

Building Partnerships to Improve Preventive Health Care in Ilam, Nepal

By Samita Thapa



We are excited to announce our latest partnership with [Karuna Foundation](#) in Nepal! Together, we will be working to increase Antenatal Care (ANC) checks and improve institutional delivery in order to prevent avoidable childhood disabilities.

Karuna Foundation Nepal strives to decrease the number of birth defects and disabilities among children through preventive health care. One of their projects, [Inspire2Care](#), mobilizes the local community and health workers to improve the existing preventive health care in Nepal.

The Inspire2Care project aims to strengthen the delivery of quality ANC care, at government run primary care health facilities in 27 Village Development Committees (VDCs) in the district of Ilam, to prevent avoidable disabilities in children. In rural Nepal, Female Community Health Workers (FCHVs) track pregnancies in their VDCs and counsel and follow up with pregnant women for regular ANC check ups, institutional delivery, postnatal check ups and immunizations, and report their progress to the respective health posts. The care provided by FCHVs are crucial to helping pregnant women understand ways to take care of themselves to prevent disabilities in their children. Currently, all of the ANC tracking and progress reporting has been done on paper by the FCHVs and delivered to the Auxiliary Nurse Midwife (ANM) at the health posts, in person, often causing delays in the system.

In partnership with Karuna Foundation Nepal, we will be training the FCHVs and nurses at the health posts in Ilam to use mobile phones for their care coordination. This instantaneous report on pregnant women's health will allow the FCHVs and nurses to make sure the women follow through with all their ANC visits and have a safe and healthy delivery. Our mobile-based system will also allow the nurses and FCHVs identify any pregnant women who may have missed a health centre visit and remind them to follow up.

We are excited to begin the district level orientation in a few days for 12 VDCs in Ilam. By the end of this year, we hope to train 594 FCHVs in Ilam with Karuna Foundation Nepal!

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