

Figure 4.6

Post-natal care strategies: Feasibility and implementation challenges

	Possible strategies for post-natal care contact	Mother-friendly	Provider-friendly	Implementation challenges
1	Mother and baby go to facility	*	***	Requires mother to go to the facility within a very short time after birth. More likely following a facility birth, but still challenging in first days after birth.
2	Skilled provider visits the home to provide post-natal care for mother and baby	***	*	Conditional on sufficient human resources, which is challenging. Providing post-natal care may not be highest priority for skilled health personnel in settings where their attendance at birth is still low. Many post-natal care tasks can be delegated to another cadre. A skilled provider may be able to provide home visits during the post-natal period if rural health facilities are quiet during afternoons.
3	Community health worker visits home to see mother and baby	***	*	Requires sufficient numbers of community health workers with adequate training, supervision and incentives.
4	Combination: Facility birth and first post-natal care visit in facility, then home visit within two to three days, with subsequent post-natal care visits at a health facility	**	**	Requires team approach between facility-based and community health workers, sufficient human resources, management and supervision, effective referral systems and an efficient information tracking system so that the progress of the mother and baby is easy to track.

Note: * Low degree. ** Moderate degree. *** High degree

Source: Lawn Joy, and Kate Kerber, editors, *Opportunities for Africa's Newborns: Practical data, policy and programmatic support for newborn care in Africa*, Partnership for Maternal, Newborn and Child Health, Cape Town, 2006.