

Community Meeting Guide on Bleeding During Pregnancy



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Home Based Life Saving Skills

1st Edition



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COMMUNITY MEETING GUIDE

Information for the Guide: *Health is wealth, says an old proverb. No one likes to be sick. Yet women get sick and sometimes die during pregnancy. There are many reasons women have a hard time being healthy. These reasons may include not enough money, medical care, or education. Other reasons may include harmful beliefs, and women's position in the family and community. Women and their families may not have good information about the causes of common sicknesses. They may not understand what they can do to stay healthy.*¹

In this meeting we will share experiences of women during pregnancy. Sharing our experiences will help us agree on why women get sick and die. When we share an understanding of the causes, we can learn what we can do to stop women from getting sick and dying.

OBJECTIVES

During this meeting the participants and Guides will:

1. Get to know each other.
2. Learn about bleeding during pregnancy.
3. Understand what pregnant women can do to stay healthy.

PLAN

How the Guide Prepares

- Review meeting plan
- Practice *Get to Know You* exercise
- Practice *Ragini's Story*
- Get needed resources

How the Participants Prepare

- None

Resources

- Small picture cards cut in half and a basket for *Get to Know You* exercise
- *Ragini's Story* cards for exercise

Location

- Community

Time

- Two hours. Be flexible. Go at the pace of the participants.

ACTIVITIES

Step 1. Welcome and Introductions

First, welcome and thank all for coming.²

- Ask everyone to sit comfortably in a circle so we all can see each other.
- Welcome the participants to the meeting.
- Explain: *Today we will get to know a little about each other. Then we will talk about women who fall sick and sometimes die during pregnancy.*

Second, when participants do not know each other,³ ask each participant to:

- Pick half a picture from the basket.
- Look for a partner who has the other half of the picture.
- Sit with your partner. Find out your partner's name and where they live.
- Together, partners may make a short story, poem, or song for all to enjoy.
- Thank participants and continue.

Step 2. Ask What the Participants Know

First, say: *Today we will talk about women who fall sick and sometimes die during pregnancy.*

Second, ask:

Have you ever seen or heard about a woman during pregnancy who fell sick or even died?⁴

If yes, would you like to tell us:

- What did you see? (signs)
- What did you or others do to help the woman? (action)
- What happened to the woman? (outcome)
- What can cause a woman to fall sick or even die? (cause)

Third, say: *During this meeting, we will use all of our experiences to talk about problems and preventing problems in a woman. We will share our experiences and come to agree on what to do when a woman has a problem. We will practice together what to do. We will discuss how to help the woman.*

Step 3. Share What the Trained Health Worker Knows ⁵

First, say: *I am going to tell you a story about Ragini. ⁶ I am going to show you pictures as I tell the story. If you cannot see, please move around so you can see.*

Second, tell the story of Ragini.

RAGINI'S STORY - ROAD TO DEATH	
Picture Number	Story
1	This is Ragini. She is pregnant.
2	Her husband is a farmer.
3	They live in a remote village.
4	Ragini has five children still living. Three of the children are boys. She does not want more children. She does not know what to do.
5	One morning, Ragini wakes up and finds blood on her sleeping clothes. She does not know anything is wrong, so she does not tell anyone.
6	Ragini goes to do her laundry.
7	The next morning, Ragini wakes and finds more blood. She is afraid.
8	It takes four hours for the family to find money and transportation to take Ragini to the hospital. It takes another two hours to reach the hospital. She is very sick.
9	Ragini is too sick. The medicines do not help.
10	Ragini dies.

Third, ask:

- What problems did Ragini have? ⁷
- Have you ever seen or heard about a woman with any of these problems?

Fourth, tell the story of *Ragini's Road to Life*.⁸

RAGINI'S STORY - ROAD TO LIFE	
Picture Number	Story
1	Ragini and her husband live in a remote village. She is pregnant with her second child. They have saved a little money so Ragini can buy good food and pay for transportation to the health clinic.
2	Ragini and her husband decided to have only two children. With family planning, Ragini and her husband have prevented more pregnancies.
3	Ragini meets with the health worker and learns about problems during pregnancy. Ragini learns that any bleeding is a problem. She learns that if she sees any bleeding, she must tell someone right away.
4	One day, Ragini sees some blood when she wakes up. She remembers what the health worker said. Ragini tells her husband and her mother-in-law right away.
5	They take Ragini immediately to the health clinic.
6	Ragini has not bled too much by the time she arrives at the hospital. She is not too weak. Ragini receives appropriate care at the health clinic.
7	Ragini feels strong and her family is happy.

Fifth, ask:

- What happened to Ragini?
- What helped Ragini?
- Do you feel that some problems have no solution?
- Are there any other ideas in *Ragini's Story* you want to talk more about?

Sixth, say: *Thank you for sharing. Bleeding during pregnancy is a serious problem. We will decide together what we can do to help a woman who is bleeding during pregnancy.*

Step 4. Come to Agree on the Problems and Solutions

First, say: *In Ragini's Story, we talked about some of the problems that caused Ragini to fall sick and solutions to help her live.*

Second, ask:

- Which of Ragini's problems (no money, no family, no health worker, no birth plan, or no knowledge of danger signs) have we seen in our area?
- Has anyone seen other problems for women in our area?
- Which of the solutions that helped Ragini to live have we seen in our area?
- Are there other solutions that we have found in our area?

NOTES

1. Paraphrased from Beck, et al., (1998).
2. According to local ways, Guides may introduce everyone by name, including themselves, or ask each person to say her name – something to make the meeting feel friendly and welcoming. Someone living at the place where the meeting is held may share details such as where to get drinking water, where the toilet is located, and so on.
3. Use a Get to Know You exercise when there are people who do not know each other. It helps people start to talk with each other, feel more comfortable, and begin to participate. Use the exercise provided or a locally appropriate Get to Know You exercise. The Guides should also participate in the exercise.
4. Encourage the participants to share stories if they want to. If there are personal experiences, they may be painful reminders and you may need time to allow the story to be told. Listen carefully and respectfully. **Take care not to put blame or find causes.** Try to get at people's feelings. Ask questions about every possible part of the problem. Examples of questions that might help the discussion are given here. These are not the only questions that can be asked, or even the best questions to ask. You will need to listen carefully to the discussion so that your questions are well placed. **Note what is said about actions and outcome.**

In all discussions, remember:

- Do not tell people they are doing something wrong.
 - Look for what is beneficial.
 - Help weigh the risks against the benefits.
 - Respect beliefs.
 - Be sensitive in talking about customs that may be harmful.
 - Work toward agreement about what to do if the problem happens.
5. The Trained Health Worker or provider may be a midwife, nurse, medical assistant, doctor, or anyone formally trained in health care.
 6. Cycle of Health Cards adapted from Rural Health Development Project, Lesotho (1982). Ragini's Story is adapted from WHO, *Why Did Mrs. X Die?* Instructions for telling *Ragini's Road to Death Story*:
 - Ask participants to sit in a circle with room to lay down cards in

- Sit with the participants.
 - Use the white picture cards while you tell this story.
 - Show each card separately in the correct order.
 - Hold the picture card up, and show it to everyone while you tell about that card.
 - Be sure everyone understands the idea shown on each card, then go to next card.
 - When the group understands the drawing, place the card on the ground to make a circle in the middle of the group.
 - Repeat these steps with each white card until all the cards are on the ground.
 - After showing and telling the story, encourage discussion by asking the group: What are the problems Ragini is having? Ask "why" questions that help the group begin to think about the causes of the problem.
7. Comments may include: "Ragini did not want another child," or "No access to family planning," or "She was very weak," or "She bled but did not know bleeding in pregnancy was a problem," or "It took a long time to reach the hospital."
8. Instructions for telling *Ragini's Road to Life Story*:
- Place all of the colored cards on the ground around the white cards.
 - For each problem, ask the group to look at the colored cards and find one that shows ways to stop a problem found on the white cards of *Ragini's Road to Death Story*.
 - Ask group members to place the colored card on a white card that shows a related problem.
 - Explain that the colored card may be able to stop the problem. Continue until all the cards are talked about. The colored cards now show healthy solutions which may lead to a healthy pregnancy.
 - Point out that though we can stop many problems, we cannot stop the bleeding. Also, bleeding in pregnancy is unpredictable. Just like when we plant our fields and wait for rain, we cannot tell when it will happen. Though we cannot predict bleeding, we can help if it happens. We can plan and go for help soon.

REFERENCES

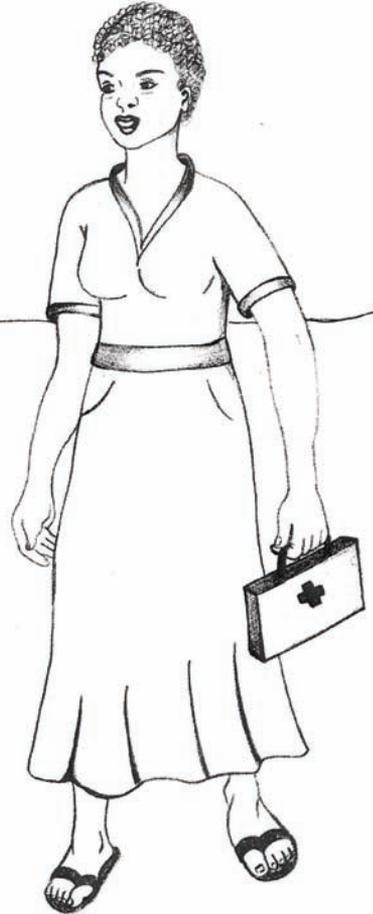
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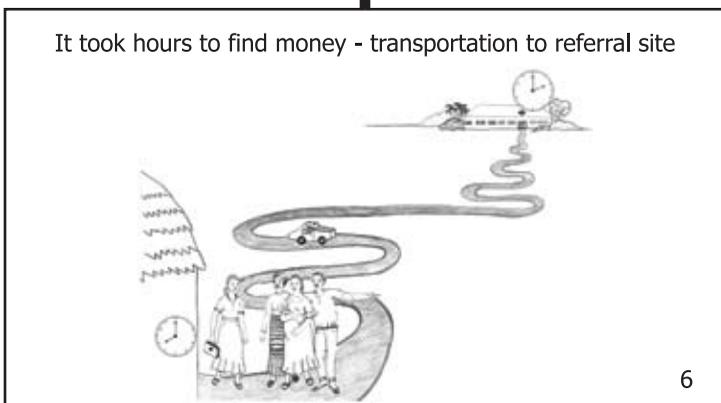
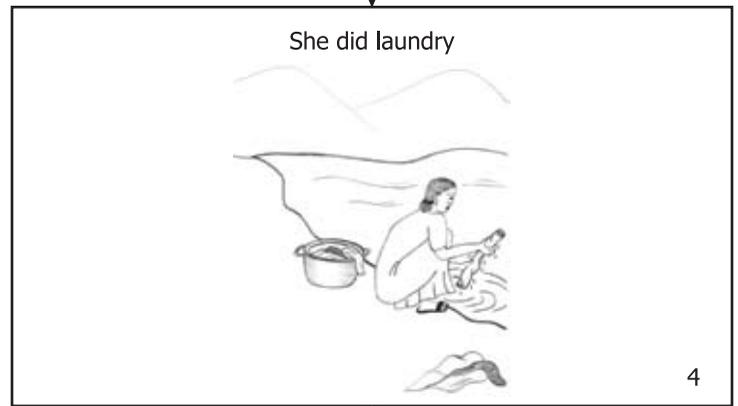
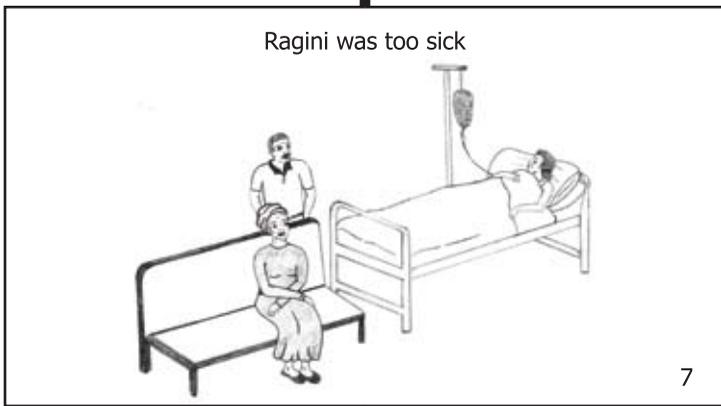
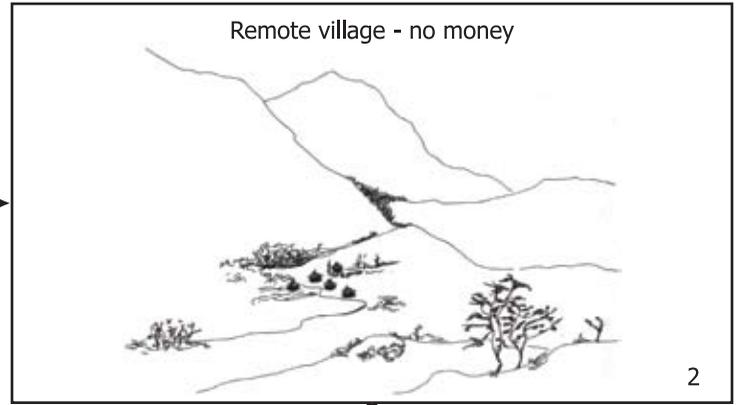
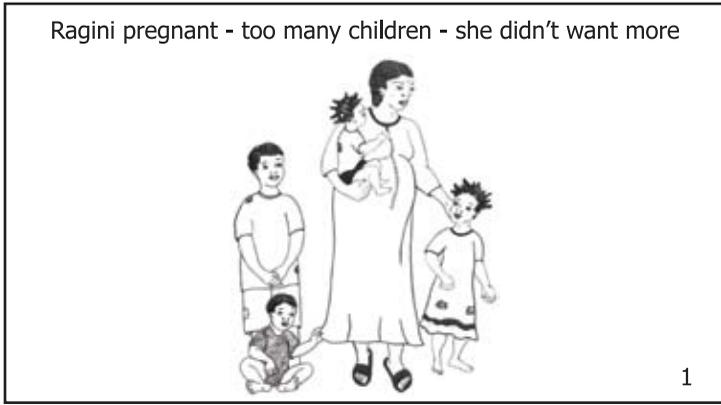
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RAGINI'S STORIES



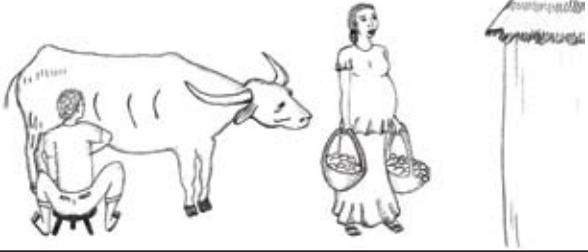
Road to Death
Road to Life

Ragini's Road to Death



Ragini's Road to Life

Ragini pregnant - saved money for food and transportation



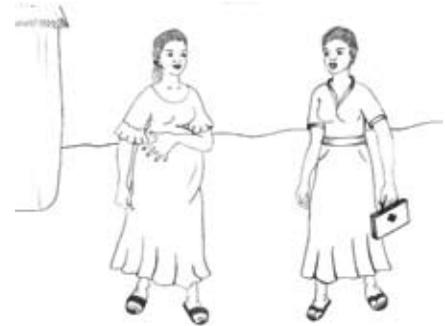
Ragini and her husband decided to have only two children



Ragini feels strong and her family is happy



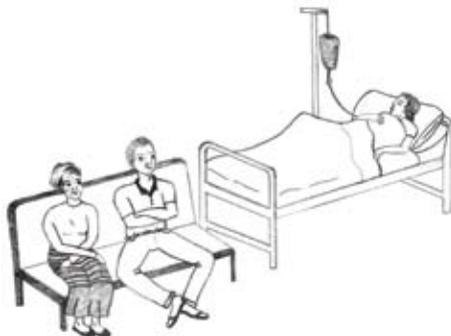
Ragini met with health worker - learned about problems



Ragini saw blood - told her husband and mother-in-law



Ragini had not bled too much - not too weak



Immediately to health clinic



Original version developed by:
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Adaptation for **Postabortion Care Global
Resources Guide** by:

