

Summary report;

**REGIONAL TRAINING OF TRAINERS COURSE ON:
CARING FOR THE NEWBORN AT HOME**

Islamabad, Pakistan

17 - 21 October 2016



**World Health
Organization**

Regional Office for the Eastern Mediterranean

Introduction:

More than 450,000 newborns died in the Eastern Mediterranean Region in 2015 before completing 4 weeks of life, contributing to more than a half of the total under-five deaths in the Region. Given the high proportion of home deliveries and low coverage of postnatal care in high burden countries along with the inequitable access to health facilities, improving home care for newborn is proved to be an essential intervention to accelerate the reduction rate of neonatal mortality. Therefore, to address the burden of neonatal deaths in the Region, a multi-level approach is required across all levels of care (community, PHC and referral levels). Moreover, evidence suggests that families are the front line of care for their children and newborns and they need to be equipped with necessary knowledge and skills to care for their young babies, particularly in difficult and hard to reach areas.

WHO has taken the lead along with UNICEF to develop a training package to be implemented at community level to improve neonatal and child health; caring for the healthy and sick child in the community and caring for the newborn at home. The former was adopted earlier by the Region and implementation started in some countries (e.g. Egypt, Yemen and Sudan) while the latter is a relatively new package that needed to be introduced to the Region. This training represented the first step in this direction.

During the “WHO/UNFPA/UNICEF joint inter-country meeting of the national managers of maternal and child health: towards accelerating the reduction of neonatal mortality in the Region” held in Amman in April 2016 and in line with Every Newborn Action Plan, newborn care at home was highlighted as a key intervention to be scaled up in our Region.

This introductory training of trainers was a good opportunity to create a regional pool of facilitators to support scale-up of implementation at country level. In addition, the training provided an excellent platform to test and adapt the training material to the local context in EMR countries

Objectives:

- To train a pool of trainers (TOT) on all components of newborn home care
- To review and adapt the training material on care for the newborn home to the Regional context

Participants:

The training targeted the priority Member States with the highest neonatal mortality rates in the Region. It was attended by 24 participants from 8 Member States (Afghanistan, Djibouti, Iraq, Morocco, Pakistan, Somalia, Sudan and Yemen). Participants were Doctors/Midwives/Nurses and relevant staff experienced in newborn care, with:

- Previous experience as facilitators in child and newborn health programmes, preferable at community level; and

- Demonstrated commitment to work with MOH and WHO to scale up the training at country level

Facilitators:

The training of trainers course was facilitated by 3 senior international facilitators supported by EMRO and Pakistan WCO staff.

Contents and training methods:

WHO/UNICEF Standard package for Caring for The Newborn at Home was used. Package is accessible at;

http://www.who.int/maternal_child_adolescent/documents/caring-for-the-newborn-at-home/en/

The duration of the training was 5 days to cover the major contents below

1. Opening session:

- **Dr Jamela Alraiby**, Regional Advisor for Child and Adolescent Health introduced the training by presenting the status of newborn health in the Region. Thereafter, she conveyed the purpose of the training along with the specific objectives. Dr Jamela emphasized the role of home care in reducing neonatal morbidity and mortality.
- In his welcome remarks, **Dr. Safi Malik**, Director Programs, Ministry of National Health Services Regulation and Coordination (M/NHSR&C) thanked WHO for offering Pakistan such opportunity to host this important event and renewed the commitment of the ministry towards newborns and children health
- **Dr Kennedy Ongwae**, Chief of Health in UNICEF Pakistan affirmed the significant role of UNICEF in collaboration with partners to scale up maternal, newborn and child health interventions
- The opening session then concluded by a short briefing on the training methodology and division of participant's groups presented by **Dr Emmalita Mañalac**, the lead facilitator of the training.

2. Home care during pregnancy:

- Promote antenatal care
- Prepare for birth in the health facility
- Home care for the pregnant woman
- Advise on immediate newborn care

3. Postnatal care:

- Assess mother and baby for danger signs
- Care for the normal baby
- Care for the small baby
- Care for the mother

- Follow up visits for babies referred to health facilities

4. Country debriefing and way forward

- Throughout the duration of the course, participants were actively identifying areas for adaptations to their local context. Towards the end of the training course, participants gathered in their country groups to discuss the adaptation areas and agree on the next steps

Training Methods:

Various tools and methods were used during the training, including:

- Class sessions
- Exercises
- Video sessions
- Role plays
- Health facility visits; and
- Home visits

Recommendations and action points:

- Country participants will brief senior management and decision makers on the outcome of the training and the proposed next steps
- Country participants in coordination with MOH programme managers will organize orientation sessions targeting all stakeholders in the area of newborn health
- WHO HQ will share the word files of the training package to facilitate country adaptations
- WHO EMRO will contact WHO AFRO to avail the French version of the training materials for Djibouti and Morocco
- WHO and UNICEF to provide the needed support throughout the process of introduction, adaptation and scale up.

Next steps at country level:

The following steps have been commonly identified by Member States to facilitate introduction and scale up of “Caring for the Newborn at Home”

1. Develop/activate national adaptation taskforce that include experts and stakeholders
2. Review and adapt the training contents to the local context including information, role plays, pictures and videos.

3. Translation of relevant materials to local languages
4. Advocate for the training package with decision makers, donor agencies and technical partners
5. Incorporate into existing platforms for maternal, newborn and child health such as IMNCI and other relevant programmes
6. Make use of the existing elements of the health system to facilitate capacity building, monitoring, supervision and supply issues
7. Incorporate into pre-service curricula for relevant cadre
8. Establish a core team of national facilitators to support the training at national and sub-national levels
9. WHO and UNICEF at country level will take the lead in supporting country activities in coordination with international and national NGOs as well as other partners
10. Member States will submit an initial draft of a time-bound brief action plan by **4 November 2016**

Acknowledgments:

Organizing this training was a joint task between WHO EMRO and Pakistan WCO. We are grateful to the entire team from Pakistan WCO for their outstanding support to facilitate each and every step in order to make this training a successful and productive experience. Our thanks also go to our esteemed facilitators who magnificently facilitated the training and shared their with EMRO participants.

We are also thankful to the National Ministry of Health Services Regulation and Coordination in Pakistan for their continuous support throughout the training preparations and execution.

Above all, we have to express our appreciation to all participants for their active participation, extraordinary commitment and great enthusiasm shown during the training.