



European Commission



Humanitarian Aid



## Delivering Reproductive Health (RH) Services through Outreach Medical Clinics to Remote, Vulnerable, and Conflict Affected Populations of Nepal

### Project Description

In rural Nepal, lack of medical equipment, medicines, and trained staff, the absence of health service providers and insufficient support for locally based health service providers has exacerbated Reproductive Health (RH), Uterine Prolapse (UP) and HIV/AIDS problems. Health care providers have inadequate capacities to deliver essential RH services, including treatment of uterus prolapse, which leads to limited service availability for local communities. In addition, women and girls lack awareness on availability of health services, their RH status and rights, and how to access the available health services at the local level.

Uterine Prolapse (UP) is a major health problem among the women in Nepal. The needs assessment identified that 70% women of reproductive age in Achham and Kalikot district have UP and 30% require surgical intervention. In response, the project will concentrate on UP surgery and treatment, as well as increasing awareness on UP treatment and prevention among service providers and community leaders. In addition to the high incidence of UP, use of family planning methods is very low in these districts. The contraceptive prevalence rate (CPR) is only 12% in Achham and 24% in Kalikot, in comparison to the national average of more than 44%. Moreover, research shows that a large number of people in the proposed districts are at a high risk of HIV/AIDS infection, largely due to the high number of migrant laborers. Poor referral mechanisms and remoteness are contributing factors that reinforce the vulnerability of women and girls in Far and Mid-Western Nepal.

Adventist Development and Relief Agency (ADRA) believes that helping the vulnerable population remains an urgent moral imperative, that there are insufficient means in Nepal to achieve this objective effectively and quickly, and that the vital needs of these people must still be met through humanitarian assistance.

### Project Goal

The overall goal of this project is to improve the access and delivery of reproductive health and basic public health services to communities affected by conflict and remoteness through mobile reproductive health camps and other support services.



#### District Coverage

Mid-Western Region- Kalikot district and Far-Western Region- Achham district of Nepal

#### Sector

Reproductive Health

#### Beneficiaries

21,200 women and men of reproductive age

#### Implementing Partners

Nepalgunj Medical College Teaching Hospital  
District Public Health Offices  
District Women's Development Offices

#### Donor

EUROPEAN COMMISSION  
HUMANITARIAN AID - ECHO  
through ADRA Germany

#### Project Period

July 2009 - June 2010

#### Budget

€ 413,855  
(US \$ 583,655)

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## Project Objectives

- 1) To increase utilization of reproductive health and basic public health services to communities affected by conflict and remoteness through mobile reproductive health camps and other support services
- 2) To increase access to Reproductive Health services including counselling to the communities most affected by conflict through Mobile Health Clinics
- 3) To strengthen district and local health care providers' capacities through on-site training on RH service delivery
- 4) To increase awareness of clients on RH preventative/ general RH care, UP, and HIV/AIDS through dissemination of Information, Education and Communication (IEC)/Behavior Change Communication (BCC) materials.



## Sector of Interventions

### 1) Service Delivery

Mobile RH camps will reach approximately 21,200 persons in two districts.

### 2) Skills Development

105 health care providers will benefit from training on RH in Emergency Settings, UP, Family Planning (FP) and HIV/AIDS. In addition, 2,120 community leaders will be oriented on RH and HIV/AIDS.

### 3) Information, Education and Communication

Through the distribution of IEC/BCC materials and special event celebration days, 10,600 individuals will enhance their understanding of major health issues, develop responsible health practices, and seek improved quality health care services.

## Major Activities

- Provide general health examination and RH services.
- Provide general health examination and VCT counseling services.
- Deliver maternal, antenatal care, post-natal and neonatal care, and normal delivery services.
- Provide post abortion care and referral when necessary.
- Provide general gynecological management services.
- Conduct surgical correction of uterine prolapse (total 350).
- Provide IEC/BCC activities for camp participants on RH preventative care, UP, and HIV/AIDS.
- 20 episodes of FM radio aired on RH issues, UP management, HIV/AIDS, and camp details.
- Provide on-site coaching and training of 105 local health service providers.



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