Integration of LAM into an MNH Program in Northern Nigeria

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Reducing Maternal and Neonatal Mortality: ACCESS/MCHIP Nigeria

- Program approach is the implementation of integrated community and facility-based EmONC interventions focusing on antenatal care, emergency obstetric and newborn care, and postpartum care, including family planning.
## TFR and CPR in MCHIP Project States

<table>
<thead>
<tr>
<th>State</th>
<th>Total Fertility Rate (2008 NDHS)</th>
<th>Contraceptive Prevalence Rates: Modern Methods (2008 NDHS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kano</td>
<td>8.1</td>
<td>2%</td>
</tr>
<tr>
<td>Katsina</td>
<td>7.2</td>
<td>1%</td>
</tr>
<tr>
<td>Zamfara</td>
<td>7.5</td>
<td>2%</td>
</tr>
<tr>
<td>NIGERIA</td>
<td>5.7</td>
<td>10%</td>
</tr>
</tbody>
</table>
Approach: LAM as a Gateway to Other Family Planning Methods

- Majority of deliveries are at home (90% NW Nigeria*)
- It provides linkages between health facility service providers and the community household counselors
  - LAM criteria are known by health worker and the community
  - Postpartum women will know where to go and who to see at the facility when any of the three criteria changes
- It is culturally widely acceptable

* 2008 DHS Nigeria
Integrating LAM/FP and MNH

- **Integration starts with provider training**
  - health care workers (midwives and CHEWS) to provide PPFP counselling including LAM.
  - CHEWs and other volunteers in the community as household counsellors.

- **PPFP integration in phases**
  - Antenatal
  - Immediate postpartum
  - Six weeks postpartum
  - Service delivery contact with infant (immunization and well baby visits)
### Integration of PPFP into MNH Household Counseling (Nigeria)

<table>
<thead>
<tr>
<th>Messages</th>
<th>1st 5 months – pregnancy</th>
<th>7-8 months pregnancy</th>
<th>24 hrs Postpartum</th>
<th>5-7 days postpartum</th>
<th>6 weeks/4 months postpartum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth plan</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refer for ANC visit</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refer for PNC</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Danger signs &amp; referral</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Immediate newborn care</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Immediate BF/EBF for 6 months</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X (EBF only)</td>
<td>X (EBF only)</td>
</tr>
<tr>
<td>Healthy spacing</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>Return to fertility</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
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<tr>
<td>LAM &amp; transition</td>
<td>X (LAM only)</td>
<td>X (LAM Only)</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
PPFP through Pre-discharge

- Encourage exclusive breastfeeding
- Benefits of LAM
- Emphasis on the 3 criteria for LAM
- Transition in case any of the three criteria falls out
- Other FP methods that breastfeeding mother can use
- When to return to facility for maternal/infant services
Program Effectiveness: Results from ACCESS Evaluation in Kano and Zamfara States

- More women received FP counseling:
  - 80% (134/167) to 90% (292/325) during ANC
  - 58% (50/87) to 65% (121/186) during PNC

- More women used FP during postpartum period:
  - 1% (5/396) to 11% (48/444)

- Improved method mix since 2006
Postpartum Systematic Screening* during Immunization

- Clients are individually screened for needs for other health services (PNC & FP)
- Providers appear motivated; response from clients is positive
- There is ongoing dialogue on how to effectively incorporate PPSS into routine practice
- Referrals and PPFP counseling increased dramatically

Challenges and Lessons Learned

- Equation of LAM with breastfeeding
  - Adequate counseling on difference between LAM and breastfeeding
- Misconception about exclusive breastfeeding
  - Educate families that “breast milk is enough for infants less than 6 months”
- Lack of understanding of the effectiveness of LAM at all levels
  - Advocacy and clear explanations
Challenges and Lessons Learned (Cont.)

- Lack of proper spouse and family support
  -Behavioural change communication targeting mothers, spouses and mother-in-laws
- Misconceptions about return of fertility
  -Ensure accurate knowledge and understanding by mothers/couples
- Lack of proper plan for transition
  -Discuss with mothers through PNC and immunization visits
Nagode!