



Improving Maternal and Child Health

Bhutan's Experiences

Expert Group Meeting on Monitoring implementation of the Asian and Pacific Ministerial Declaration on Population and Development

Bangkok, Thailand, 23-24 September 2019

Presentation outline

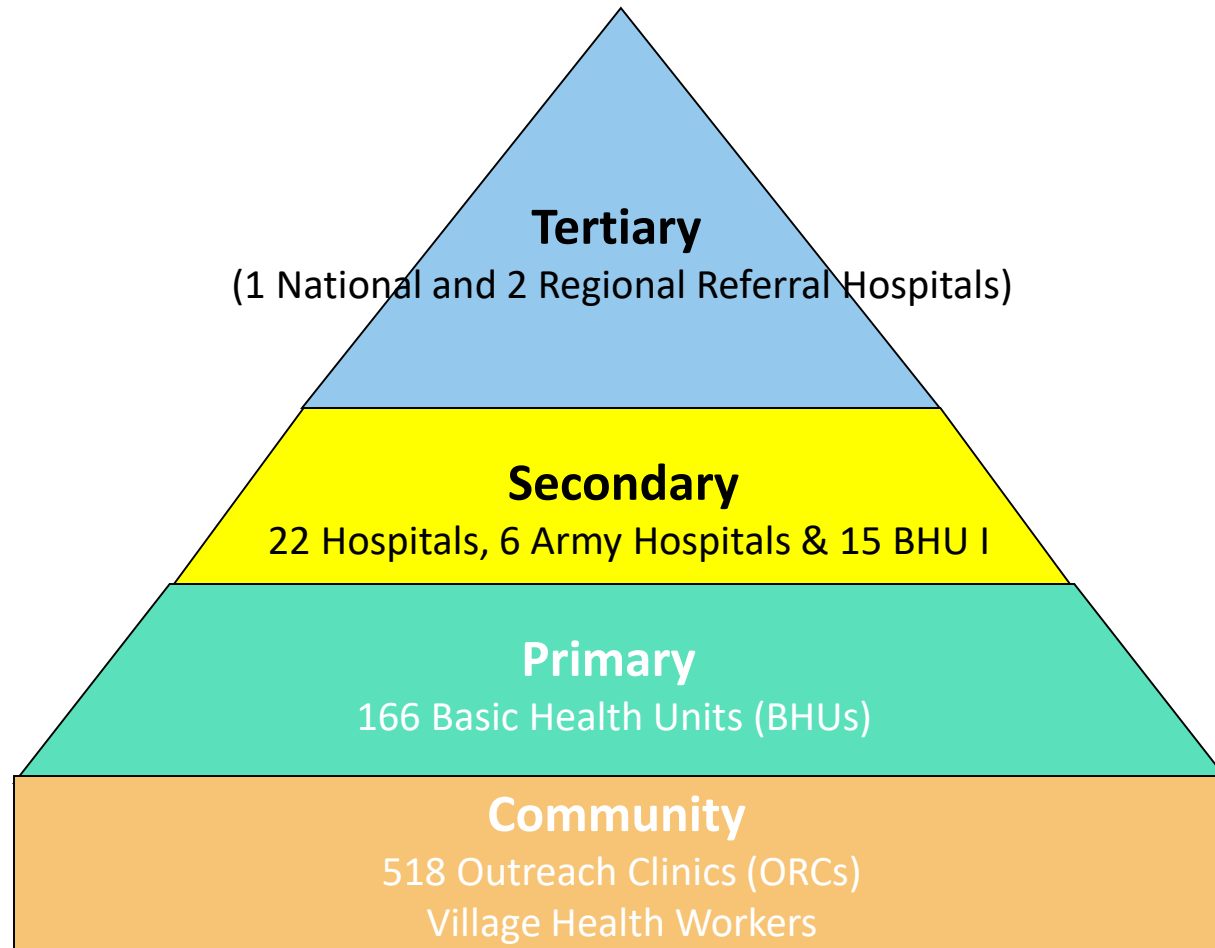
- **Country and health system context**
- **Maternal and Child Health Situation**
 - Enabling environment
 - Service delivery
 - Community engagement
- **Other development (Socio-economic changes influencing health outcomes)**

Bhutan

- Land area: 38,294 km sq, “rugged” & mountainous
- Population: 735,553 (2017)
- Literacy rate: 71.4%
- Economy (Agriculture, Hydropower and Tourism)
- National Poverty Rate: 8.2%



Health Care Delivery System



Integrated Primary Health Care System supported by community engagement at basic levels and government sponsored referral abroad

Maternal and Child Health is an integral part of the system

Maternal and Child Health: *Program Implementation*

Enabling environment

Service delivery

Community engagement

1. Enabling Environment/ Political Support

- ✓ Guided by Development Philosophy of Gross National Happiness (GNH) since 1970s - translated into successive Five Year Plans (FYPs).

The 4 Pillars of GNH

Sustainable & Equitable
Socio-Economic Development

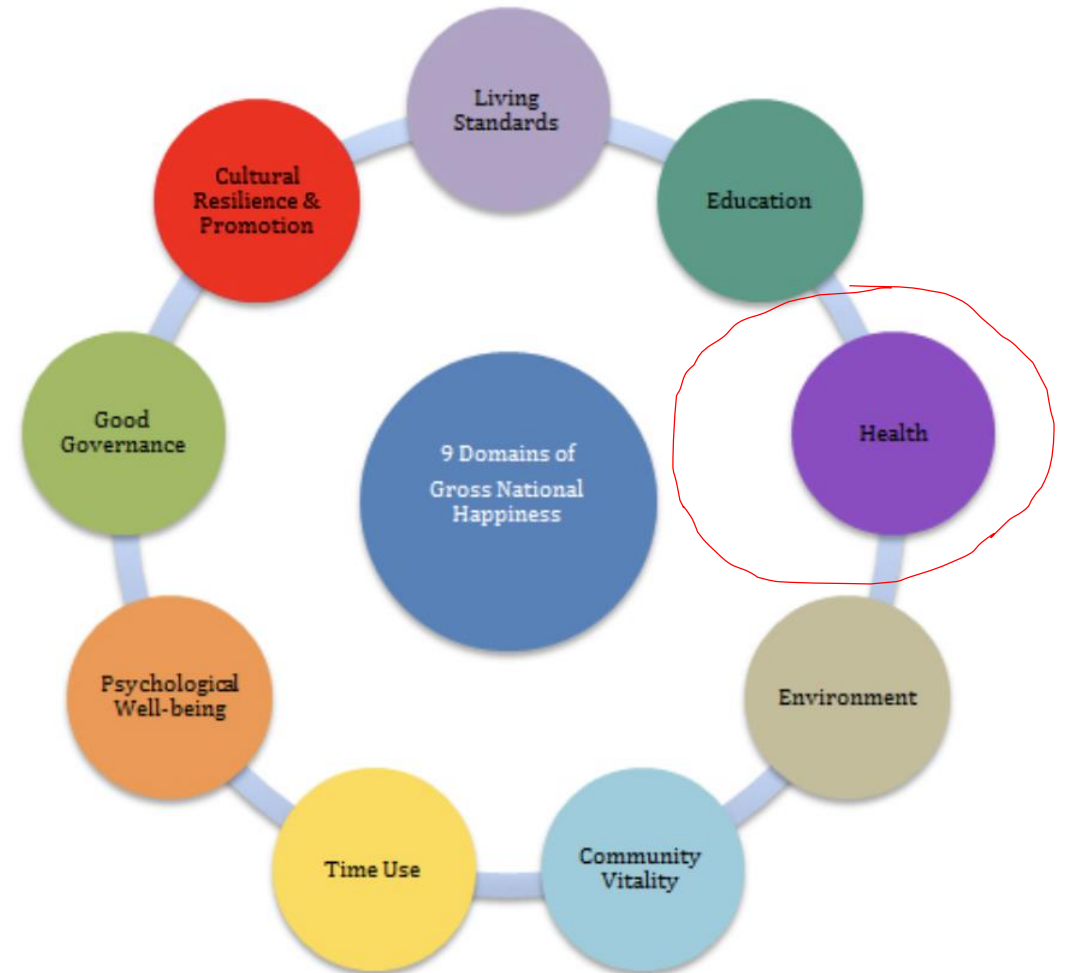


Environmental
Conservation

Preservation & Promotion
Of Culture

Good
Governance

The 9 Domains of GNH



1. Enabling Environment/ Political Support

- ✓ Guided by Gross National Happiness Development Philosophy since 1970s
- ✓ Signatory to International Declarations including Alma-Ata, Safe Motherhood, ICPD
- ✓ 1995: Royal Decrees on Population Planning following ICPD 1994 recommendations
- ✓ Champion: Her Majesty the Queen Mother as the Goodwill Ambassador of UNFPA – reaching sexual and reproductive health messages to the remotest corner of the country

Queen Mother begins high-level advocacy programme in Thimphu

Sonam Pem, Thimphu
Dec 24, 2017



Her Majesty The Queen Mother Sangay Choden Wangchuck met with Royal Body Guard and Royal Bhutan Police personnel along with their families in Thimphu as part of the high-level advocacy on priority health and social issues.

Her Majesty is the United Nations Population Fund or UNFPA's goodwill ambassador. The first day of the advocacy programme began today.

Addressing the people, Her Majesty expressed concerns over the increasing cases of HIV/AIDS, suicide, and communicable and non-communicable diseases in the country.

[Home](#) / [News](#) / High level advocacy on public health and social Issues concludes



High level advocacy on public health and social Issues concludes

🕒 December 29, 2017 📁 News 💬 Leave a comment 👁 1,674 Views

Concluding the high level advocacy on priority public health and social issues in 20 dzongkhags, Her Majesty the Gyalum Sangay Choden Wangchuck yesterday met the employees of drayang and representatives from Bhutan Film Association.

1. Enabling Environment/ Political Support

- ✓ Guided by Gross National Happiness Development Philosophy since 1970s
- ✓ Signatory to International Declarations including Alma Ata, Safe Motherhood, ICPD
- ✓ 1995: Royal Decrees on Population Planning following ICPD 1994 recommendations
- ✓ Champion: Her Majesty the Queen Mother as the Goodwill Ambassador of UNFPA – reaching sexual and reproductive health messages to the remotest corner of the country
- ✓ 2005: 100% Institutional Delivery Policy
- ✓ 2008: Constitutional mandate to provide free health care

2. Service Delivery and Monitoring

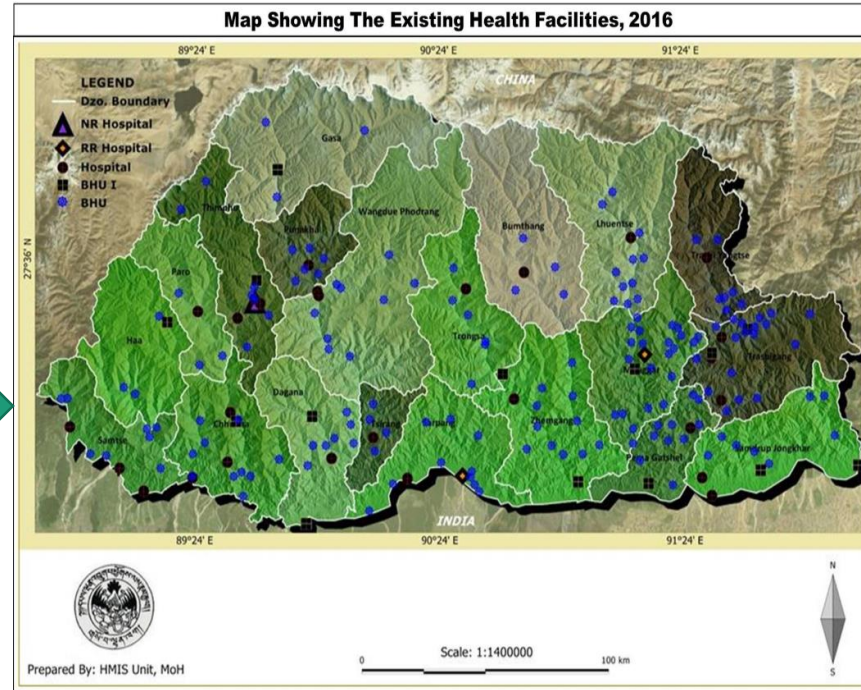
- Enhancing access to to health care services

Health facilities in 1960s



Only 2 Hospitals & 11 Dispensaries

Health facilities in 2019



Facilities	Nos
Hospitals	25
BHU - I	25
BHU - II	185
Sub-Post	49
Out-reach clinics	553

Emergency Obstetric & Neonatal Care Services



EmOC facilities 2000



EmONC Facilities 2019

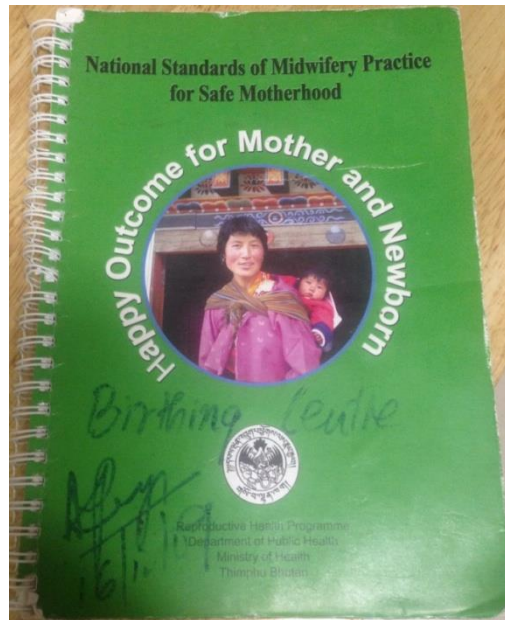
2. Service Delivery and Monitoring

- Enhancing access to to health care services

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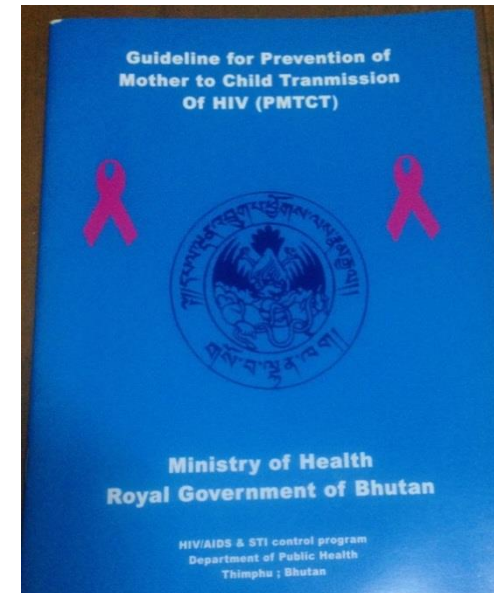
- Enhancing access to health care services
- Institution of Maternal and Neonatal Death Investigation (MNDI) System (2000)
 - ***National Maternal and Neonatal Investigation Committee***
 - ***District Maternal and Neonatal Investigation Committee***
- Improving quality of care

Revision of Standards and Guidelines



3rd Edition

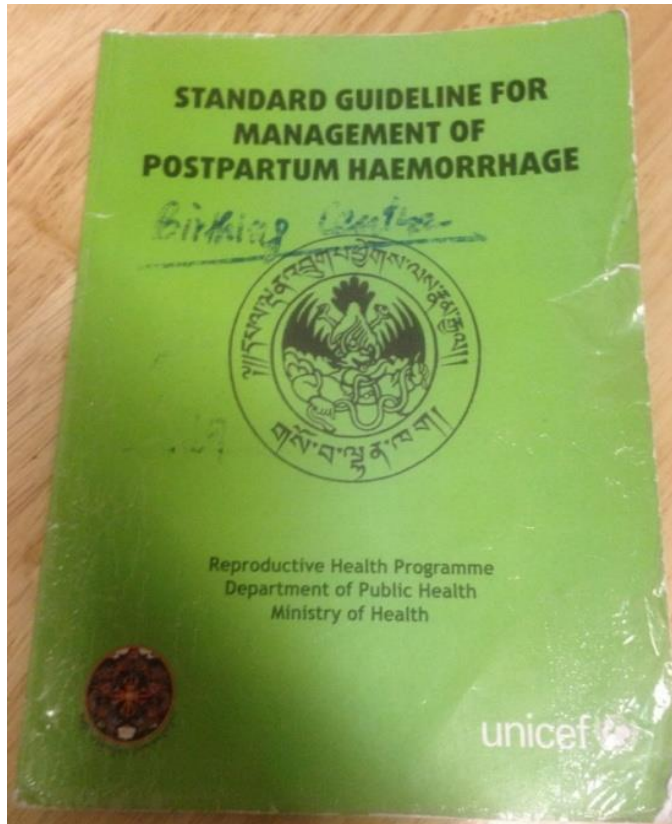
ANC Visits increased to **Minimum 8 visits**



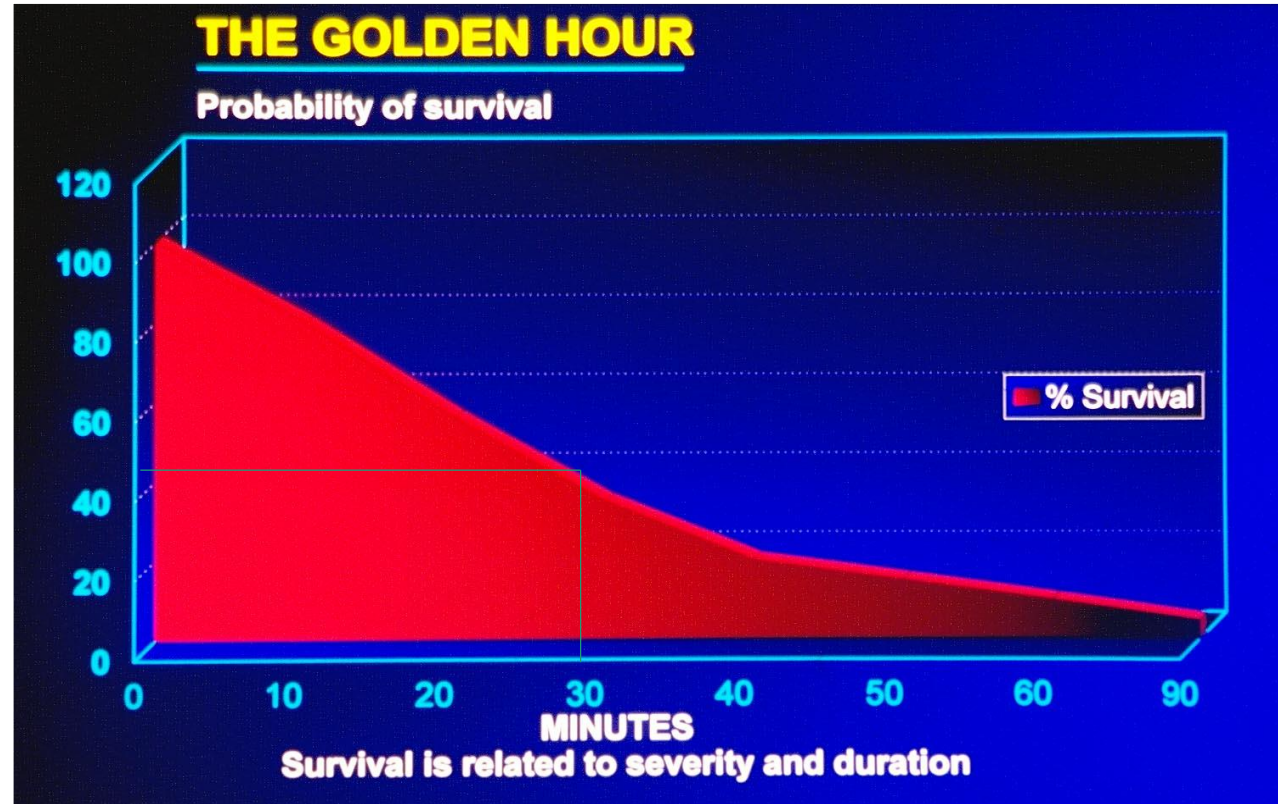
2nd Edition

PNC Visits increased to **3 visits**

Managing of **Postpartum Hemorrhage (PPH)** – the leading cause of maternal death

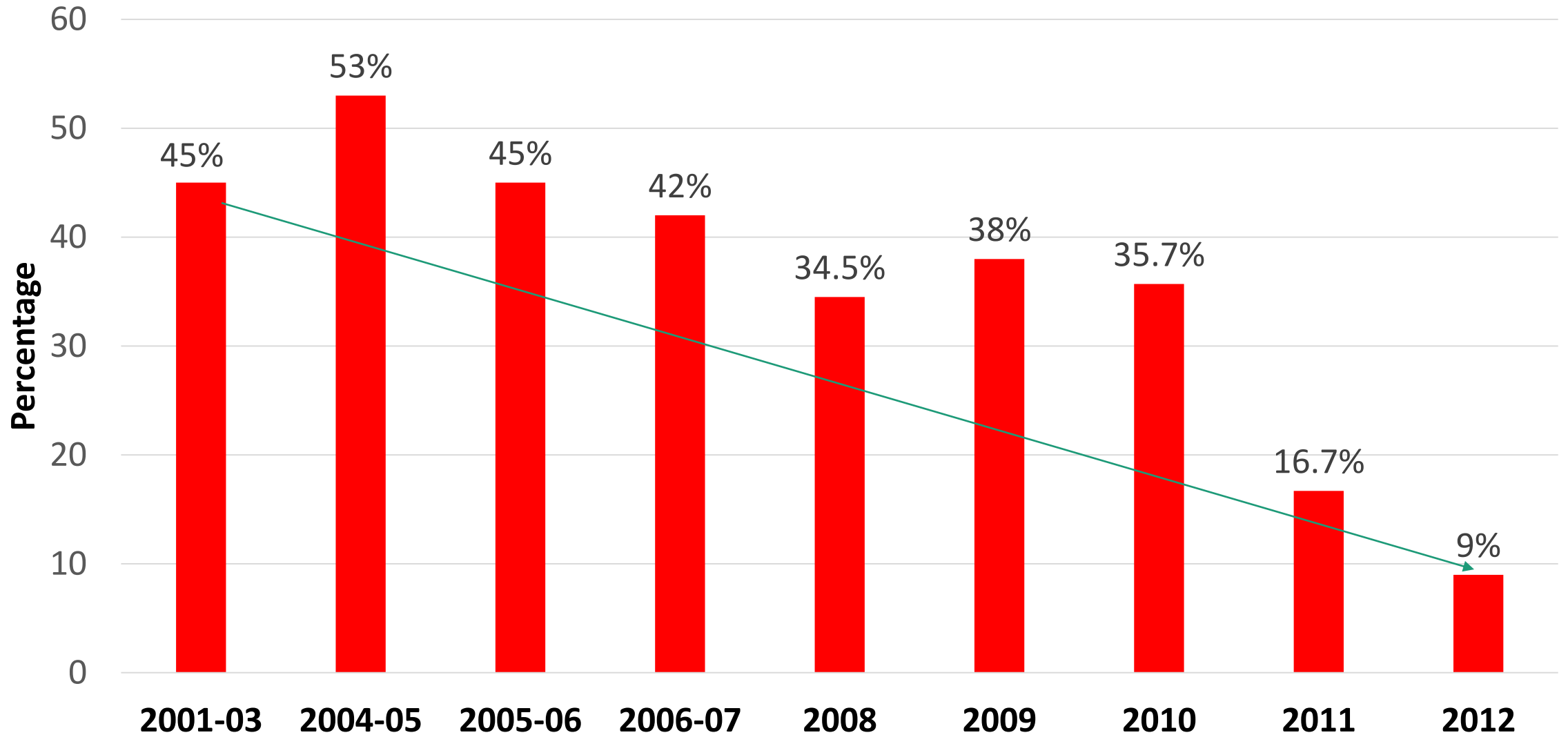


1st Edition 2010



The Number One Killer: **PPH**

PPH as a percentage of Cause of Maternal Death



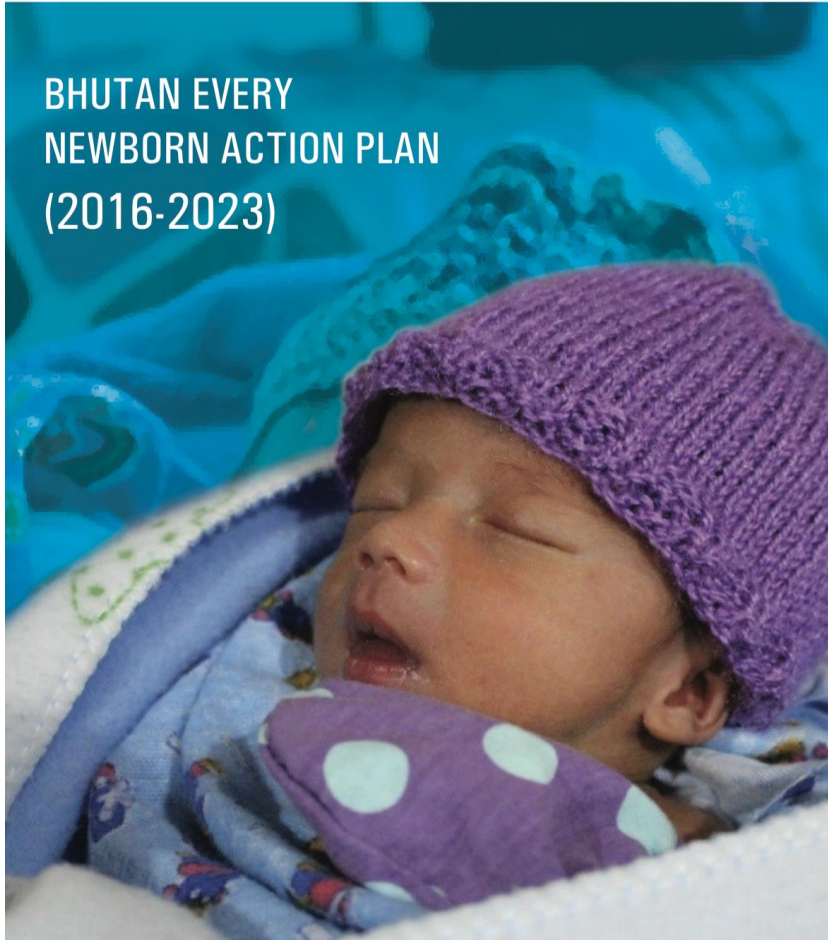
2. Service Delivery and Monitoring

- Enhancing access to health care services
- Institution of Maternal and Neonatal Death Investigation (MNDI) System
 - ***National Maternal and Neonatal Investigation Committee***
 - ***District Maternal and Neonatal Investigation Committee***
- Improving quality of care
- Current RMNCH Plans and Strategies geared towards SDGs

RMHCH Plans and Strategies



BHUTAN EVERY
NEWBORN ACTION PLAN
(2016-2023)



National Reproductive Health Strategy of Bhutan (2018–2023)

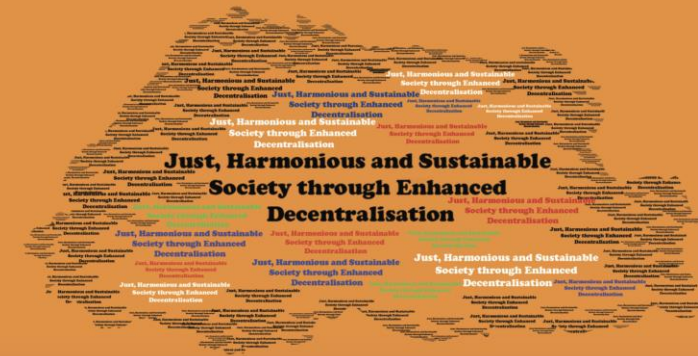


Reproductive, Maternal and Newborn Health
Programme
Department of Public Health
Ministry of Health
Royal Government of Bhutan
June, 2018

*A strategy for achieving universal access to sexual and reproductive health
services and rights*



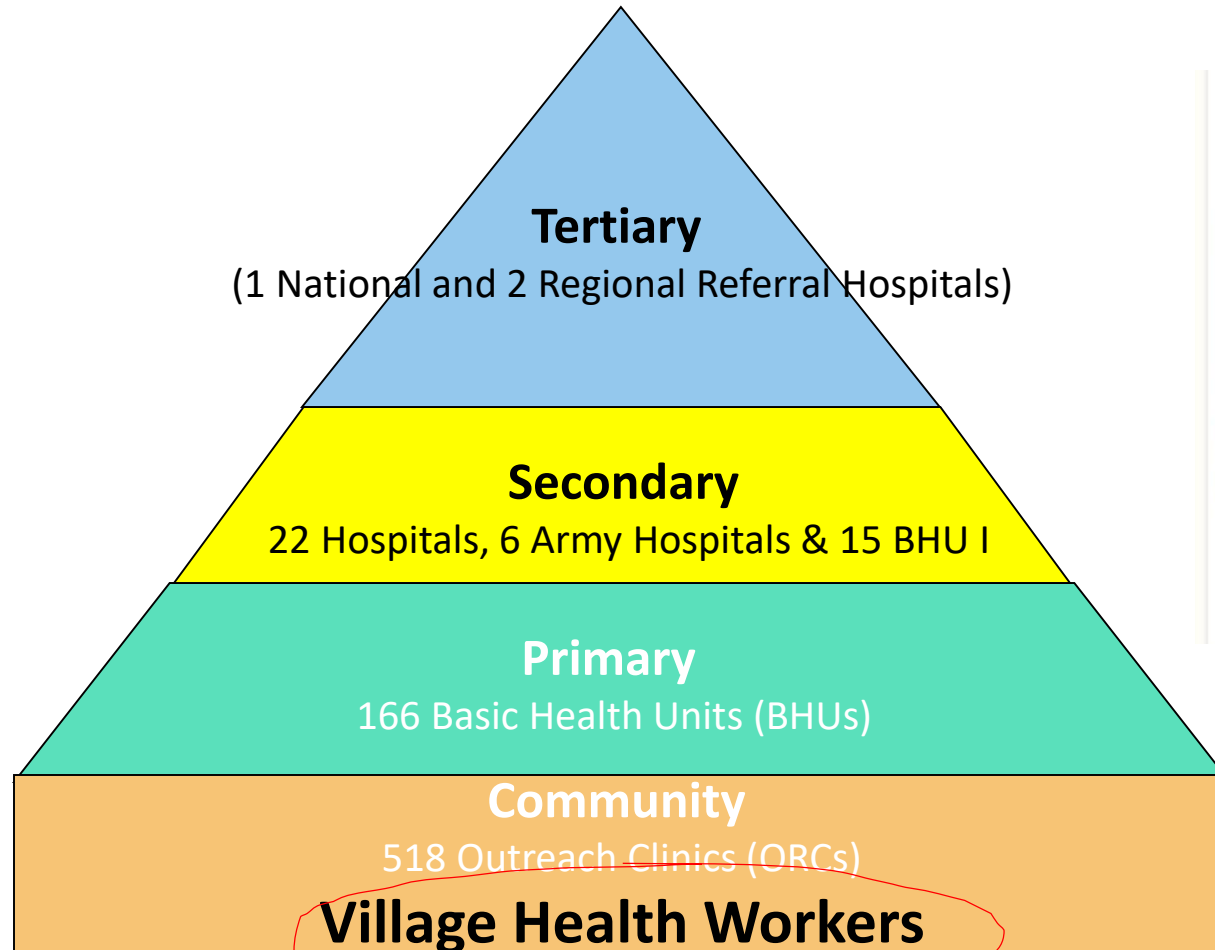
TWELFTH FIVE YEAR PLAN 2018-2023



3. Community Engagement

- Village Health Workers (VHWs) – the link between health system and community

Health Care Delivery System



Village Health Worker (VHW) Refresher Training Program was conducted at Ugentse



07 June 2019

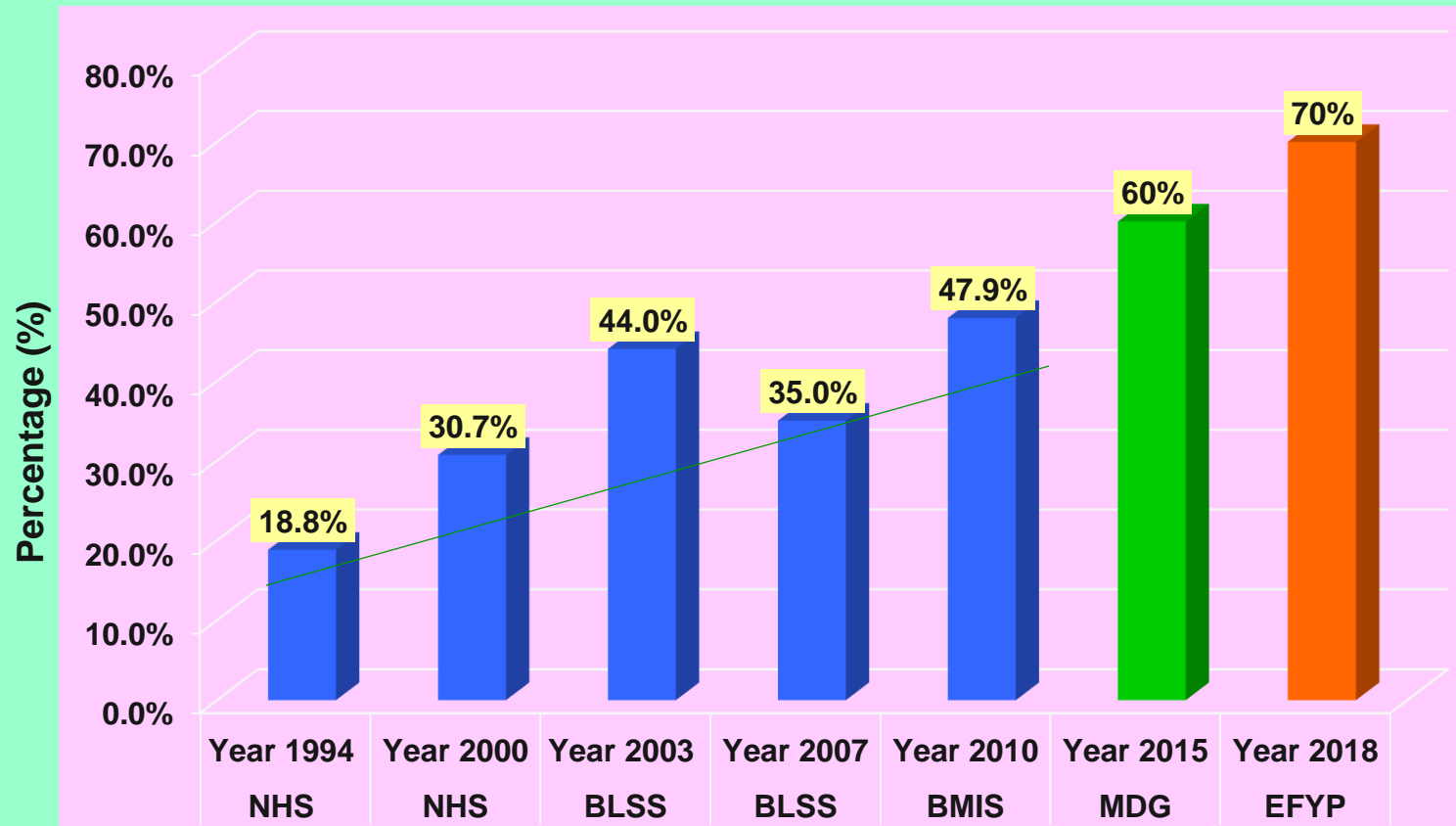
Village Health Worker (VHW) Refresher Training Program was conducted at Ugentse GT Hall from 3rd June 2019 till 5th June 2019 where 65 VHW'S attended from 15 geogs. 4 ToT's conducted the session. Objective was to review health impact in the communities. Refresh and motivate VHW's for better performance. From 15 geogs 106 VHW's are recorded whereby 90 are functional. Dzongkhag is planning to have 1 VHW in required chiwoe. Dzongkhag plans to train 45 new VHW's in next fiscal year. VHW plays a vital role for better community health by educating.

3. Community Engagement

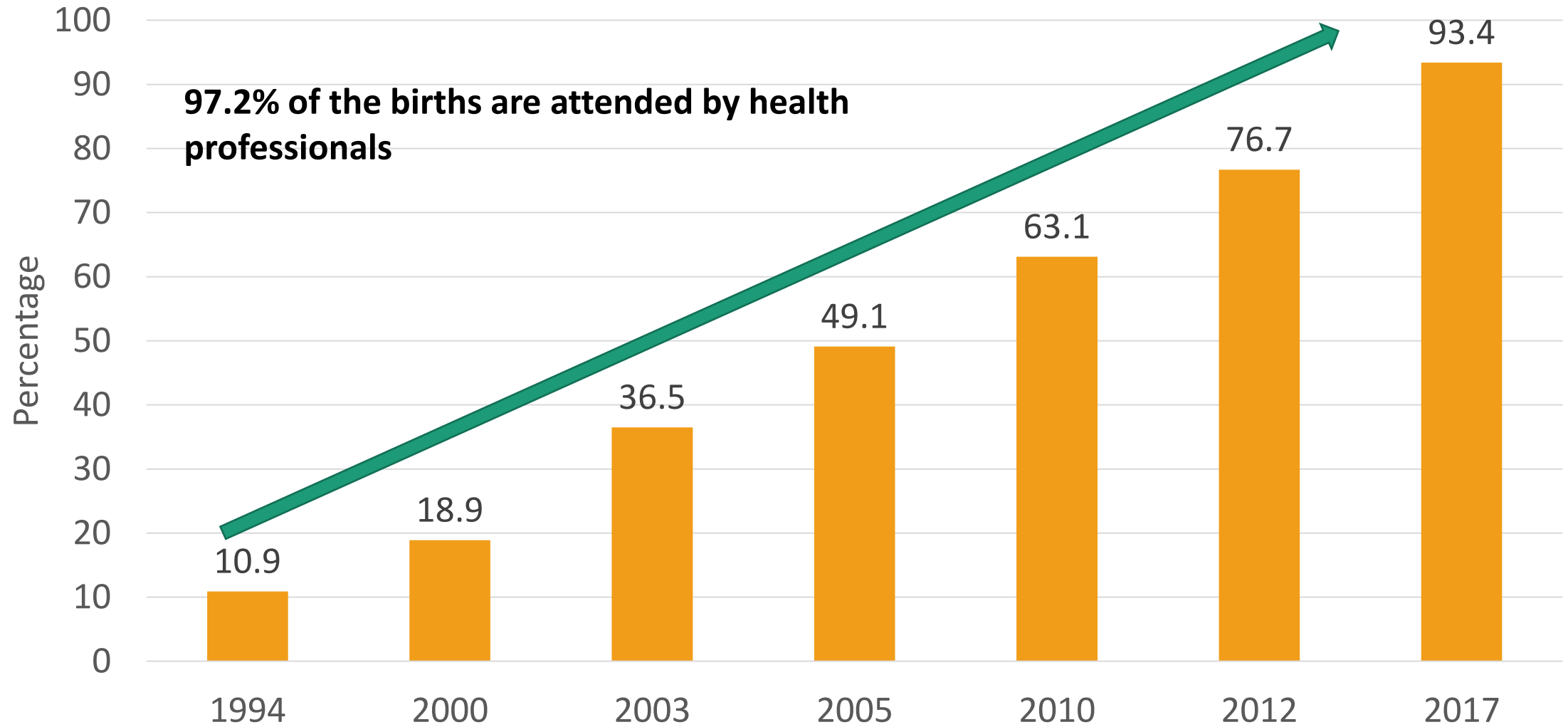
- Village Health Workers (VHWs) – the link between health system and community
- Community Action Groups (CAGs) – community social network for health
- Multi-sectoral Taskforce (MSTF) in every districts for advocacy on HIV/AIDs prevention and other public health matters
- High level health promotion in the community

Maternal and Child Health: Outcomes and Impacts

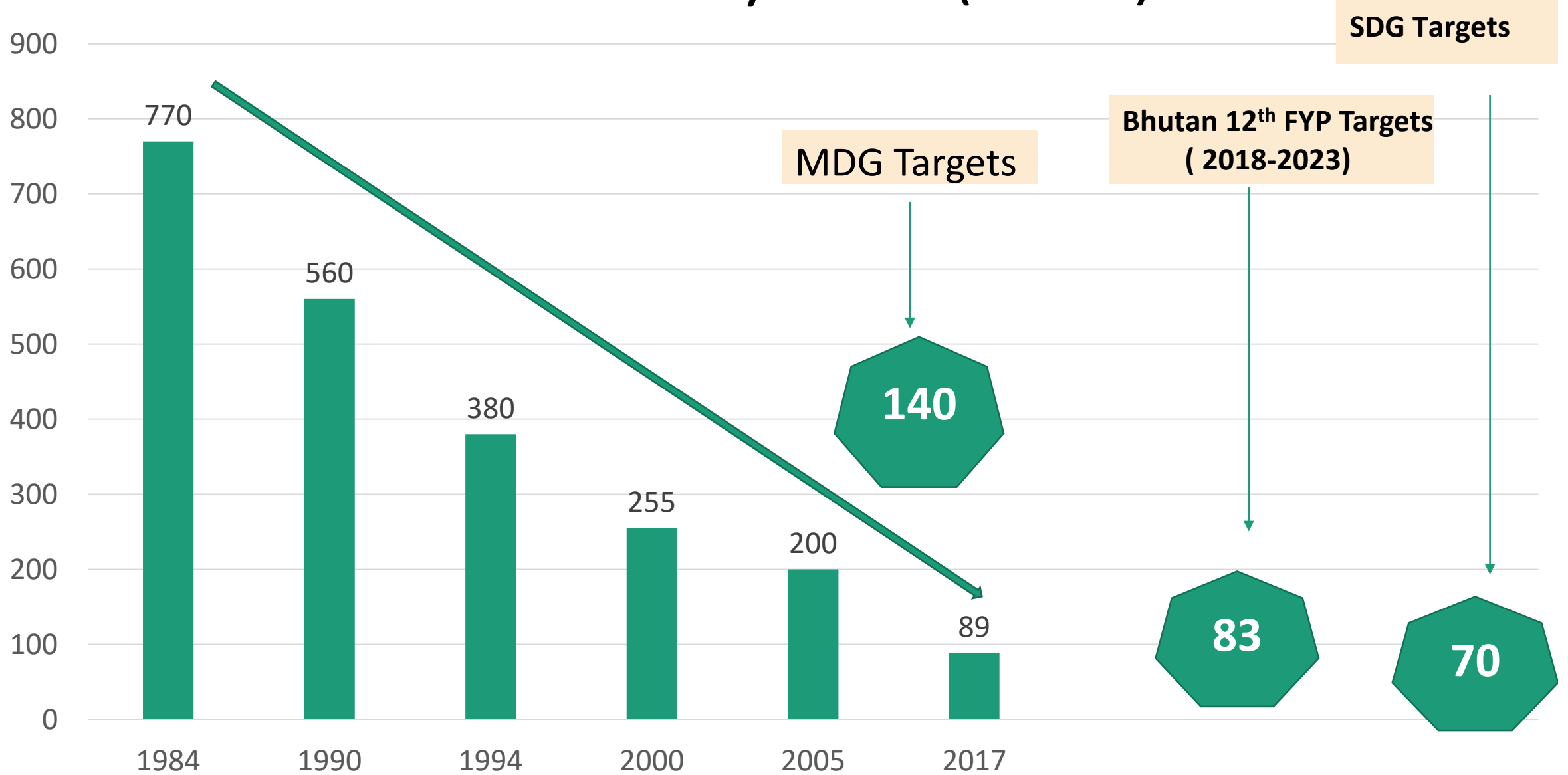
Family Planning : CPR in Bhutan



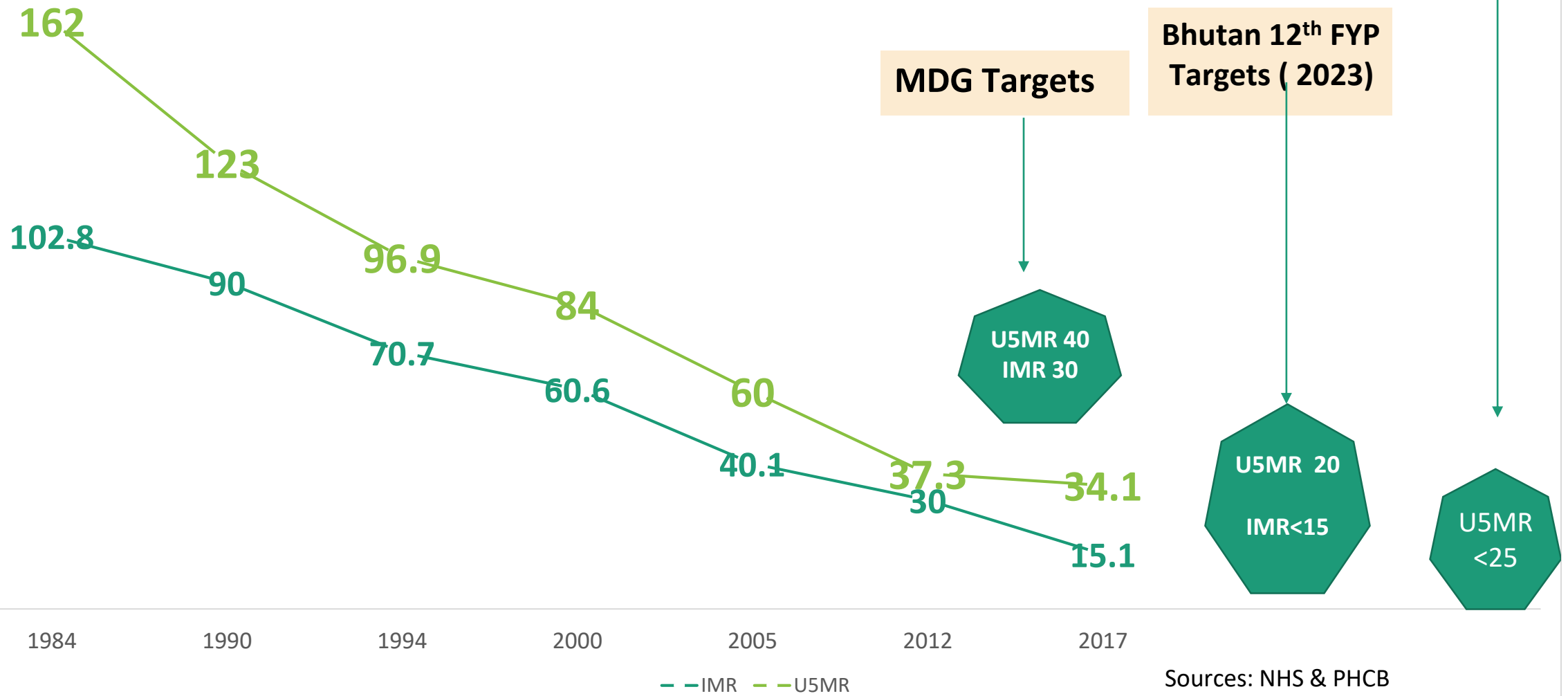
Institutional Delivery in Bhutan



Maternal Mortality Ratio (MMR) Trend



CHILD MORTALITY



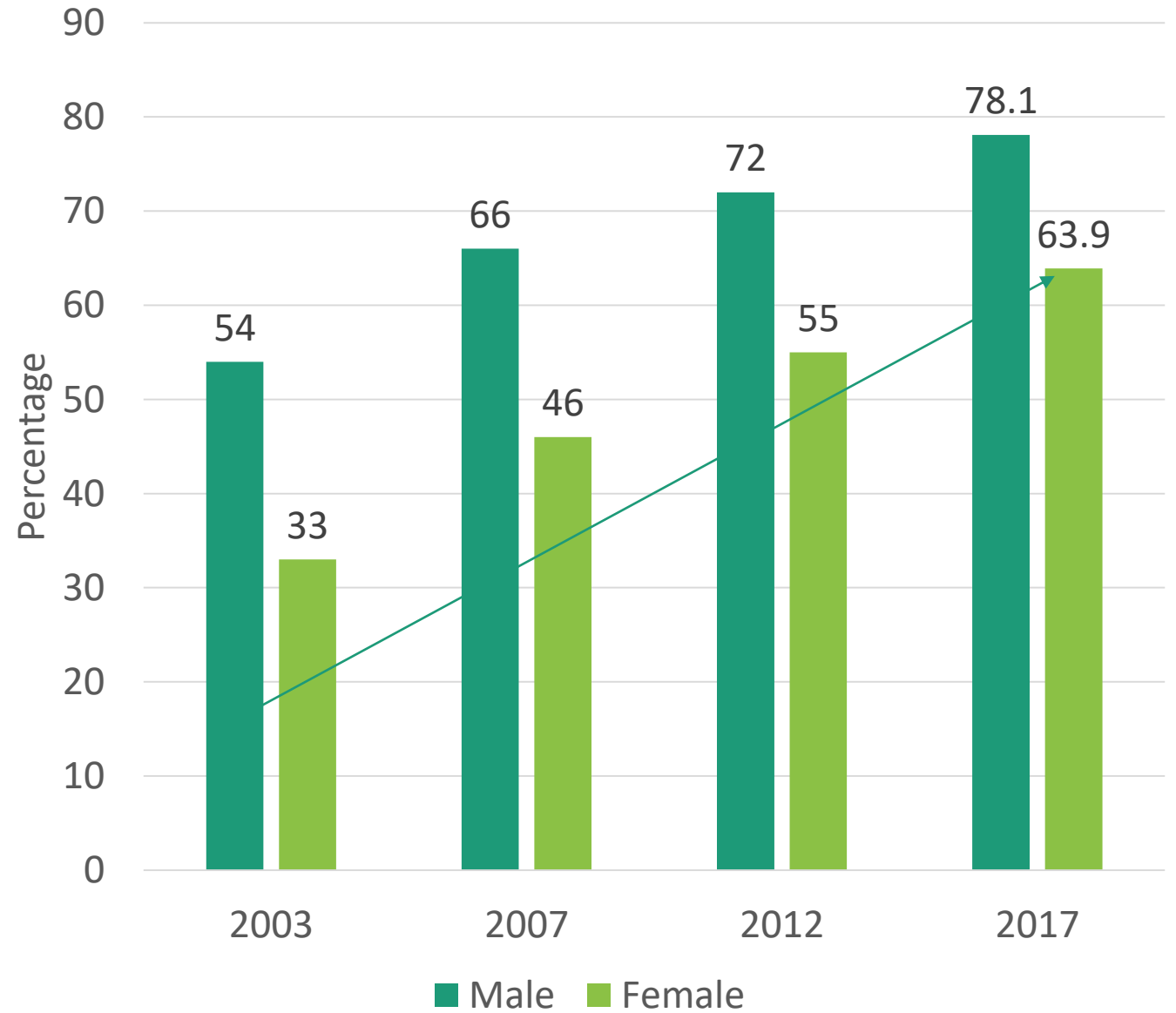
Other Developments

Socio-economic changes influencing
health outcomes

FEMALE EDUCATION



Literacy Rate in Bhutan



Non-Formal Education



NFE Class at Pumla: Phajoding 2014

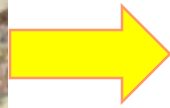
Non Formal Education(NFE) providing basic literacy and functional skills in rural areas.
Year 2013.....

9,628 learners in 855 centers with 875 instructors

Road Network

Before 1960

Now



Flight Network



Home / News / Namdu Dorji, the helicopter baby



Namdu Dorji, the helicopter baby

October 29, 2018 News Leave a comment 6,353 Views

The parents of the baby boy who was born in a helicopter last week said they were prepared for him to be born preterm but had never imagined that their third son would be born in mid air.

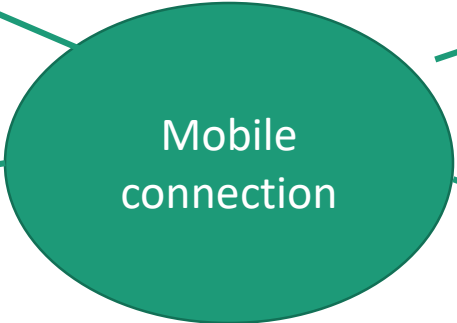
Sangay Rigzin who owns a parlour in Panbang, Zhemgang had many customers on October 21. The people were preparing for Panbang Tshechu. Her husband, Kinlay Dorji, said that later that night, his wife complained of cramps. "I started to get worried."

The couple was expecting their third child. Kinlay Dorji, a freelance eco-guide, said their first two sons were born preterm. "In all the three pregnancies, my wife got jaundice six months after she conceived."

He wanted their third child to be born at nine months and so he did most of the household chores.

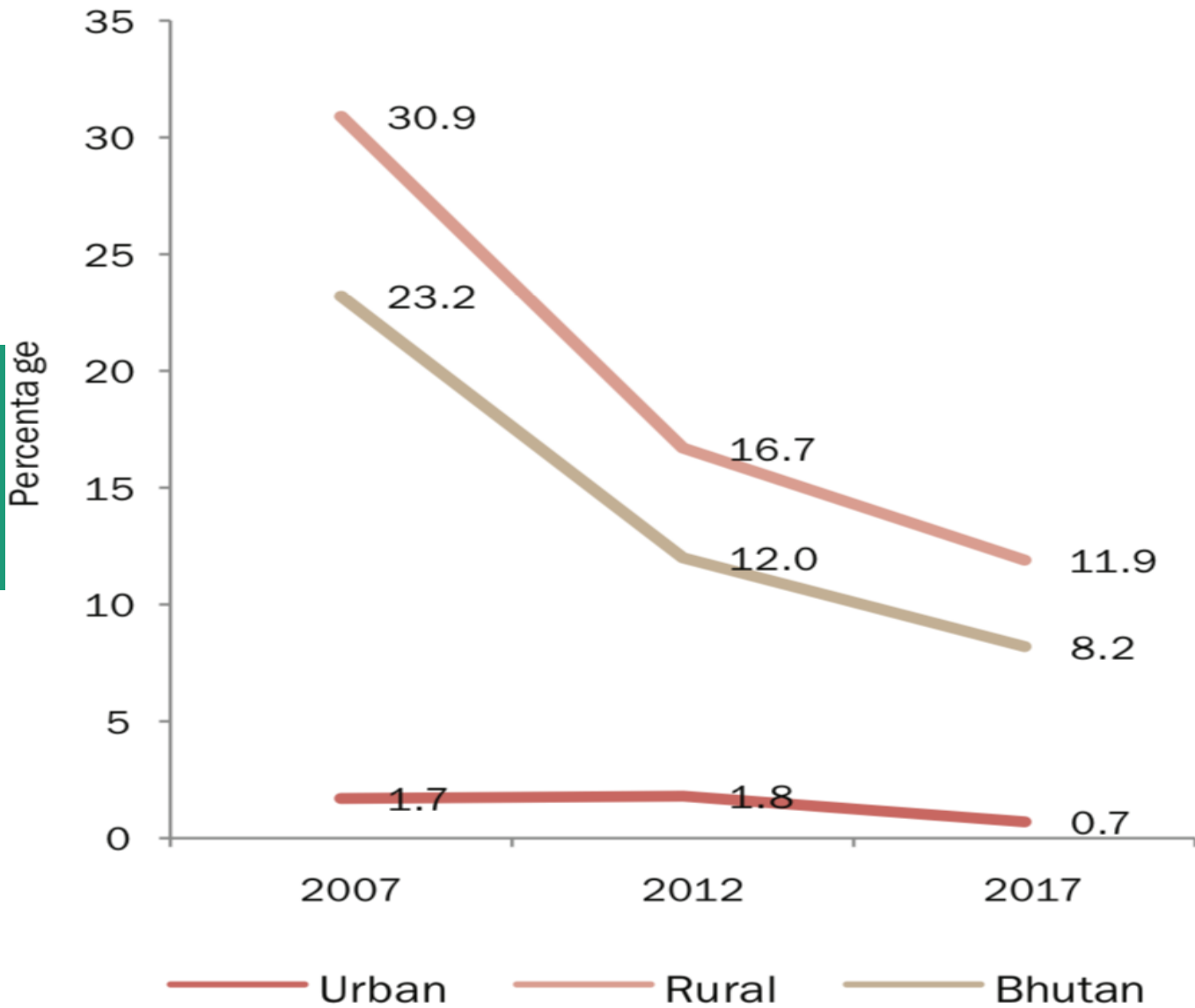


Keeping Bhutan Connected!



COMMUNICATION

Declining Poverty



Challenges and Data Gaps

- Inequity in access to quality MCH services
- Epidemiological and demographic transitions (rise of NCDs, emerging diseases and ageing)
- Health Finance Sustainability
- Data Gaps
 - Routine data collection on teenage pregnancy (ASRH), nutritional status in women and child
 - Pre-term birth causes of death – reducing neonatal death
 - Burden of infertility not known - Bhutan's TFR 1.7 (2017)

Way forward

- Tracking of Every Mother and Child – 1000 Golden Days and beyond
- Strengthen routine data collection on ASRH and nutritional status information
- Continue to integrate population health including MCH into other development agenda
- Continue to engage community for demand generation
- Use of technology – DHIS2, ePIS



Thank You