

Counseling Husbands of Post abortion Patients in Egypt

By

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Egypt Profile

- Total area 1.002000 km square.
- Total population 59.313.000 (1996). Urban23.2%.
- GNP 1200 US \$ per annum.
- Literacy rate: Men 71%, Women 50%.
- Maternal mortality ratio 84 (2000).
- Unmet contraceptive need 23%.
- HIV / AID thought to be low.
- Interest in gender equality after the ICPD.

The Egyptian Fertility Care Society

- NGO, experience in RH research and training.
- Long track record with many International organizations.
- Project duration 4 months (implementation phase 2 months).
- A pilot study showed that husbands could be reached.

Study Hypothesis

- Husband's counseling → Increase husband involvement → Better patient recovery and increased contraceptive use.
- Goal :
Reduction of maternal mortality and morbidity improving women's health.
- Objectives :
 - Enhance PA patient physical and psychological recovery.
 - Increase adoption of family planning.

Study population

- Husbands of consenting women in six MOHP hospitals.
- Mean age 35.4 years.
- Literacy rate 36.8% (46.8% farmers, fairly low income).
- Total no. 366 : 4.1% excluded
 - 3.6% lost for follow up
 - 12.3% did not show at discharge
 - 80 % (293) completed the study :
 - 136 intervention
 - 57 control

Approach (study design)

- A true experimental post-test only control group design.
- Consenting PA patients randomly assigned to intervention and control group.
- Follow up interview conducted one month after discharge from hospital.
- Record recovery events and contraceptive use.
- In-depth interview with a sub-sample.

Activities undertaken (intervention)

- 30 physicians received TOT training.
 - One day orientation on content and procedure of counseling.
 - Majority acknowledged importance.
- Husbands counseling (minimum a health education message).
- Patient interview to determine :
 - Level of husband involvement.
 - Physical and emotional health contraceptive use.

Indicators used to measure impact

- Support by husbands.
- Improved patient recovery.
- Contraceptive practice.

Stakeholders

- MOHP
- Health care providers
- Egyptian fertility care society
- USAID / Population council

Obstacles

- Some physicians received inadequate training.
- The physical facilities of the abortion wards.
- Lack of FP services before discharge.

Opportunities the project built on

- MOHP adopted PAC
- Conduct of a scaling-up study to improve PAC
- Availability of patient's husbands

Lessons learned

- Husband counseling of PA patients was feasible.
- Training and supervision of counselors is important.
- OB & Gny wards need to provide space for husbands waiting and for counseling.
- The role of the nurse should be assessed.