



Annual Report on Miteri Birthing Center, Jumla January - December 2013



Supported by

NRN, UK Chapter and Sidhartha Nepali Samaj

Prepared by

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1. Introduction

Action Works Nepal (AWON) is a non-governmental organization centered on the social and development issues in the remote mid-western mountains of Nepal. AWON initiated its contribution since 2001 on an informal basis and basically focused its activities in Karnali, an isolated region of Nepal. It has formalized and strengthened its activities from 2010 AD. AWON is one of the pioneer organizations to work for rural Nepal, and well recognized and accepted by local, national and international communities. The "Miteri Gaun-Let's Live Together Campaign" initiated by AWON has received a warm response from all stakeholders.

AWON has been working in an integrated approach to address the extreme poverty and human rights issues through "Miteri Gaun-Let's Live Together Campaign", leading strategies of AWON. As guided by the strategic plan (2012-2016), AWON has four thematic areas; women empowerment, education support, livelihood improvement and humanitarian assistance. AWON has focused right to reproductive and maternal health programs in the Karnali region, where women are not aware of their reproductive health rights and have little access to basic health services. The Karnali region has highest Women of Reproductive Age (WRA) deaths rate (310/100'000) and the second highest MMR (275/100'000; MMS, 2008). Infant, under-five and neonatal mortality rates are both above the region (DHS, 2011). To address these problems, AWON launched a pilot project in November 2012 entitled "Miteri Birthing Center" (MBC) in Sunnigaun Village Development Committee (VDC) of Jumla. The VDC was recommended by District Public Health Office (DPHO) Jumla as a suitable location to construct a birthing centre because of highest maternal mortality rate. This project is funded by NRN (Non-Residence Nepalese), UK Chapter and Siddhartha Nepali Samaj, UK. This report covers activities carried out for the establishment of the MBC from January to December 2014.

2. Objectives

The overall objective of MBC is to improve maternal and child health condition in the Karnali region of Nepal. The specific objectives are:

- To address the high maternal mortality rate and poor child health condition in the program area and its nearest outreach.
- To provide quality basic emergency services to the poor, vulnerable and socially excluded groups.
- To create an enabling environment and make compatible of demand and supply.

3. Key approaches and strategies

3.1 The following approaches and strategies are followed during the establishment of MBC.

- **Partnership with District Public Health Office (DPHO):**

AWON carried out a series of meetings with DPHO at AWON's office in Kathmandu (n=2), and DPHO in Jumla (n=2). Likewise, AWON also has had series of coordination efforts and informal meetings with DPHO and its team. As a result, AHW had assigned, mobilized the community and precede the birthing centre. Thus, AHW is become secretary of User's Committee.

- **Miteri Gau-Let's Live Together Campaign:**

As guided by this strategy, AWON launched activities such as: women empowerment, education support, livelihood improvement and humanitarian assistance to complement the objectives of MBC. The social awareness program lunched as a part of Miteri Gaun Let's Live Together Campaign has created awareness and sensitization among local communities on maternal and child health. AWON also formed and mobilized women and men (mixed with local stake holders and traditional healers) groups to promote social campaigns in the field. The field volunteers and social mobilizers conduct weekly meetings with these groups and discuss on the various community problems and issues such as issues related to women empowerment, health, gender based violence (GBV), women rights and women's participation in decision making process.

3.1.1 Program Budget: NRs. 3,578,200 For Five years (from 2013 - 2017)

Total Expensed of Year 1(2013): NRs. 1,570,700 which is 99.60% of Year 1 Budget.

The following sections provide major project activities and progresses according to project objectives.

3.2. Construction of the Birthing Center:

A building construction committee was formed with the help of local community and Health Post Management Committee in Sunnigaun of Jumla. The committee took a lead role for the construction of Miteri Birthing Center. The construction of MBC has completed in November, 2013. The building consists of two rooms and a toilet. One room is used for delivery purpose and the other for the visitors and caretakers. During the construction period of the building, the local community organized the public audit



Figure 1 Constructed building of the MBC in Sunnigaun VDC.

program in order to make transparent to the community people.

3.3. Purchasing of the medical apparatus for the birthing center:

After construction of the Birthing Center, AWON purchased and delivered all essential materials, following the guidelines of the Birthing Center and as prescribed by the Family Health Division / Government of Nepal. In addition to this, AWON is processing to install a solar operated alternative energy facility considering lack of electricity facility in the MBC. A list of the medical equipments provided to the MBC is attached in the Apendix.

3.4. Recruitment of Human Resources

For the smooth running of the Miteri Birthing Center, AWON has recruited one local ANM named Ms. Sarada Rokaya. She has been selected among many other applicants based on a competitive selection process. Ms Rokaya is trained as ANM with some years of work experience in the local hospital. She gives twenty- four hours duty to Miteri Birthing Center. About 446 (Four hundred forty six) houses of Sunnigaun VDC are expected to directly benefited from the MBC. She is providing services and taking care of women with pregnancy cycle and at the delivery period. Majority of the women suffering from the uterus prolapsed problems also visited the MBC and the ANM makes their treatment with suggestion and refers serious cases to the district hospital for further treatment. She also initiated community level awareness and community mobilization on maternity, women's health and social issues. She is giving pre-natal and post- natal care to mothers and new born of this VDC. She is now taking care of around five delivery cases per month. Following this service, many women are encouraged to visit Miteri Birthing Center.

3.4.1. Recruitment and capacity building of Skill Birth Attendance (SBA)s

Currently, there is only one trained ANM available in the area. While women with pregnancy cycle check up and delivery is increasing day by day. Considering the need, AWON is also processing and making connection with the National Health Training Center about SBA training. Moreover, AWON is planning to build capacity of the at least two local nurses through SBA training.

ANM handing newborn to the mother after delivery



3.5. Mobilization of Miteri groups/REFLECT groups on Maternal Child Health (MCH)

AWON has formed Miteri reflect groups in Sannigun VDC, where MBC is Located. AWON is also working with the Miteri Reflect groups on MCH. In order to create awareness to those people of this VDC, local volunteers conduct weekly meetings with these groups and discuss in different health related issues, mostly focused in the maternal and child health care. The meetings are held especially with the different women and men groups of this community.

3.5.1. Group Mobilization:

In order to create awareness on MCH rights, issues and services, AWON has formed and mobilized women groups in the Sunnigaun VDC. Weekly meetings conduct with these groups where discussion are made on the emerging issues such as women rights, chhaupadi problem, domestic violence and especially focused about the maternal and child health care. The response of communities in these issues is highly positive and has proved to be successful in changing traditional mindset and ill cultural practices. However, there are many challenges and barriers persist in the society to change such age long beliefs and practices. .



Figure 2 AWON Volunteer conducting meetings with the women groups in the Sunnigaun VDC.

3.6. Education support program:

AWON,, from the initial stage of its operation, has been working with different schools of Jumla including the schools of Sunnigaun VDC. Volunteers from AWON conduct weekly meeting in schools with teachers, parents and school management committee in order to improve the quality of education. The importance of Birthing Center in the community is also highlighted in the meetings as it is a better platform to aware members of the society. More than that, the grown-up school children can also talk about the importance of Birthing Center with the community people and encourage them to visit the Birthing Center.

As an important part of the education support program, scholarships are also provided to intelligent and poor students. ts from poor and marginalized family background. This has also encouraged parents to send their children to school. Girls come to the priority of scholarship program with the hope that they will return their skills to the community after their studies.

3.6.1. Economic empowerment

As a part of our effort to economic empowerment in the community, AWON is also working with the saving and credit groups. These groups collect and mobilize money on monthly basis. Most of the groups in the communities collect small amount of money that ranges from NRs. 10, 15 to 20 every month as a part of their saving. They mobilize this money among the needy people within the group as a soft loan at a minimum interest rate of 1% per month. The loan is being used for income generating activities such as retail business and animal husbandry at individual and household levels. This practice of group has reduced the burden and the chances of exploitation from the high interest rate from landlords, moneylenders and elite people of the community.

AWON is also coordinating with the government and other organizations, for the resources, to make apple farm in the barren lands of different VDCs of Jumla to improve livelihoods and to uplift economic condition of poor.

3.5.4. Humanitarian support:

As part of humanitarian support program, AWON initiated a Miteri Recycle Center (MRC) where it collects second hand clothes from various places, recycled them and distributes to needy people in the rural remote villages. Once the clothes reached to the MRC, the cloths are well washed, repaired, stitched, ironed, labeled and packed well and look like retail items rather than donations and sold at a price that is affordable to the poorest consumers/ people. This preserves the dignity of the people buying the clothes and provides a sustainable income for the marginalized women, especially the clothes are sent to the remote villages of Jumla and Kalikot in Karnali. Till this reporting period, the clothes are sent to the remote villages of seven different districts Dhangadi, Jumla, Kalikot, Accham, Dailekh, Humla, Kailali of Far and Mid western region . We are getting a very good response from the people of these areas and the customers too as the clothes are sold at a very cheaper rate with quality.

For details <https://www.facebook.com/pages/Miteri-Recycle-Center-Nepal/508155022598780>

3.6. Engagement with Stakeholders:

AWON is directly working with various stakeholders. AWON is directly involved with the people of Jumla and Kalikot districts through group discussions, saving and credit groups, as well as through an engagement with schools as part of education support program. This has directly helped AWON to increase the number of stakeholders in relation to the various issues and enhance the good relation and cooperation. AWON has strategic connections with various national and international



Figure 3 AWON Engaging with stakeholders in order to increase awareness on Birthing Center and its importance

stakeholders who showed interest in the campaigns undertaken by communities. AWON has received warm responses from individuals as well as from many organizations working in the similar areas of interest.

3.7. Support communities in organizing various events, local festivals and community actions:

AWON organizes different programs on monthly basis with the male, female and traditional healer groups on the occasions of day celebrations and different campaigns. Especially, the community activities such as duel song competition, street drama, rallies, debate competition with school children are conducted in order to aware the local communities in different issues such as gender based violence, gender equality, equity and campaign to end social taboos such as Chhaupadi and importance of Birthing center and safe delivery. Such programs have also helped to exchange knowledge and experience among the schools and community people. Such type of activities encourages people to fight against gender based violence and also ease them to go to Birthing Center for the safe delivery and safe motherhood.

3.8. Engage media to advocate about the value and use of birthing centre:

AWON is also working with different media partners in Jumla as well as in Kathmandu. Especially, AWON is working with local radio 'Nari Awaj' of Jumla and OUTLINE Media in Kathmandu. Regarding the birthing center, radio 'Nari Awaj' covers message about the process of MBC and various maternity related issues and broadcasts through its local radio. As a result of this campaign, people are more encouraged to get facilities from the MBC. In addition to this, Outline media also helps to bring the local issues through FM Radios, newspapers, television and social Media like, facebook, twitter, blog posts highlighting the activities of AWON.

3.9. Inclusiveness in the health facilities:

Being a very remote and backward community, there is a diverse culture and settlement of various ethnic groups such as presence of so called dalit (untouchable), Janajatis and the marginalized communities. Caste and gender based discriminations are deeply rooted and seen practiced in the Karnali region. The level of understanding of people on human rights and women rights is very low. Thus the different REFLECT centers of the community are conducting weekly meetings to make them more aware on the importance of Birthing Center. Mostly women's from various ethnic groups and caste are visiting the MBC to take the facilities.

3.10. Support in fund raising:

To sustain the program initiatives in the long term and to make user groups and communities independent, AWON is seeking to initiate new strategies such as apple farming in the community land

and cooperative businesses to promote local products and to enhance skills in processing and marketing of the products. This will help to raise funds and engage poor, marginalized people for their employment and to sustain the program and activities and initiations.

3.11. On the site monitoring visits

AWON team from Kathmandu had visited the project area five times to facilitate the construction work and to make enabling environment transparent and effective. There was also a joint site visit made with team of the funding partner on October 2013. These monitoring visits helped to accomplish project activities on time and to tackle with various challenges.

Major Challenges:

- AWON is a growing organization; it has very limited funds so it is facing difficulties to mobilize competent and sufficient staff in the field.
- Due to the poor communication facilities in the remote VDCs of Jumla it is very difficult to communicate with the staff and local volunteers.
- Due to remoteness and poor road access and time to reach the district headquarters and project sites, AWON is compelled to use highly expensive and unreliable air travels.

Conclusion

The construction of Miteri Birthing Center is completed in Sunnigaun VDC; one of the remote village of Jumla with the close consultation of DPHO Jumla and the community people. After the establishment of the MBC, local communities are very much excited to utilize the services and facilities from the Birthing Center. ANM and the district volunteers are playing a very crucial role to aware community people about the advantages of the MBC so that many women were encouraged to go to birthing center for pregnancy cycle check up and delivery. In spite of that, women with the uterus prolepses also visit health check up. ANM makes their treatment with suggestion and refers serious cases to the district hospital for further treatment. Due to the community level awareness programs on maternity, women's and child health the people were more encouraged to Visit the MBC.

Recommendation

- Since the MBC is a newly established center in this VDC, support should be continued to institutionalize and to make it sustainable.
- Community level activities (awareness raising campaign and women groups' mobilization) should be organized regularly in nearest outreach village and VDC's to encourage them to come to center to receive the services.

- Capacity enhancement of the local volunteers and field officers need to increase.

Annex 1.

Description of the equipments Supported to the Birthing Center				
Sr. no.	Particulars	Unit	Rate	Total
1	Examination Bed Table	1	6,500.00	6,500.00
2	Delivery Table	1	35,000.00	35,000.00
3	Step- 2	1	2,250.00	2,250.00
4	Mattress with water proof Cover for bed	2	1,650.00	3,300.00
5	Pillow with Water Proof Cover	2	450.00	900.00
6	New born resuscitire	1	1,800.00	1,800.00
7	Cupboard for medicine and instruments	1	16,500.00	16,500.00
8	Weighting machine pan type for infant	1	1,850.00	1,850.00
9	Instrument trolley	2	6,000.00	12,000.00
10	Portable light	1	3,850.00	3,850.00
11	Emergency Light	1	1,850.00	1,850.00
12	I/V Stand	2	2,250.00	4,500.00
13	Electronic/ foot suction	1	12,500.00	12,500.00
14	Stethoscope	1	800.00	800.00
15	BP Instrument	1	1,900.00	1,900.00
16	Fetoscope	1	275.00	275.00
17	Room heater (gas/ electricity operated)	1	9,000.00	9,000.00
18	Digital Thermometer	1	250.00	250.00
19	Room thermometer	1	175.00	175.00
20	Stndard Delivery Set	3	1,530.00	4,590.00
21	Episiotomy Set	2	2,213.00	4,426.00
22	Perineal/Vegina/Cervical Repair Pack	1	5,190.00	5,190.00
23	Dressing Set	2	1,496.00	2,992.00
24	Cheatle forcep with Jar	1	1,550.00	1,550.00
25	New born ressusitationSet	1	1,800.00	1,800.00
26	Delee, single Use or high- leveledisinfected /Sterile reusable	1	25.00	25.00
27	Meconium Aspirators	1	175.00	175.00
28	Card ties, thread or Card clamp	100	8.50	850.00
29	Cooded Plastic Bockets of 20 litres	3	1,350.00	4,050.00
30	Bata	2	380.00	760.00
31	Protectiv Attaire	1	1,250.00	1,250.00

32	2 drumAuto Clave	1	18,500.00	18,500.00
33	Surgical Drum	2	1,600.00	3,200.00
Total				164,558.00