# **Self-Applied Technique for Quality Health (SATH)**



### A SOCIAL MAPPING TOOL that enables health mothers groups (HMG) to

- Map the population out of reach with the maternal health services;
- Identify and assess community health challenges, focusing on maternal and child health;
- Seek resources as preparedness to minimize the potential risk for maternal and neonatal health; and
- Advocate for access and quality improvement for the available services

The tool has been used in more than 2,358 mothers' groups in 44 districts of Nepal.

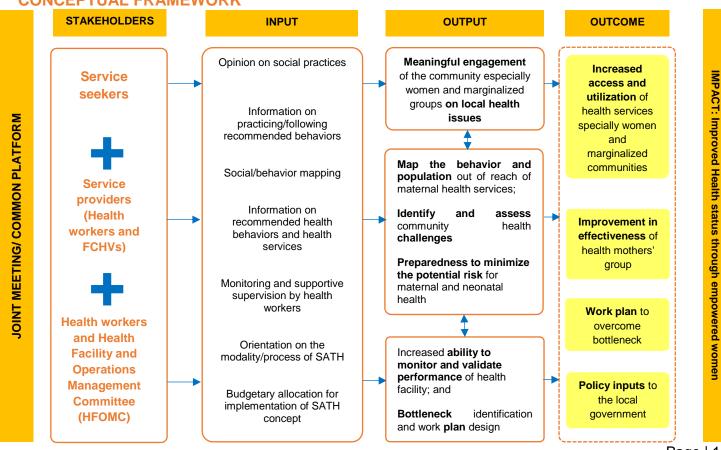


# GOAL: Strengthen mothers' group and increase health service utilization among them.

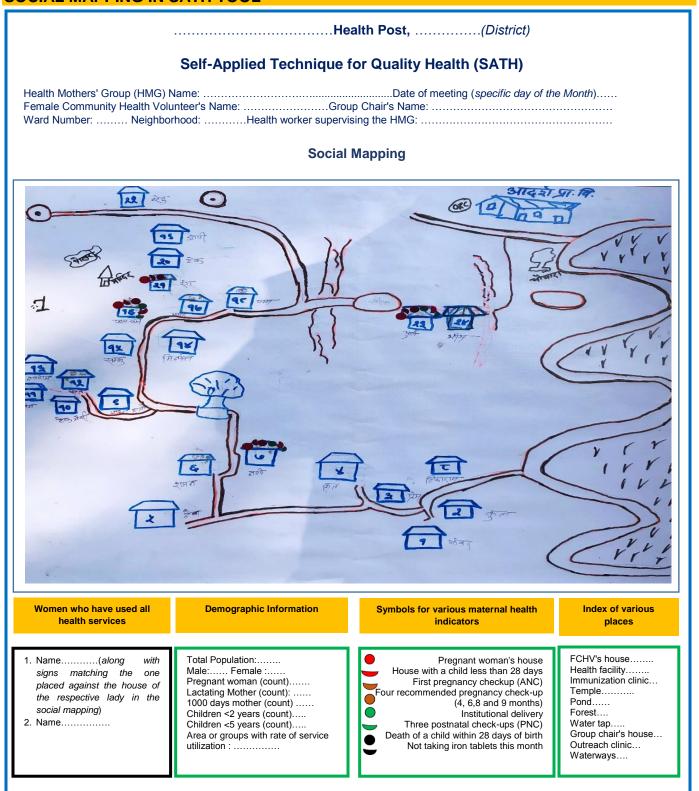
## **OBJECTIVE**

- To provide information and encourage women in 1000 days period to seek sexual, reproductive and maternal health services especially those from marginalized and vulnerable groups.
- To increase coordination between the community and HMG.
- To identify the sexual, reproductive and maternal health services including nutrition services required by women in 1000 days women.
- To address the bottlenecks including the ability of women to practice recommended healthy behaviors and/or access health services.

# CONCEPTUAL FRAMEWORK



# **SOCIAL MAPPING IN SATH TOOL**



Note: The demographic information and symbols used are subject to change based on context.

#### STEPS OF CONDUCTING SATH **CONSULTATION MEETING WITH LOCAL** The meeting is attended by STEP 1 **GOVERNMENT** Deputy Mayor/Vice-chair Executive officer, Municipality **Elected Representative** Health Coordinator, Municipality Agenda Selection of Priority wards/Health facility in local government area to implement SATH Orientation on SATH is carried out in conjunction **ONE-DAY ORIENTATION TO LOCAL** with orientation on Community Health Score **GOVERNMENT REPRESENTATIVE.** STEP 2 Board (CHSB). HFOMC AND FCHV ON SATH The Community Health Score Board (CHSB) is a participatory tool for assessment, planning, monitoring and evaluation of services provided by health facilities. The CHSB brings together the demand side ("service user") and the supply side Agenda ("service provider") of a particular health facility to Knowledge on modality and its intended outcome jointly analyze issues and problems of service Selection of SATH sites (criteria) delivery and find a common and shared way Population of disadvantaged Community forward to address them. Low rate of health service utilization (Please refer to the technical brief on CHSB for Irregular Health Mother's Group Meeting details) Social mapping and using symbols CONDUCTION OF HEALTH MOTHERS' GROUP (HMG) MEETINGS USING SATH TOOL (Fixed day of every STEP 3 month)

# Agenda

- Social/behavior mapping update
- Analysis of maternal and child health status
- Discussion on current maternal health practices at home and service utilization
- Discussion on issues hindering practices of recommended maternal health practices

Indicator (subject to change as per context)	Symbol
Pregnant woman's house	
House with a child less than 28 days	
First pregnancy checkup (ANC)	
Four recommended pregnancy check-up (4,6,8 and 9 months) Institutional delivery (delivery at a health facility)	
Three postnatal check-ups (PNC)	
Death of a child within 28 days of birth	
Not taking iron tablets this month	

## **HMG** using SATH tool (Steps)

- 1. Sit a circle.
- 2. FCHV welcomes all the participants
- The HMG chair thanks everyone for attending the meeting and highlights overall agenda.
- FCHV orients the participants on the importance of SATH tool, its use, outcome and outlines specific agenda.
- 5. Lays out the flex containing the social map.
- 6. For the first time, FCHV draws the social map and with the help of the participants plots the health facility, houses of pregnant and lactating women, health post, FCHV's house, outreach clinic, school, temple, roads and other important sites in the map.
  - a. She then explains which symbols should be used to denote which maternal health practices, places and service utilization of women in 1000 days period.
  - b. The FCHV will then ask a question on antenatal and postnatal care practices to women in 1000 days period and put symbols or "tika" (a circular sticky material), as mentioned in the table on the left, against the house of the respective women in the social map.
- 7. During regular meetings, the FCHV will update the symbols marked against the houses as per changes. Discussion is held on the importance of such practices while the symbols are being marked. Women are requested to place the symbols against their houses themselves.
- 8. Those women who have been practicing as recommended are encouraged to continue. While in cases where women are unable to attend the meeting or adhere to recommended behaviors FCHV along with other participants play a part to address the bottleneck/ challenges and support.

STEP 4

REGULAR MONITORING AND SUPPORTIVE SUPERVISION BY LOCAL HEALTH FACILITY

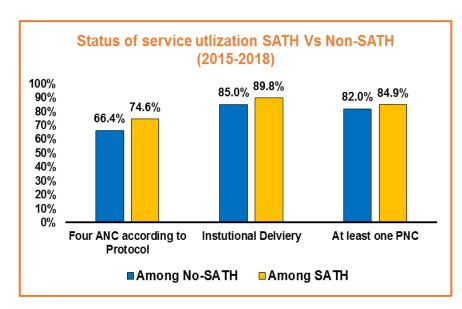
#### **SATH IMPACT**



"After preparing the social map, a black tika (circular sticky material) is placed next to the houses of those pregnant mothers who missed their pregnancy checkup. Then while attending the mothers' group meeting everyone else has a red tika (signifying that they had done the recommended pregnancy checkups) and the one who did not have the ANC checkups has a black tika against her house understands the value of regular checkups and acts on it. By observing her peers, she is also encouraged to go for pregnancy checkups and immunization."



"Female Community Health Volunteers used to talk to us about going to the health facility for pregnancy checkup and consuming iron tablets before as well. But many people did not seem serious about it. After the introduction of SATH in health mothers' group, it has been easier to understand the recommended health practices that too in an enjoyable manner. Previously, women did not go to the health facility for delivery but by virtue of SATH tool, everyone has been able to understand its importance because now everyone is able to engage in the discussions."



Please refer to the following YouTube Links to know more about SATH tool

- https://www.youtube.com/watch?v=33 d wJUAf00&t=111s
- https://www.youtube.com/watch?v=lgi5o ZQ0Sio

Comments or questions on this technical brief should be addressed to:

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Source: Finale Evaluation of SAMMAN Project, 2018