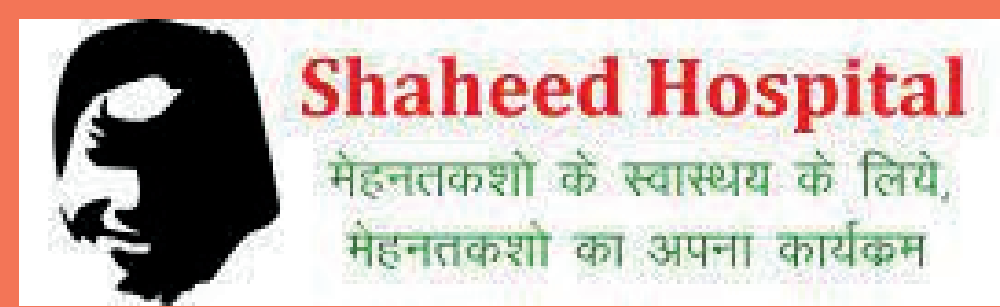


# Prasav Mitra: An Inclusive Obstetric Care Navigation Model

To enhance quality of Maternal Health Services in a Nurse-led hospital in Dalli, Rajahara, Chattisgarh



Organization: Shaheed Hospital

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## INTRODUCTION

- An **Obstetric Care Navigator (OCN)** is increasingly recognized as vital in preventing avoidable pregnancy complications.
- Traditionally focused on **birth preparedness and referrals, the role is evolving.**
- At **Shaheed Hospital's nurse-led** Maternal and Child Health Wing, the **Prasav Mitra (PM)** initiative empowers a family member to act as an OCN, supporting **antenatal, intrapartum, and postpartum care.**

## MATERNAL AND CHILD HEALTH SCENARIO OF CHATTISGARH

- **Institutional birth rate** in rural Chattisgarh is **84%**. Of these **72% are in public health centre. Home birth rate: 6.4%**
- Early **ANC registration is 64%** followed by complete ANC is 59%. **Neonatal mortality is 36%**

(As reported in NFHS-5)

## SHAHEED HOSPITAL- NURSE LED MCH WING

- **Shaheed Hospital: 150-bed secondary care hospital** in Dalli Rajhara, Balod (Chhattisgarh), run by trade union labourers.
- **Founded: In 1983**, born out of a labour-led social movement.
- **Patient Load: Serves 48,000 women annually; 650 ANC OPD visits and 270 deliveries per month.**
- **Population Served:** Primarily labourers and tribal women (Gond and Halbi communities).
- **Model:** Self-sufficient, **community-driven healthcare** rooted in cultural sensitivity and accountability.
- **Approach:** Reflects Freire's **critical pedagogy** using education for empowerment and challenging systemic oppression.



## WHAT IS PRASAV MITRA

Rooted in community empowerment, Shaheed Hospital nurses involve mothers' caregivers in maternal care. Leveraging cultural and linguistic familiarity, two Prasav Mitras—family members chosen by the mother—are engaged to improve care, enhance communication, and support informed decision-making.

- **Human Resource** - Nurses, Health workers
- **Infrastructure**- Maternal and Child Wing, counselling room
- **Logistics**- Maternity Card and Contact Tracking Register
- **Literature**- Training material, literature review

- **Selection:** Chosen by the mother from her own family.
- **Training:** Conducted by nurses and health workers.
- **Health Education & Intrapartum Support:** Real-time updates and communication during labour.
- **Postnatal Care:** Guidance and support for breastfeeding and early newborn care.

- **Improving mother's experience of maternal services**
- **Ensuring transparency** in health communication
- **Improving family's knowledge of ANC, delivery and PNC practices.** Ensuring that the mothers own their informed decision
- **Enhanced** overall quality of **maternal health services**

## CASE STUDY

A 28-year-old woman from Dalli Rajhara came to Shaheed Hospital for her first delivery, supported by her mother as her Prasav Mitra (birth companion). Throughout labour, she offered constant care, kept the family informed, and stayed by her daughter's side.

Though the delivery was smooth, the baby did not cry at birth. Despite the team's best efforts, the newborn could not be revived. The Prasav Mitra gently conveyed the news and comforted the grieving family with quiet strength.

Before leaving, the mother shared her trust in the hospital and said she would return in the future. This moment shows how Prasav Mitras play a vital role—not just in childbirth, but in offering compassion, communication, and comfort, even in moments of loss.

## KEY FINDINGS-MOTHERS VIEW ON PRASAV MITRA

A rapid mixed-method analysis was undertaken using a convenience sample (n=21) to explore its influence on mothers' experiences of care and the perceived significance and benefits of the role.

- **100% of mothers** said it was the **right choice to make a known member of their family a Prasav Mitra (PM).**
- **80.9% of mothers** said the **PM helped them make decisions about their own health.**
- **76.2% of mothers** felt that without a PM, they would have faced difficulty during the process.
- **80.9% of mothers** agreed that **PMs should be trained by nurses.**
- **81% of mothers** said the **PM made it easier for their families to make decisions about delivery.**
- **95.3% of mothers** said the **PM supported** them emotionally during the **ANC, IP, and PNC periods.**
- **98.6% of mothers** said the **PM answered** all their queries during the **ANC, IP, and PNC periods.**
- **95.2% of mothers** said the **PM helped** them understand that **treatment at a facility is better.**

## LEARNINGS & NEXT STEPS

- For **Better birthing experience presence of family person** plays a key role for smooth conductance of delivery.
- **Hospital Environment** becomes **more congenial** for the mother.

