



THE POSTPARTUM IUD (PPIUD) PROJECT

in the Department of Global Health and Population

NEWSLETTER

Issue 4: AUG 2017

The PPIUD Project is studying the impact and performance of institutionalizing immediate post-partum IUD services as a routine part of antenatal counseling and delivery room services in Sri Lanka, Tanzania, and Nepal. As the project moves into the third year of implementation, we are pleased to share the progress and accomplishments of the past six months.

UPDATE from Nepal & Sri Lanka

There has been much activity in Sri Lanka and Nepal with phases of data collection beginning and ending. In both countries, data collection concluded for the baseline survey (Form 1). The 4-6 week follow-up survey (Form 2) was completed for women who received PPIUDs and returned to the health facilities for their check-ups, and phone follow-up continues for women who did not return for their check-up. Data collection is ongoing for the 9-month survey (Form 3), and has just begun for the 18-month follow-up survey (Form 4).

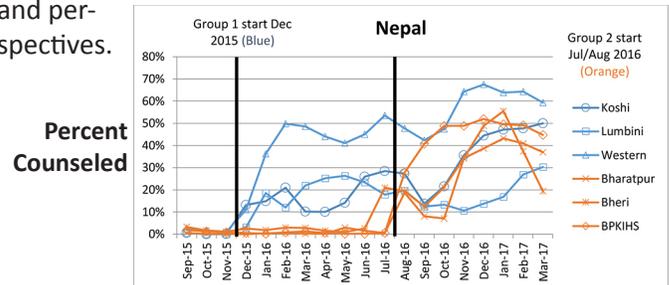
The Nepal PPIUD study team at the Centre for Research on Environment, Health, and Population Activities (CREHPA) organized a two-day workshop for 26 data collection officers to provide a review of best practices in interviewing and data collection and a training on Form 4. They have also completed the 6-month follow up interview with providers, and carried out a checklist of the study health facilities 6 months after the intervention. Addi-



Nepal data collectors at workshop on Form 4

tionally, the Social Welfare Committee (SWC) independent evaluation team visited two study sites, interacted with DCOs there, and had a meeting at the CREHPA office. They will be providing a report of their findings soon.

The team at Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) has also been busy holding awareness sessions for Public Health Midwives (PHM) to educate them about the study and gain their support for field operations. These sessions took place at 7 Ministry of Health offices over the past 6 months during the PHM's monthly meetings. The Sri Lanka Data and Safety Monitoring Board (DSMB) has met twice, and two trainings have been held for data collection officers on Form 4 and in-depth interviews. Qualitative in-depth interviews will be the focus of the upcoming period and we look forward to learning more from women about their reproductive health needs and perspectives.



STATUS AS OF JUNE 30, 2017

	Sri Lanka	Nepal	Tanzania	Total
Number of women enrolled in the study	40,437	75,585	24,235	140,257
Number of women counselled on PPIUD	14,482	15,606	3,925	34,013
Number of women received PPIUD	2,726	1,545	1,097	5,368

Spotlight on Tanzania: Interview with Joel Francis

The PPIUD Project profiles activities from each country to learn about the progress as well as the unique challenges and opportunities facing the study teams. The PPIUD Project in Tanzania is located at the Management and Development for Health (MDH) in Dar es Salaam, a longtime partner of the Department of Global Health and Population, and is overseen by the PI, Dr. Nzovu Ulenga, and national coordinator, Dr. Joel Francis.

Dr. Francis holds an MD from the University of Dar es Salaam, MSc in Epidemiology from the Harvard T. H. Chan School of Public Health, and a PhD in Epidemiology from the London School of Hygiene and Tropical Medicine. He has extensive experience in monitoring, evaluation, rigorous quantitative research and systematic reviews and meta analysis, particularly in the area of HIV/AIDS and alcohol use in young people (15-24 years).



Q. To what extent do women protect against an unintended pregnancy during the postpartum period?

In Tanzania, 10% or less of women use a contraceptive method to protect against unintended pregnancy during the postpartum period. We are hoping to see a major increase as effective methods, such as postpartum-IUD, become more available.

Q. What contraceptive methods do women use during the postpartum period to avoid another pregnancy?

During the postpartum period the most common contraceptive methods we see women using are condoms, implants, and IUDs to protect against another pregnancy.

Q. How is postpartum IUD perceived by women and health care providers for contraception after delivery?

We have seen that both women and providers have taken positively to the offering of postpartum-IUDs.



Joel Francis with the MDH data collectors at a training workshop in Dodoma, Tanzania

Q. What do you think are effective ways to promote postpartum contraception and in particular postpartum IUD among women who do not want to have another child or have the next child after two years of the previous birth?

I think the key issue is to create awareness through health education and sustained counseling during antenatal care, at the labor ward, during the postpartum period, and beyond. It is also necessary to ensure providers are well trained and there is sufficient supply at facilities.

Q. What are the main challenges you encountered in implementing the research study evaluating the impact of the intervention promoting postpartum IUD?

The main challenge we've encountered so far is that only a few women attended follow up visits. In particular the 9th and 18th month's post-delivery visits were poorly attended. This makes it necessary to follow up at the home or over the phone.

Q. Do you have any suggestions for the implementation of the intervention and/or research evaluating the intervention?

This is a great initiative and we certainly need to examine the short and long-term outcomes of the intervention. In particular, we should look at how we can increase awareness and interest amongst women. It is also critical to ensure that policy makers are engaged. It would be great if postpartum-IUD was fast tracked for inclusion as a recommended method in the provider and facility guidelines.

NEWS AND EVENTS

We are pleased to announce that two of the Harvard PPIUD student researchers have graduated, and are moving on to fabulous opportunities in the field of Public Health.

The focal point for Nepal, Elina Pradhan, received her Sc.D in Global Health and Population. Data from the PPIUD study were used in her thesis, "Beyond health technology assessments: evaluating the impact of scaling up technology interventions in maternal and child health." Dr. Pradhan has landed a prestigious position in the Young Professionals Program at The World Bank where she will be working in the Health, Nutrition, and Population Global Practice Unit.



Dr. Elina Pradhan with her husband Bigyan Raj Bista.



Dr. Mahesh Karra with his proud parents, Mihira and Ashok Karra.

Our focal point for Sri Lanka, Mahesh Karra, graduated with a Sc.D. in Global Health Economics after successfully defending his thesis, "Essays on Maternal and Child Health, Fertility, and Economic Well-Being in Low- and Middle-Income Countries." We are thrilled that Mahesh has been appointed an Assistant Professor of Global Development Policy at the Frederick S. Pardee School of Global Studies at Boston University and will continue to work as a consultant on the PPIUD project.

There have also been exciting changes to the PPIUD study staff in Nepal and Tanzania.



Ms. Manju Maharjan

For the past two years, Ms. Manju Maharjan has served as Research Officer at CREHPA. Ms. Maharjan's work has been invaluable to the success of the PPIUD project in Nepal, and we wish her all the best as she leaves to pursue a PhD at the University of Denver, Colorado.

We are thrilled that Mr. Saugat Joshi has come on board as the new Research Officer at CREHPA. Mr. Joshi holds a Master's degree in Global Health Program from Thammasat University, Thailand, and a Bachelor's in Public Health from Purbanchal University, Nepal. Before coming to CREHPA, he worked with several notable organizations, including Asian Disaster and Preparedness Centre in Bangkok. He has a keen interest in social determinants of health and equitable health outcomes, with a special interest in psychosocial wellbeing issues.



Mr. Saugat Joshi



Ms. Angelica Rugarabamu

Last year the Tanzania PPIUD study was fortunate to have Angelica Rugarabamu join as Data Manager at Management and Development for Health in Tanzania. Angelica holds a Master's in Social Statistics from the University of Southampton and a Master's in Global Health and Public Policy from the University of Edinburgh. Previously, she worked as a Research Scientist at the Ifakara Health Institute, and has been trained in the "Continuum of Care" for reproductive, maternal, newborn and child health (RMNCH).

We are pleased to announce the new MDH Field Supervisor, Goodluck Mbando, who has been working on the project since its inception as a data collector. Mr. Mbando brings strong leadership skills to the position, and has experience working on a number of public health projects. He studied Cultural Anthropology and Tourism from Iringa University, and has worked as a Research Assistant at Muhimbili University and PSI Tanzania.



Mr. Goodluck Mbando

Please joining us in welcoming these talented public health advocates to the PPIUD project!

PUBLICATIONS AND SUBMISSIONS

The PPIUD Publications Committee is tasked with reviewing all papers using the PPIUD dataset for analysis. The committee consists of Dr. Iqbal Shah and Prof. David Canning from Harvard, Prof. Sir Sabaratnam Arulkumaran for FIGO, Mr. Ranjith de Silva for Sri Lanka, Dr. Mahesh Puri for Nepal, and Dr. Joel Francis for Tanzania, with Laura Campagna serving as Secretary. The committee has reviewed many excellent submissions and has approved a number of abstracts. The work is progressing on the following papers:

- Explaining Variations in Sex Ratio at Birth in Nepal
- Perspectives of service providers in Nepal on postpartum family planning and postpartum IUD
- Effect of a PPIUD Intervention on PPIUD Counseling and Uptake: Evidence from a Cluster-Randomized Stepped-Wedge Trial in Tanzania
- Provider Experience and Postpartum Intrauterine Device Expulsion and Removal 4-12 Weeks Postpartum: Evidence from Nepal
- The Effect of a PPIUD Intervention on Counselling, Acceptance, and Uptake: Evidence from a Cluster-Randomized Stepped-Wedge Trial in Sri Lanka
- Short-term outcomes of the Intra Uterine Device (IUD) inserted in a Post-Partum IUD intervention in Tanzania
- Women's characteristics associated with postpartum family planning use: A mixed methods analysis in Tanzania
- Does Quality of Family Planning Counseling Predict the Ability to Realize Contraceptive Intentions? A Tanzanian Exploration
- Integrating Postpartum IUD Counseling and Insertion Services into Maternity Care in Nepal: Results from Stepped-Wedge Randomized Controlled Trial
- Safety of postpartum IUD (PPIUD) provided by Midwives versus Clinicians in Tanzania: A Case Control study

Work is ongoing in developing a number of abstracts on critical issues.

- In March 2017, the *Reproductive Health Journal* of BioMed Central published "Location and content of counselling and acceptance of postpartum IUD in Sri Lanka" by Mahesh Karra, David Canning, Sorka Foster, Iqbal Shah, Hemantha Senanayake, and U.D.P. Ratnasiri. Find it online: <https://reproductive-health-journal.biomedcentral.com/articles/10.1186/s12978-017-0304-7>

NEWS AND EVENTS con't

- The annual meeting of the Population Association of America was held in April in Chicago, and attended by Iqbal Shah, David Canning, Erin Pearson, Mahesh Karra, and Elina Pradhan.
- Iqbal Shah served on the Committee for The Darroch Award for Excellence in Sexual and Reproductive Health Research.
- Joel Francis presented a poster on "The acceptability and feasibility of community health worker-led home-delivery of antiretroviral therapy: Early findings from a health systems trial in Dar es Salaam, Tanzania" at the 9 IAS Conference on HIV Science in Paris, France in July.
- Erin Pearson received the Society of Family Planning large research grant to adapt and test a clinic-based harm reduction intervention in Bangladesh that empowers women to implement strategies that mitigate the impact of reproductive coercion on their reproductive health.



Joel Francis with his poster at the IAS Conference on HIV Science

The PPIUD Project

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