



Health, Education, and Research in Tibet  
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## THANK YOU DINING FOR WOMEN

We are grateful for Dining for Women's ongoing support to reduce maternal and newborn mortality and morbidity in Tibet. Dining for Women's commitment helped life saving birth kits get to women living in remote areas in Medro Gongkar and Dulung Counties. In 2007, 654 birth kits were distributed (\$50 x 654 = \$32,700). The \$12,296 received from Dining for Women purchased 245 of these clean delivery kits.

Because of your care and concern, Tibetan women received:

- Maternal Vitamin & Iron supplements [provided to PAVOT Outreach Recipients]
- Clean delivery kits<sup>¥</sup> [provided to PAVOT Outreach Recipients]
- Misoprostol tablets<sup>§</sup> (600 micrograms) [provided to village & township health workers for use managing the 3<sup>rd</sup> stage of labor]

### Clean delivery kits consist of the following components:

- (1) Pair sterile plastic gloves for birth attendant
- (1) Bar hand soap for washing hands and perineum
- (1) Sterile plastic birth sheet for delivery and hygienic disposal of birth products
- (3) Sterile absorbent towels for drying newborn
- (3) Sterile ties for ligating umbilical cord
- (1) Sterile razor blade for cutting umbilical cord
- (10) Sterile cotton gauze pads for compression of lacerations/bleeding
- (1) Warm cotton hat for prevention of newborn hypothermia
- (1) Warm blanket for prevention of newborn hypothermia



<sup>§</sup>Misoprostol is a medication which aids uterine contraction. It is given orally after delivery of the newborn and has been shown to decrease maternal hemorrhage, the most common cause of maternal death globally<sup>1</sup>. It is used only by trained village and township health workers who are PAVOT Outreach Providers.

## PAVOT HISTORY

PAVOT (for Pregnancy And Village Outreach Tibet) arose out of the recognition that a majority of births in the region occur at home where even basic health knowledge and resources are absent. PAVOT, established by One HEART in 2004, is a community-level maternal-newborn health program that targets rural-living Tibetan women. PAVOT delivers basic health education, skills and essential resources directly to pregnant women and their families. This is accomplished by training and equipping a cadre of dedicated community members, both health workers and laypersons, to provide outreach to the homes of expecting mothers and their families.



## THE PAVOT MODEL

The success behind the PAVOT model is its simplicity. PAVOT recruits members from two pre-existing community networks to serve as outreach providers. The first group, consisting of village and township-level health workers, provides basic health care to all community members and is highly visible and respected within the community. The second group consists of women who are members of the China-wide Women's Federation. The basic function of the Women's Federation is to represent and safeguard the rights and interests of women and promote the equality between men and women.

Health workers and Women's Federation Members attend regular PAVOT trainings at township health centers. During these trainings, they receive basic maternal-newborn health education, are taught hand-on life-saving skills and are supplied with essential resources necessary to perform outreach. Upon completion of training, these stake

holders, called 'PAVOT Outreach Providers, actively seek out pregnant Tibetan women in their area and begin the outreach process.

During outreach, pregnant Tibetan women and their families receive *basic health education* about topics such as prenatal care, nutrition, birth planning, sanitary labor and delivery, recognition of danger signs of the mother and her newborn, prevention of maternal hemorrhage and good newborn care. Women and family members are also taught *hands-on life saving skills* such as uterine massage for the prevention of maternal hemorrhage and resuscitation of the newborn who is not breathing. Finally, they are given *essential life saving resources*, such as maternal vitamins and iron, clean delivery kits, and newborn hats and blankets. Local health workers are provided with a medicine shown to decrease maternal bleeding and are educated regarding its proper use.

PAVOT Outreach Providers are instructed to visit pregnant women and their families several times during the pregnancy in order to reinforce health messages and deliver essential life saving resources.

Just a few highlights of the recent good news includes:

- Nearly 700 rural-living Tibetan women benefited from outreach efforts.
- 80% of women reported at least 4 prenatal care visits with a health worker.
- Greater than 90% of women reported to their outreach provider that a Safe Birth Kit was used during their delivery they received uterine massage postpartum and that their newborn was dried and stimulated after birth.
- When given a One HEART clean delivery kit, along with life saving medications and safe motherhood messages, pregnant women in One HEART's target area had a significantly decreased risk of experiencing an infant death.
- Still, nearly 50% of women delivered their babies outside of a recommended health facility, thus reinforcing the great need for home-based outreach in order to provide essential education, skills and resourced to these women and their families.

