



EMPOWERING FAMILY PLANNING

THE IMPACT OF FEM HEALTH ACADEMY IN MYANMAR

Gaps in Family Planning (FP) and Sexual and Reproductive Health and Rights (SRHR)

Myanmar's healthcare system has long struggled with inadequate resources, especially in FP and SRHR. The high maternal mortality rate and significant unmet need for contraceptive services, particularly in remote regions, highlight the gaps in care. Many HCPs in these areas, especially general doctors, lack the necessary training to provide accurate counseling and services, which further exacerbates poor health outcomes. Additionally, the ongoing socio-political challenges have disrupted national health programs, making it increasingly difficult for HCPs to access continuous medical education and up-to-date resources.

The Fem Health Academy was established to bridge these gaps by providing continuous, accessible, and relevant education to HCPs across Myanmar, equipping them with the tools and knowledge needed to improve reproductive health services.

Innovative Learning

In collaboration with **Z-waka**, the Fem Health Academy is launched with innovative approach to digital health education, focusing on creating an interactive, engaging, and supportive learning environment for HCPs.

Fem Health Academy

A variety of learning modules, each tailored to enhance the learning experience are delivered.

- Interactive Learning Modules
- Community-Driven Case Sharing Videos
- Step-by-Step Demonstration Videos
- Live Dashboard for Real-Time Monitoring



Some Feedbacks from HCPs



"Interactive case discussion and MCQ tests are my favorite. I want to learn more about updated guideline and case study about family planning."

Dr. Phyu Phyu Moe

(General Practitioner, Owner of MOE clinic, Yangon)

"I always look into the contents from Fem Health Academy and enjoy to attend family planning webinars even though I am a pediatrician."



Dr. Aung Kaung Myat

(Paediatrician, Private Clinic, Yangon)

RESULTS AND OUTCOMES (HCPs)

A YEAR OF PROGRESS

1 Key Results

1000+

HCPs are engaged with the Academy throughout the year

75%

Course Completion Rate

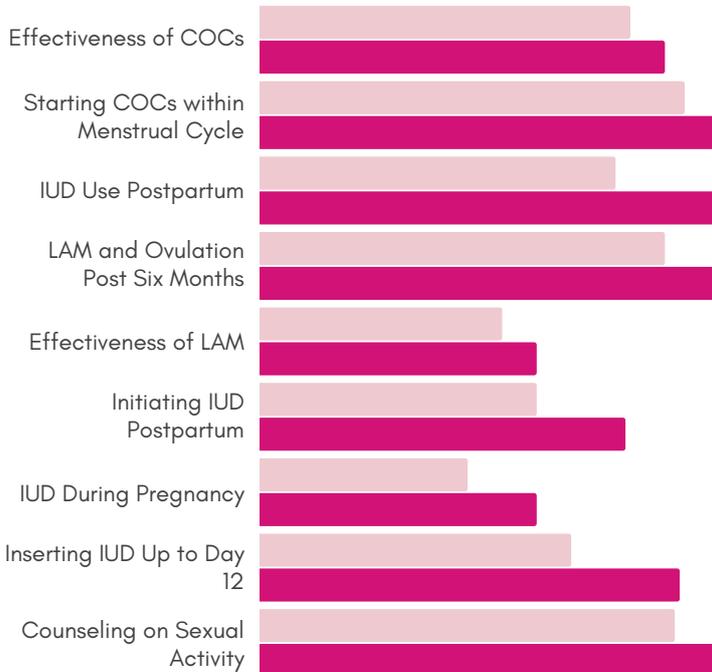
90%

HCPs who apply the knowledge in their clinical practices

2 Measurable Impact on HCPs

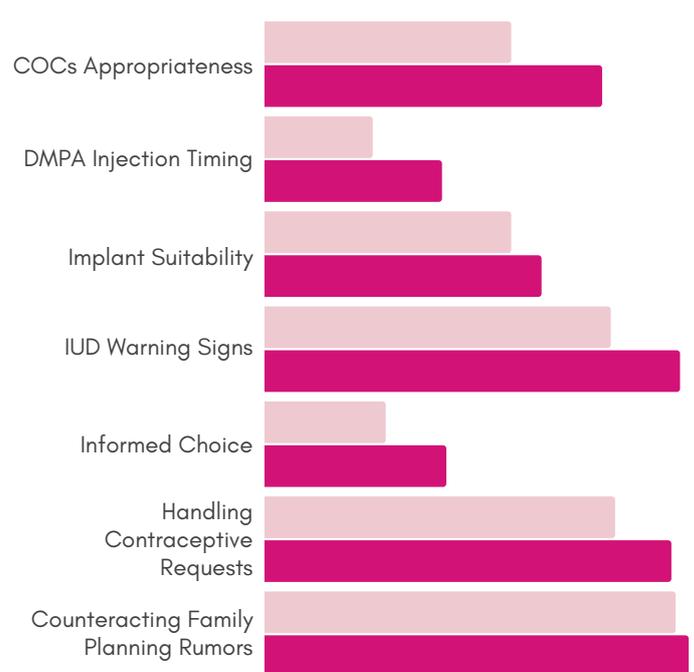
Knowledge Assessment

Pre Test Post Test



Practical Application Assessment

Pre Test Post Test



3 Increased Confidence Among HCPs

The training also had a profound impact on the confidence of HCPs in providing family planning services.

"Before this training, I was hesitant to offer a wide range of contraceptive options. Now, I confidently provide women with more choices, ensuring they have the best possible care."



Dr. Win Myat Htet Kyi
General Practitioner
Owner of Tharaphu Clinic, Yangon

"The case scenarios and webinars have been invaluable. I now feel much more prepared to handle complex cases in my practice, and my patients are benefiting from better, more informed care."



Dr. Myo Thant
Resident Medical Officer
Private Hospital, Yangon

RESULTS AND OUTCOMES (Patients)

IMPACT ON PATIENTS



While direct patient outcomes data is challenging to collect in such programs, **the aggregated feedback from healthcare providers offers valuable insights into the positive impact of the training on patient care.**

Improved Management of Complications

85% of providers reported feeling more equipped to manage complications related to family planning methods, such as IUD insertion and post-abortion care. **This has led to a noticeable reduction in patient side effects and increased confidence among HCPs in managing these cases.**

Enhanced Patient Satisfaction

Over 70% of patients have expressed appreciation for having more choices and receiving care from HCPs who are knowledgeable and confident in discussing all available options.

Patient Acceptance of Expanded Contraceptive Options

25% increase in the number of patients accepting new family planning methods such as implants and IUD. **This demonstrates the direct impact of the training on patient outcomes, particularly in rural and underserved areas.**

2024 Directions: Scaling and Innovating Further

Building on the successes of 2023, the Fem Health Academy aims to expand its reach to **1,500 HCPs** by the end of March 2025. The Academy will continue to enhance the skills and confidence of general practitioners (GPs) in providing family planning services while promoting comprehensive Family Planning training and ensuring better access to quality services. By maintaining a flexible, interactive, and community-driven approach, the Academy will further solidify its role as a leader in digital health education in Myanmar, driving significant improvements in family planning and SRHR across the country.