



Reinvigorating the Postpartum IUCD Using a Low-Cost Simulation Model

Overview

Jhpiego Pakistan, in collaboration with *Saving Lives at Birth*, conducted a study trial of a new, portable, low-cost training simulation model called Mama-U. Designed in partnership with Laerdal Global Health, the Mama-U was developed specifically to train health care providers on the insertion of the postpartum intrauterine contraceptive device (PPIUCD). The main objectives of this study were to measure acceptability and appropriateness of the Mama-U, feasibility of this technology, confidence of providers during training and retention of provider skills associated with this new training simulation model.

Given that the PPIUCD is new to family planning programs in Pakistan, the Mama-U was introduced to facilitate effective training of physicians, nurses and midwives to improve their insertion skills for placement of an IUCD after birth and to reduce the rate of expulsion.

Eighty-eight health care providers—the majority of whom were physicians—participated in the study and were trained using the Mama-U model. Seventy clients were interviewed in a follow-up to the study. The key findings were:

- 82% of the providers trained using the Mama-U model stated that they felt confident in providing PPIUCD services. Overall, 85% of providers could perform the procedure at two-month follow-up according to standards.
- 78.6% of clients counseled using the simulation model said that seeing the model demonstration helped them decide to accept PPIUCD.
- Of all the providers trained, 97% were in favor of the model and recommended using the Mama-U in future trainings, while 91% of clients would recommend PPIUCD to their families and others based on their experience.

The study was conducted from November 2012 to May 2014 at the PPIUCD training sites of Jhpiego and its partners in Lahore, Karachi, Islamabad and Mandi Bahauddin, including Greenstar Social Marketing, National Committee for Maternal and Neonatal Health, David & Lucile Packard Foundation, Pakistan Institute of Medical Sciences Islamabad, Lady Aitchison Hospital, Lahore, Lady Willingdon Hospital, Lahore, and Services Institute of Medical Sciences, Lahore. Of the 88 providers participating, doctors made up 67%, Lady Health Visitors 15%, nurses 14%, community midwives 3% and family welfare workers 1%.

Jhpiego's project in Pakistan and engagement with key stakeholders provided an excellent platform to field-test the new simulation model. The project has led to a commitment to competency-based training, use of models and institutionalization of training as an effective learning methodology. The model functioned as a valuable visual aid for client counseling in addition to facilitating transfer of learning. Based on feedback from the focus group discussions conducted with the providers trained, Laerdal Global Health was able to finalize the Mama-U model and it is now commercially available for \$50.

Dissemination Seminar

Jhpiego Pakistan held a dissemination seminar on May 22, 2014, to share the study findings at Pearl Continental Hotel Lahore. Representatives from the government, developmental organizations, research agencies, study partners, and health care providers and dignitaries attended the event. Dr. Zahida Sarwar (Additional Program Director, Technical-Punjab Health Sector Reforms Program, Punjab) and Dr. Sajid Tirmizi (Deputy Provincial Coordinator, Maternal, Neonatal and Child Health Program) chaired the ceremony.

Dr. Sarwar shared her views regarding evidence drawn from the study, saying it has proven to be an effective and successful training model. She also noted that the government is taking concrete steps to advocate for, strengthen and sustain postpartum family planning/PPIUCD at the facility and community levels to improve contraceptive uptake among women in Pakistan.