



Geneva, 6th January 2020
1/5- 376 (za)

The Permanent Mission of the Kingdom of Bahrain to the United Nations Office and other International Organizations in Geneva presents its compliments to the Office of the United Nations High Commissioner for Human Rights and would like to refer to your note verbale (WRGS/MG/Res39/10), dated on 11th November 2019, regarding the Resolution entitled “The Preventable maternal mortality and morbidity and human rights in humanitarian settings”.

In this regard, the Permanent Mission has the honor to enclose herewith the requested information for the abovementioned subject, as provided by the Ministry of Health of the Kingdom of Bahrain.

The Mission would be grateful if her nomination could be confirmed.

The Permanent Mission of the Kingdom of Bahrain avails itself of this opportunity to renew to the Office of the United Nations High Commissioner for Human Rights the assurances of its highest consideration.



**To: Office of the United Nations
High Commissioner for Human Rights
United Nations Office at Geneva
Email: registry@ohchr.org**



Department of Maternal and Child Health Services

Introduction:

The Kingdom of Bahrain pays special attention to health programs for maternal and child care, which has been and continues to be a priority of the Ministry of Health.

The Kingdom has accomplished many health achievements, which was reflected on the health indicators, and primary health care in the kingdom. Mother and child programs have played a key role in these achievements.

Mother and child services are available in more than 26 health centers distributed throughout the Kingdom. These services are easily accessible to all individuals in Bahrain. These health services are delivered to the mother by qualified family physicians, specialized community service nurses and midwives who have been well trained by attending workshops and lectures to provide service to all citizens and residents of the Kingdom. These services run according to unified guidelines adopted from international guidelines. Physicians and nurses who deliver these services attended lectures and workshops on these guidelines. The guidelines are updated on regular basis in order to keep up with latest knowledge and best practice.

Each service has its own statistics and indicators. These statistics and health indicators reviewed frequently and analyzed to look for areas of improvements and work on it. It also helps in detecting problems and weakness and help in improving the indicators of health in these services. These are used to do audits and researches on these services in order to improve our health care standards.

The health care standards and services and their indicators and outcomes and frequently monitored by the policy makers and stakeholders and actions are taken to improve them by creating committees to work on and investigate the health issues of concern.

The followings are the health services provided by the department of Maternal and Child Health in the health centers at the Ministry of Health in the Kingdom of Bahrain.

1) Premarital screening service:

This service aims to prepare the woman before marriage and screen for health conditions that might affect or risk pregnancy of woman and improve pregnancy outcomes, by early screening and proper interventions. This service is considered as a preconception care that reduces the prevalence of common genetic diseases and decrease their prevalence in the future generations in the Kingdom. It also targets detection and treatment of sexually transmitted infectious diseases and provide the necessary advice and management, in addition to treatment for both couples accordingly. The premarital service also provides vaccinations needed for safe pregnancy and outcomes that affects woman and fetus health during pregnancy as early as before getting married. Accordingly, it involves referring the couples to secondary care if needed and it offers the couples the best clinical genetic counseling. Both couples have marital counselling service by a qualified social worker at the same health centre, which educates the couples on important life skills including family planning and safe sexual practices. It helps in preparing the mother in advance to a safe pregnancy experience.



2) Antenatal Service:

This service is concerned with mothers at the time of pregnancy, and any condition that can affect the health of the mother and the fetus. It includes examining and treating mothers during pregnancy and childbirth trying to make the pregnancy phase a positive experience by :

1. Providing the required vaccinations
2. Providing folic acid and iron during pregnancy
3. Conducting clinical and laboratory examinations to confirm the health of the mother and the fetus and referring the pregnant woman who has warning signs and risk factors for diseases affecting the mother and fetus to secondary care to follow up the case for early intervention if necessary.
4. Performing a screening ultrasound to check on: the health of the fetus, the location of the placenta, the amount of amniotic fluid, early detection of any major abnormalities in the fetus and providing early intervention when needed.
5. Screening for common medical conditions that might show up during pregnancy and can affect pregnancy outcomes and affect the health of mother and fetus
6. Screen the woman for any type of abuse or violence during pregnancy
7. Educating and counseling the mother on breastfeeding and its importance and benefits for the mother and infants to prepare the mother for breastfeeding act and make them ready for it.
8. Dietary counseling on most common nutritional problems that raise up during pregnancy and help overcome these problems
9. Educating the woman on the most common warning signs and symptoms that is considered as red flags of pregnancy and how to deal with them in the best way
10. Educating the woman on the early signs of labor and delivery

3) Postpartum and abortion screening service:

The postnatal period starts from the time of delivery (1 hour form delivering the placenta) up-to six weeks after giving birth. The Postnatal screening service includes the following services:

1. Ensuring that the mother returns back to her previous non-pregnant health status and exercises her daily life as she good as before pregnancy.
2. Screen and management of common postnatal medical problems .
3. Encourage breastfeeding and solve any problems experienced by the breastfeeding mother during that time.
4. Encourage the woman to resume her sexual activity safely and adequately and help her overcome any related problems
5. Educating the woman on the importance of gaping and spacing between pregnancies
6. Counsel on family planning methods that are suitable for the mother and her clinical conditions.
7. Discuss with mother the matters that concerns her about her health and manage accordingly.
8. Address the health problems that raised during pregnancy, and follow it up after delivery and ensure the continuity of care and proper management.
9. Early detection of symptoms of postpartum depression and manage them according to the postnatal depression guideline.
10. Counseling the mother on a healthy lifestyle and encouraging her to have and ideal body weight, and proper physical activity
11. Perform physical examination to the woman as indicated by the postnatal guideline in relation to problems found during pregnancy time, delivery, and after delivery.
12. Follow up plan to manage and track any medical issues found .



4) **Family planning services:**

This service aims at providing counselling on the available contraceptive methods by:

- 1- Educating women about the types of contraceptives available at health centers, explaining how each method is working , the possible side effects and its effectiveness, and correcting any misconceptions taking into consideration the age and medical conditions of the woman.
 - 2- Dealing with womens' anxiety about the side effects associated with the use of each method and do proper intervention when needed.