



CAC

# CONNECT

newsletter

## Newsletter Contest N-28

### Identify this Indian business tycoon



Born in 1945, is an Indian business tycoon, investor, engineer, and philanthropist. He is informally known as the Czar of the Indian IT Industry. In 2013, he agreed to give away at least half of his wealth by signing The Giving Pledge. He was born in Bombay in a Nizari Ismaili Shia Muslim family with origins from Kutch in Gujarat.

Send in your answers by 4th December, 2019. Three lucky winners will win exciting prizes.

Send in your answer by:  
WhatsApp/SMS: +91.9013380510

(Please mention your full name and state with a picture of yours)

## WINNERS OF CONTEST N-27



**Dr. Rupesh Dhali**  
PHC New Raighar  
Odisha



**Dr. Mukesh Arya**  
PHC Naryaoli  
Madhya Pradesh



**Dr. Uttam Madane**  
PHC Alate  
Maharashtra

### Solution to Contest N-27: Bidhan Chandra Roy

A big thank you to all our members who participated in the contest!

## CONTACT US

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[www.ipasdevelopmentfoundation.org](http://www.ipasdevelopmentfoundation.org)

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## DID YOU KNOW!

# CAC Conclave 2019



IDF hosted the Fourth CAC Conclave on August 20-21, 2019 in New Delhi. The two-day Conclave was part of a series of events held from 2016 through 2018 aimed at creating a wider community of advocates for comprehensive abortion care in India. The theme for this was *'Normalizing Abortion and Reducing Stigma related to Abortion'*. The Conclave brought together over 120 participants having diverse backgrounds – academics, NGO representatives, researchers, lawyers, service providers, donors, students, and media persons – from across 40 different organizations to enable sharing and leveraging of synergies at various levels. It provided a platform for new voices from across the country who in their own capacities are contributing to improve women's health and lives by increasing access to CAC. The event witnessed active participation from CAC Connect/Unnati members who contributed as speakers in the sessions and made poster presentations.

## Randomized Trial of Oral Misoprostol versus Manual Vacuum Aspiration for the Treatment of Incomplete Abortion

**Kehinde F. Ibiyemi, Munir'deen A. Ijaiya and Kikelomo T. Adesina**

*Sultan Qaboos University Medical Journal, 19 (1): e38-e43. (February 2019)*

**Objectives:** This study aimed to compare the efficacy of oral misoprostol with manual vacuum aspiration (MVA) in first trimester incomplete abortions.

**Methods:** This randomized controlled trial study was conducted at the University of Ilorin Teaching Hospital, Ilorin, Nigeria between April 2014 and November 2015. Pregnant women who presented with clinical features of incomplete abortion at a gestational age of 13 weeks or less were included. Patients who had profuse vaginal bleeding, an intrauterine device in situ, signs of pelvic infections or who were younger than 18 years old and had no accompanying adults to give informed consent were excluded. A total of 200 participants were randomly and equally allocated to either the

MVA or misoprostol treatment group. The treatment group were given 600 µg of misoprostol orally. The primary outcome measure was complete uterine evacuation, while secondary outcome measures included the need for additional surgical evacuation for failed treatment, adverse effects/complications, acceptability of and satisfaction with the treatment.

**Results:** Both misoprostol and MVA had high complete evacuation rates, yet MVA was significantly higher (99% versus 83%). Significantly more women in the misoprostol group required additional MVA for failed treatment than in the MVA treatment group (17% versus 1%). No significant difference was found between the misoprostol and MVA treatment groups in terms of satisfaction (92.7% versus 89.8%).

**Conclusion:** Treatments with misoprostol and MVA had high complete uterine evacuation rates, as well as high rates of acceptability and satisfaction. However, MVA had a significantly higher complete evacuation rate than misoprostol.

### WHAT'S NEW?

## Care for the Youth

- Be empathetic
- Remain non-judgmental
- Provide confidential services

Youth have specific needs related to sexual and reproductive health. Majority of their problems are due to lack of information on health aspects, as enlisted below:

1. Growth-related problems
2. Menstruation-related problems (in girls)
3. Information about contraception
4. Awareness on safe abortion care
5. Knowledge on RTI/STIs

As a provider, you can help them in all these situations:

#### **Growth-related problems**

- Provide correct information on physical, emotional and sexual changes at this age
- Help them understand and accept these changes

#### **Menstruation-related problems (in girls)**

- Stress on menstrual hygiene by use of:
  - Sanitary pads
  - Dry, clean cotton cloth
- Give iron tablets to treat anaemia, if required

#### **Information about contraception**

- Discuss relevance of abstinence in adolescents

Anyone who is sexually active can use contraceptive method (married or unmarried).

- Show and share complete information about different methods. This is essential for their correct use
- Help them to choose an appropriate method of their choice
- Ensure consistent use of the chosen method

#### **Awareness on abortion care**

##### **Inform them that:**

- Services are available in facilities, using safe technologies
- Age of self consent is 18 years and above
- Privacy and confidentiality will be maintained for all services offered

Postabortion contraception should be offered to all.

##### **Knowledge on RTI/STIs**

- Early diagnosis and treatment helps. Also ensure partner treatment
- RTIs are genital tract infections and are treatable
- Condom is the only contraceptive method which gives dual protection; one from unwanted pregnancy and secondly from STIs and RTIs

**PROVIDERS SPEAK**

## Failure Cases of Abortion are Being Treated Effectively Because of CAC Training

It's not a miracle happening in Baster. The failure cases of abortion by quacks and untrained person whose far-reaching consequences are frightening, are being treated effectively now because of CAC training facilitated by IDF. Everyone at different stages in their life get one chance to change their life and here I'm not just in-charge medical officer at CHC Mardapal which is a very remote area and is highly Naxal sensitive in our tribal district, I'm also a safe abortion care provider and it's possible only because of IDF team. I got the acknowledgment for my work, having huge public support and got "ICON OF HEALTH 2019" award by the honorable chief minister of Chhattisgarh which would not have been possible without the support of CAC training. It's not just the last few months, it's the outcome of a long run helped by my trainer.

I hope this will last long.



**Dr. Keshav Sahu**

In-charge Medical Officer  
CHC Mardapal, District Kondagaon, Chhattisgarh

## MVA is a Good Technique for the Physician and Patient

I usually do the MTP cases with EVA. Women find this procedure painful. But after I got CAC training, I am very glad to have the MVA KIT which was given during the training. MVA can be used for first trimester. It is very suitable and even without electric power supply, I can use it. There is less pain for women and pressure is under control during procedure. I am very confident with MVA. Now I usually use MVA for MTP cases. This technique is very smooth with easy grip cannula. A very good and acceptable technique both for the physician and patient. I am also very thankful to Ipas who has given full support in training and handholding. They regularly provide facility-based support which is very helpful to us. No complaint comes from women when I use MVA and there is very less bleeding. I am very satisfied with MVA. Ipas also provided latest updates on CAC services through CAC Connect newsletter. I am also sharing my thoughts in a zonal meeting at Koraput on the use of MVA as a safe procedure.



**Dr. Dipak Nayak (O&G)**  
CHC Kalimela, Odisha

## Achieving a High Level of Institutional Abortions

After achieving high degree of institutional delivery our next target is to achieve high level of institutional abortions. I am posted in rural Bastar region where an economical, easy-to-operate and maintain MVA device is boon for abortion services. I imagine myself as a foot soldier with my MVA as a weapon to fight with the devil of the unmet need. The CAC training gave me a new perspective about this and now I am much aware and active in providing family planning services, taking advantage of high acceptance of client at this crucial juncture. I appreciate CAC training as my most helpful and perspective change training in my career.



**Dr. Pranoy Gaurav Shukla**

CHC Keshkal  
District Kondagaon  
Bastar, Chhattisgarh

## SPOT THE DIFFERENCES



## WATCH OUT FOR



### Days

- 24th October, 2019 World Polio Day
- 14th November, 2019 Diabetes Day
- 17th November, 2019 National Epilepsy Day
- 1st December, 2019 World AIDS Day
- 10th December, 2019 Human Rights Day

### Events

**High risk pregnancy – Confusion to conclusion**

**Date:** 30th August – 1st September, 2019

**Venue:** Eka Club, Kankariya, Ahmedabad

**World Conference on Conception to Delivery – C2D2**

**Date:** 23rd – 24th November, 2019

**Venue:** St Regis, Mumbai

**FOGSI World Yuva Summit**

**Date:** 6th – 8th December, 2019

**Venue:** Biswa Bangla International Convention Centre, Kolkata

## LAUGHTER CLUB

**Q:** Why did the doctor tell the nurse to walk past the pill cupboard quietly?

**A:** So she wouldn't wake the sleeping pills.



Where can you find an ocean without water? ....on a map.

**WHEN I FOUND OUT MY TOASTER WASN'T WATER PROOF I WAS SHOCKED**



**Patient:** Doctor, my hair keeps falling out. Have you got anything to keep it in?

**Doctor:** What about a cardboard box?



**Teacher:** Maria please point to America on the map.

**Maria:** This is it.

**Teacher:** Well done. Now class, who found America?

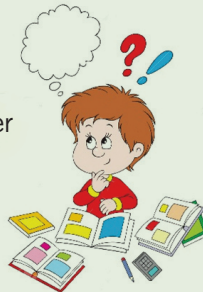
**Class:** Maria did.

**I WAS SHOCKED**

**A teacher is talking to a student.**

**Teacher:** Did your father help you with your homework?

**Student:** No, he did it all by himself.



**Doctor:** You must exercise daily for good health.

**Boy:** I play football, cricket and tennis almost daily.

**Doctor:** How long do you play?

**Boy:** Until the battery in my mobile dies down!



**I DIG, YOU DIG, WE DIG, HE DIG, SHE DIG, THEY DIG...**

**IT'S NOT A BEAUTIFUL POEM BUT IT'S VERY DEEP**

## WE WANT TO HEAR FROM YOU

### Questions? Comments? Suggestions? Share with Us!

This is your newsletter and we want to feature your thoughts and experiences on CAC and related reproductive health issues.