



Case Study: Gul Bibi, a Traditional Birth Attendant (TBA)

Gul Bibi is an experienced practising Dai, who lives and works in Baldia Town, Karachi. She has been assisting women in childbirth for decades and is popular in the community. She is eager to learn new tips to make childbirth a happy experience for women and their families, and tries to provide them with the best care possible. As soon as she realises that there may be a possibility of a complication at any time during a woman's pregnancy, labour or delivery, she takes the woman to a nearby hospital, where she has developed good relationships with the staff and doctors.



One day, when she had taken one of her clients to the hospital, she learnt about a 5-day training course for Traditional Birth Attendants (TBAs) to be conducted by the Midwifery Association of Pakistan (MAP) on safe delivery practices.

Gul Bibi enrolled in the course, which was very informative. She also met other TBAs working in the neighbourhood, with whom she exchanged experiences and stories. In the course, the TBAs learned about the five common causes of maternal deaths, as well as the fact that bleeding after childbirth, or Post-partum haemorrhage (PPH), is the most common reason for women dying. They learnt about Misoprostol, a medicine used to treat PPH and post abortion complications, its correct use and side effects. They were instructed to always keep this in their delivery bags with their Safe Delivery Kits.

Gul Bibi was aware of this complication. She had handled many women with this problem and had seen some of them die. She told the other TBAs that three years ago her own daughter nearly died due to heavy bleeding. She recognized it in time and took her to the hospital, where the doctors and their timely action saved her daughter.

Later, at a refresher training for the TBAs, Gul Bibi shared her recent experience: "My daughter, Khadija was recently pregnant again. She delivered a baby girl at home and I assisted in my granddaughter's birth. I had Misoprostol (S.T. Mom) tablets in my delivery kit as advised during the last training. So immediately after the baby was born and before the Anval (placenta) came out I gave 3 tablets of S.T. Mom to Khadija by mouth and waited for the Anval, which came within the next 10 minutes. I also massaged the abdomen to make sure that the uterus stayed firm and kept observing to see if Khadija was losing more blood than normal. She was not. I was very happy but I noticed that she had started to shiver. Thank God, I remembered that this can be a side effect of the tablets. So I was not worried. I covered Khadija with a blanket and told her that it will pass. She settled in the next half hour. Now I tell all my friends (TBAs) to use S.T. Mom on every mother in their practice to prevent too much blood loss after child birth."

The facilitators were very happy to hear this. They congratulated Gul Bibi and reinforced the usefulness of Misoprostol in saving women from dying due to heavy blood loss during childbirth.



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