

## DAFPAK CASE STUDY

# CHANGING ATTITUDES, CHANGING LIVES



### DAFPAK BENEFICIARY QAISRA BIBI, WITH HER TWO-YEAR OLD SON MUBASHAR

In February 2018, workers from the National Rural Support Programme arrived in Khurrampur, Bahawalpur. They spoke of everyone mobilising together as one, to protect the community's interests. The Local Support Organisation (LSO), a tiny house in the community, became the base where local women, elected to lead by Village Health Committees in the vicinity, would be taught about birth spacing. This would reduce the risk of delivery-related complications. These volunteers would go door-to-door, counseling families on how they can benefit from the practice.

Sughra Bibi, as luck would have it, stumbled into these trainings by chance. She arrived at the centre that morning to call on the LSO's leader Syeda Lal Bibi, unaware that she was preoccupied with the CRP trainees inside.

"These women will be taught how to provide sensitized counseling for the next four days here. You're permitted to stay and see", Syeda told her. Sughra Bibi decided to do just that. Upon entering the LSO, she found herself amidst a group of women seated around a large table. At the front of the room, a trainer spoke on the advantages of childbirth spacing, and how modern contraceptives provided much better protection over conventional methods. The women were given training on how to provide sensitized counseling, factoring in home environment, and the attitudes of influential family members. A mother-in-law's support could very well be the determining factor leading to a woman venturing out to a DAFPAK camp where she could avail family planning services.

One informed briefing on the matter was all it took to x

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convince Sughra to decide to share these learnings later that evening with her son and 25-year old daughter-in-law Qaisra, who already had 2 children – a 5 year old son Muzammil, and a 2 year old son Mubashar.

Upon arriving home, she called her son and daughter-in-law to her and shared what she had learnt with them. Following a heart-to-heart between Sughra, her son and Qaisra, the family mutually agreed using a modern contraceptive method would collectively improve their quality of life. Qaisra had already begun to show symptoms of generalized anxiety, and of feeling overworked and overwhelmed. Sughra reasoned that practicing birth spacing for 5–6 years would give Qaisra the time and energy she needs to tend to the house and her children. Qaisra's 2 boys were already becoming a handful for the young woman, who desired to give them the best upbringing she could. Using protection would eliminate the anxiety and fear of an unintended pregnancy, and help her enjoy motherhood more.

2 days later, Sughra Bibi and Qaisra went together to the last day of the CRP Training at the LSO. There, a service provider counseled Qaisra and administered a Depo-Provera injection shot, which would provide 3 months of protection and improve her quality of life drastically.

To date, Qaisra has gotten 3 follow-up shots of Depo-Provera from mobile camps over the span of a year. The DAFPAK Project, which is advocating for reproductive health behaviors change, is touching the lives of many women across 3 provinces of the country in this manner. In its lifespan, the Project hopes to directly touch and benefit a population of 5.7 million people.