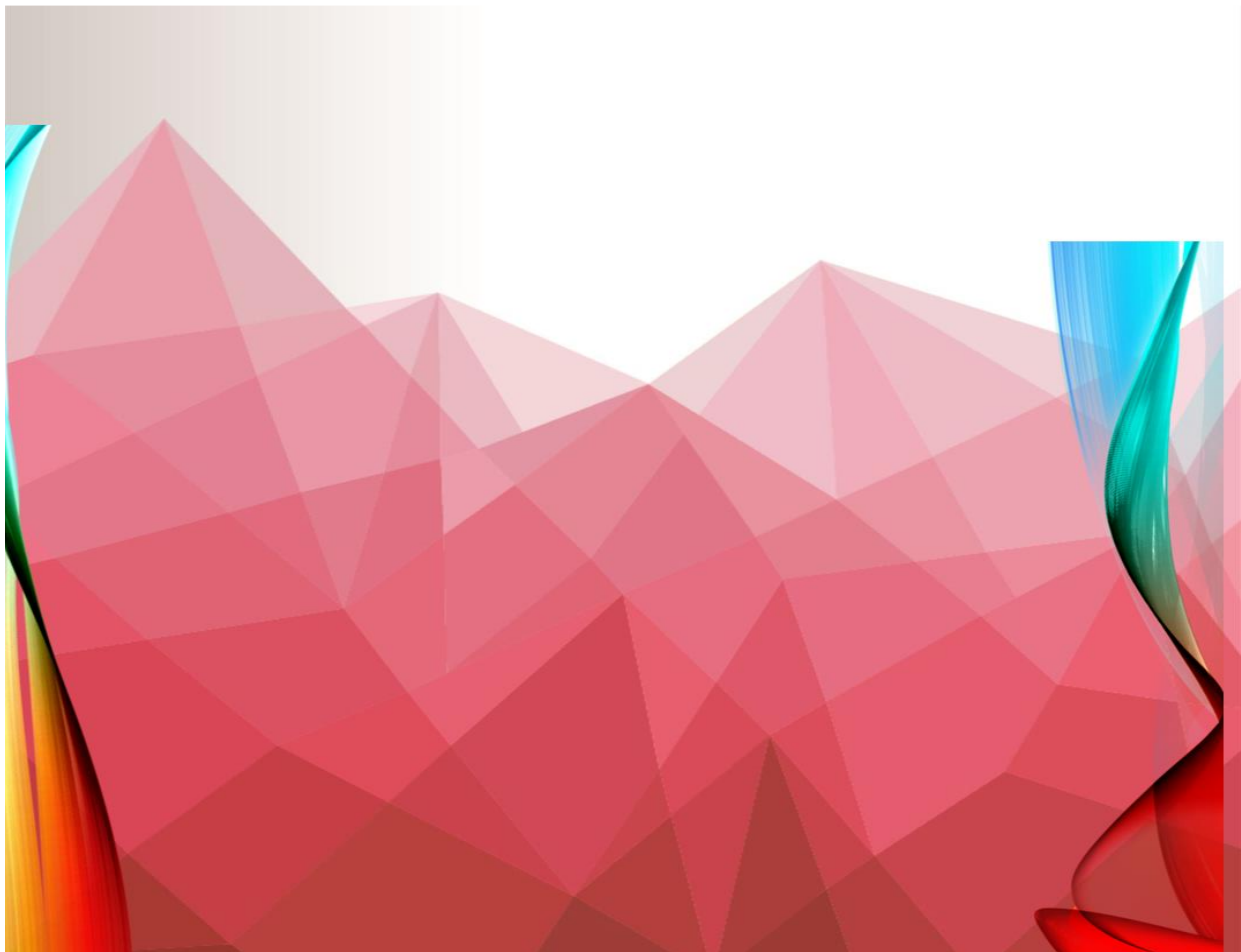

Scaling-Up Family Planning & Health Initiatives in Pakistan: A Progress Report (2024-25)



Preamble

This report highlights the key contributions of The Scaling-up Accelerators (TSA) in advancing systematic and sustainable scaling-up efforts in Pakistan and the broader region. These initiatives have been made possible through collaboration with national and international partners, leveraging technical expertise, knowledge resources, and programmatic support to expand high-impact interventions.

By working closely with ExpandNet, TSA has played a pivotal role in implementing and driving the projects outlined in this report, ensuring that best practices in scaling up are effectively adapted, institutionalized, and sustained across diverse contexts.

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1. Talking Points – ExpandNet’s Work in Pakistan with TSA

1. **Establishment of The Scaling-up Accelerators (TSA) as ExpandNet’s Affiliate in Pakistan**
 - TSA was formally registered as a Private Limited Company in July 2024, becoming an official affiliate of ExpandNet in Pakistan.
 - It serves as a technical partner for scaling-up initiatives in the country, working with government institutions, universities, and implementation partners.
2. **Scaling-Up of PPFP in Pakistan (Qadam ba Qadam Initiative)**
 - TSA provided technical assistance to scale-up Postpartum and Post-Abortion Family Planning (PPFP & PAFP) in Sindh, Punjab, KP, and Balochistan under Pathfinder International’s Gates-funded Qadam ba Qadam initiative.
 - Provincial Action Plans for PPFP & PAFP were developed and officially endorsed by Sindh, KP, and Balochistan.
 - QA Framework and Supportive Supervision (SS) Guidelines were adopted as provincial resource materials in Balochistan and KP.
 - TSA conducted two Training of Trainers (ToT) sessions for Provincial and District Master Trainers in January (Quetta) and February (Peshawar) to institutionalize QA and SS mechanisms.
3. **Training Workshop in Manila for FP2030 Asia-Pacific Regional Focal Persons**
 - TSA participated in and facilitated a technical session on Scaling-Up Family Planning Interventions during the FP2030 Asia-Pacific Regional Workshop (July 2024, Manila).
 - Introduced WHO/ExpandNet frameworks and led country-level action planning sessions for participants from multiple FP2030 commitment countries.
4. **Technical Assistance to SZABIST University, Karachi**
 - Signed an MoU with SZABIST University to integrate scaling-up frameworks into public health education and research.
 - Conducted a two-day Training of Trainers (ToT) workshop (October 2024) for faculty from multiple departments, introducing them to the WHO/ExpandNet framework and scaling-up methodologies.
 - Developed and provided resource materials, including case studies, research checklists, and facilitator guides.
 - Next steps: Working with SZABIST to establish a Community of Practice on Scaling-Up to promote knowledge-sharing and institutional capacity-building.
5. **Capacity Building at the University of Malaya**
 - Conducted two workshops on Scaling-Up High-Impact Public Health Practices for MPH and Doctorate students at the University of Malaya (July & December 2024).
 - Used the same resource materials developed for SZABIST, ensuring consistency in training efforts.
 - Focused on integrating scale-up thinking into students’ research projects using WHO/ExpandNet frameworks.
6. **Contribution to WHO Strategies for Scaling-Up Post Pregnancy Family Planning**
 - Actively participated in WHO’s virtual consultative meetings and provided structured feedback on the Scaling-Up PPFP & PAFP guidance document.
 - Reviewed and restructured key sections, particularly on Monitoring, Indicators, Evaluation, Accountability, and Learning, aligning them with horizontal and vertical scaling considerations.
 - Provided case studies, indicators, and frameworks, ensuring the final document is structured, practical, and aligned with global recommendations.
7. **National Validation Workshop on Family Planning Bottleneck Analysis (BNA) – Pakistan**
 - Participated in and contributed to Pakistan’s National FP Bottleneck Analysis Workshop (August 2024, Islamabad) organized by MoNHSR&C and WHO.
 - Provided insights on governance, policy implementation, workforce capacity, and service delivery challenges affecting FP scale-up.

2. Establishment of The Scaling-up Accelerators (TSA) – Affiliate of ExpandNet in Pakistan

Recognizing the need for a dedicated entity to facilitate the systematic and sustainable expansion of proven health initiatives, The Scaling-up Accelerators (TSA) was established on July 4, 2024, as a Private Limited Company under the Securities and Exchange Commission of Pakistan (SECP) Companies Act of 2017. As an affiliate of ExpandNet in Pakistan, TSA provides technical expertise, supports policy and capacity-building initiatives, and serves as a local implementation partner for national and international health programs.

Since its establishment, TSA has achieved several key milestones. It played a pivotal role in developing and implementing Provincial Action Plans for Postpartum Family Planning (PPFP) in all four provinces under the *Qadam ba Qadam Initiative*, in partnership with QZ Catalyst and Pathfinder International. TSA also facilitated a regional training workshop in Manila for Asia-Pacific Focal Persons under FP2030 and provided technical assistance to the Department of Public Health at Shaheed Zulfiqar Ali Bhutto Institute of Information Technology (SZABIST) University, Karachi Campus, training faculty as Master Trainers for Scaling-Up and initiating a Community of Practice to strengthen implementation efforts. Additionally, TSA conducted scaling-up strategy training for MPH and Doctorate students at University Malaya. In collaboration with ExpandNet, technical inputs to WHO were provided in developing the *Strategic Guidelines on Scaling-Up Post Pregnancy Family Planning*.

To enhance its capacity and technical expertise, TSA has signed Memoranda of Understanding (MoUs) with Action International, QZ Catalyst, and the SZABIST University. These partnerships enable TSA to provide technical assistance and resource development, further strengthening the effectiveness of scaling-up interventions across Pakistan.

3. Scaling-up of PPFP in Pakistan (Qadam ba Qadam Initiative)

Pathfinder International's **Qadam ba Qadam Initiative** builds upon the work initiated by ExpandNet and the Ministry of National Health Services, Regulation, and Coordination (MoNHSR&C) following the FP2030 East Asia Hub PPFP Workshop in Kathmandu (Oct-Nov 2023). This initiative aims to scale up Post-Pregnancy Family Planning interventions nationwide by addressing governance, coordination, capacity-building, and data standardization challenges.

In collaboration with QZ Catalyst and with support from Pathfinder International under the Gates Foundation grant, The Scaling-up Accelerators (TSA) provided technical assistance for scaling-up PPFP. A National Focal Persons' Workshop was held in September 2024, where provincial action plans were developed to standardize implementation across Sindh, Punjab, Khyber Pakhtunkhwa (KP), and Balochistan.

3.1. Key Contributions & Activities

3.1.1. Development of Resource Materials

TSA developed a range of resource materials to support the scaling-up of Postpartum and Post-Abortion Family Planning (PPFP & PAFP), including:

- ✓ **PPFP and PAFP Provincial Action Plans (Sindh, KP, Punjab, Balochistan)** – Comprehensive roadmaps outlining governance structures, service delivery enhancements, and monitoring frameworks to integrate PPFP & PAFP into routine healthcare services.
- ✓ **Quality Assurance (QA) Framework for Postpartum and Post-Abortion Family Planning** – A structured approach to improving service quality, provider accountability, and patient-centered care, ensuring adherence to high-impact practices in PPFP & PAFP service delivery.

- ✓ **Supportive Supervision (SS) Guidelines with an Emphasis on Remote Supervision** – Detailed guidance on mentorship-based supervision, equipping mid-level healthcare managers with tools to enhance service delivery both in-person and through digital/remote channels. Linked with these guidelines, the following toolkits were also developed:
 - **Step-by-Step Toolkit for Effective Supportive Supervision (Urdu & English Versions)** – A **practical, action-oriented resource** designed to help supervisors conduct structured visits, provide targeted feedback, and monitor quality improvements over time.
 - **Supportive Supervision Worksheets for Healthcare Providers, Incorporating Key QA Indicators** – A hands-on tracking and assessment tool to help supervisors and providers identify service gaps, implement corrective actions, and measure quality improvements in PPFP & PAFP services.
- ✓ **Infection Prevention Checklist & Presentation** – A structured tool and training resource designed to strengthen infection prevention practices at healthcare facilities, covering hygiene protocols, sterilization procedures, and waste management strategies to ensure safer service delivery.
- ✓ **Guide on Data Management, Quality, & Use** – A comprehensive guide on improving data accuracy, reporting consistency, and data-driven decision-making, ensuring effective monitoring and evaluation of PPFP & PAFP interventions at the facility and district levels.

3.1.2. Government Endorsements & Policy Integration

- Sindh, KP, and Balochistan have officially endorsed the Provincial Action Plans for PPFP through their respective Departments of Health and Population Welfare. This led to the establishment of Task Forces at both Provincial and District levels to oversee implementation. These Task Forces will conduct quarterly provincial review meetings, ensuring that PPFP is effectively scaled up and integrated into routine healthcare services.
- In January 2025, the Departments of Health and Population Welfare in Balochistan and KP formally endorsed and adopted the QA Framework and SS Guidelines as official provincial reference materials, strengthening quality assurance and supportive supervision mechanisms for family planning services.

3.1.3. Training of Master Trainers on QA and SS

Following the endorsement of resource materials in Balochistan and KP, TSA conducted Training of Master Trainers at both the Provincial and District levels, bringing together participants from the Departments of Health (DoH), Population Welfare Departments (PWD), and Integrated Reproductive Maternal, Newborn, and Child Health (IRMNCH) programs. These trainings, held in January 2025 in Quetta, Balochistan, and February 2025 in Peshawar, KP, aimed to strengthen capacity for Quality Assurance (QA) and Supportive Supervision (SS) among healthcare providers. These trainings focused on:

- **Modern Supportive Supervision Practices** – Transitioning from traditional oversight to a collaborative, mentorship-based approach for quality improvement.
- **Remote Supervision Strategies** – Utilizing digital tools and innovative methods to enhance service delivery in remote and resource-limited areas.
- **Identifying and Addressing QA and SS Gaps** – Engaging participants in case-based learning and real-world problem-solving to recognize and mitigate service quality challenges.
- **Developing Action Plans for Implementation** – Ensuring trained personnel integrate QA and SS principles into routine facility-level practices for sustained impact.

To support these trainings, TSA developed additional resource materials, including:

- **Training Presentations & Facilitator Guides on QA and SS** – Structured training content designed to equip healthcare providers with practical knowledge, tools, and methodologies for effective QA and SS implementation.
- **Case Studies on QA and SS** – Real-world examples showcasing successful applications of quality assurance principles, highlighting best practices and lessons learned to enhance service delivery

TSA remains committed to supporting the Provincial Governments in advancing Postpartum and Post-Abortion Family Planning (PPFP & PAFP) initiatives. While significant progress has been made in Sindh, KP, and Balochistan, TSA continues to engage with stakeholders in Punjab, where both the Population Welfare Department (PWD) and Department of Health (DoH) are undergoing structural reforms. This transitional phase has led to delays in the continuation of ongoing commitments, and TSA remains available to provide technical assistance and strategic guidance to ensure the sustainability of scaling-up efforts. TSA's collaboration under this initiative extends until May 2025.

4. Technical Assistance to DoPH, SZABIST University, Karachi

In September 2024, The Scaling-up Accelerators (TSA) formalized a collaboration with SZABIST University's Department of Public Health (DoPH) through a Letter of Understanding (LoU) to advance the Science and Practice of Scaling-Up in public health academia. This partnership is focused on capacity building, research integration, and institutionalizing scaling-up methodologies within MSPH training and faculty development programs.

As part of this collaboration, TSA conducted a two-day Training of Trainers (ToT) workshop on October 23-24, 2024, equipping faculty members with the knowledge and tools to incorporate scaling-up principles into academic research and public health initiatives. This training covered WHO/ExpandNet frameworks, strategic planning for scale-up, and facilitation techniques for public health interventions. To support this effort, TSA developed key resource materials, including:

- ✓ A PowerPoint presentation with notes – Providing an in-depth overview of scaling-up concepts tailored for academic and research settings.
- ✓ A case study with a checklist and completed version – Offering a structured example of scaling-up application in public health, ensuring faculty and students can apply learning to real-world scenarios.
- ✓ A checklist for students' research projects – A guiding tool to help students scale small-scale research projects into broader implementation strategies, fostering evidence-based decision-making in public health.

Moving forward, TSA and SZABIST are working to establish a Community of Practice (CoP) on Scaling-Up to strengthen networking, collaboration, and knowledge exchange among researchers, practitioners, and policymakers. TSA will provide technical assistance in developing Terms of Reference (ToR), engaging key stakeholders, and facilitating CoP meetings to advance the institutionalization of scaling-up science in Pakistan.

5. Training Workshop in Manila for Asia-Pacific Regional Focal Persons under FP2030

From July 1-4, 2024, TSA, in collaboration with ExpandNet and FP2030 Asia-Pacific Hub, participated in a four-day regional workshop in Manila, Philippines, focused on advancing voluntary, rights-based family planning through country-led approaches. The workshop convened over 80 participants, including FP2030

country focal points, government representatives, and key stakeholders such as UNFPA, USAID, the Gates Foundation, and WHO.

TSA contributed to the workshop by facilitating technical sessions on the science of scaling-up high-impact practices (HIPs) in family planning. A key session introduced the WHO/ExpandNet framework for scaling up postpartum and post-abortion family planning (PPFP & PAFP). Through interactive discussions and case studies, participants explored the systematic scaling-up of successful pilot projects into sustainable, large-scale programs. The workshop also covered bottleneck analysis, private sector engagement, adolescent reproductive health, and emergency preparedness strategies, ensuring a comprehensive approach to family planning scale-up across diverse country contexts.

As part of the workshop, TSA conducted a dedicated two-and-a-half-hour technical session focused on applying the ExpandNet scaling-up framework. Participants engaged in group exercises, strategic planning discussions, and country-level action planning, equipping them with practical tools for implementing and sustaining family planning interventions. TSA also introduced participants to the Scaling-up Learning Center (SLC), encouraging further engagement in capacity-building initiatives beyond the workshop.

The event concluded with country-specific action plans, where Pakistan's delegation outlined key priorities, including structural reforms, climate-resilient family planning, and commodity security. The workshop reinforced regional collaboration and knowledge-sharing, setting the foundation for enhanced advocacy, accountability, and programmatic impact in the Asia-Pacific region.

6. National Validation Workshop on Family Planning Bottleneck Analysis (BNA) – Pakistan

On August 7-8, 2024, the Ministry of National Health Services, Regulations & Coordination (MoNHSR&C), in collaboration with WHO, convened a National Stakeholder Validation Workshop on Bottleneck Analysis (BNA) for Family Planning in Islamabad. The workshop aimed to identify key barriers to scaling up evidence-based family planning practices and develop strategic solutions to address them.

The BNA process focused on three critical areas: Postpartum and Post-Abortion Family Planning (PPFP/PAFP), Social and Behavior Change (SBC), and Task-Sharing/Task-Shifting. Findings from Pakistan's analysis highlighted governance gaps, inconsistencies in policy implementation, limited provider capacity, and challenges in service delivery. TSA played a key role in facilitating group discussions and validating key bottlenecks affecting family planning service expansion.

During the two-day workshop, stakeholders from provincial health and population departments, UN agencies, and development partners engaged in interactive discussions, group work, and policy recommendations. The validated findings were synthesized into actionable solutions, emphasizing policy alignment workforce capacity-building, and streamlined service delivery mechanisms. The finalized BNA findings will inform national-level planning for family planning scale-up efforts, ensuring sustainable, high-impact interventions across Pakistan.

7. Training of MPH and Doctorate Students at the University of Malaya – 2024

In 2024, The Scaling-up Accelerators (TSA), in collaboration with ExpandNet and the University of Malaya, conducted two one-day workshops on the Science of Scaling-Up High-Impact Public Health Practices. These sessions, held in July and December at the Department of Social and Preventive Medicine, Faculty of Medicine, were designed to equip Master of Public Health (MPH) and Doctorate in Public Health (DrPH)

students with practical knowledge and tools to integrate scaling-up principles into public health research and interventions.

The training followed a structured three-phase approach, ensuring both theoretical grounding and hands-on learning:

- Understanding the Science of Scaling-Up – Introduced WHO/ExpandNet tools, principles, and global case studies to help students grasp key scale-up concepts.
- Case Study Application – Engaged participants in a co-working session, where they analyzed a structured case study using a checklist, allowing them to apply scale-up principles in a simulated real-world context.
- Scaling-Up Strategy for Research – Provided students with a step-by-step checklist to incorporate scale-up considerations into their own research projects, ensuring alignment with public health program implementation.

The workshops utilized the same resource materials developed for the Training of Trainers (ToT) conducted at SZABIST University, Karachi, ensuring consistency in capacity-building efforts. These materials included:

- A PowerPoint presentation with notes – Offering structured guidance on scaling-up methodologies.
- A case study with a checklist and completed version – Assisting students in applying scale-up thinking to real-world public health interventions.
- A research project checklist – Helping students design their research for broader implementation and policy influence.

By leveraging the same high-quality resources, these workshops enhanced participants' capacity to integrate scaling-up concepts into public health research and implementation strategies. The interactive case study and group discussions enabled students to engage critically with real-world scale-up challenges. Moving forward, TSA and the University of Malaya will explore opportunities to further institutionalize scaling-up frameworks into public health education and research through continued collaboration.

8. Contribution to WHO's Strategies for Scaling-Up Post Pregnancy Family Planning

In close collaboration with ExpandNet, TSA actively contributed to the development of WHO's strategic guidance document on Scaling-Up Post Pregnancy Family Planning (PPFP & PAFP) through technical inputs, structured feedback, and revisions. Key contributions included:

- Active participation in consultative meetings – Provided insights on strategizing the document structure and refining scaling-up approaches.
- Detailed review and feedback on the Zero Draft – Suggested improvements to enhance monitoring, evaluation, and accountability frameworks, ensuring a more structured and actionable document.
- Rewriting & restructuring of Chapter 3 (Monitoring, Indicators, Evaluation, Accountability, and Learning) – Addressed redundancies, reorganized sections for a logical flow, and incorporated horizontal and vertical scaling considerations to enhance implementation strategies.
- Development of annexures – Included practical case studies, expanded indicators, and country-specific data sources, providing actionable tools for policymakers and program managers.
- Strengthening adaptive learning approaches – Integrated reflection tools such as 'pause and reflect' sessions and after-action reviews to ensure continuous programmatic improvement.

By incorporating evidence-based recommendations and refining key sections, the contributions provided helped shape a more structured, practical, and impactful guidance document.

