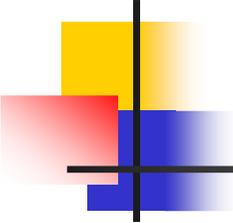


# Preconception Health Care Delivery in Middle- Income Countries: Strategies to Integrate Along the Continuum of Care

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*Mary-Elizabeth Reeve, Ph.D., MPH  
March of Dimes Foundation*

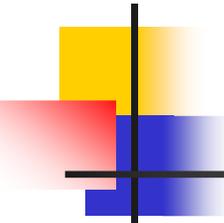
*1<sup>st</sup> Central and Eastern European Summit on Preconception Health  
and Prevention of Birth Defects  
Budapest, Hungary August 27-30, 2008*



# Main Points

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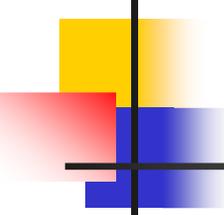
- Preconception health – a missing link in the continuum of MCH care
- Overview of preconception health care: Health promotion/patient education is a major strategy
- Program models from the U.S., Europe and developing regions exist:
  - March of Dimes Global Programs preconception health activities



# Integrating Preconception Health into the Continuum of MCH Care

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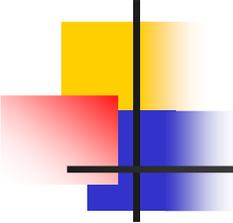
- The need: reducing maternal and infant deaths worldwide
- The life-span approach: extending MCH to include pre-pregnancy and interconception care
- Strategies
  - Raising awareness among women of reproductive age and their families
  - Integrating specific interventions into clinical care
  - Population-based programs



# Strategies

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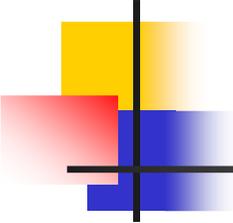
- Raising awareness among women of reproductive age and their families
  - Nutritional status
  - Environmental exposures
  - Genetic risk factors
  - Age and parity
- Patient education is a major component of preconception care



# March of Dimes Projects

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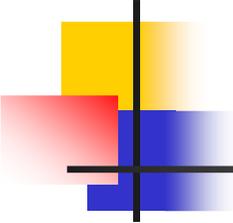
- Raising awareness: Adolescent health education
  - India (JN Medical College, Belgaum)
    - Adolescent girls in rural areas
    - Preconception health education, clinical care (check-up, vaccination)
  - Lebanon (National Collaborative Perinatal-Neonatal Network)
    - Adolescents (grades 11-12)
    - NCPNN team visits schools to educate students
    - Target 48 schools throughout the country



# Strategies

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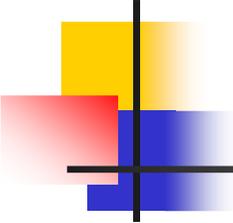
- Integrating specific interventions into clinical care
  - Chronic medical conditions (e.g. diabetes, epilepsy, hypertension)
  - Infectious diseases (vertically transmitted)
  - Genetic conditions



# March of Dimes Projects

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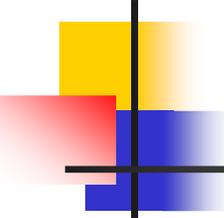
- Specific interventions: Infectious disease control
  - Latin American and Caribbean Region (PAHO)
    - Perinatal infections curriculum for primary care physicians
    - Focus on infections that can be transmitted vertically
    - On-line, region-wide training resource
  - Belarus, Moldova, Kyrgyzstan, Kazakhstan
    - MOD partnership with WHO and UNICEF to support rubella vaccination campaigns
    - Elimination of Congenital Rubella Syndrome



# March of Dimes Projects

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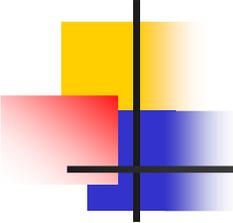
- Genetic Conditions: Professional education in South Africa (SAIDA)
  - Inter-conception care/newborn care
  - Training licensed practical nurses in rural clinics
  - Diagnose birth defects
  - Inter-conception counseling of high risk women
  - Training expanded to pre-specialty physicians on rotation to rural clinics
- CAPABILITY Network



# Strategies

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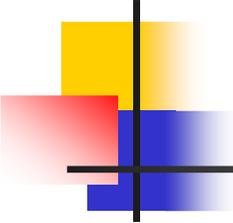
- Population-based programs
  - Micronutrient fortification of foods to improve nutritional status
  - Perinatal and birth defects surveillance systems to identify needs and opportunities for improving care
  - Vaccination campaigns (rubella)



# March of Dimes Projects

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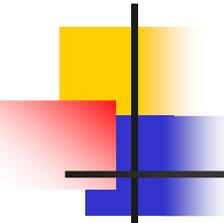
- Food Fortification to improve micronutrient status
  - Central America (IDB, CDC, PAHO, INCAP, MINSA)
    - Regional initiative to harmonize fortification legislation and practices
    - Folic acid, iron, vitamin B12, iodine
  - Flour Fortification Initiative
    - Worldwide Network [www.sph.emory.edu/wheatflour/](http://www.sph.emory.edu/wheatflour/)
    - European Regional Flour Fortification Consultation – 21<sup>st</sup> – 23<sup>rd</sup> October, Bucharest, Romania



# March of Dimes Projects

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- March of Dimes perinatal and birth defects surveillance projects – information for action
  - China (Peking University)
  - Lebanon (NCPPN)
  - Kosovo (Dartmouth Medical School)



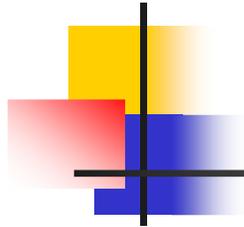
# Integration along the Continuum of Care: Opportunities in the CEE Region

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- Public and patient education
  - Integrating preconception and inter-conception health messages with MCH health messages
- Clinical services (primary care)
  - Couples consultation/pre-pregnancy check-up
  - Opportunities for education/interventions during post-partum, ob/gyn, primary health care visits
- Medical genetics services strengthening
- Population-based program implementation

# March of Dimes Preconception Health Resources

- Professional education
  - Genetics & Your Practice
  - Nursing modules
    - Preconception Health Promotion
    - Genetics Issues for Perinatal Nurses
- Information for women/couples planning a pregnancy
  - Booklets and brochures
  - Information sheets on specific topics
- [www.marchofdimes.com](http://www.marchofdimes.com) / conference table



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*THANK YOU!*

***Köszönöm figyelmüket!***