

HARNESSING PNDSR TO REVOLUTIONIZE STILLBIRTH PREVENTION, NEONATAL SURVIVAL, AND HEALTHCARE EXCELLENCE.

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INTRODUCTION

- Perinatal mortality remains a major public health concern in low- and middle-income countries, including Pakistan.
- Understanding the causes and trends of stillbirths and neonatal deaths is essential for targeted interventions.
- The PNDSR (Perinatal Death Surveillance and Response) framework offers a structured approach to identify preventable causes and improve outcomes.
- Findings from the study are intended to inform healthcare improvements, policy planning, and quality care initiatives to reduce perinatal mortality.

OBJECTIVES

- To identify preventable causes of perinatal deaths, evaluate trends and interventions, and provide evidence-based recommendations to reduce perinatal mortality and improve maternal and neonatal outcomes.

METHODS

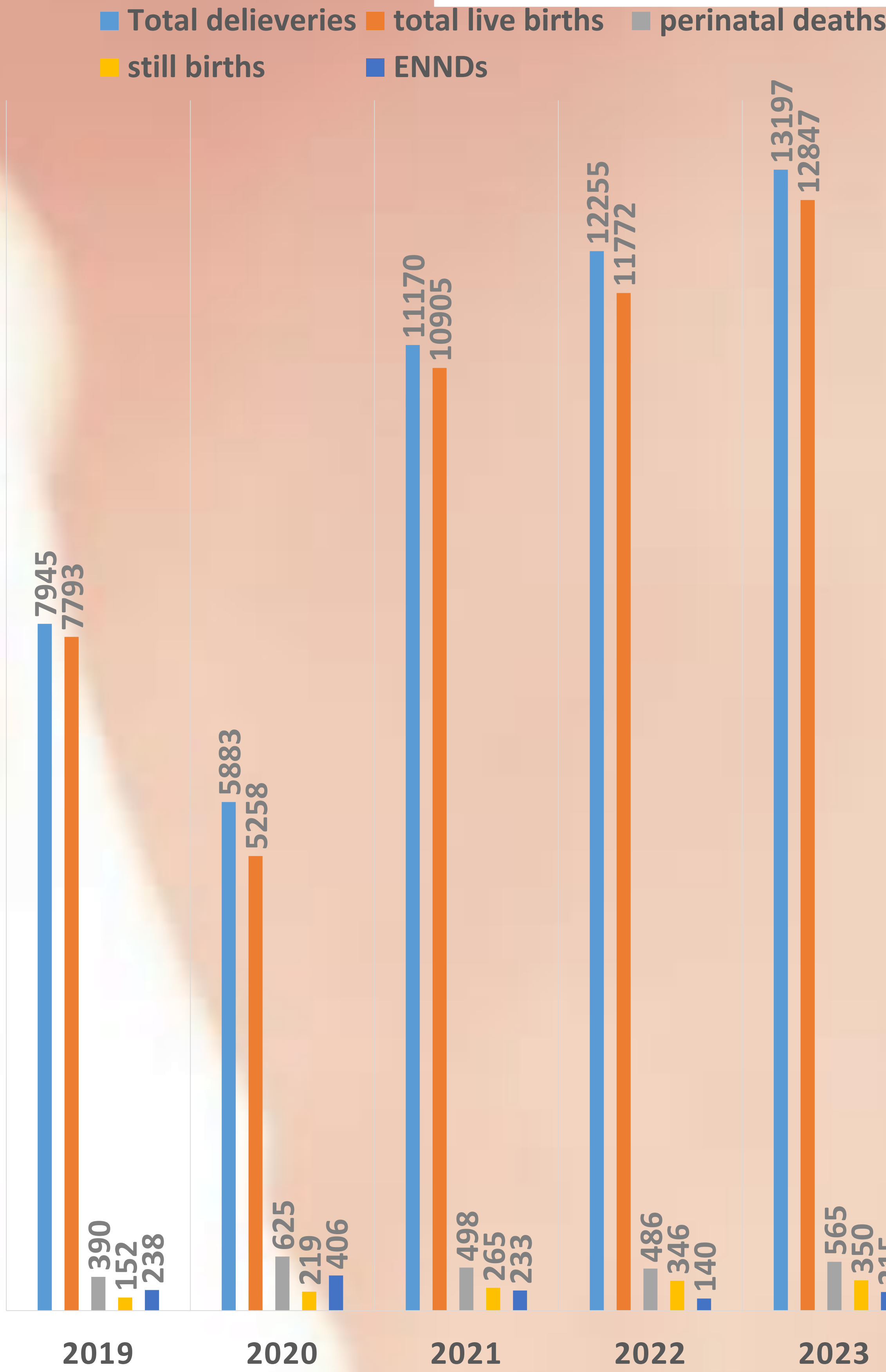
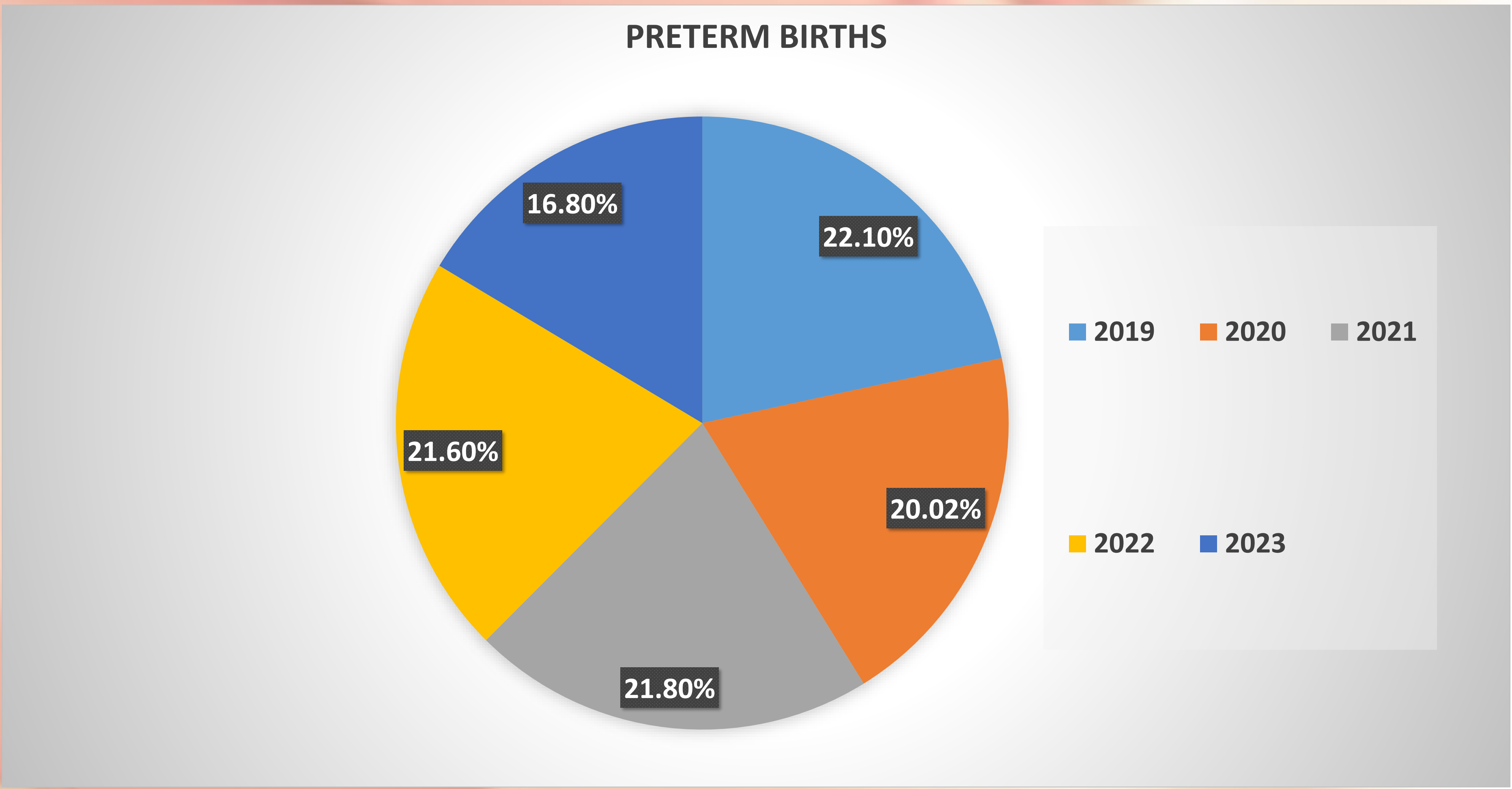
- Study Setting:** MCH Centre, Pakistan Institute of Medical Sciences (PIMS), Islamabad, Pakistan
- Study Duration:** 2019–2023 (12–18 months follow-up period)
- Inclusion Criteria:** Pregnant women with stillbirths (≥ 28 weeks gestation) or neonatal deaths (≤ 7 days of life), tracked using PNDSR
- Exclusion Criteria:** Perinatal deaths outside defined gestational or neonatal age range, incomplete PNDSR data
- Data Collection:** Data obtained from medical records and PNDSR case reviews to identify mortality causes, trends, and preventable factors
- Study Design:** Prospective cohort study
- Data Analysis:** Conducted using SPSS version 22.0 and MS Excel 360

CONCLUSIONS

- Highlighted importance of timely antenatal care and effective high-risk pregnancy management.
- Emphasized need for improved neonatal care to reduce stillbirths and neonatal deaths.
- Revealed gaps in healthcare delivery systems.
- Stressed the need for capacity-building and enhanced monitoring mechanisms.
- Recommended evidence-based interventions for quality improvement.
- Aimed at reducing perinatal mortality and improving maternal and neonatal health outcomes.

RESULTS

- Perinatal deaths peaked at 625 in 2020, declining to 565 by 2023
- Stillbirths rose from 152 (2019) to 350 (2023); neonatal deaths peaked in 2020 (406) and dropped to 215 (2023)
- Deliveries and live births increased, reaching 13,197 and 12,847 respectively in 2023
- Perinatal mortality rate peaked at 44.58 (2021); stillbirth rate peaked at 36.8 (2020) and fell to 26.5 (2023)
- Leading causes of stillbirths: preterm birth, congenital anomalies, and pre-eclampsia/HELLP syndrome
- Major causes of neonatal deaths: preterm/LBW, respiratory distress syndrome (RDS), pneumonia, and neonatal sepsis (NNS)
- Preterm birth remained the most consistent risk factor across both categories
- Maternal health issues and congenital anomalies significantly contributed to mortality
- Decline in neonatal deaths suggests improved neonatal care over time



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