superintendent (CMS), Paediatrician and Anesthetist there along with the HoD, Queen Mary Hospital KGMU Professor Uma Singh, to understand the functioning of the Regional Resource Training Centre, Buddy-Buddy, and EmOC and LSOS. They visited the routine and COVID vaccination sites in the hospital, along with the Labour Room (LR) and saw the Post Partum Hemorrhage corner and interacted with the doctors and nurses. They also visited the Mini Skill Lab and saw its guidelines, the Nurse Mentoring register along with the Objective Structure Clinical Examination scores of the LR staff nurses.



PPH Emergency Care by Bundle Approach Experience Sharing Workshop

An experience-sharing workshop of the PPH bundle project was conducted on the 25th May, 2022 in Lucknow. It was attended by Ms. Stephanie Hansel and Ms. Lori Garg, Massachusetts General Hospital, Boston, Dr. B S Garg and Dr. Poonam Shivkumar from MGIMS Wardha, Dr. Anuja Bhalerao HOD NKP Medical College Nagpur, Dr. Priti Kumar and team from Safe Motherhood Committee, and the Head of the Department of Obstetrics & Gynecology, King George Medical University (KGMU). Also in attendance were the Institute of Medical Sciences (IMS) Bharat Hindu University (BHU) along with the faculty, UP-TSU team, CMS, and gynecologists from the five intervention facilities of Lucknow. The team from the intervention facilities shared their experiences on the training and implementation of the PPH bundle and the advantages of the bundle approach. While the HODs discussed the referral challenges and data flow, the UP-TSU team presented the data of PPH received from the facilities along with the way forward.



PPH emergency care workshop

Display of SC wise IFA estimates, District Bhadohi

Strengthening the last mile availability of Iron Folic Acid (IFA) supplementation for pregnant women in VHNDs

As per National Family Health Survey-5 (NFHS 5) data, anaemia is widely prevalent among all age groups and around 47.9 % of pregnant women are anaemic in Uttar Pradesh. This makes adequate nutrition supplements during pregnancy even more vital for improving maternal and child outcomes. Iron Folic Acid (IFA) supplementation for anaemia prevention among pregnant women is one of the top-ranked interventions recommended by the World Health Organization (WHO).

It's a proven fact that ANC services act as the key entry point for delivery of IFA supplements to pregnant women at VHNDs and women who attend ANC are more likely to use IFA supplements. Yet, ensuring the availability of IFA across all the VHNDs has always been a challenge. There is advocacy at block, district and state level for IFA availability, while Uttar Pradesh Medical Supplies Corporation Limited (UPMSCL) ensured the uninterrupted supply of IFA tablets. As per the estimations, UP state requires 220 crores of IFA on an annual basis and the regular procurement state wide is 20 crores. UP-TSU worked with NHM and derived the actual IFA requirement based on the population to increase the IFA availability and supply.

It is evident that the need for strengthening the delivery of IFA supplementation, thereby reducing systemic level barriers is critical for improving coverage and adherence. UP-TSU community process team (DSCOs/BoC) at the field level are addressing supply chain management issues and with the block and district level officer support, and are also directing IFA stock monitoring at the warehouses as well.

The processes adopted by the team to ensure the IFA availability

- SC-wise IFA estimates are displayed in the pharmacist cabin in CHCs at block level and in the CMO office at the district level.
- The Block Outreach Coordinator (BoC) generates estimates of IFA requirements at the sub centre level, and facilitates the ANM on timely indenting.
- BoCs provide written feedback to ANMs and MoICs on the IFA availability status based on their VHND observations and Sub-Centre (SC) wise gap analysis on drug requirement.
- BoCs further share the status of non-availability of required IFA at the VHNDs with DSCOs who in turn inform the CMOs about the same. IFA availability is also observed by DSCOs by visiting warehouses.
- CMO, either through verbal or written communication, notifies the MoIC on addressing the availability status of IFA. Based on the information, if IFA is available in the warehouse, then the CMO directs MoIC to ensure that IFA should reach all VHNDs. In case of non-availability, the CMO further communicates the same to the corporation.
- Apart from providing written feedback, another process of sharing the IFA availability status by DSCO is through Quality Improvement (QI) meetings at the block level and in Monthly MoIC Review Meeting (MMRM) at the district level. DSCO shares the respective VHND status including IFA availability issue in QI and MMRM meetings which helps the concerned departments to make timely decisions to improve the regularity of IFA at VHNDs.



BoCs explaining IFA requirement to Pharmacist in Utrula Block, District Balrampur

Written feedback to MoIC on logistics status including drugs at VHNDs

Quick gains

Status of IFA availability at VHND session sites of Aspirational and Demonstration Districts

Period	#OF VHND OBSERVED	%VHND WITH Zero availability of IFA	%VHND with less than 600 IFA Availability	% VHND with minimum (600 tablets) IFA Tablets (Red)
Q1-Sept to Nov-21	1369	18	38	43
Q2-Dec to Feb-22	1056	12	36	52
Q3-March to May 22	1226	2	15	83

Figure 1: Status of IFA in AD & DD

Increasing trend of IFA (600 and above) from February 22 to May 22 in the Division of Agra, Aligarh, Bareilly, Meerut, Moradabad & Saharanpur (n=2375)

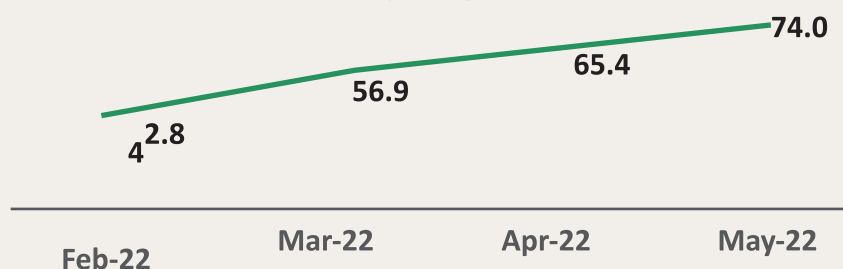
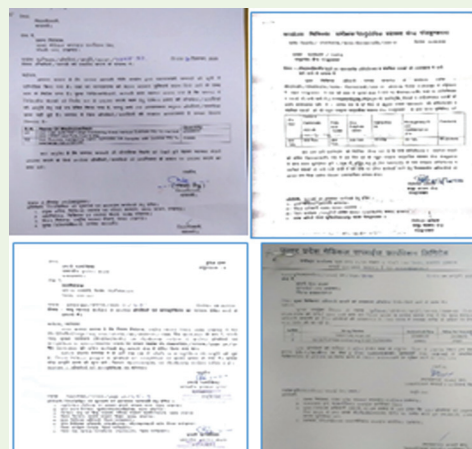


Figure 2: Increasing trend of minimum IFA availability

Adequate IFA availability at the VHNDs as shown in figure 1 of AD & DD over the last 3 quarters showed promising results: the proportion of VHNDs without IFA decreased from 18% to 2% from Sep-Nov 21 to March-May 22. In 26 districts in Agra, Aligarh, Bareilly, Meerut, Moradabad and Saharanpur divisions, the same process was adopted to ensure IFA availability to the last mile and that has resulted in an increase from 42.8% in February 22 to 74% in May 22 (figure 2).

Annexure: Evidences from the field on Advocacy for ensuring IFA at the VHND:





Poshan Paathshala: Virtual Sessions on Key Maternal Infant and Young Child Nutrition (MIYCN) Issues for Improving Awareness among Anganwadi Workers and Mothers in UP

The ICDS department of GoUP conceptualized and launched “Poshan Paathshala” on 26th May 2022 to improve awareness among Anganwadi Workers (AWWs) and mothers on health and nutrition issues. Poshan Paathshala was designed as a webcast for greater coverage and was telecasted live by the National Informatics Centre (NIC). The first webcast of Poshan Paathshala focussed on breastfeeding.

Coverage of 1st Webcast, Poshan Paathshala

26th May 2022, 12 pm - 2 pm

About 20 lakhs people including ICDS personnel and beneficiaries (DPOs, CDPOs, Mukhya Sevika, AWWs, Pregnant and Lactating Women) across the state attended the first webcast of Poshan Paathshala.

Source: National Informatics Centre (NIC)

Dr. Manish Kumar Singh, Associate Professor from Dr. Ram Manohar Lohiya Institute of Medical Sciences (RMLIMS), Dr. Mohd. Salman Khan, Senior Advisor - Child Health, Avanti Bai Hospital, and Dr. Renu Srivastava, Director Strategy Newborn and Child Health, UP-TSU were invited as subject experts for the webcast. They elaborated on the importance of early initiation and exclusive breastfeeding for the mother and the baby, demonstrated correct positioning and attachment for breastfeeding, the Infant Milk Substitute (IMS) Act and the role of the front line workers and community in ensuring early initiation and exclusive breastfeeding. The experts also responded to the breastfeeding-related queries of ICDS beneficiaries in the Question and Answer session.

UP-TSU and ‘Alive & Thrive’ supported the ICDS department in planning, designing IEC material, and organizing the first webcast of Poshan Paathshala successfully. The session was well received among the ICDS field functionaries and beneficiaries. The first webcast will further be followed up with a session on the demonstration of techniques for facilitating breastfeeding.

News Clippings



NWOB Campaign

‘शीघ्र स्तनपान केवल स्तनपान’ पर आयोजित हुई पोषण पाठशाला



Poshan Paathshala



Sita, AWW, Gajraula Jai Singh, Dilari, Moradabad

“I am thankful to the Government for launching the unique initiative of Poshan Paathshala. We knew about breastfeeding and also counseled mothers on the same. However, in the Poshan Paathshala, I got to know something new i.e. the difference in the nutritional composition of breastmilk, cow’s milk, and goat’s milk, and why breastmilk is best suited for the baby. I also found the ‘teen mantra’ of breastfeeding (1-6-24) which was very helpful and easy to remember. 1 denotes breastfeeding the baby within an hour of birth; 6 is for exclusive breastfeeding up to 6 months of age and 24 for continuous breastfeeding until 24 months or more.”

Implementation of ‘No Water Only Breastmilk’ (NWOB) Campaign in UP

Feeding water to infants during the summer season is a common practice in rural areas. A campaign, ‘No Water Only Breastmilk’ (NWOB) Campaign was designed by UP-TSU to address the myths and misconceptions around the need to feed water to the baby during summer and promote exclusive breastfeeding in infants until six months of age.

The NWOB campaign was implemented by the ICDS in 25 High Priority Districts of UP since 2018, with support from UP-TSU. An internal survey of UP-TSU reflected improvement in exclusive breastfeeding and reduction in water intake among infants aged 0-6 months. UP-TSU consistently advocated for better coverage and sustainability of the NWOB campaign with the ICDS department. In 2022, the campaign was implemented across the 75 districts of the state, during the months of May and June. The department issued an order including a weekly activity plan and the responsibilities of different convergence departments.





Quote by Dr. Kazali Gupta, CMS, DWH, Etawah

"The validation committee meeting at district hospital has lots of significance. The hospital staff gets enough support to understand the data elements for correct reporting. Earlier, in monthly reports, admissions were not reported, ANC check-ups were reported as ANC registrations, 4 ANC was not recorded in registers, Vitamin-K doses were being administered to the children, however, it was not reported, and maternal complications and new-born complications were also not recorded and reported precisely. The insertion number of PPIUCD was low and not reported. The support of UPTSU to organize the validation committee meeting has increased the capacity of the staff and now there has been considerable improvement in the monthly reporting."

RI Wheel – A Job Aid for FLW's



Front Face of the RI Wheel



Rear Face of the RI Wheel

Activation of District Hospital Level Validation Committee Meetings (VCM)

The Health Management Information Systems (HMIS) collect data on routine health activities in India's health system which includes SC, PHC, CHC and DH in states. In Uttar Pradesh, the government has also implemented the Uttar Pradesh Health Management Information System (UPHMIS) since 2017 alongside HMIS. UPHMIS was designed with an idea to augment the HMIS and collect additional information such as maternal and new-born complications' identification and management. The quality data from both the systems is crucial for informed data based decisions regarding resource allocation, planning, and programming.

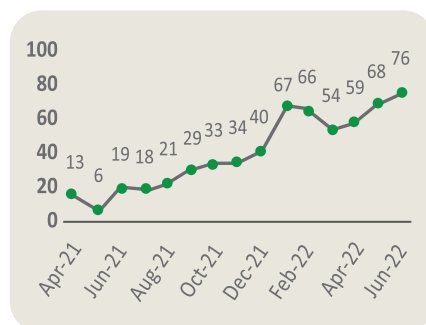


Figure 1: % DH Conducting validation committee meetings (N=85) (N=85)

To ensure the timely availability of quality data, the GoUP established data validation committees at the district, block, and district-hospital levels through a government order issued by the Principal Secretary, Family Welfare, Uttar Pradesh dated September 14, 2015. The data validation committees began conducting monthly meetings at, both, the district and block level under the chairmanship of CMO and MoIC, respectively, in subsequent years. However, the functionality of the district hospital level validation committees still had a few gaps.

That is where UP-TSU came in the picture and scaled up its support from the focused 25 districts to all the 75 districts of the state, identifying persistent gaps for implementation research, and tested various solutions. TSU also appointed a divisional M&E specialist at all the 18 divisions of UP to support data strengthening, data use and for providing handheld support to the divisional M&E hubs across all the divisions from August-September 2021. The presence of technical M&E staff at the division level strengthened the data culture not only locally, but even supported the divisional M&E staff to use data for decision-making.

As most of the RMNCH services are being offered at DWH and DCH level, these facilities are prioritized for support to strengthen the validation committee meeting at the DH level. The VCM at the district hospital level is being facilitated with the collaborative efforts of the Divisional M&E hub and Divisional M&E specialists since September 2021. Sixty-six percent (i.e. 56 DCH/DWH) of the district hospitals conducted validation committee meetings once a month or more than that between October 21 – March 22. However, in the last three months of the financial year 2021-22, almost 40% (33 DCH/DWH) of the district hospitals are consistently conducting validation meetings. Figure 1 clearly reflects the trend of district hospital validation committee meetings.

Routine Immunization Wheel: Job Aid for FLWs

UP RIPMU's efforts towards strengthening Routine Immunization (RI) systems in the state, highlighted two shortcomings in FLW's activities which included deficiencies in the completion of the due list and non-endorsement of future vaccination dates on the MCP cards of the beneficiaries.

To address these problems, a job aid, called the RI Wheel for the FLWs, is being planned to be distributed to all ASHAs in the state in the month of July 2022. The RI Wheel is a simplistic hand-held printed calendar cum aide-memoire (meant for ASHA workers & ANMs) comprising two connected disks marked with a clock hand which can be rotated to calculate the next due date based on the NIS. Once the arrow is pointed on the Date of Birth of the beneficiary, due dates for the first five touchpoints in 12 months appear automatically. The details of the touchpoints post 12 months are given in the centre.

It is a comprehensive automated IEC tool for due date generation, increasing knowledge levels of FLWs and enhancing awareness of the caregivers. As a ready reckoner, it helps vaccinators/mobilizers remember the key messages, NIS, due dates, etc. In case a dose is not administered on the actual date, the due date for the next dose can still be automatically calculated by aligning the actual date of administration of that antigen on the RI Wheel. It is expected that the tool shall improve the completeness of due lists and help ASHAs identify children due for vaccination and mobilize them to VHNDs. It will also help ANMs determine the due date for next dose and mention the same on MCP cards of the beneficiaries.

Film-1

नव विवाहित जीवन की सही शुरुआत
शगुन के साथ

आशा कार्यक्रमों द्वारा नवविवाहित दंपति
को शगुन देना



Film-2

हमारा जीवन : हमारा निर्णय

नवविवाहित दंपति पर नन्द से नन्द परिवार बढ़ाने
के सामाजिक दबाव को संतोषित करने हेतु



Film-3

शगुन है तो प्यार होगा ही...

जमाने के साथ चलना है
भरोसेमंद गर्भनिरोधक साधन को अपनाना है



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Development of 3 short films on 'Shagun Kit'

UP-TSU developed 3 films on 'Shagun', an innovative approach for newlywed couples for delaying pregnancy. The 3 films covered the following issues:

- 1) Importance of delay in pregnancy
- 2) To address the social pressure on newlywed couples to bear a child soon after their wedding
- 3) To avoid withdrawal method and accept modern contraceptives

These films were developed for the FLWs to initiate discussions on family planning and address some crucial behavioral barriers related to it.

Tweets on Covid Vaccination shared by the Chief Secretary, GoUP



Development of a Presentation on the Guideline for the Usage of Paracetamol Syrup 125 mg/l under the Routine Immunization (RI) Program

Fever and pain following immunization (AEFI apprehension) is one of the major reasons identified for caregivers not wanting to complete the immunization schedule of their children. To address this, Gol in 2020 had introduced Syrup (Syp) Paracetamol as part of the program, since its tablet form was tough for many infants to swallow. Following observations regarding non-uniform implementation of Syp Paracetamol guidelines, GoUP re-issued a letter with detailed guidelines and instructions to conduct an orientation of FLWs on the same. UP-TSU supported the GoUP in drafting the guidelines and also a presentation for the FLWs. The purpose of this presentation is to introduce Paracetamol Syp 125 mg/l to the FLWs and train them on its usage under the RI program. It serves as a discussion tool for the FLWs to understand and address one of the most critical barriers to increasing RI coverage.

