

Geneva Foundation for Medical Education and Research



Report on Country Level Training on Intergrowth-21st and Interpractice-21st
at Fazaia Medical College, Air University, Islamabad, Pakistan
November 28th, 2018
(GFMER/OMPHI/MHTF/TGHN online modules)
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Acknowledgement

The successful conduct of the workshop was possible owing to cooperation of Pakistan Air Force, Air University and Fazaia Medical College Islamabad. I will like to acknowledge the interest shown by Principal Fazaia Medical College (F.M.C), Major General Dr Salman Ali and Professor Dr Ghazala Mehmood for providing valuable advice and guidance for making this workshop a worthwhile interactive and learning session for students and staff of F.M.C. I would also extend my personal appreciation to the facilitating staff who helped me to prepare the venue and its related advertising. Special thanks to the Vice Chancellor Air Vice Marshal Faaiz Amir for gracing the occasion as the chief guest.

Finally, GFMER merits the mention for giving me the opportunity to arrange and conduct this workshop. Such initiatives for developing countries like Pakistan definitely encourage dissemination of medical knowledge and information besides endeavouring to improve the awareness of participants to the international standards for maternal and child health monitoring tools.

I would strongly urge and recommend to GFMER to hold such like workshops in other cities of Pakistan for all-embracing dissemination of Intergrowth-21st and Interpractice 21st protocols for comprehensive grounding.

Introduction

Of about 2.7 million deaths among children under the age of five annually, worldwide, about half are attributable to under-nutrition. According to the National Nutrition Survey 2011 of Pakistan, one-third of our children are underweight.

Furthermore, maternal malnutrition is an added risk for growth faltering and stunting in childhood.

The Geneva Foundation for Medical Education and Research (GFMER) communicated its desire for the local dissemination of its two training courses, Intergrowth-21st and Interpractice-21st in Pakistan. The objective of these courses was to communicate the methodology of maternal, foetal and new-born growth monitoring and its application for comparison to international growth standards to make judgement about appropriateness of growth among infants and mothers.

Workshop session

The workshop inaugural session was held in conference room (G02) at Air University, at 0915 hours on 28th November 2018. Honourable Vice Chancellor, Air University, AVM Faaiz Amir was the chief guest. Maj Gen Safdar Abbas, Executive Director PAF Hospital (Unit II) E-9, Islamabad also graced the occasion in addition to other senior faculty members and participants. The session started with the playing of the national anthem of Pakistan, followed by recitation of the Holy Quran. The country ambassador of GFMER in Pakistan, Squadron Leader Dr Anjum Ara Saeed, welcomed the guests and highlighted the background and health related achievements of the sponsoring organization. Later Maj Gen Professor Salman Ali, Principal and Head of the Department of Paediatrics Fazaia Medical College, and Professor Ghazala Mahmud, Head of Department of Obstetrics and Gynaecology, FMC, the subject specialists, highlighted the importance of training on assessing newborn growth by anthropometry and preterm infant feeding and growth monitoring considering its long-term implications throughout the life of an individual. After refreshments, the participants (a total of 43 in number) moved to the computer lab where they registered on The Global Health Network Website and completed Intergrowth 21st module on Assessing Newborn size by Anthropometry and Assessing Maternal Anthropometry and Weight Gain during Pregnancy. After completion of the modules, hands on training session was held for the participants. Lunch and prayer break was followed by learning and attempting of Interpractice 21st module. During the whole time, facilitators supervised the activity and also conducted the hands on anthropometry session.

The activity finished around 4:30pm. It was followed by feedback by the participants regarding the workshop. The closing ceremony was addressed by the Principal FMC Maj Gen Prof. Salman Ali, who appreciated the efforts of the facilitators and motivated the participants for utilization of the Intergrowth-21st tools for correct measurement techniques of the new-born. At the end certificates were awarded by the chief guest to the participants.

Evaluation result

Workshop evaluation questions aimed at judging its relevance, effectiveness, impact and sustainability. Forty (40) out of forty-three (43) attendees submitted the evaluation survey (93% response rate). The relevance of the workshop to the participants received favourable response. The participants reported the Intergrowth 21st workshop useful and effective in increasing their knowledge and understanding of the importance of anthropometry in maternal and infant well being. The practical session which also included discussion remained the favourite. However, the Interpractice 21st module primarily being theoretical, received comments like, ‘content heavy’ and ‘...needs to be more interactive and more visuals’.

The overall feedback for both the topics was positive and encouraging.

Recommendations for improvement included suggestions of smaller groups with increased time to enable more participation. Participants also mentioned the desire for regular organisation of such workshops.

Workshop Pictures











