

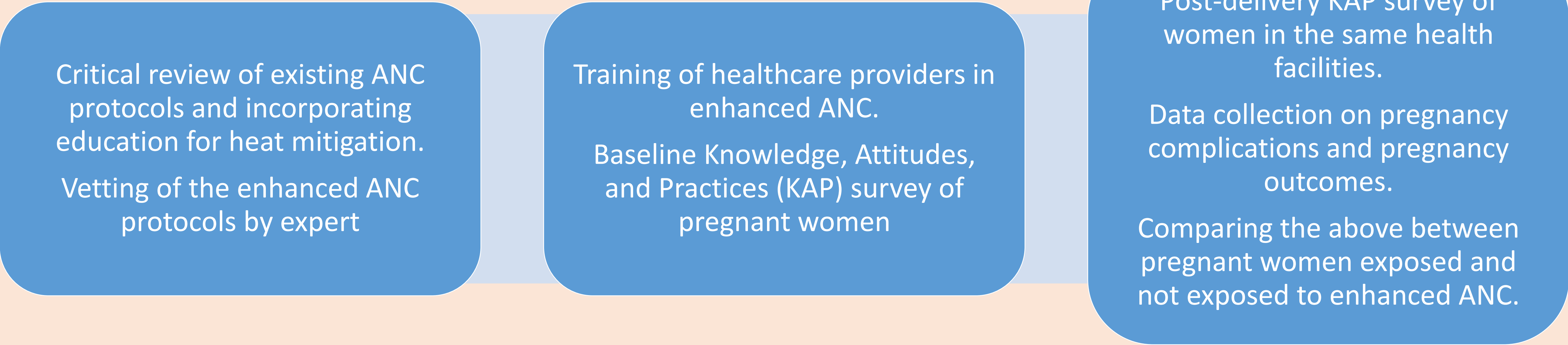
Heat Adaptation to Prevent Adverse Pregnancy Outcomes in Pakistan

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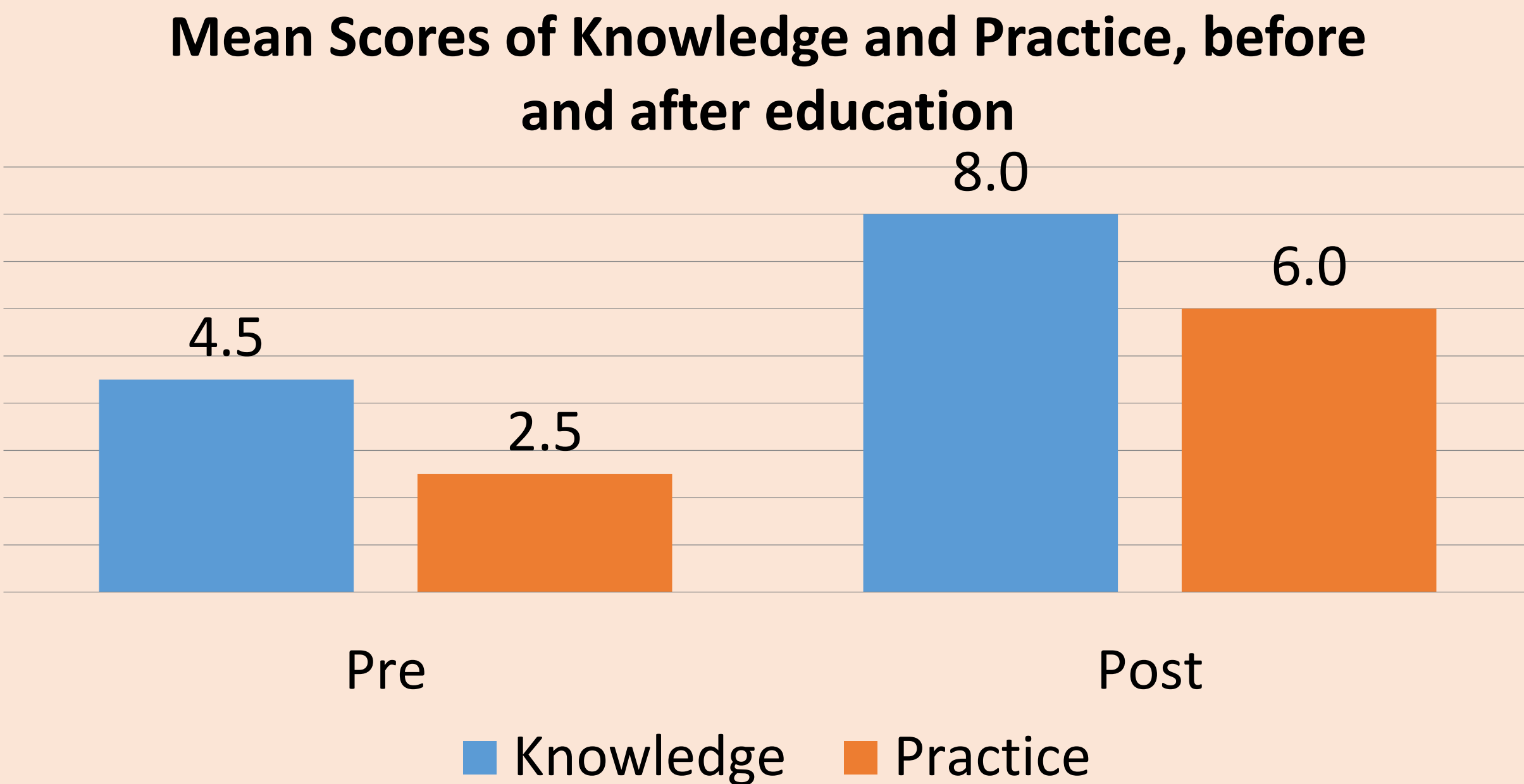
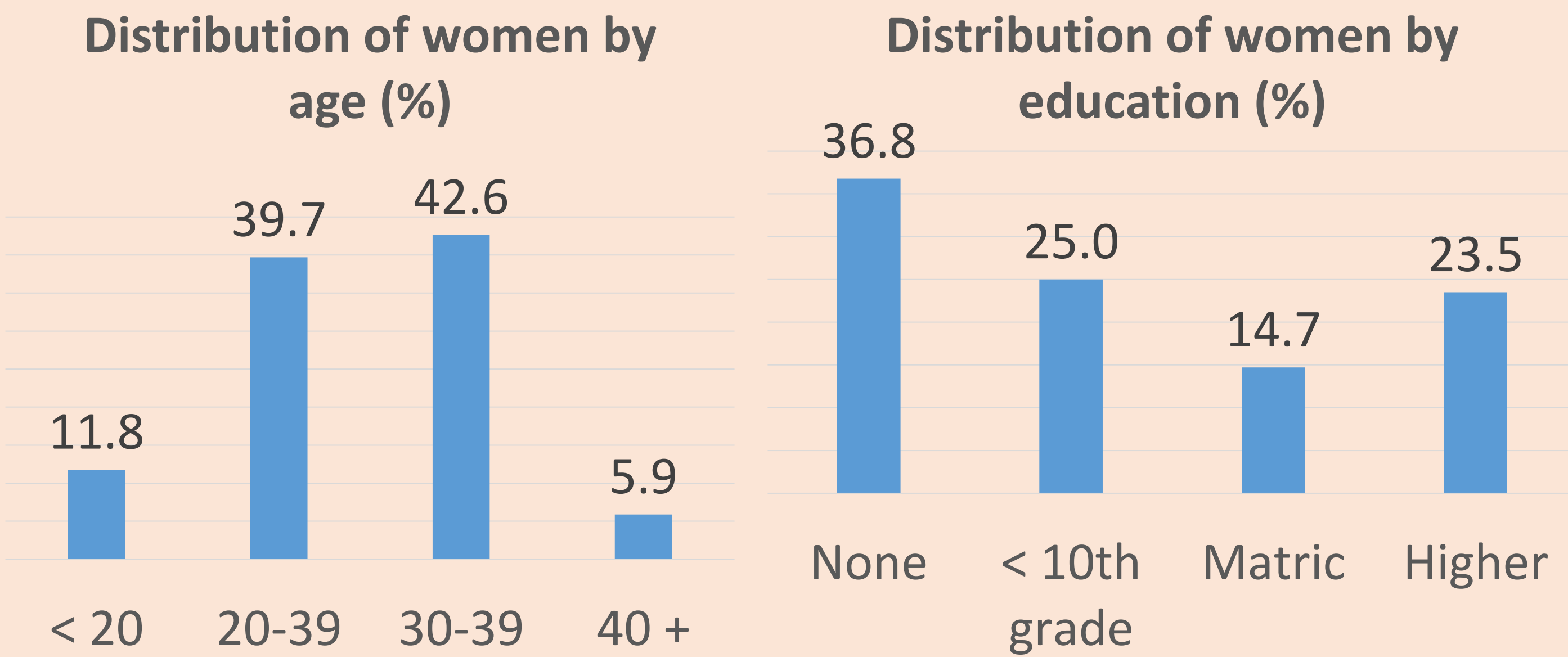


Intro	Exposure to heat during pregnancy lead to an increase in preterm births (5% per 1°C rise in temperature and 16% during heatwaves). Nonetheless, guidance on heat mitigation in pregnancy is not routinely included in antenatal care (ANC).
Goals	- To inform and educate pregnant women on heat mitigation, with an aim to reduce the impact of heat on pregnancy and its outcomes. - To introduce the use of portable continuous wave Doppler USG to assess placental function measuring umbilical artery RI. High RI indicates placental insufficiency& FGR
Methods	This is an ongoing operational research, testing the effectiveness of ANC guidelines on heat mitigation in 10 rural primary health facilities and two tertiary care hospitals in Pakistan. Interviews of healthcare providers and the pregnant women visiting the health facilities for routine ANC are conducted at baseline and end of project. Data on pregnancy complications and outcomes is collected before and up to six months after the introduction of revised ANC guidelines. Results will be shared with the health department for official recognition and scaling up the revised ANC guidelines at the national level.
Partners	- National Committee for Maternal, Neonatal, and Child Health, Pakistan. - Department of Health, Sindh. - Pakistan Navy (PNS) Shifa Hospital, Karachi. - Midwifery Association of Pakistan. - Aga Khan University, Karachi.
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Initial Results:

- ANC providers in all health facilities trained. Job-aids to guide pregnant women’s counseling prepared and placed in ANC rooms.
- Pictorial booklets for information in local languages prepared for pregnant women.
- KAP interviews (before and after) of 68 pregnant women completed:
 - Positive improvements in practices related to heat mitigation
 - Positive improvements in knowledge of heat-related pregnancy complications.
 - Increase in the number of pregnant women seeking medical help for heat-related symptoms and pregnancy monitoring. Pregnant women monitored for umbilical blood flow.
 - Adding health education focusing on heat adaptation in pregnancy in ANC can significantly reduce heat-related adverse preg. outcomes.



Reference: <https://www.cdc.gov/heat-health/media/pdfs/tips-for-pregnant-woman508>.