

## Ensuring Safe Abortion in India: Launch of the National CAC Training Package and Mass Media Campaign



Launch of the National CAC Training Package (R-L – Dr Manisba Malhotra, Dr Rakesh Kumar (IAS), Shri Lov Verma (IAS), Dr Himanshu Bhusan, Dr Dinesh Baswal and Mr Vinoj Manning). PHOTO: Ipas

On 19-20 May, the Ministry of Health and Family Welfare (MoHFW), Government of India and Ipas organized a national consultation on prioritizing comprehensive abortion care (CAC) for women within the National Health Mission (NHM). The consultation was attended by almost 200 representatives from the central and state governments; members of civil-society organizations and development partners; and medical professionals who were together to strategize strengthening women's access to safe and comprehensive abortion care in the public sector. Shri Lov Verma, Secretary Health, MoHFW, made the opening and closing addresses. The Government of India launched a national training package on CAC and the first ever mass media campaign on making abortion safer at the meeting. The training package includes standardized manuals for trainers and providers, and operational guidelines for implementing agencies. It provides up-to-date information on medical termination of pregnancy within the context of the Indian law. The mass media campaign includes television and radio spots on safe abortion specifically designed for the Indian scenario. The meeting was a significant milestone in bringing CAC to the attention of state government representatives. Underscoring the significance, Dr Rakesh Kumar, Joint Secretary (Reproductive and Child Health) of the MoHFW said it was a, "wonderful opportunity [where] for the first time in the history of safe abortion services so many stakeholders have congregated to deliberate on important issues and see how best to move forward." The close of the meeting called for action on strengthening planning, implementation, monitoring, training and service delivery mechanisms within the NHM by bolstering existing systems and concentrating on quality of care and data. Attention was also brought to bear upon the importance of providing postabortion contraception and increasing awareness about the legality and availability of safe abortion services.

## Newsletter Contest N-07

Counselling is a critical component in providing quality abortion care services. When a woman comes for abortion, she is likely to be under physical as well as mental stress. Therefore, effective counselling is essential to address both these aspects while providing services. The objective of counselling is to ensure that the woman makes a free choice on her own without any pressure or coercion and with complete information.

**Contest Question:** Complete the following statement by completing the first two words.

A \_ \_ \_ \_ L \_ \_ \_ \_ \_ is one of the three essential elements of counselling, the other two being verbal and non-verbal communication. This element is the key to establishing trust and rapport with the woman and involves more than just 'hearing', it can be summarized with the mnemonic 'SOLER'.

S – Sit **squarely** in relation to the woman and at an equal level

O – Maintain an **open position** and an **open mind**

L – **Lean** slightly forwards toward the patient

E – Maintain reasonable **eye contact**

R – **Relax**

3 lucky correct entries win a wristwatch each! Send in your entries (two words):

- SMS: +91 9013380510 (or)
- E-mail: helpdesk@cacconnect.in

(Please mention your full name and state)

Contest closes 15 September, 2014

## Winners of Contest N-06



**Dr Neelam Kumari**  
Bihar



**Dr Bibek Mohan Rakshit**  
West Bengal



**Dr Nilesh Dalal**  
Madhya Pradesh

Q: Women's human and sexual reproductive rights are recognized internationally in various human rights declarations and treaties. These rights include some specific reproductive health obligations:

- Provide access to a range of contraceptive methods
- Help people choose and use a family planning method
- Provide access to safe and legal abortion services

Which of the following rights includes the above listed obligations?

- Right to non-discrimination
- Right to own property
- Right to decide the number and spacing of one's children
- Right to freedom of movement and residence within the borders of each State.

**Correct Answer: C**

## DID YOU KNOW?

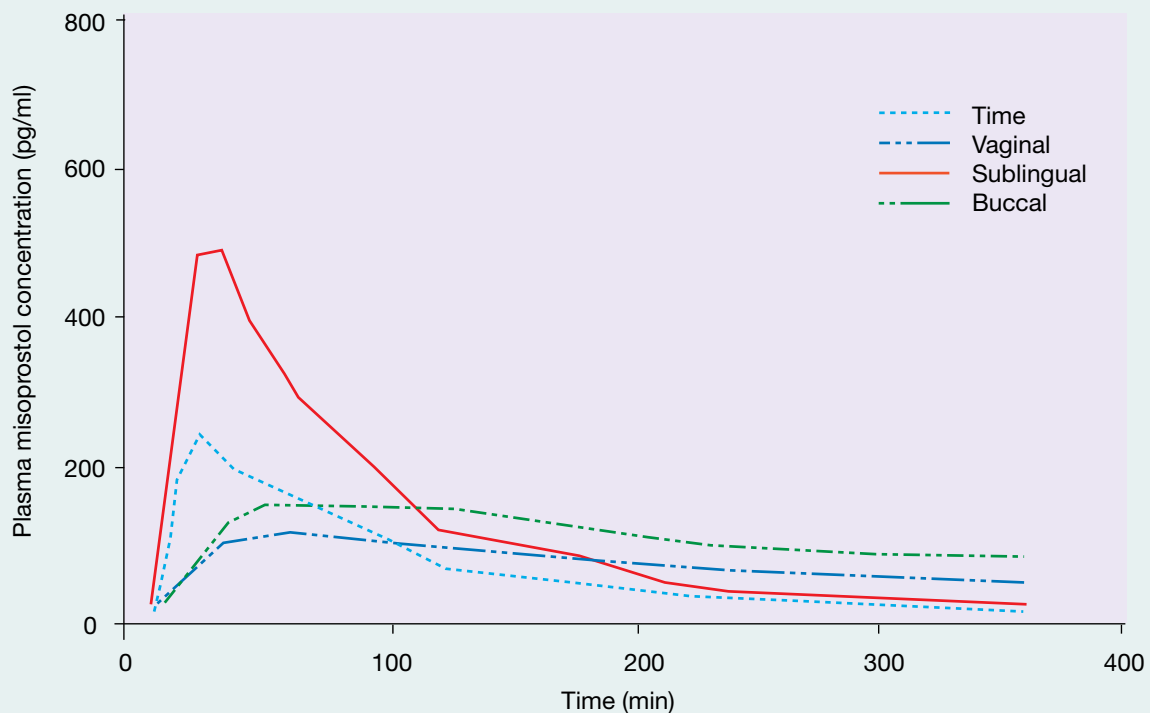
### Routes of Administration for Misoprostol

Misoprostol is a synthetic prostaglandin E1 analogue that binds to myometrial cells causing strong uterine contractions, cervical softening and dilation. This leads to expulsion of conceptus from the uterus. Misoprostol is available as 25, 100 and 200 mcg tablets. It is economic

and stable at room temperature in comparison to PGF2alpha derivatives. Misoprostol is well absorbed through different routes of administration.

Details on the various routes of administration for misoprostol are given in the table below:

<b>Oral</b>	Rapid onset (eight minutes); peak at 30 minutes; and short total duration of action (120 minutes). There are no regular uterine contractions following cessation of uterine tonus with this route (unlike all other routes) unless repeated doses are given.
<b>Vaginal</b>	Gradual onset (20 minutes); peak at 75 minutes; long duration (four hours) and sustained (up to six hours) action. Misoprostol tablets on vaginal administration may not completely dissolve. As the core of the tablet is non-medicated, this does not affect its efficacy. Moistening the tablet before vaginal administration does not improve efficacy (ACOG, 2009).
<b>Sublingual</b>	Rapid onset of action like the oral route (11 minutes); peaks at 30 minutes; and long duration of action, like vaginal route (four hours). Serum levels achieved are highest with this route.
<b>Buccal</b>	Onset and duration of action is quite similar to the vaginal route although the serum levels achieved are lower with the buccal route.



Ref: Tang et al., *Int J Gynecol Obstet* (2007) 99, S160-S167

## Scratch and Win Contest Winner!

Congratulations to Dr Hans Raj Meena from Rajasthan for winning an MVA kit!

The winning combination was 2666328 – which spells ‘CONNECT’ on the alphanumeric keypad.

A big thank you to the 200 doctors who submitted their entries, we'll be back with more prizes for you!

## Winners of the Mother's Day Poetry Writing Contest!

### माँ की ममता का क्या कहनी!

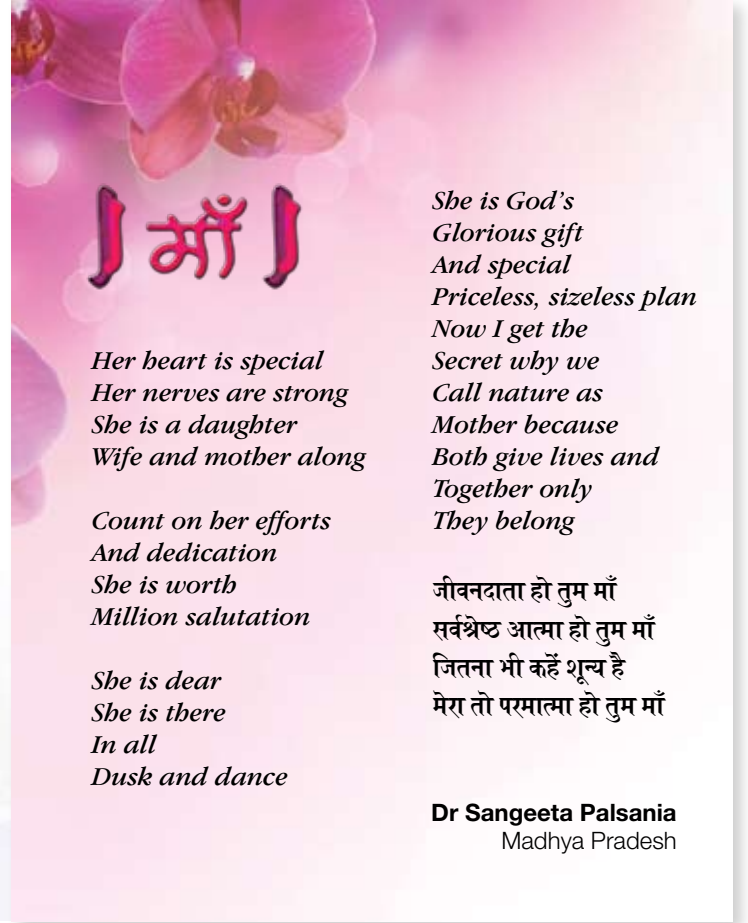
जो वंचित हुआ वह बड़ा अभाग्य यह सबका कहना।

स्वामी तिनो जगत का माँ बिन हुआ भिखारी  
माँ का साथ पाकर भिखारी की ज़िंदगी भी सँवरी।

माँ का आशीर्वाद पाकर कितनो ने बुलंदियां पाई,  
रामचंद्र, गणेश, शिवाजी, तिनोबा, बापू, मोदी, की  
ज़िंदगियों में सफलता आई।

माँ है दूध की मलाई, लंगड़े की लाठी,  
उसलिये कहते हैं कि माँ को कभी दर्द न देना,  
भगवान की रफसवाई कभी न लेना।

**Dr Deepti Shirame**  
Maharashtra



# माँ

*Her heart is special  
Her nerves are strong  
She is a daughter  
Wife and mother along*

*Count on her efforts  
And dedication  
She is worth  
Million salutation*

*She is dear  
She is there  
In all  
Dusk and dance*

*She is God's  
Glorious gift  
And special  
Priceless, sizeless plan  
Now I get the  
Secret why we  
Call nature as  
Mother because  
Both give lives and  
Together only  
They belong*

जीवनदाता हो तुम माँ  
सर्वश्रेष्ठ आत्मा हो तुम माँ  
जितना भी कहें शून्य है  
मेरा तो परमात्मा हो तुम माँ

**Dr Sangeeta Palsania**  
Madhya Pradesh

### ‘हर दिन मदर्स डे’

दिन, वो जो हर दिन आता,  
हर पल आता, नहीं कभी जाता!  
पता है, वो दिन है कौन सा,  
माना जाता : वो है - मदर्स डे,  
मदर्स डे, मदर्स डे!

जिसको कभी नहीं भूला जाता  
चाहे हों कोई खुशी या ग़म।  
लाख पड़े पत्थर, लठ या बम  
हर जुबां पर आता है नाम  
वो है माँ माँ माँ!



लभों से हर दम, रात हो या दिन,  
माँ माँ ही दोहराए जिस की जुबान।  
हर काम अधूरा है जिस बिन,  
उनका क्या मनायें सिर्फ आज मदर्स दिन, मदर्स डे।

हर सांस जिसे करता है सलाम,  
कुरबाँ जिस पर है तन, मन, धन  
हर फ़िज़ा जिससे है रौशन हस्ती  
वो है माँ, सिर्फ माँ, माँ ही माँ, माँ माँ।

**Dr Hastimal Arya**  
Rajasthan

Congratulations to the **winners!** Your prizes will reach you soon



# Doctor's Time Out 2014 Pics and Bytes!

*"My association with CAC Connect makes me happy to know that so many MBBS doctors are providing safe abortion services at the PHC level. I look forward to the same support and knowledge updates."*



Maharashtra



*"I am proud to be a CAC provider as I can serve women and help ensure their right to safe abortion."*



Maharashtra

*"The maternal mortality rate (MMR) in India can be reduced by providing safe abortion services while ensuring proper counselling and postabortion contraception."*



More photographs are available on the CAC Connect website: [www.cacconnect.in](http://www.cacconnect.in)





# Doctor's Time Out 2014 Pics and Bytes!



Rajasthan



*“Three factors that make any facility suitable for women to access CAC services are availability, accessibility and affordability—coupled with connectivity from the field workers.”*



Jharkhand



Bihar



*“Although I have attended numerous medical trainings, CAC training stands apart because of the quality of the training and the follow-up which keeps us motivated.”*



Uttarakhand



*“I'm proud to be a CAC provider because training in CAC helps to reduce maternal mortality.”*



Madhya Pradesh



# Doctor's Time Out 2014

Season III of CAC Connect Doctor's Time Out was held between 13 April and 25 May across six states and 11 cities! Nearly 800 members attended these events along with their families in Bihar, Jharkhand, Madhya Pradesh, Maharashtra, Rajasthan, and Uttarakhand.

At the events, members had the opportunity to take part in a short quiz as part of an update about the CAC Connect network; share their experiences as CAC providers on various topics and engage in a little fun, games and dancing. Members attending the events in Rajasthan were charmed by magicians; in Maharashtra, talented hosts kept the guests on their feet dancing into the evening; guests in Madhya Pradesh had the opportunity to listen to some live music; and guests in Bihar, Jharkhand, and Uttarakhand competed in a series of engaging games. The CAC Connect team had great fun meeting and engaging with members.

We also took the opportunity to recognize the achievements of our members with two categories of awards. We congratulate all the winners for their excellent service provision.

*"It was a great event; I attended it for the first time. It was a nice get-together with family. We met our colleagues and seniors after a long time."*

Dr Anshu Mujalda, Madhya Pradesh (Doctor's Time Out – Indore)

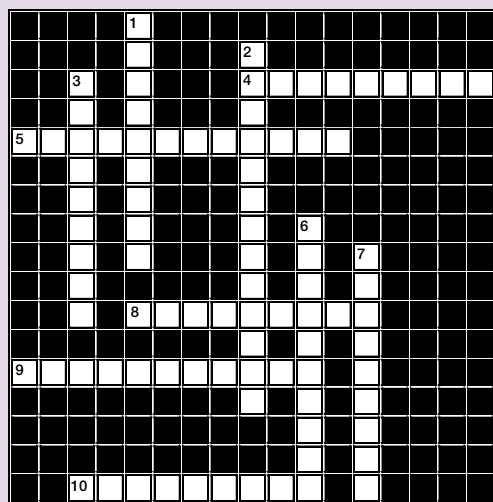
*"On May 11 at Aurangabad Ipas organized a CAC Connect get-together event for regional CAC providers. It was full of very joyful moments and hours of relaxation. Thanks to the Ipas team."*

Dr Mane Shivraj Uttamrao, Maharashtra (Doctor's Time Out – Aurangabad)

*"Absolutely beautiful function, we were thrilled!"*

Dr Archana Kodag, Maharashtra (Doctor's Time Out – Pune)

## CROSSWORD PUZZLE 3



### Across

4. The release of a mature ovum from the graffian follicles of the ovary
5. Surgical removal of the uterus in rare circumstances of excessive bleeding not controllable by any other method
8. Dilatation and ----- is an obsolete method of uterine evacuation as it is more invasive, has higher risk of injury, and requires longer period of recovery
9. Absence of a menstrual period in a woman of reproductive age
10. The state of being fertile; capable of producing offspring

### Down

1. A natural or synthetic progestational substance that mimics some or all of the actions of progesterone. It is used in conjunction with estrogen in hormone replacement therapy
2. Intentional prevention of conception or impregnation through the use of various devices, agents, drugs, sexual practices, or surgical procedures
3. In -----, the vas deferens are cut and tied so that sperm cannot mix with semen
6. Surgical procedure involving an incision through the abdominal wall to gain access into the abdominal cavity
7. ----- contraception can be used by women to prevent an unwanted pregnancy in the first five days after unprotected sexual intercourse, contraceptive accidents or due to unexpected circumstances

The solution to Crossword Puzzle 3 can be downloaded from the CAC Connect Website on the Publications Page at [http://www.cacconnect.in/publications\\_list.php](http://www.cacconnect.in/publications_list.php)

## Watch Out For

- Workshop on Medical Research and Thesis 2014  
**Venue:** AIIMS, New Delhi  
**Date:** 26-27 July, 2014
- FICCI Heal Conference  
**Location:** New Delhi  
**Date:** 01-02 September, 2014
- Journey Toward Safer Pregnancy  
**Venue:** The Lalit, Jagatpura Road, Jaipur  
**Date:** 23-24 August, 2014
- Global Cancer Summit  
**Hyderabad International Convention Centre**  
**Location:** Hyderabad  
**Date:** 16-18 September, 2014

### Contact Us:

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