

Policy Brief - Comprehensive Approach to Understanding and Addressing Maternal Mortality
in Nigeria

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Executive Summary

The high mortality rate among women during childbirth in Nigeria is a result of the ineffective healthcare system. This policy brief emphasizes the important role of not having enough skilled birth attendants as a main cause of this crisis. In reply, we suggest using different methods to fix the health system. These methods are aimed at reducing the main problem. The proposed plan involves strengthening healthcare facilities, especially in rural areas where there are big differences in access to care. Moreover, efforts are being made to improve the training of midwives and other healthcare workers by implementing targeted programs for areas with inadequate medical resources. Furthermore, it is recommended to use mobile clinics and telemedicine to help people in different areas access good healthcare for mothers. This will help make sure everyone has equal access to quality maternal healthcare. These recommendations together aim to make mothers healthier in Nigeria.

Introduction

Nigeria is facing a significant issue with maternal mortality. In every 100,000 births, 512 mothers die. This shows that we really need to help pregnant women more. This introduction is a strong call to do something about this important issue. It stresses the need to deal with it as soon as possible. The data underscores the seriousness of the situation and highlights the necessity for major healthcare system reforms to improve maternal health. (1,20) The main problem in this crisis is that many women don't have access to trained people who can help them give birth safely. This is a big reason why the number of mothers who die while giving birth is so high (1,24). This shows how important it is to make strong and focused efforts to improve the health system. The document expresses support for the concept of adjusting priorities to ensure fair access to healthcare professionals, especially in areas with a shortage of providers (4,20). We want to make things better for mothers in Nigeria by

finding out what causes them to die during childbirth and by taking some important actions. We want to make sure that every woman in Nigeria can get good and safe healthcare when they have a baby.

Methodology

The analysis of healthcare in Nigeria within this report utilizes both quantitative figures and qualitative input from the public. It looks at data from national health surveys and talks to important people in the healthcare industry (3,29). Quantitative analysis looks at things like population trends, how many mothers die giving birth, and how people use healthcare. Qualitative engagement means having detailed conversations and group discussions with doctors, government officials, and women who have experience with maternal healthcare (26). Rewording assists in the examination of books and regulations. A root cause diagram shows why mothers are dying when they give birth. It includes things like not having enough trained people to help with the birth, not having good hospitals, and problems with the health care system (3, 1,27). This plan helps to give specific advice on how to improve the healthcare system for mothers in Nigeria. This is the explanation for the problem:

Results

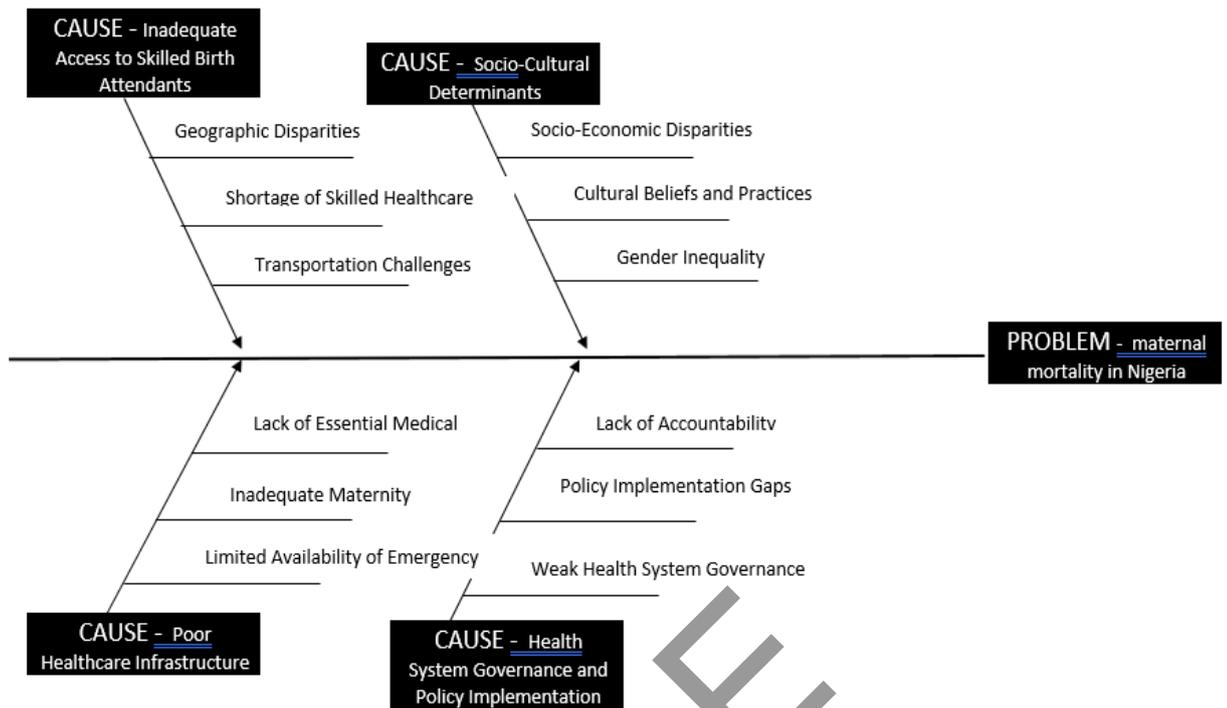


Figure 1: A fish bone analysis of the causes of mothers are dying when they give birth

Results and Conclusions

The study found that not having sufficient trained birth helpers is the major reason for poor maternal wellbeing in Nigeria. This disclosure comes from looking at numerous distinctive reasons why mothers are passing on, and we found that there are a lot of issues that make it hard for them to get great healthcare when they require it (3,1,24).

Differences in area are a huge stress since individuals in country and inaccessible regions are having a harder time finding skilled birth aides (27). There are not sufficient trained healthcare specialists, which makes the issue of not getting sufficient care during childbirth more regrettable, particularly in communities that do not have numerous resources(6,5,23). Additionally, the need of appropriate healthcare facilities, especially in

country regions, makes it troublesome for ladies to get vital maternal healthcare administrations like pre-birth care, secure delivery, and crisis obstetric care.

Based on these results, it is exceptionally vital to make huge changes to the healthcare framework to assist decrease the number of mothers who pass on amid childbirth in Nigeria. This will offer assistance to progress the wellbeing of mothers in Nigeria. Best priorities include investing money on training for maternity specialists and other birth assistants, so there are more qualified healthcare specialists who can give secure and skilled care for mothers (17,13). Additionally, it is exceptionally imperative to progress healthcare facilities, particularly in country and underserved regions, in order to ensure that mothers have access to great quality healthcare administrations (1). Additionally, using community-based programs may make it simpler for people in completely different zones to get maternal healthcare (11,19). Mobile clinics and telemedicine can help pregnant women in faraway places get the health care they need. This makes it easier for them to see a doctor and get help quickly if there are any problems during pregnancy.

These suggestions are based on the best practices from around the world and are adjusted to fit the situation in Nigeria. By using proven methods and learning from what has worked in other places, these suggestions are ready to make a difference in local communities and improve the health of mothers in a lasting way. Basically, we need to focus on why mothers are dying and find ways to improve healthcare, train more medical workers, and involve communities in finding solutions (9,19). By making sure that every woman can have a trained person help them give birth and by making the healthcare system better at taking care of pregnant women, Nigeria can improve the health of mothers and make sure that every woman can get safe and respectful care when they have a baby.

Root Cause Analysis

It is noted that there are many underlying causes leading to women dying when giving birth in Nigeria. So as to gain better clarity on the primary root cause, the five Whys framework was applied (22,15). In this case, the primary root cause is the lack of sufficiently trained birth attendants as shown in the figure below:



Policy Recommendations

1. **Strengthening Training Programs for Midwives and Skilled Birth Attendants:** In order to address the lack of skilled birth attendants in rural and underserved areas, it is important to enhance the training of midwives and other healthcare workers (16). This means making training places bigger, improving what is taught to include useful skills and how to handle childbirth emergencies, and offering rewards to get and keep skilled workers in these areas (18,19). Working together with schools and professional

groups can help create and put in place training programs that are right for rural communities. (1).

2. **Upgrading Healthcare Infrastructure:** Investing in healthcare buildings and equipment is important for making sure pregnant women can get good healthcare. This means building and fixing places where women can have babies and get emergency care in areas where there aren't many services (23,27,30). Improving the infrastructure helps make sure that hospitals have the medical equipment and supplies they need, and also makes it easier for women to have safe births and get care after having a baby (14). We can use partnerships between the government and private companies, as well as new ways of getting money, to help pay for building infrastructure. This will help make sure that the infrastructure is done in a way that is good for the environment and that the services are delivered well (3,7,11).
3. **Implementation of Community-** Community-based programs are important for bringing healthcare services to faraway places where it's hard to get help for moms. Medical vans with important medical supplies and medical workers can offer pregnant women care, help with giving birth, and after-birth care directly to communities that need it. Furthermore, telemedicine can help pregnant women get advice, diagnosis, and referrals without having to travel far for medical help (16,18). Getting the community involved and participating is very important for the success of these programs. It makes sure that the programs work well with the local culture and address the needs of the community.
4. **Strengthening Referral Systems:** Getting timely help during a childbirth emergency is essential for the safety of mothers, especially those with complicated pregnancies. It is very important to make sure that women who have problems get the right care quickly (23,25,28). This can be done by improving how referrals to specialists are made. This

means making it better for different healthcare places to talk to each other and work together. Also, making it easier for patients to get to hospitals. We should make rules for how to recognize and handle medical problems during pregnancy, and make sure doctors and nurses know how to deal with these problems and when to send patients to a specialist (11,18). In addition, when people in the community know more about pregnancy dangers, women and their families can get help when they need it. This makes it easier for them to get the right care quickly (7).

In conclusion, these suggestions for policies provide a complete way to solve the main reasons why many mothers die in Nigeria. Nigeria can help more women have better health during pregnancy and childbirth by spending more money on things like better doctors and clinics, helping communities, and making it easier to get medical help when needed (20,23,27).

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