



To pilot the “Guide to Community based Health Workers and Booklet for the Community to support Individuals’ Self Care on Safe-abortion, Post-abortion Care and Contraception

The study was an extension of the project of developing the Illustrated guide and Pictorial booklet on Safe abortion with the aim to pilot the two documents before adoption by member countries of South East Asia Region of WHO, It was conducted between 16.10.2023 to 31.12.2023 with the funding from WHO and had the following **specific objectives**:

- To translate the ‘Illustrated Guide for Community based Health Workers’ and the ‘Pictorial booklet for women in the community’ for promoting self-care on Safe abortion, Post-abortion care and Contraception into ‘Hindi’.
- To train Community based Health Workers on the contents and usage of the ‘Illustrated guide’ and ‘Pictorial booklet’.
- To pilot the ‘Illustrated guide’ and the ‘Pictorial booklet’ on self-care in the community and determine the change in knowledge levels of the participants.

The study area was conducted in two rural districts of the state of Haryana, north India with the following **methodology**:

- Both the documents were translated into the native language of the study area which was Hindi.
- After translation, 10 hard copies of the Illustrated Guide and 60 hard copies of the Pictorial Booklet were generated for piloting in the field.
- 10 Community based Health Workers were identified from the study area with the help of field staff at SWACH.
- A training programme was then organized in the premises of SWACH Foundation at Panchkula wherein information was provided on the contents and usage of the Illustrated guide and Pictorial booklet to the Community based Health Workers.
- For piloting the Illustrated guide and the Pictorial booklet in the community, trained Community based Health Workers conducted Counseling rounds with the women in the community. Counseling was held with the use of Illustrated guide as a tool. The pictorial handbooks were distributed to the participants at the end of the rounds. Each Community based Health worker conducted one round (3 sessions over a period of 3 days) of counseling so in total 10 rounds of counseling were held. Each round was held with 6 women (married, 20-35 years old, had atleast one child and able to read and write Hindi).
- Evaluation of change in knowledge levels of the participants was done through pre and post tests. Feedback was taken both from Community based health workers and women from community on the two documents.

Results of Pre and post tests showed the overall percentage gain in the knowledge level of the participants related to the issues of safe abortion, post abortion care and post-abortion contraception after attending the full round of counseling was 34.2%. Percentage gain in knowledge varied for different sessions ranging from 18.7% to 53.8%.

Session	Max. Score	Pre-test Mean Score	Post-test Mean Score	Difference in Mean scores	% Gain in Mean score



Overall	20	11.1	14.9	3.8	34.2
Session 1(Safe abortion)	7	3.7	5.2	1.5	40.5
Session 2 (Post abortion care)	6	2.6	4.0	1.4	53.8
Session 3 (Contraception)	7	4.8	5.7	0.9	18.7

Findings of the Focus Group Discussion with the Community based Health Workers revealed that the Illustrated Guide helped building their confidence about the subject of abortion and contraception. They could conduct the sessions very smoothly and effectively by using the Illustrated guide as a tool. Feedback of the community showed an impression that the tools like illustrated guide make a counseling session more interesting and easy understandable. They themselves felt an increase in their knowledge related to the subject which is usually not discussed openly by the communities. However, we feel that it is important to sustain the gain after initial sensitization. This can be achieved through ongoing in-service interactions between Community based health worker and the community.



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