

# Mama-U

Postpartum Uterus Trainer



An excellent tool for PPIUCD training and counseling



**Laerdal**

helping save lives

# Postpartum Family Planning

Birth spacing decreases both maternal and neonatal mortality. In many parts of the world, over half of pregnancies occur less than 24 months after the preceding birth and there is an unmet need to offer family planning immediately after delivery.<sup>1</sup>

Postpartum intrauterine devices (PPIUCDs) are safe, long-term, low-cost, reversible, and non-user-dependent. A barrier to PPIUCD adoption and effectiveness is provider confidence. The Mama-U Postpartum Uterus Trainer helps providers train on PPIUCD placement and counsel mothers on the procedure. A Cochrane Review published in 2010 confirmed that immediate post-partum insertion of postpartum insertion of IUCDs were safe and effective.<sup>2</sup>

Recent studies in India shows an IUCD expulsion rate as low as 2% when placed by well-trained providers.<sup>3</sup>

## Field-testing Shows Impact of Mama-U on Provider Confidence & Client Uptake

**82%** Of providers report having increased confidence in providing PPIUCD services

**91%** Of providers report that Mama-U is user-friendly and acceptable

**78%** Of clients counseled using Mama-U said it helped them decide to use a PPIUCD

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1. MCHIP, USAID. Family Planning Needs during the First Two Years Postpartum in Kenya, India.

2. Grimes DA et al. Inserting an IUD right after childbirth versus at a later time. Cochrane. May 2010.

3. MCHIP, USAID. Program Learning for Postpartum Intrauterine Contraceptive Device (PPIUCD) Integration with Maternal Health Services. Programmatic Experience from Multiple Countries.



Easily collapsible and ultra-portable, **Mama-U** can be used as a tabletop model or inside the **MamaNatalie Birthing Simulator**



Easy visualization of PPIUCD placement



Training for vaginal and cervical inspection and gauze packing



Balloon tamponade insertion for post-partum hemorrhage management



**Laerdal Light** can be used with **Mama-U** as a task light to facilitate visualization during procedures



*“It is a very nice model to learn PPIUCD insertion. The level of difficulty it can simulate is very close to real life and hence gives me a lot of confidence after practicing PPIUCD insertion on the model”*

*- Trainer in Bangalore, India*



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