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## Midwives, Community Midwives, and Lady Health Visitors trained in Chitral and Gilgit to reduce Maternal Deaths

Rafat Jan

Aga Khan University, rafat.jan@aku.edu

Marina Baig

Farzana Yameen

Kiran Mubeen

Sadia Karimi

*See next page for additional authors*

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### Authors

Rafat Jan, Marina Baig, Farzana Yameen, Kiran Mubeen, Sadia Karimi, and Arusa Lakhani

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Globally, the maternal mortality rate is highest in Asia, and it is even higher in South Asian countries such as Pakistan. Regrettably, approximately 94% of maternal deaths occur in developing countries. The recent 'Pakistan Maternal Mortality Survey (PMMS) 2019' conducted by the National Institute of Population Studies (NIPS) funded by the United States Agency for International Development (USAID), provided the latest estimates of mortality, and estimated levels of awareness regarding maternal mortality.

The *Sehat Mand Khandan (SMK)* program tried to deaths mothers during childbirth. It values women's right to be safe, healthy, and treated with respect. The aim of this training program is to decide what competencies and abilities got to be created to assist people and the organization in fulfilling their particular objectives and goals.

The SMK program helps to teach lady health visitors, midwives, nurses, and community midwives, how to take care of pregnant women before, during, and after giving birth to a loved one. They also learn how to help if there is an emergency. These people will work together to provide these services in different places like NGOs, government sectors, and in private hospitals.

*Aim is to prevent women from losing their lives or getting injured during the delivery process*

During the coronavirus pandemic in 2020, the Aga Khan University School of Nursing and Midwifery (AKUSONAM) team visited Chitral and Gilgit to offer support people in this distant and rugged region of Pakistan. The team met many people and had telephonic interactions with public and government bodies associated with midwives and health visitors in elementary healthcare centers located in Pakistan. One consideration was that the guidelines for taking care of pregnant women in AKHSP's centers needed to be reviewed to offer evidence-based practice that has been approved globally.

In addition to lesson planning and teaching, lectures were also given on basic emergency Obstetric care, antenatal, intrapartum, and postnatal care based on WHO guidelines. The training was conducted in collaboration between AKHSP, AKU-SONAM, and the Government of Khyber Pakhtunkhwa, and was part of the larger *Sehat Mand (SMK)* initiative funded by the Aga Khan Foundation, Canada (AKF,C)