



## Case Study: Roshan Ara (Midwife)

Rasheeda is a 35-year old woman who lives in one of Karachi's katchi abadis. Her husband is a daily wage labourer and often has no work due to the volatile law and order situation in Karachi. As a result, they were extremely poor and often went to sleep hungry. They had five children but could not afford to send them to school. While they did not want more children, they were not using any method of contraception. In fact, the previous year, Rasheeda had terminated an unplanned pregnancy with the help of a dai from her neighborhood. She was about three months pregnant and the dai used some instruments to do *safai* (cleaning). About a week after the *safai*, she began bleeding heavily and had severe abdominal pain and high grade fever. She had to be taken to the hospital, where she required some surgical procedure, and was extremely unwell for several weeks.



A few months later, she became pregnant again. This time she was two months pregnant and suddenly one day she started to bleed. She had heard good things about a midwife, Roshan Ara, who had opened her clinic in her *mohalla* (area). She decided to consult her and went to her clinic with a friend. Roshan Ara arranged for an ultrasound and told her that all was not well – the ultrasound revealed that she had lost the baby but the foetus was not completely expelled. She referred her to a doctor but Rasheeda refused to go as she could not afford the travel cost and the doctor's fee. Moreover, there was nobody to look after the children in her absence. She begged Roshan Ara to treat her.

Roshan Ara had recently attended a workshop conducted by the National Committee for Maternal and Neonatal Health (NCMNH) on the use of Misoprostol and had been given dosage charts for the use of Misoprostol to treat incomplete abortion. She counseled Rasheeda and gave her Misoprostol (S.T. Mom) tablets with instructions about its use. She also told Rasheeda that she could take it at home and provided her with information on danger signs and what side effects to expect. Roshan Ara told her to come back in 10 days and also discussed different methods of contraception with her.

Two weeks later Rasheeda came back to report that she was feeling better and after expelling blood clots her bleeding had now stopped. She thanked Roshan Ara for giving her the 'magic pills' that saved her a lot of money and the inconvenience of going to a hospital. Roshan Ara also recommended that she use a family planning method such as an Intra Uterine Contraceptive Device (IUCD) which can prevent her from getting pregnant for up to twelve years, and referred her to a family planning centre to have it inserted.



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