

Report on Post Abortion Care (PAC)
Refresher Training Course

Safe International - Academy Charity
Teaching Hospital

28/10/2007

Trainers:

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List of abbreviations

D/C :	Dilatation and curettage .
EMOC :	Emergency Obstetric Care .
IEC :	Information Education .
Kh.N.H:	Khartoum North Hospital
MCH/FP :	Maternal child health and family planning .
MMR :	Maternal Mortality rate .
FMOH :	Federal Ministry of Health .
MVA :	Omdurman Maternity .
NM:	Nurse Midwife .
PAC :	Post Abortion Care.
TBA :	Traditional Birth Attendant .
WHO :	World Health Organization .
SFCA	Sudan Fertility Care Association
SFPA	Sudan Family Planning Association
SRC	Sudan Red Crest.

Introduction /executive summary

In Sudan maternal mortality ratio is estimated at 590 deaths per 100,000 live births. However there are significant disparities, ranging from 150 – 1,100 maternal deaths per 100,000 live births. Although there are no official statistics on the magnitude of unsafe abortion and its contribution to maternal morbidity and mortality, complications of unsafe abortions are seen daily in the health facilities, the WHO estimated that: 20 million unsafe abortions occur worldwide each year, and one out of every eight deaths related to pregnancy is due to unsafe abortion. However, abortion in Sudan is allowed by law only when the life of the mother is in danger.

PAC as a concept is introduced in Sudan in July 2002, when a group of four doctors and two nurses were sent to Kenya with support from PPFa for training in Post-Abortion Care (PAC). After the training and with technical assistance from PPFa, the six providers formed the Post-Abortion Care Group in Sudan. The group of providers has continued to meet regularly to plan activities, share information and to advocate for PAC service.

Since 2003, Safe International has taken the lead role in training and providing PAC services. Safe International is a strong advocate for PAC services and has worked in close collaboration with MOH to improve access. Safe International currently coordinates the activities of the network.

Specific tasks :

- **Prepare & share;** All participants have already had a basic knowledge on PAC, in this refresher course the aim is to assess and to improve their competence on: initial assessment of abortion and abortion complications, skills of talking to patients & counselling, the importance of infection prevention, new Ipas MVA plus & how PAC leads to increase in use of family planning.
- **Demonstrate** to participants the steps of infection prevention & use of Ipas MAV plus to manage incomplete abortions.
- **Supervise** the participants on their counseling skills, appropriate application of infection prevention & proper use of MVA plus.
- **Follow-up** participants after the course by visits & questionnaire to assess the impact of the course on PAC & RH in general.
- **Write** technical report for the activity with recommendations on how to improve PAC services in Sudan.

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List of participants

Name	Gender	Position	Work place
1.Aymen Hassan	M	Program Manger	DTK
2.Ahmed Shido	M	Gynecologist	Private
3.Atif Fazari	M	Gynecologist	Academy Charity Hospital
4.Bashear Abd Elraheam	M	Gynecologist	Private
5.Kamil Kamal	M	Gynecologist	Private
6.El Badri Babikir	M	Gynecologist	El ban Gadeed Hospital
7.Mustafa Sinada	M	Gynecologist	Private
8.Sahar Mohamed	F	Registrar	Academy Charity Hospital
9.Abdalla Mahajub	M	Gynecologist	Private
10. Mustafa Sinada	M	Gynecologist	El ban Gadeed Hospital
11.Haythem Abd Elkarim	M	Registrar	Academy Charity Hospital
12.Shahed Mahmoud	F	Gynecologist	Private
13. Aymen Hassan	M	Registrar	El ban Gadeed Hospital
14.Amani Salih	F	Quality Manager	El ban Gadeed Hospital
15.Isam Eldeen Elnour	M	Registrar	El ban Gadeed Hospital
16.Atif Abd Elgabar	M	Medical Director	El ban Gadeed Hospital
17.Ali Osman	M	Gynecologist	Private
18. Satha Ali Abass	F	Medical Officer	SFPA
19.Dr. Alwia Numir	F	Gynecologist	Private

Training objectives

Increased capacity of providers to offer quality safe post-abortion care (PAC) services and to increase access to PAC services

Participant's expectations

- To know the advantages of MVA plus
- Provide pain management.
- To provide post abortion family planning counseling.
- To be updated in treating a patient with miscarriage and its complications.
- To know the process of the instrument and the control of the infection prevention.

Methodology

The training utilized the Ipas's Woman-Centered Abortion Care: Trainer's Manual, adult learning method employed, these include; lectures, discussions, brainstorming, group activities, case studies and role plays.

Monitoring

a) Pre - & post tests results

No	Pre-test	Post-test
1.	72	90
2.	74	82
3.	78	91
4.	67	86
5.	68	80
6.	70	95
7.	66	93
8.	68	90
9.	70	80
10.	60	84
11.	62	88
12.	72	93
13.	75	97
14.	60	86
15.	58	88
16.	70	90
17.	74	92
18.	71	82
19.		
20.		

b) Performance evaluation

The skills of every trainee were collectively appraised during sessions of role-plays. Participants were divided in to small groups, each of which was given a case study for study, discussion, role-playing and exhibition MVA plus procedure, family planning counseling & service, and demonstration of infection prevention and instruments reuse. Free discussions were held on each session.

Recommendations & Conclusion

- **To advocate for PAC concept**
- **All participants will participate actively in all PAC network meetings and activities.**
- **More involvement and commitments of the federal ministry of health.**