The Indian Perspective & Its Relevance to Maternal & Child Health

Phalakshi Manjrekar, MSN, RN
Director of Nursing
P.D. Hinduja National Hospital & Medical Research Centre, Mumbai

NIGH World Executive Committee of the Nightingale Initiative for Global Health

“We continue to do more!”

A teen-age mother with her newborn in Kokata, India. © 2012 ASIT KUMAR GHATAK, Courtesy of Photoshare # 8822-3.

2nd International Conference Commonwealth Nurses Federation March 8th & 9th, 2014 • London, UK
Approximately two million children — under age 5 — die in India every year.

UNICEF’s *State of the World’s Children Report, 2007*
The Maternal Mortality Ratio (MMR) in India is 254 per 100,000 live births — according to Sample Registration System (SRS) Report for 2004-2006. This is a decline from the earlier ratio of 301 during 2001-2003.
Wide disparities exist across states in India.

The MMR ranges from 95 in Kerala to 480 in Assam.
India continues to endure about a quarter of all global maternal deaths.

Population Foundation of India
Globally, every year, over 280,000 women die of pregnancy related causes & 99% of these occur in developing countries....

Population Foundation of India
...which also accounts for almost one-fourth of the world’s maternal deaths.

Population Foundation of India
India faces the enormous challenge of reducing infant mortality from 53 / 1000 live births to less than 30.

Population Foundation of India
The average decline of IMR per year — between the years 2004 to 2008 — has been about 1% per year.

In 2008, the IMR was 53/1,000 live births.

Eight Indian states contribute to 75% of infant mortality:

Uttar Pradesh, Bihar, Madhya Pradesh, Rajasthan, Andhra Pradesh, Orissa, Gujarat & Assam.

UNICEF India, Archives
Mortality in the newborn period stands at 35/1000 live births & contributes to 65% of all deaths in the first year of life.
Between 2004-2008 — neonatal mortality has decreased only slightly from 37/1000 live births to 35/1000.
56% of all newborn deaths occur in five Indian states — UP, Rajasthan, Orissa, MP & Andhra Pradesh.
Four major causes contribute to about 60% of all deaths in the newborn period:

- pre-maturity
- low birth weight
- birth asphyxia
- infections
Indian Health Ministry Aims:

Maternal mortality to decrease from 254 per 1,00,000 live births to less than 100 by 2015.

Ministry of Health & Family Welfare, Government of India, January 2013
MMR — Address
Three Causes:

- Medical
- Socio-economic
- Health Systems

Ministry of Health & Family Welfare
Government of India, January 2013

Direct Medical Causes

- Postpartum Hemorrhage – 37%
- Sepsis – 11%
- Unsafe Abortions – 8%
- Hypertensive Disorders – 5%
- Obstructive Labor – 5%

Ministry of Health & Family Welfare Government of India, January 2013
Indirect Medical Causes —

• Anemia
• Malaria

“Life can be tough for pregnant women in rural India.”
Photo Attribution: Jane Wakefield, Technology Reporter, BBC,
About 70% perinatal conditions

Respiratory Infections — 22%

Malnutrition is an underlying cause responsible for about 30% of all deaths in childhood.

Ministry of Health & Family Welfare, Government of India, January 2013
Child Mortality 0-5 Years

Neonatal Causes – 52%
- Pneumonia – 15%
- Diarrheal Diseases – 11%
- Measles – 3%
- Injuries – 4%
- Other Causes – 15%

WHO — Child Health Epidemiology Reference Group (CHERG) — 2012

Indian children filmed by Al Jazeera English, posted on Wikimedia Commons, Creative Commons Attribution-Share Alike 2.0 Generic license.
Neonatal Deaths — Treat the Causes:

- Prematurity – 18%
- Infections – 16% (pneumonia/sepsis)
- Asphyxia – 10%
- Congenital Anomalies – 5%

Ministry of Health & Family Welfare
Government of India, January 2013
A large number of maternal & child deaths are attributable to the ‘three delays’:

- delay in deciding to seek care
- delay in reaching the appropriate health facility
- delay in receiving quality care once inside that facility

Ministry of Health & Family Welfare, Government of India, January 2013
Bottlenecks to treating the causes:

- Limited availability of skilled human resources — especially nurses
- Low coverage of services & of skilled staff postings among marginalized communities
- Inadequate supportive supervision of front-line service providers

Coverage Evaluation Survey 2009, Rural Health Statistics 2011 • Concurrent Evaluation of NRHM and NRHM Progress Reports

Photo Attribution: AP File Photo from news feature — on www.thehindu.com — on long lines for maternal health services in India.
Bottlenecks to treating the causes:

- Low quality of training & skill-building
- Lack of focus to improve quality services
- Insufficient information, education & communication on key family practices

Coverage Evaluation Survey 2009, Rural Health Statistics 2011 • Concurrent Evaluation of NRHM and NRHM Progress Reports

Photo Attribution: http://unicefiec.wordpress.com/2013/06/21/malaria-a-growing-concern-from-villages-to-cities/
Health Outcome Goals:
Established in the 12th Five-Year Plan for India

Reduction in Infant Mortality Ratio (IMR) to 100 per 100,000 live births by 2017.

Ministry of Health & Family Welfare, Government of India, January 2013

An Auxiliary Nurse Midwife (ANM) helps a mother to learn kangaroo mother care, important for the growth of newborns in Madhya Pradesh, India. © 2012 Anil Gulati, Courtesy of Photoshare # 1475-870.
Health Outcome Goals:

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Ministry of Health & Family Welfare, Government of India, January 2013
Health Outcome Goals:
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Reduction in Total Fertility Rate (TFR) to 2.1 by 2017.

Ministry of Health & Family Welfare, Government of India, January 2013
Coverage targets for key interventions for 2017: Increase facilities equipped for perinatal care — designated as ‘delivery points’ — by 100%.

Ministry of Health & Family Welfare, Government of India, January 2013
Coverage targets for key interventions for 2017:

Increase proportion of all births in government & accredited private institutions at the annual rate of 5.6 % from the baseline of 61% (SRS 2010).

Ministry of Health & Family Welfare, Government of India, January 2013
Only 47% of women in India likely have an institutional delivery & 53% have had their baby’s births assisted by a skilled birth attendant.

Ministry of Health & Family Welfare, Government of India, January 2013

Photo from Wikimedia Commons of a Adivasi mother & child from photographer Koustav 2007, used with GNU Free Documentation license.
As many as 49% of pregnant women still do not have three antenatal visits during pregnancy.

Only 46.6% of mothers receive iron & folic acid for at least 100 days during pregnancy.
Coverage targets for key interventions for 2017:

Increase proportion of pregnant women receiving antenatal care at annual rate of 6% from the baseline of 53% (CES 2009).

Ministry of Health & Family Welfare, Government of India, January 2013
Coverage targets for key interventions for 2017:

Increase proportion of mothers & newborns receiving postnatal care at annual rate of 7.5% from the baseline of 45% (CES 2009).

Ministry of Health & Family Welfare, Government of India, January 2013
Coverage targets for key interventions for 2017:

Increase proportion of deliveries conducted by skilled birth attendants at annual rate of 2% from the baseline of 76% (CES 2009).

Ministry of Health & Family Welfare, Government of India, January 2013
Most of the causes of death in the newborn period can be prevented or managed by households, communities & health facilities. But they often are unable to provide the required care...

Ministry of Health & Family Welfare, Government of India, January 2013
Inappropriate practices such as:

• delayed initiation of breastfeeding
• delayed clothing &
• early bathing...

Ministry of Health & Family Welfare
Government of India, January 2013

A mother gives her 12-day-old infant his first traditional bath in a village near Cuduppah in Andhra Pradesh, India. This ‘tradition’ involves scrubbing the infant with soap, water & an unhygienic ritual of applying dried cow dung. © 2007 Jeevan Kuruvilla, Courtesy of Photoshare # 142-4.
Inappropriate practices such as:

- not seeking care when newborns are sick
- applying harmful material on cord-stumps

Increase the risk of newborn deaths.

Ministry of Health & Family Welfare
Government of India, January 2013

Photo Attributions: NYTimes.com article on infant malnutrition in India — Photographer Ruth Fremson.
Health facilities are often ill-equipped to provide essential newborn care to all newborns & special newborn care to sick newborns.

Ministry of Health & Family Welfare
Government of India, January 2013

Photo Attribution: Associated Press & the DailyMail.co.uk news article about Indian children needing hospital care.
Maternal & Child Health in India need utilization of local resources to benefit the beneficiaries. Multiple forces jointly hope to achieve the best for all the mothers & children.