

# THE MATERNAL HEALTH INITIATIVE

A PROJECT OF IMKAAN WELFARE ORGANIZATION



# ABOUT THE PROJECT

In January 2018, recognizing the challenges faced by women in Machar Colony, Imkaan established a 24/7 maternity home within the community. The closest maternity home or hospital, located 45 minutes away, proved inaccessible due to transportation limitations, hindering women from consulting qualified midwives during pregnancies. Consequently, the community resorted to traditional birth attendants or dais for home births, resulting in complex situations and potential fatalities for either the mother or the child.

Imkaan's initiative aimed to decrease the infant mortality rate by providing a medically conducive environment for childbirth at their doorstep. This proactive measure ensures that women have access to proper medical care, addressing the critical needs of maternal and infant health in Machar Colony and aims to:

Reduce the incidence of maternal and newborn mortality and morbidity in the area.

Facilitate communities to access quality skilled maternity care.

Provide post-natal and antenatal support to women of Machar Colony including awareness regarding nutritional needs.

Provide a clean and favorable environment for delivery.

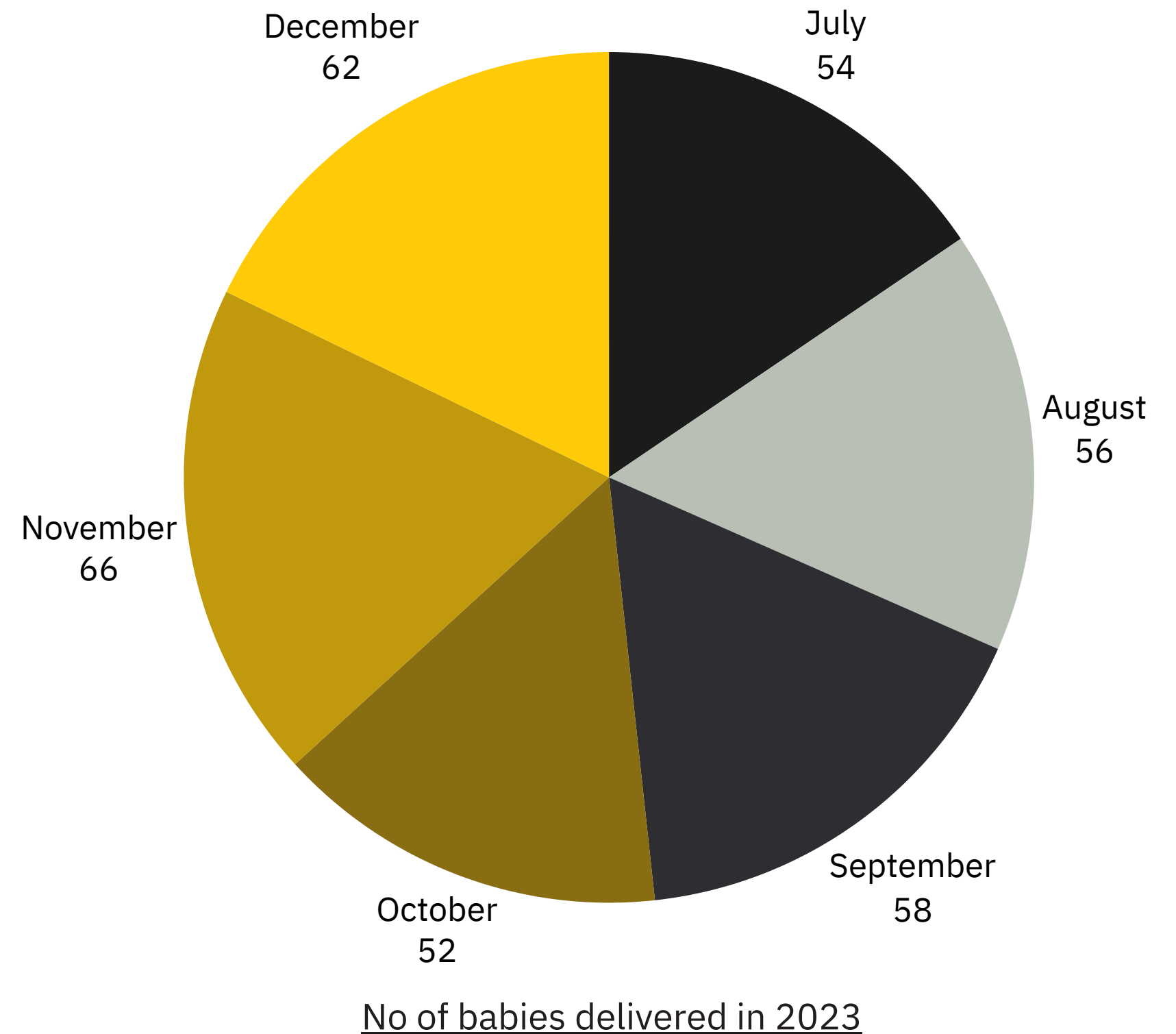
Create awareness regarding family planning and the importance of planned parenthood

# Highlights and Key Updates

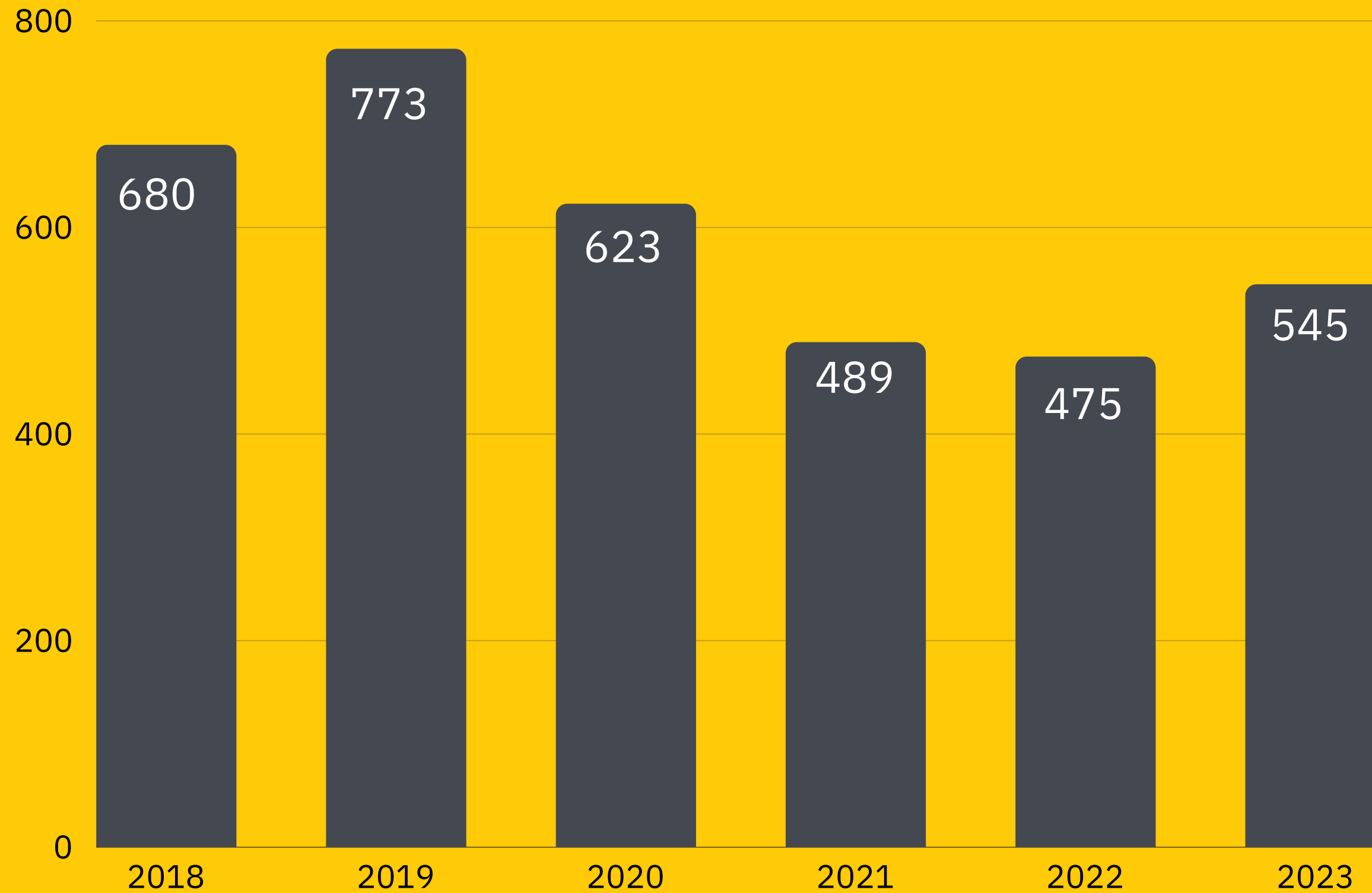
## DELIVERIES AT THE MATERNITY HOME

Due to poverty and the additional hurdle of lacking proper identification, women face barriers accessing government clinics and hospitals for childbirth. Private institutes are financially out of reach for them. Imkaan's maternity home offers a secure and medically suitable environment for giving birth.

Qualified midwives provide essential supervision and support throughout the gestation period and delivery, enabling antenatal care for the marginalized community women. This initiative aims to address the gap, ensuring safe and supported child birth for women confronting economic challenges and identity issues.



## DELIVERIES SINCE INCEPTION



**Total deliveries  
since inception**

**3585**

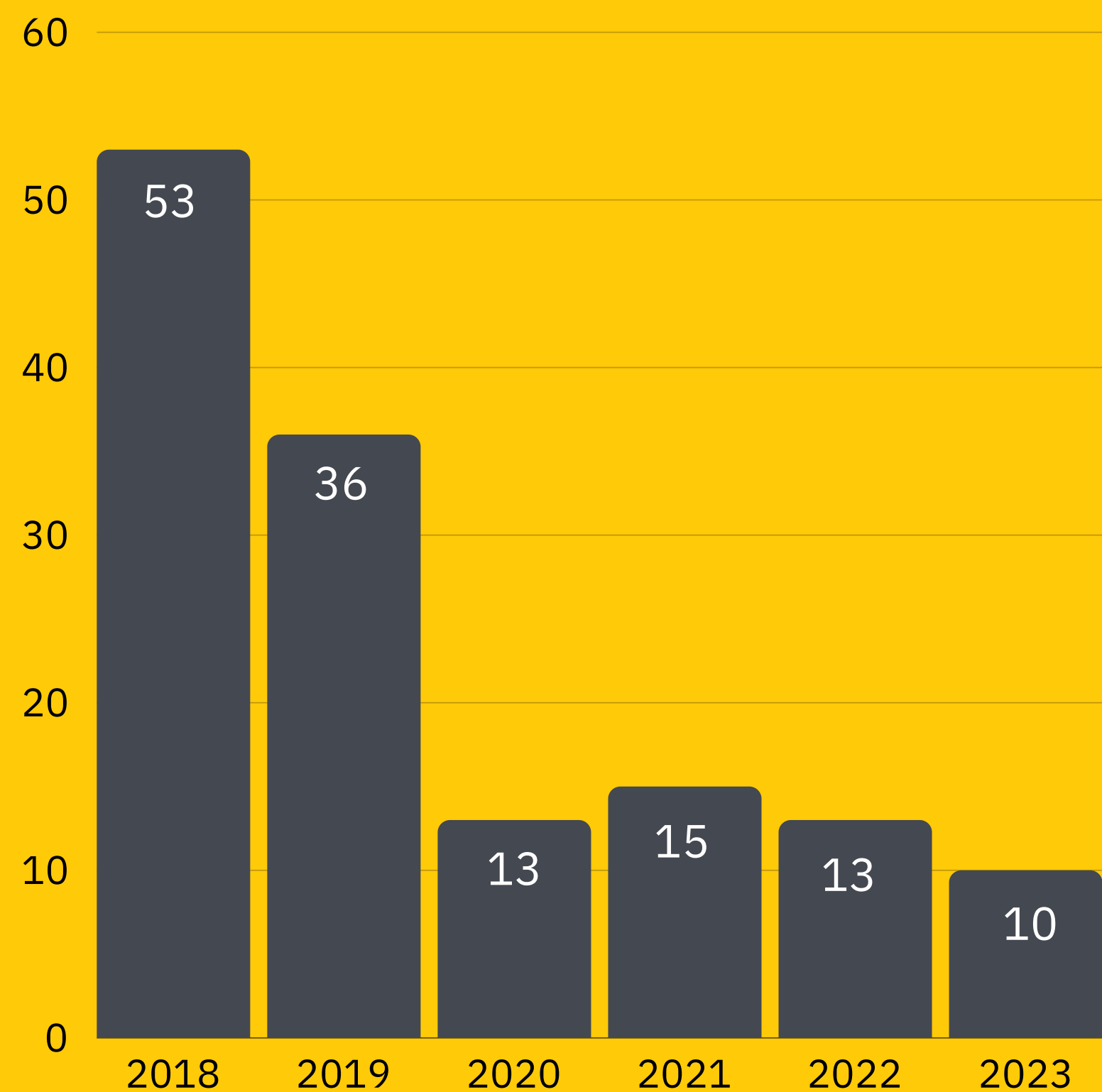
# Highlights and Key Updates

## MANUAL VACCUM ASPIRATION

Due to early marriages, malnourishment, and multiple births, a significant number of miscarriages occur.

Imkaan's maternity home offers manual vacuum aspiration (MVA) services, removing tissue from the womb without general anesthetic. This procedure reduces the risks of infection, internal bleeding, and uterine damage.

From July to December 2023, a total of 5 MVAs were performed, addressing critical needs in maternal healthcare and reducing complications associated with miscarriages.



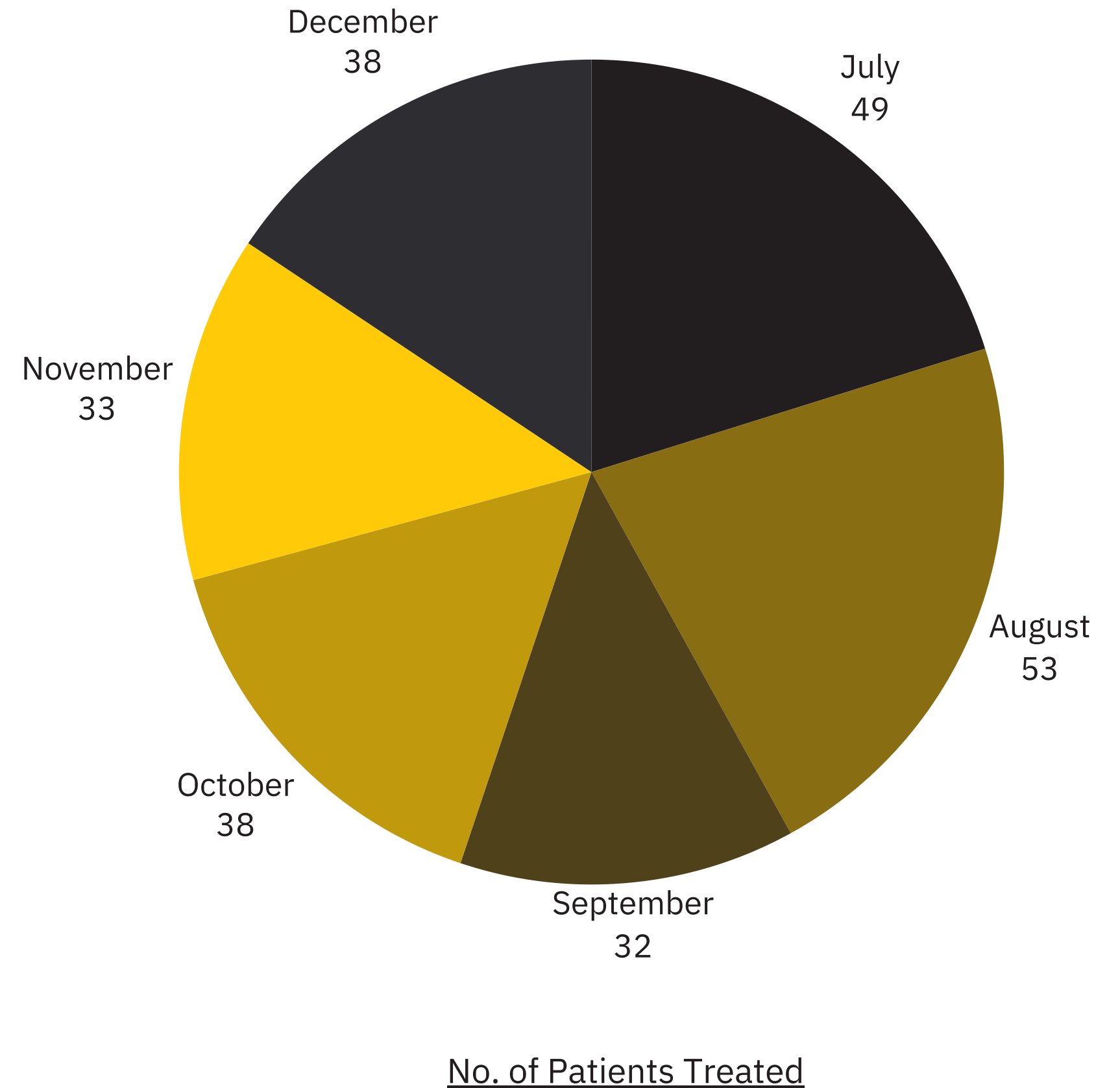
**Total no. of MVA’s conducted inception: 140**

# Highlights and Key Updates

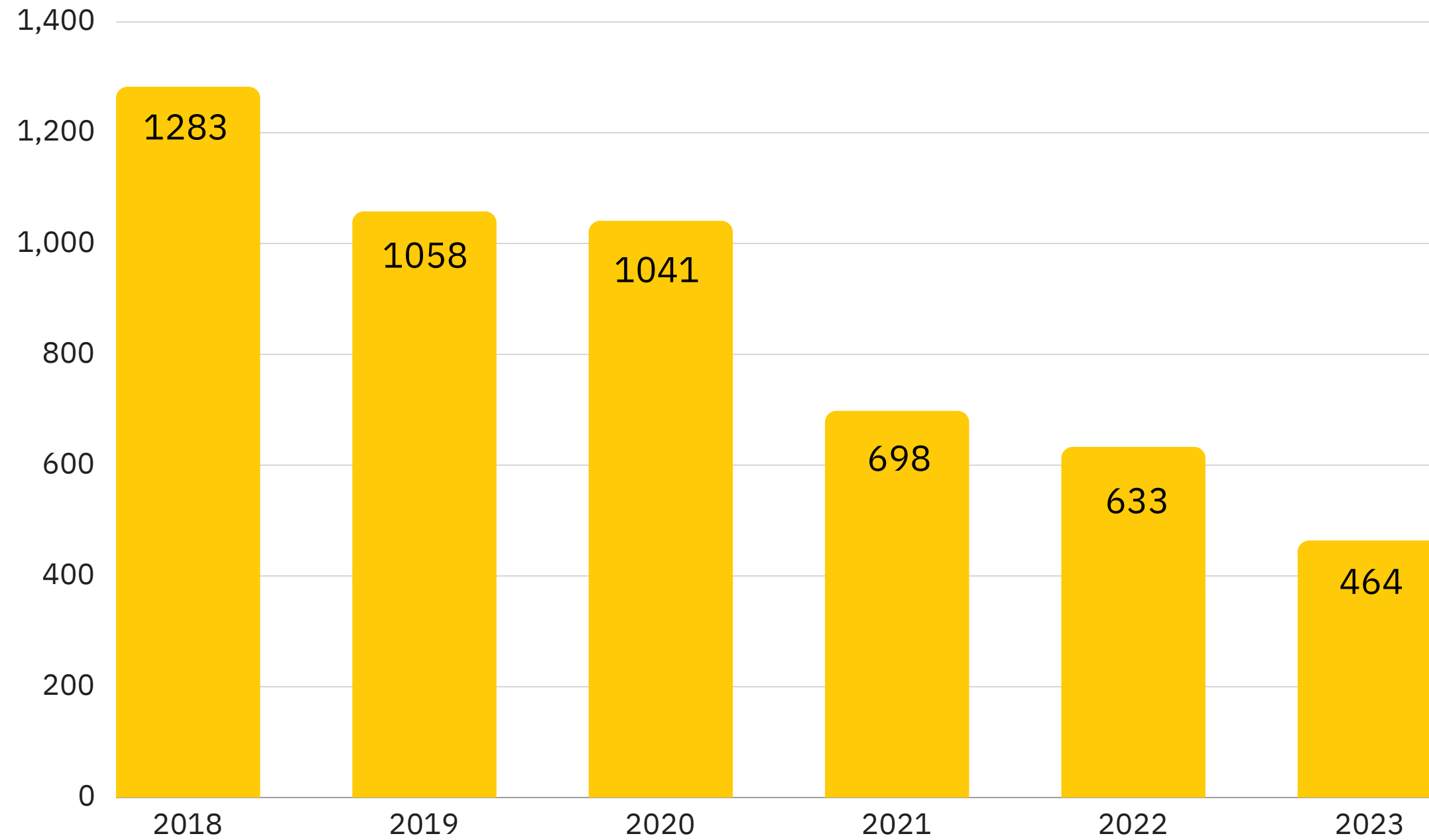
## ANTENATAL CARE

Antenatal care is crucial in underprivileged communities, serving to mitigate disparities in healthcare access. Through regular check-ups, vital preventive measures are administered, complications are detected early, and education on maternal and child health is provided.

These efforts promote healthier pregnancies, decrease maternal and infant mortality rates, and equip women with valuable knowledge for improved outcomes, even in the face of limited resources.



# ANC - NUMBER OF PATIENTS TREATED



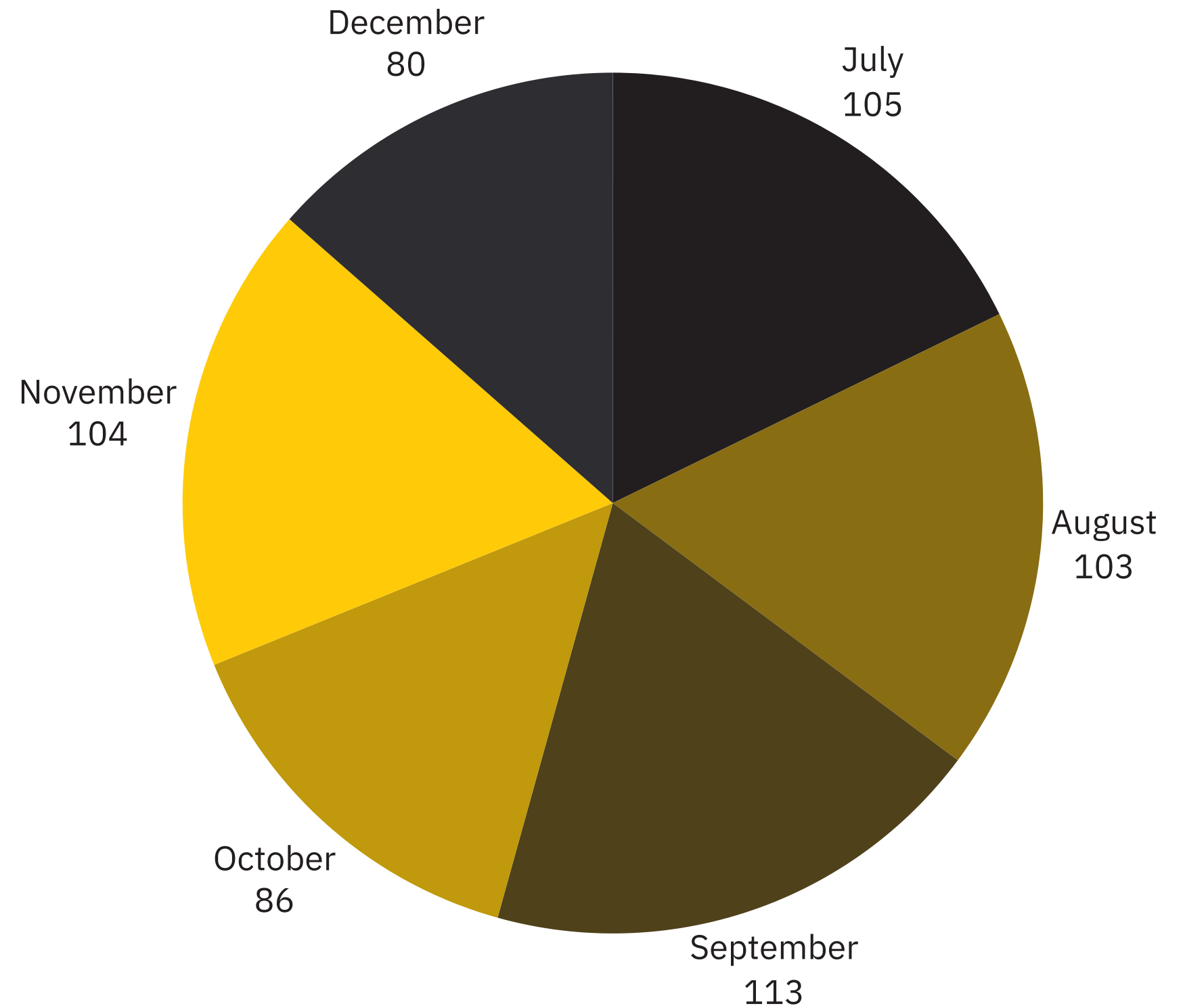
# Highlights and Key Updates

## FAMILY PLANNING

The maternity home caters to families averaging 9 to 10 children and facing seasonal employment, offering a safe space for discussing family planning and spacing options.

In the community, early marriages are prevalent, and girls under 19 struggle to carry a child full term, exacerbated by malnourishment, leading to increased maternal and neonatal mortality rates.

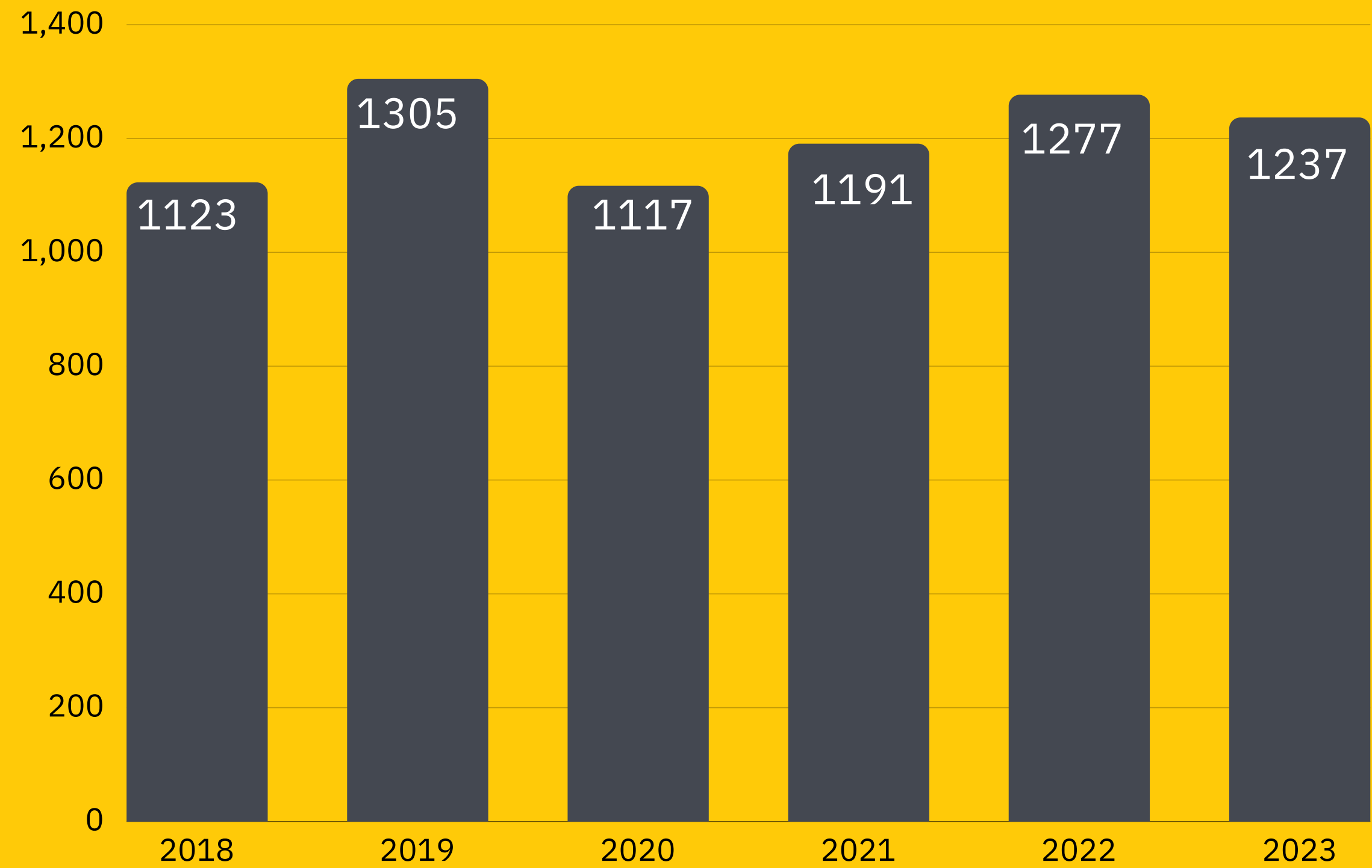
Family planning safeguards women from health risks pre, during, and post-childbirth, such as high blood pressure, gestational diabetes, infections, miscarriage, and stillbirth, highlighting its crucial role in maternal and child health in underserved communities.



No. of Patients Treated in 2023 June till December



# FAMILY PLANNING PATIENTS - SINCE INCEPTION



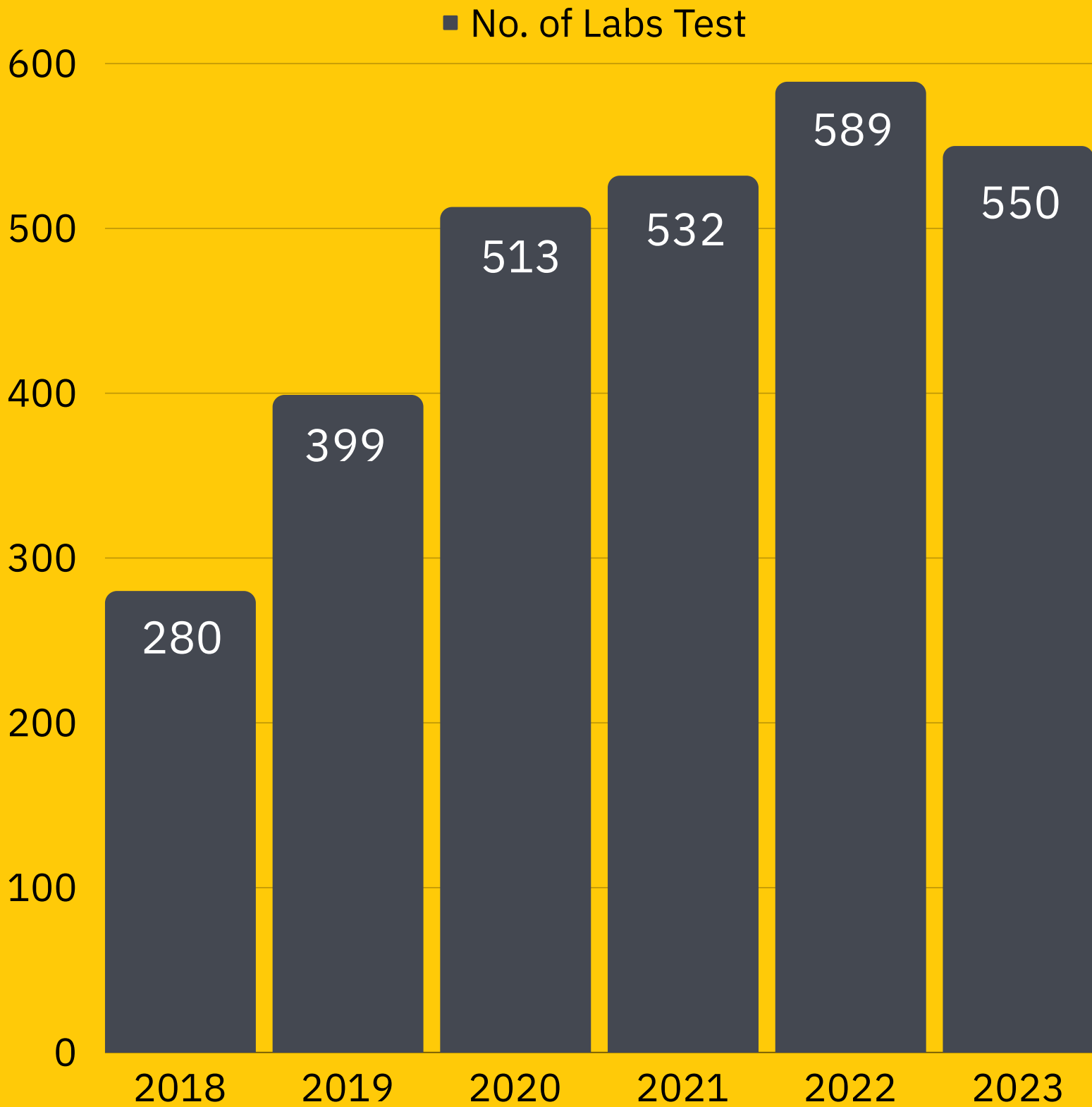
**Total no. of  
patients since  
inception  
7250**

# Highlights and Key Updates

## LABORATORY

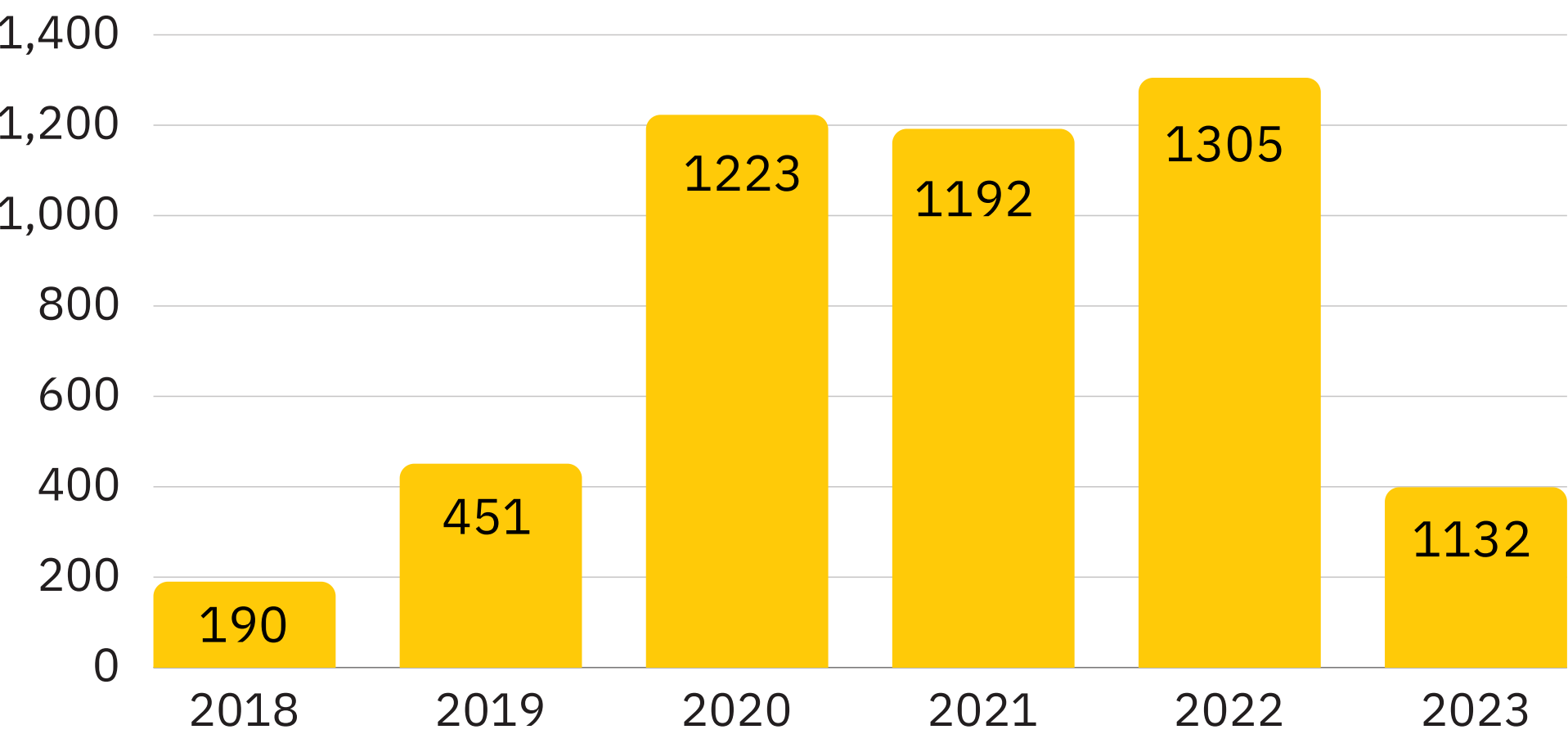
Lab work is important for pregnant women to assess and monitor various health indicators. Blood tests can detect anemia, infections, and gestational diabetes. Urine tests help identify kidney problems and preeclampsia. These screenings aid in early detection of potential issues, allowing timely intervention for a safer pregnancy and healthier outcomes for both the mother and baby.

A total of 259 laboratory tests were conducted in 2023. (July till Dec)



**No. of patients for lab work since inception: 2863**

# Highlights and Key Updates



**No. of consultations since inception: 5493**

## CONSULTATIONS

It is essential for pregnant women to undergo lab work to assess and monitor various health indicators. Blood tests play a crucial role in detecting anemia, infections, and gestational diabetes, while urine tests help identify kidney problems and preeclampsia. These screenings facilitate early detection of potential issues, enabling timely intervention for a safer pregnancy and better outcomes for both the mother and baby.

A total of 259 laboratory tests were conducted between July and December 2023, underscoring the importance of comprehensive prenatal care in ensuring maternal and fetal well-being.

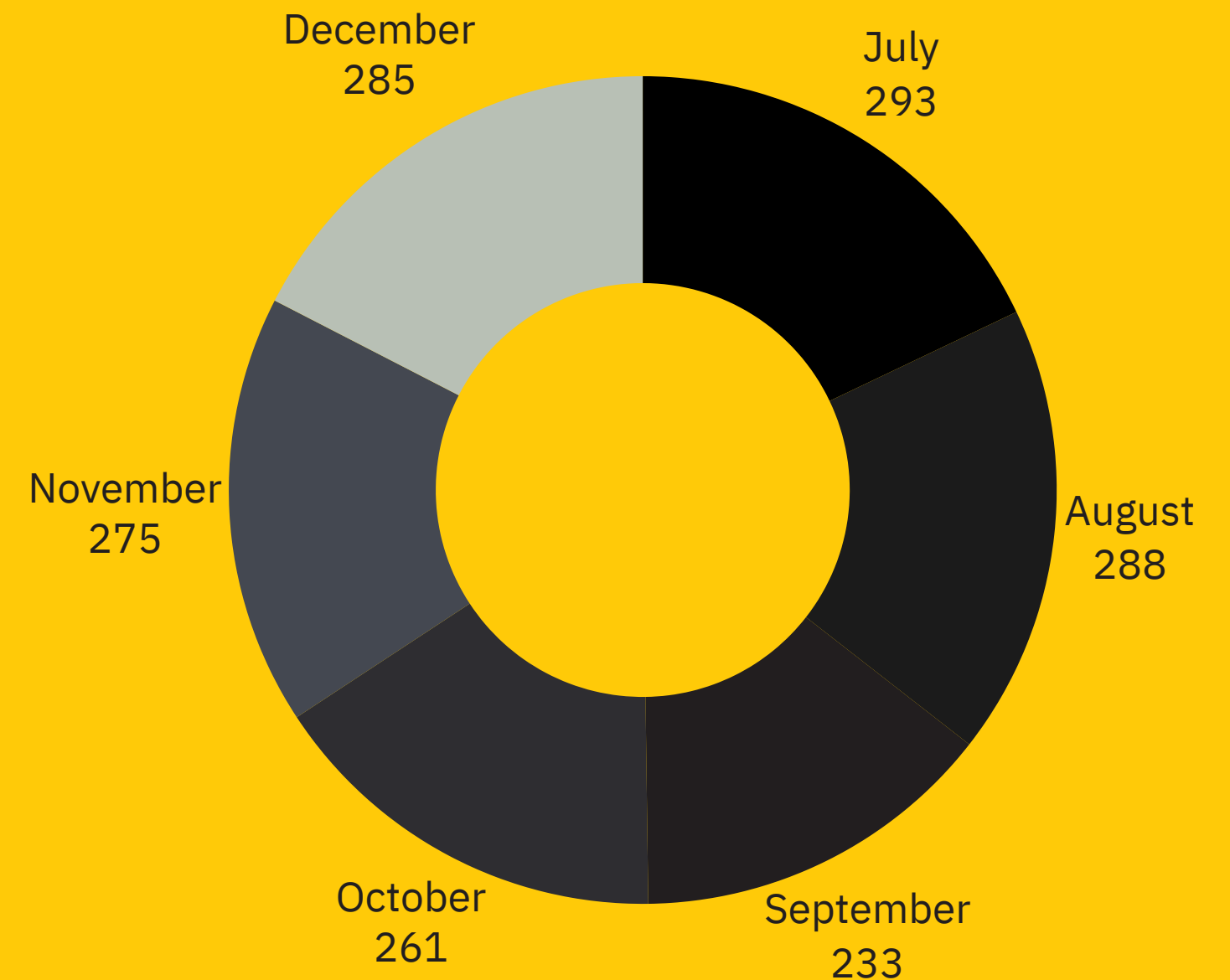
# Highlights and Key Updates

## ULTRASOUND FACILITY

Imkaan's ultrasound room supports mother & child health clinic and the maternity home since 2014 and 2018 respectively. The ultrasound facility dedicated to reproductive & child health allows medical team to obtain:

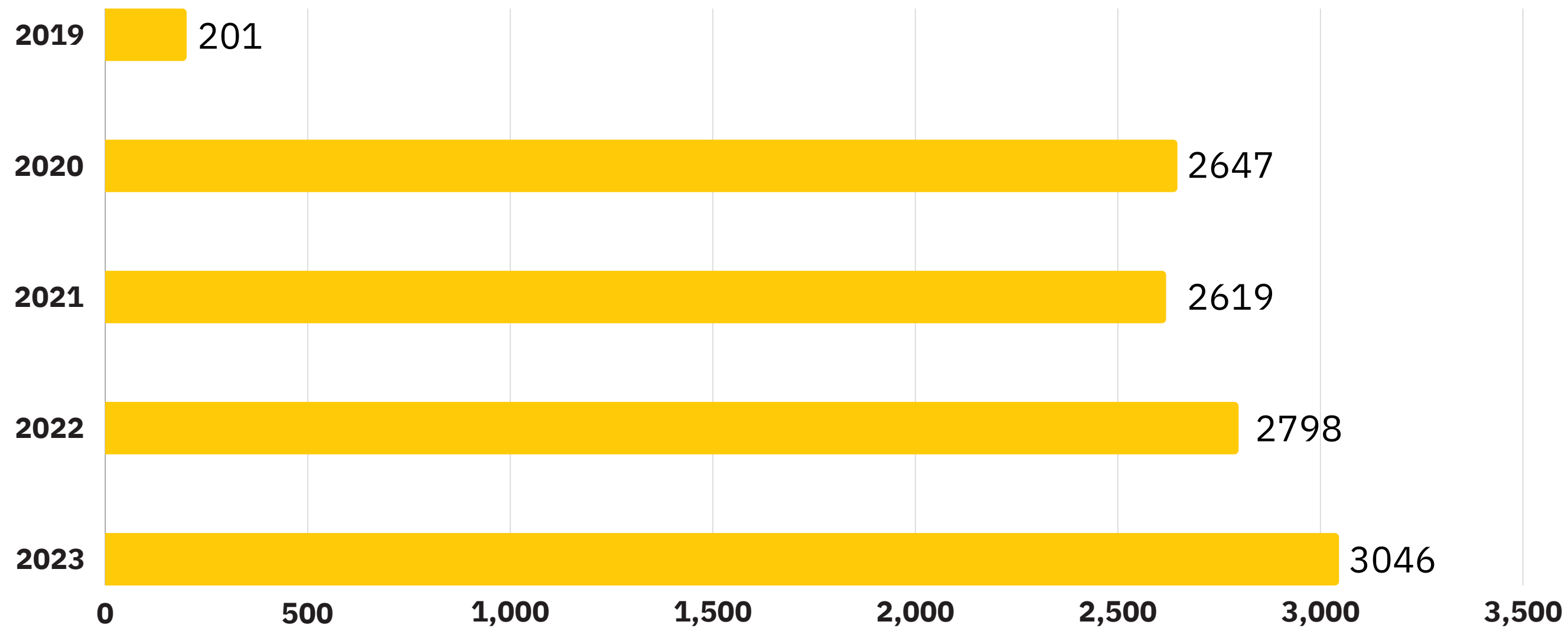
- accurate diagnostic imaging for pregnant women and babies,
- fetal well-being and heart activity
- gestational age
- imaging for delivery assistance
- determine early on whether a woman is high-risk and experiencing complications
- devise life-saving solutions that can contribute to reducing maternal and perinatal mortality in our area.

The ultrasound facility has encouraged the women of the community to come to a health care facility for skilled antenatal care and delivery assistance instead of utilizing more traditional methods or consulting unqualified practitioners/quacks.



No. of Patients Treated in 2023 (July - December)

# ULTRASOUNDS - SINCE INCEPTION

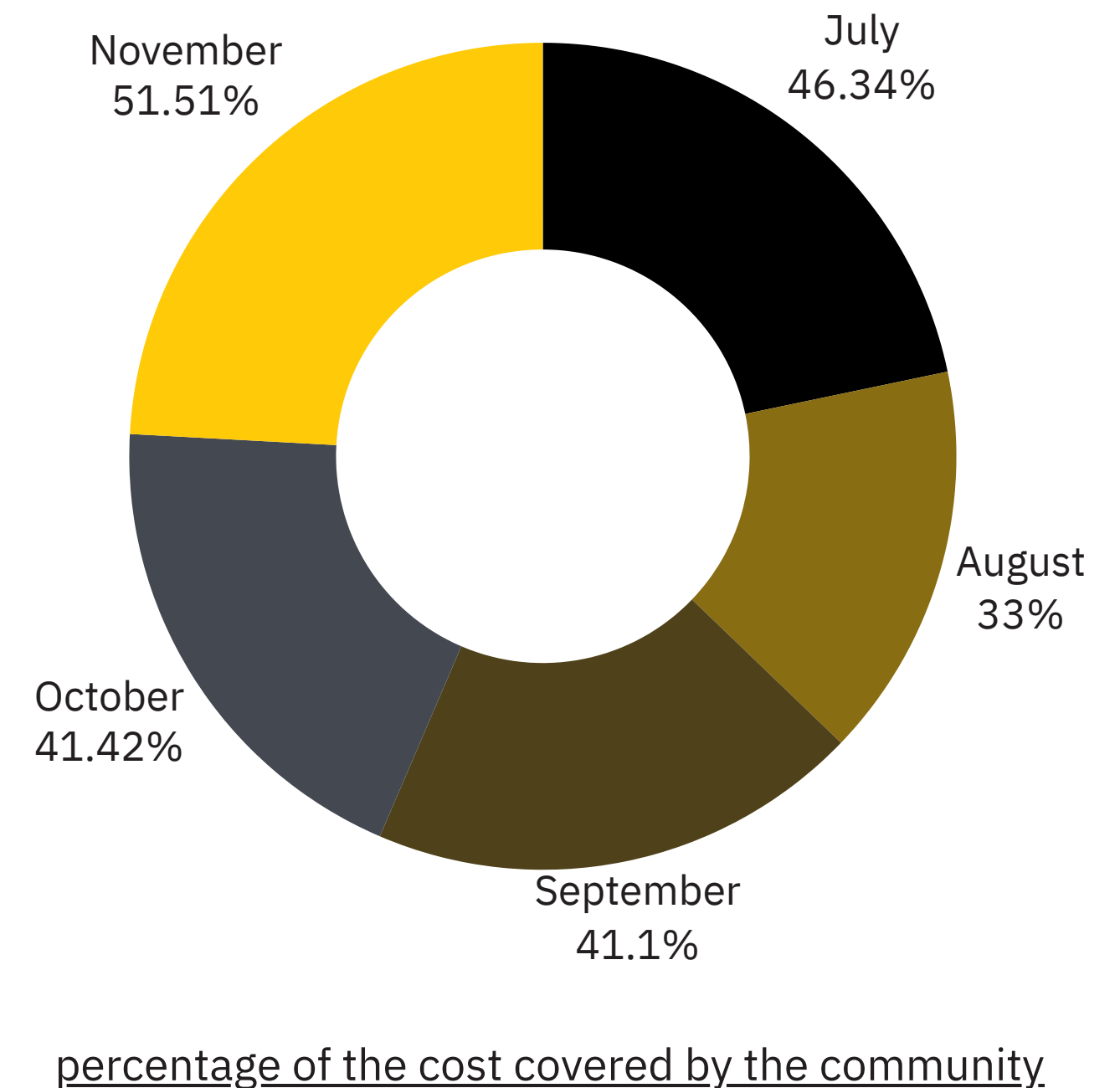


**Total  
ultrasounds  
since inception  
11311**

# COMMUNITY OWNERSHIP

Encouraging community ownership fosters responsibility and accountability among those we serve, fostering cooperation, coordination, and collaboration between stakeholders and the community. This approach generates new ideas and strategies from the grassroots level, empowering individuals and promoting long-term program sustainability.

To address infant and maternal mortality rates, the community proposed the maternity home project, which Imkaan implemented. The community actively owns the project and contributes a percentage of the costs for the services rendered, ensuring shared responsibility and investment in the program's success.





# STORIES FROM THE FIELD

## Natural Birth of a Healthy 8-Pound Baby at Imkaan

Imkaan celebrated the natural birth of a robust 8-pound baby at its Maternity Home, bringing immense joy to both the family and staff. Guided by skilled midwives and healthcare professionals, the mother experienced a smooth and natural delivery, reflecting Imkaan's dedication to comprehensive maternity services. This heartwarming occasion emphasizes the significance of accessible, high-quality maternity care for mothers and their newborns.



## Twin Babies Born Naturally After Cesarean at Imkaan

Imkaan's Maternity Home witnesses the natural delivery of twin babies, a remarkable feat following the mother's previous cesarean delivery. With expert care provided by midwives and healthcare professionals, Imkaan demonstrates its commitment to tailored and holistic maternity services. The successful twin births affirm the possibility of safe and natural childbirth after cesarean, showcasing the supportive environment fostered at Imkaan.



# Against the Odds: Natural Delivery Prevails Over Cesarean in Uterine Prolapse Case at Imkaan

In a testament to Imkaan's dedication to personalized care, a mother achieves a natural delivery despite experiencing uterine prolapse, challenging recommendations for cesarean delivery from larger hospitals. Imkaan's specialized team, embracing holistic approaches, ensures a safe and empowering childbirth experience for the mother. This remarkable achievement underscores the significance of individualized care and highlights the potential for positive outcomes in alternative birthing options, even amidst complex medical conditions like uterine prolapse.

## STORIES FROM THE FIELD







***“Communities and countries and ultimately the world are only as strong as the health of their women.” – Michelle Obama***



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