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Key to Success: Integration of Preconception Care through Policy, Service Delivery and Community- level Interventions in Armenia

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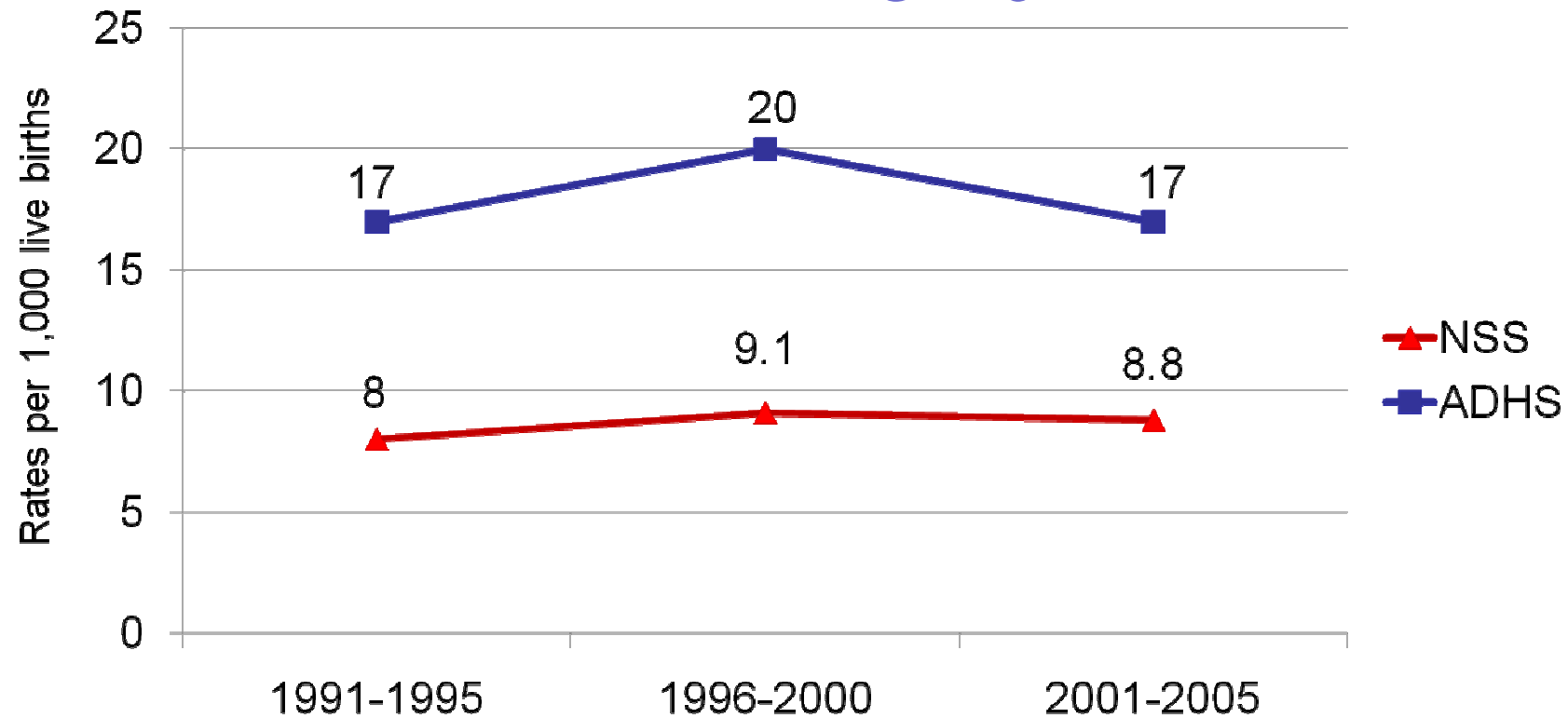
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Trends in Neonatal Mortality Rates in Armenia



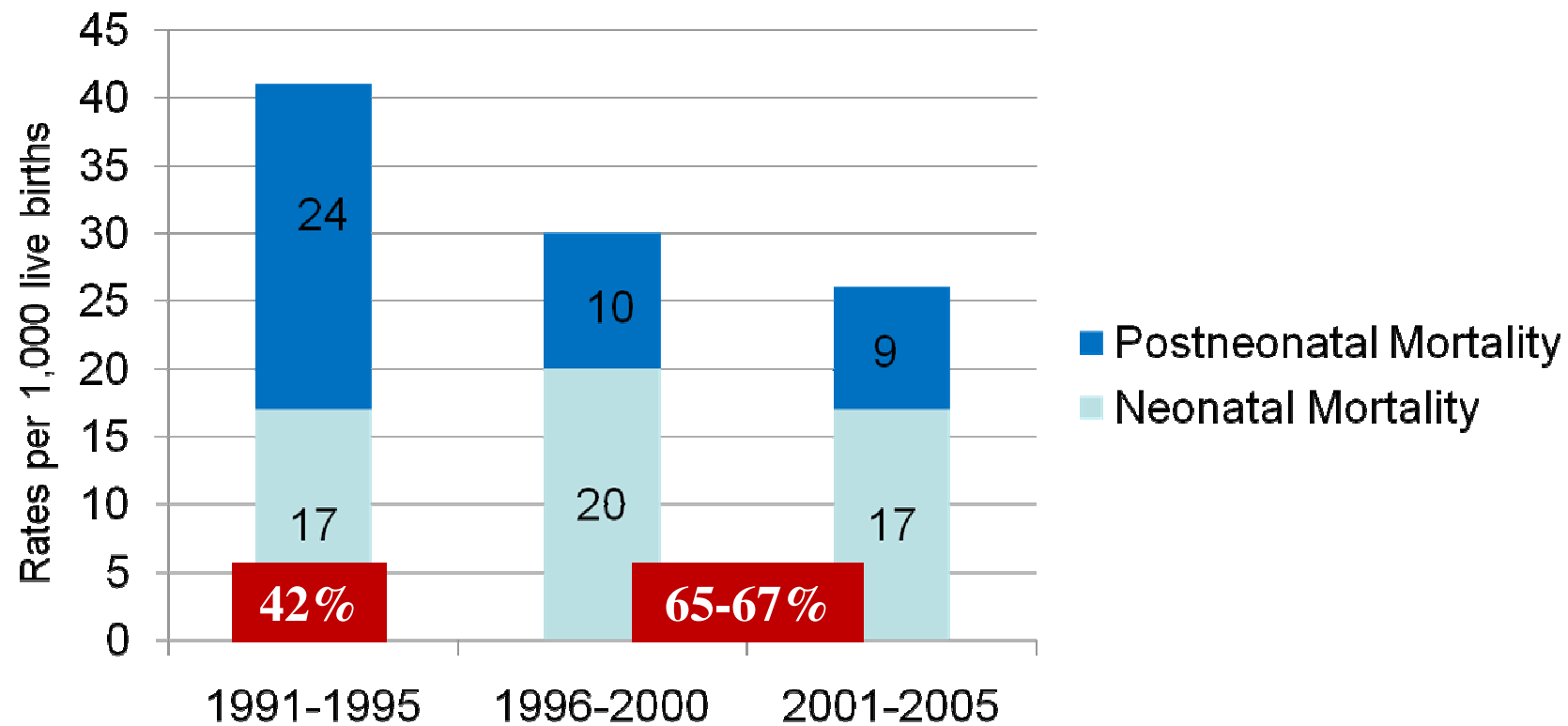
Source: Armenia DHS 2005



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Infant Mortality Rates in Armenia



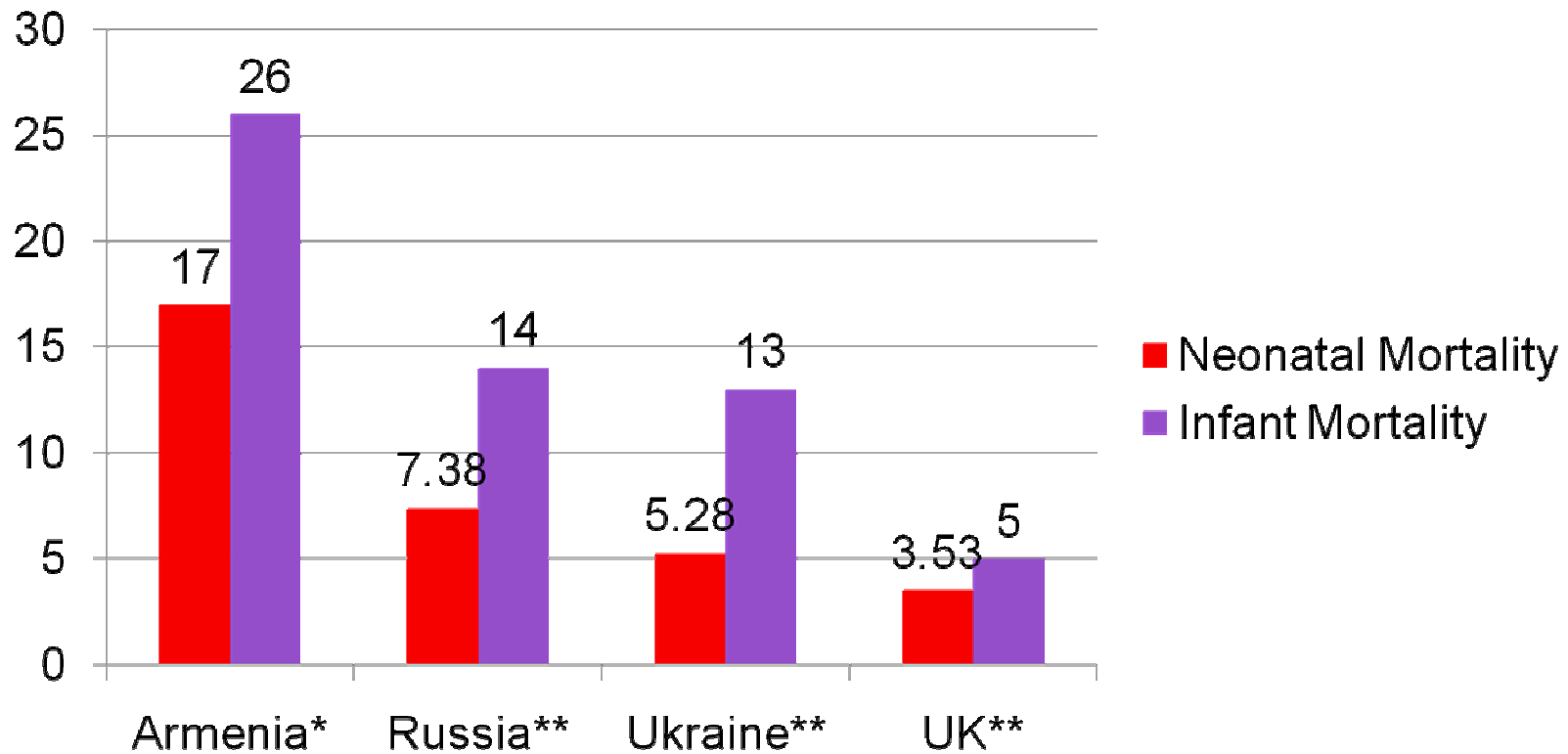
Source: Armenia DHS 2005



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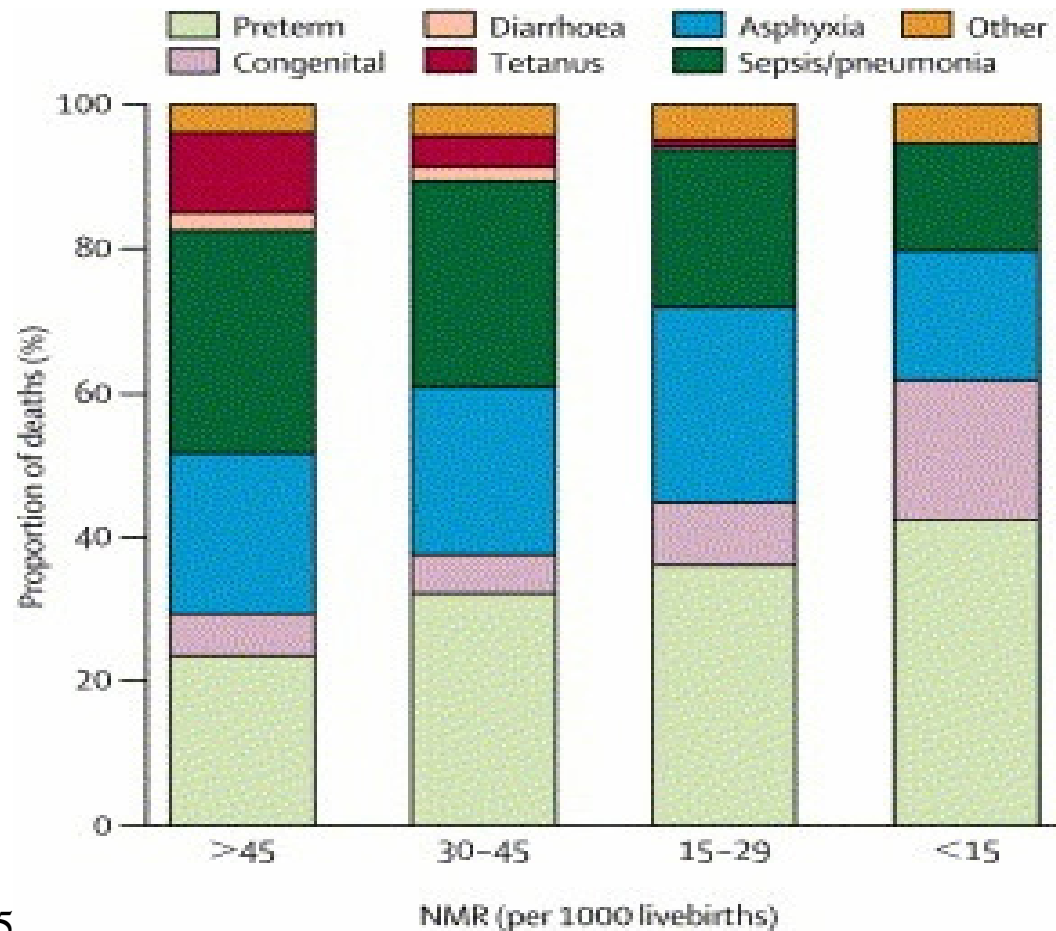
Infant Mortality Rates Comparison



Source: *Armenia DHS 2005
**WHO 2005; UNICEF 2005



Distribution of Causes of Neonatal Deaths According the Degree of Neonatal Mortality



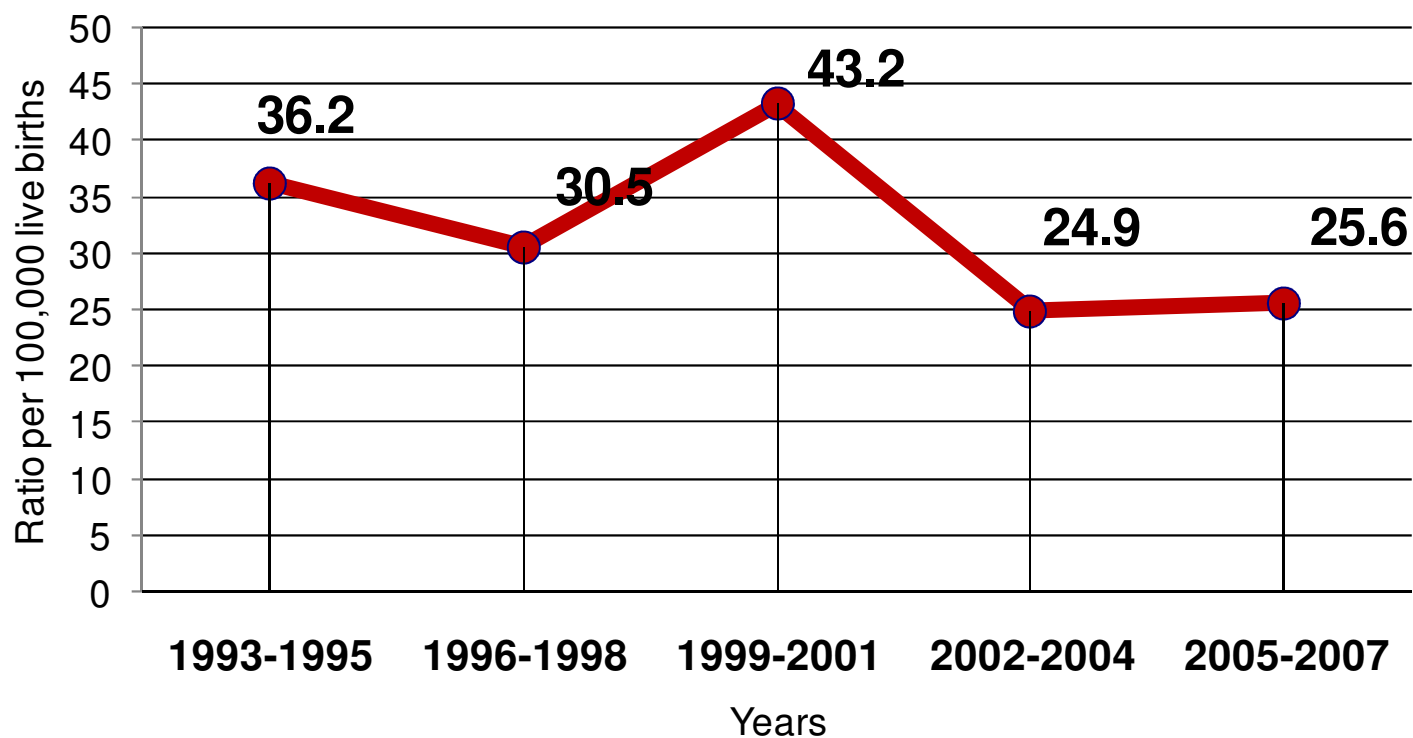
Source: Lancet, 2005



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Maternal Mortality Ratio in Armenia



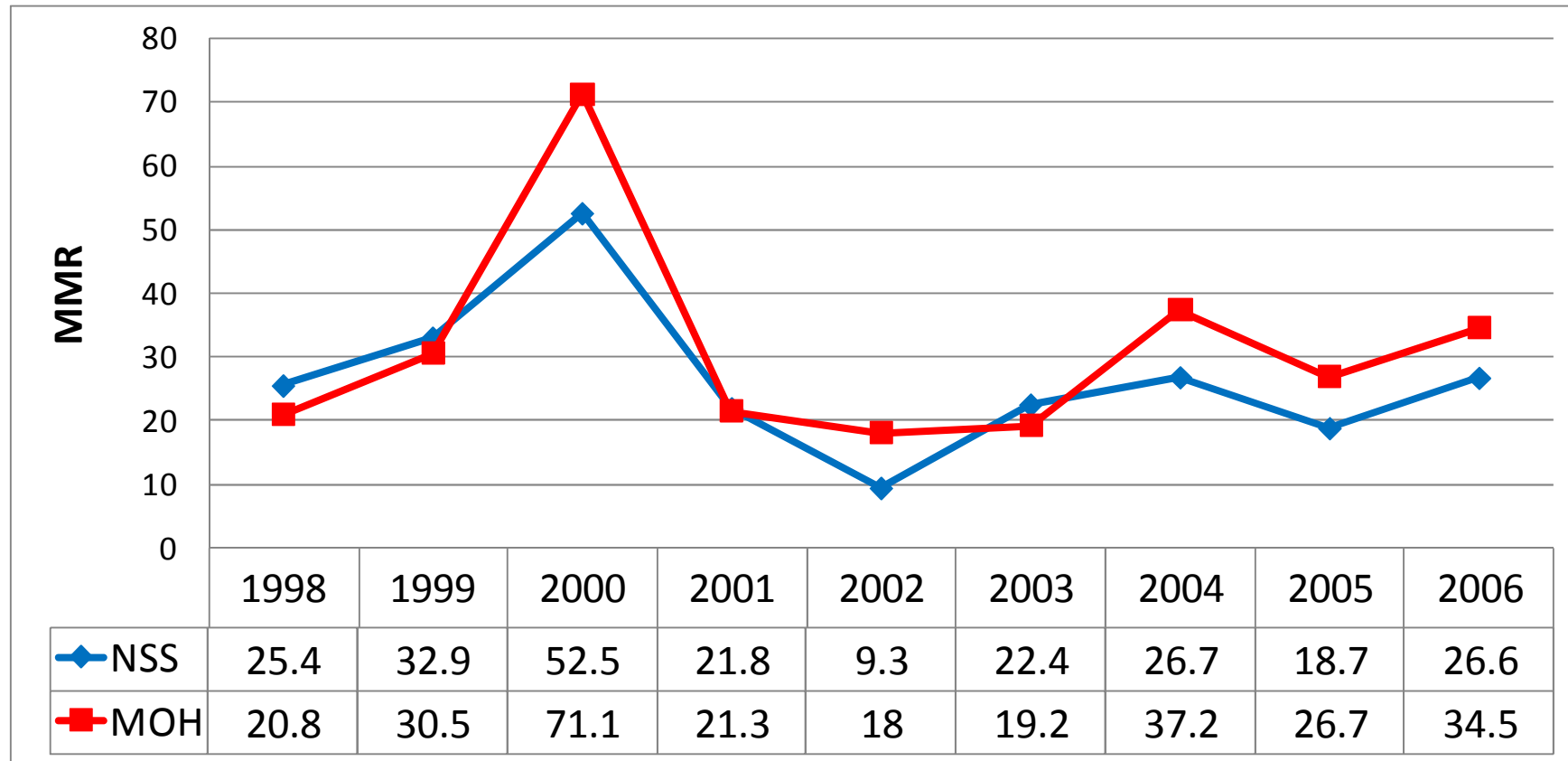
Source: MOH & NIH, Statistical Yearbook 2006



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Maternal Mortality Ratio in Armenia



Source: MOH & NIH, Statistical Yearbook 2006



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Causes of Maternal Mortality in Armenia (1)

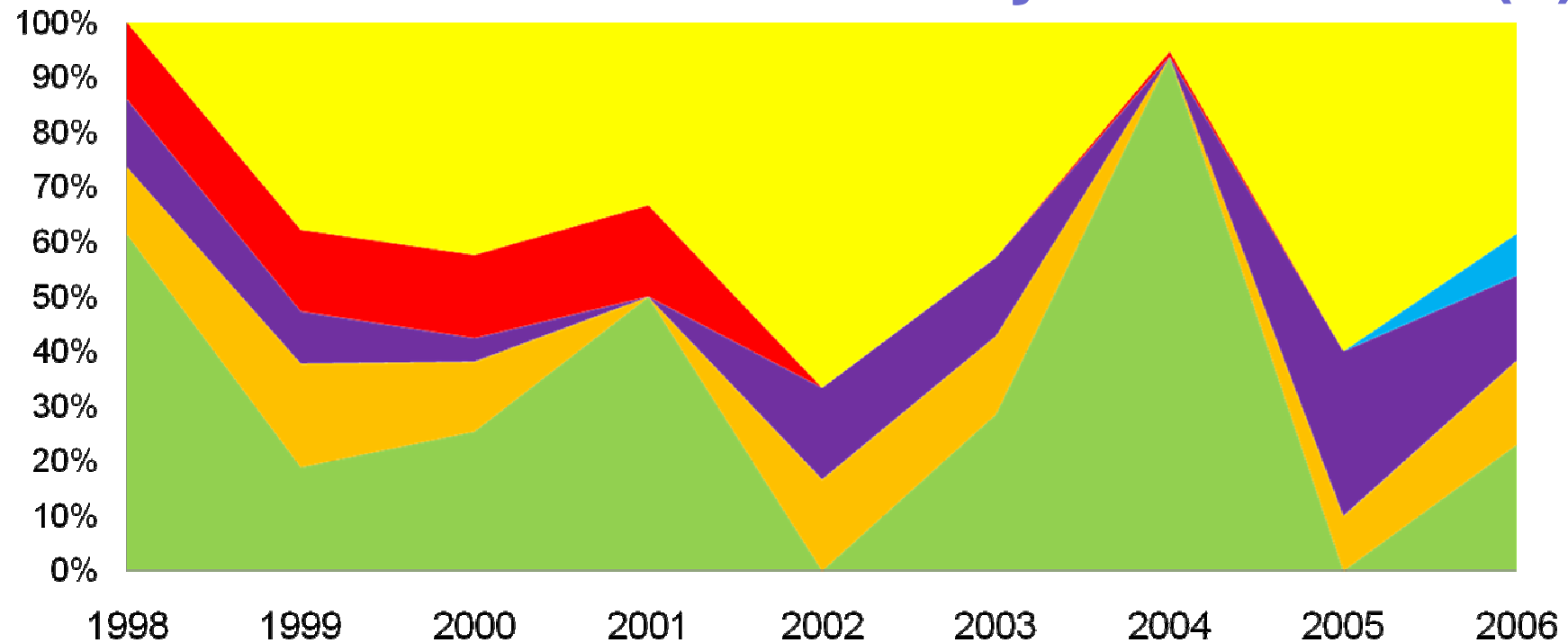
Year	Absolute Number	Direct Obstetric Deaths					Indirect Obstetric Deaths
		Hemorrhage	Sepsis	Eclampsia	Ectopic	Abortion/ Miscarriage	
1998	8	5	1	1	0	1	0
1999	11	2	2	1	1	1	4
2000	25	6	3	1	2	3	10
2001	7	3	0	1	0	1	2
2002	6	0	1	1	0	0	4
2003	7	2	1	1	0	0	3
2004	14	1	0	0	0	2	11
2005	10	0	1	3	0	0	6
2006	13	3	2	2	1	0	5
Total	101	22 (21.8%)	11 (10.9%)	11 (10.9%)	4 (3.9%)	8 (7.9%)	45 (44.6%)



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Causes of Maternal Mortality in Armenia (2)



55.4 % Direct Obstetric Deaths
44.6% Indirect Obstetric Deaths

Source: MOH & NIH, Statistical Yearbook 2006



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Why preconception care?

Appropriate preconception care improves adverse pregnancy outcomes both for mother and the child.



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Definition

Preconception care is a set of interventions that aim to identify and modify biomedical, behavioral, and social risks to a woman's health or pregnancy outcome through prevention and management.



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Preconception care addresses:

- high risk behaviors (smoking, alcohol abuse, etc)
- chronic illnesses (diabetes, hypertension, epilepsy, etc)
- exercise and nutrition
- psychosocial factors
- environmental exposures



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Suggested multidimensional approach

Levels of interventions:

1. Policy
2. Service delivery
3. Community



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1. Policy level

- Develop integrated national preconception health and healthcare strategy and program of action.
- Integrate the concept of preconception health and healthcare into the training curricula of undergraduate, postgraduate and continuing medical education programs.



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2. Service delivery level

- Work primarily through the emerging institute of family medicine
- Develop preconception health and healthcare training package for primary healthcare (PHC) workers
- Increase overall awareness of PHC providers on the importance of preconception health through trainings
- Create and disseminate practical screening tools for high risk groups
- Create evidence-based service delivery guidelines for preconception management of chronic illnesses



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3. Community level

- Develop and disseminate health educational materials regarding the importance of preconception health and healthcare and the value of pregnancy planning visits
- Develop and integrate preconception health messages into the existing national health promotion campaigns
- Educate and empower community activists and local NGOs on the concept of preconception care
- Conduct health talks with the community members regarding preconception care



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Thank you for attention!