

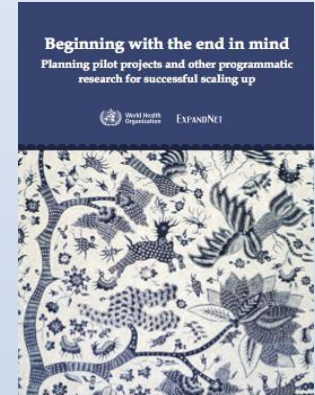


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Beginning with the end of scale up in mind for family planning and adolescent health in Pakistan's Sindh province

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Pakistan Health Care System Overview

-  Fifth most populous country with over 235 million people
-  Four provinces: Punjab, Sindh, Khyber Pakhtunkhwa, and Balochistan
-  Significant urban and rural disparities
-  Modern contraceptive prevalence rate: 34 percent (2017–18 Pakistan DHS)
-  Unmet need for family planning: 17 percent, higher in rural and low-income groups



(2014 - 2019)

Goal to increase access and use of modern contraceptive methods by 15 percentage points for one million women in peri-urban setting of Karachi, Sindh Province



Sukh Initiative



- 👉 Sukh was a multi-donor funded private sector intervention with no planned engagement of Sindh government's Health or Population Welfare Departments (responsible for family planning services)
- 👉 ExpandNet was introduced to Sukh team by the Gates Foundation in early 2014
- 👉 This began discussions of applying ExpandNet framework and guidance
- 👉 As a result, both donors and government stakeholders were engaged to redesign the project with collaboration of the Health and Population Departments to achieve greater sustainability and impact

Sukh Initiative – Applying the scaling-up lens

- 👉 Early 2015, all Sukh partners and stakeholders were introduced to ExpandNet guidance and the science of scaling up.
- 👉 Memoranda of Understanding were signed with the government Departments
- 👉 A Technical Advisory Group led by the government began meeting quarterly at Provincial level, with District counterparts meeting monthly
- 👉 The strategy was to ensure that organizational processes could support the scaling-up of high impact practices tested through Sukh
- 👉 Government suggested Sukh conduct additional pilot interventions for future scale up

Scaling-up Successes of Sukh Initiative – Sindh

Sukh tested implementing the following interventions in line with ExpandNet guidance which achieved enormous impact and sustainability:



- 📌 Family Health Day intervention
- 📌 Task shifting the first dose of injectable contraception to governments' ~20,000 Lady Health Workers (LHW)
- 📌 Introduction of Life Skills Based Education in thousands of public sector schools, reaching millions of students
- 📌 Mother daughter counseling in reproductive, maternal and child health through the Sindh LHW Program

What Did Beginning with the End in Mind Change?



Government ownership

- Interventions were designed to fit into government's routine system and everyday functions



Systems ation

- High impact interventions were embedded in government's existing reporting systems, aligned with logistics and budgets

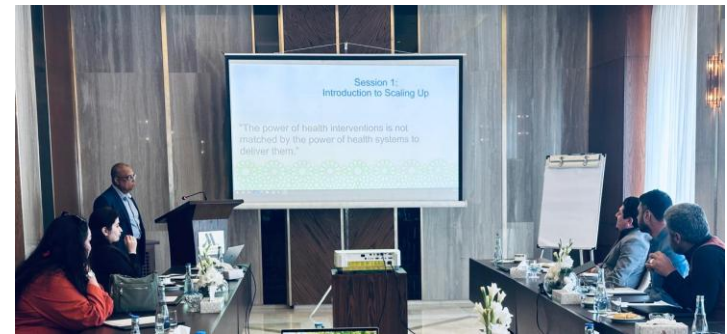


Routine review platforms

- Coordination platforms established under the project were institutionalized for continuing leadership beyond the project period

The learnings continue

- 🌱 The ExpandNet framework was introduced to several organizations in the country, and was used to successfully guide other donor-funded projects such as “Delivering Accelerated FP services in Pakistan” (2019-2024) and “Strengthening provincial health systems and build capacity to scale post-pregnancy family planning in Pakistan” (2022-2026).
- 🌱 Last week the guidance was introduced with the Aga Khan Development Network





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Thank You

