



# MINI-CLINICAL OUTREACH TEAM (Mini-COT)

## Bringing Services Closer to Communities

**F**oundation for Reproductive Health Services India (FRHS India), an affiliate of Marie Stopes International (MSI), provides a range of modern family planning services in difficult to reach geographies. As part of its mission, FRHS India operates Mini-Clinical Outreach Teams (Mini-COTs) to deliver family planning information and services to women closer to where they live. FRHS India, through its Mini-COTs, also builds the capacity of the sub-centre Auxiliary Nurse Midwife (ANM) through training, supportive supervision and on-the-job mentoring, so as to enable ANMs to offer services independently.

## Background

Young women and adolescents in rural areas are unable to access family planning and reproductive health information, and services since they have limited access to Primary Health Centres (PHCs), which may be located far away. The health sub-centres, which are closer to where they live, are often not in a position to offer services due to various constraints such as lack of trained personnel and inadequate equipment.

## HOW DO Mini-COTs WORK



**M**ini-COT is a mobile three-member team which is trained and equipped to offer spacing methods of family planning. The team provides services at the health sub-centres which are identified in consultation with the district authorities. On pre-determined days, Mini-COTs travel from the headquarters to the identified sub-centres. Community health workers let the local people know about the visit in advance.

# Team Composition

The three-member Mini-COT consists of:



Nurse



Counsellor



Driver-cum-Assistant

## Services Offered

A Mini-COT offers a basket of reproductive health and family planning services which include:

- Intra Uterine Contraceptive Device insertion and removal
- Oral Contraceptive Pills
- Emergency Contraceptive Pills
- Condoms
- Follow-up and referral for Intra Uterine Contraceptive Device clients
- Family Planning Counselling including post-partum family planning counselling
- Referrals for clients who need permanent methods

## Coverage and Reach

**7** Teams providing services | **11** Districts covered | **160+** Sites covered

## Clients Served

During the period January-December 2019:



**12,530**

Intra Uterine Contraceptive Device clients served



**41,379**

Couple Years of Protection generated

## Quality of Care

### Client Comfort, Safety & Satisfaction

Clinical Governance

Technical Competence

Adherence to Professional Standards

- 01 Services provided by competent providers as per Government of India (GoI) and Marie Stopes International clinical standards
- 02 Annual Quality Technical Assessment carried out by Marie Stopes International
- 03 Regular refresher trainings and supportive supervision provided on key areas, such as Infection Prevention, Medical Emergency Management and Counselling
- 04 Client follow-ups done within 24-36 hours of providing service via telephone and Annual Client Exit Surveys carried out to assess client satisfaction levels
- 05 Annual Competency Assessment of all team members
- 06 National and state medical advisory teams review quality standards, organise trainings and monitor Incident Management

## Last Mile Outreach by Our Team

In 2016 monsoon, Bihar witnessed severe floods which resulted in more than 150 deaths and evacuation of nearly half a million people. Our Mini-Clinical Outreach Team (Mini-COT) comprising Nurse Rani Kumari, Counsellor Chandan Bharti and Programme Coordinator Chandra Bhushan were assigned to arrange boats to reach local women in the flooded Araria district, where women had been unable to access contraception services for more than a month. The team put extraordinary efforts in travelling 25 km over three hours to reach the health centre at Mirzapur. Midway, they also had to walk through knee-deep mud carrying the required equipment for the procedure. But their dedication to ensure that women in the peripheries received the required services was incredible. After reaching the destination, the team provided 14 women with Intra Uterine Contraceptive Devices to give them long-acting protection against unplanned pregnancies.



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