

**CHALLENGES AND COPING STRATEGIES OF RURAL HEALTH  
MIDWIVES IN THE DELIVERY OF FAMILY PLANNING  
SERVICES IN INDANG, CAVITE  
DURING PANDEMIC**

**Undergraduate Thesis  
Submitted to the Faculty of the  
College of Nursing  
Department of Midwifery  
Cavite State University  
Indang, Cvite**

**In partial fulfillment  
of the requirements for the Degree  
Bachelor of Science in Midwifery**

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**June 2022**

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*Challenges and coping strategies of rural  
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## ABSTRACT

**BELAS, JENJIRLYN D., DELA CRUZ, ROSE ANN S., CASTINO, JEZZEL C., PORQUEDO, JESSA O. Challenges and Coping Strategies of Rural Health Midwives in the Delivery of Family Planning Services in Indang, Cavite during Pandemic.** Undergraduate Thesis. Bachelor of Science in Midwifery. Cavite State University, Indang, Cavite. June 2022. Adviser: Prof. Lei Anne B. Rupido.

The research was carried out in the Rural Health Unit of Indang, Cavite, from April to May 2022, covering the peak of the pandemic from March to December 2020. It was done to identify the challenges and coping strategies of rural health midwives in providing family planning services during a pandemic. The study specifically aimed to 1) describe the profile of rural health midwives in Indang, Cavite in terms of age, gender, marital status, education, length of midwifery practice, and number of years working as a midwife in Indang Rural Health Unit (IRHU), Roles and responsibilities of Rural Health Midwives; 2) identify the challenges encountered by participants in the delivery of Family Planning Services to the communities in Indang, Cavite during the COVID-19 pandemic ; and 3) determine the coping strategies commonly used by participants to deal with the challenges they faced. The research questions raised in this study were addressed using a descriptive research design and qualitative methodology.

The study included seven (7) rural health midwives who worked at IRHU in 2021. They were all females ages 27 to 53. Four of them are single. Two have been in midwifery practice for two years, two for ten years, one for sixteen years, and two for thirty years. In terms of years working at Indang RHU, three midwives were employed for two years, while the other four had been there for three, four, five, and six years, respectively.

Participants were primarily responsible for providing family planning services to the communities, such as immunization of infants and children under the DOH's Expanded Program on Immunization: delivery of FP methods; maternal and child



health services such as prenatal and post-partum check-ups; nutrition education to mothers and infants; monitoring the growth and development of 0-71 months old children; and provision of health education and counseling programs to clients.

Furthermore, during the COVID-19 pandemic, they were deployed to respond to the Covid-19 Pandemic units within the municipality of Indang, with a focus on maternal and newborn health as part of the overall pandemic health response. They were also tasked with dealing with COVID-19 patients, administering vaccines, monitoring vital signs, and caring for the sick.

The findings of the study revealed that midwives of Indang RHU are generally female with bachelor's degree with varied ages and years of service at Indang RHU. Their primary responsibilities include the delivery of family planning services to the communities. However, during COVID-19 pandemic they did not only provide FP services to the communities but were also deployed to respond to Covid-19 Pandemic units within the municipality of Indang, such as administering vaccines to Indang residents, monitoring their vital signs, handling COVID-19 patients, and caring for those who are sick.

Based on the significant findings of the study, it can be inferred that midwives in Indang RHU have faced many challenges particularly during the period of COVID-19 pandemic. These major challenges include constant fear of infection from COVID-19 virus for them and for their families, shortage of staff, heavy workload, shortage of FP commodities and supplies, discrimination from community and conflict with peers. These challenges were bravely faced by the midwives during pandemic who were not only providing FP services to the communities but were also deployed as frontline responders during the pandemic.

In sum, the participant's faith in the Almighty God, their high sense of duty, positive disposition in life and love for their family has empowered them to overcome the struggles they went through the COVID-19 pandemic.

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## **INTRODUCTION**

According to RA 7392: Philippine Midwifery Act of 1992, the practice of midwifery consist in performing or rendering, or offering to perform or render, for a fee, salary, or other reward or compensation, services requiring an understanding of the principles and application of procedures and techniques in the supervision and care of women during pregnancy, labor and puerperium management of normal deliveries, including the performance of internal examination during labor except when patient is with antenatal bleeding; health education of the patient, family and community; primary health care services in the community, including nutrition and family planning in carrying out the written order of physicians with regard to antenatal, intra-natal and post-natal care of the normal pregnant mother in giving immunization, including oral and parenteral dispensing of oxytocic drug after delivery of placenta, suturing perenial lacerations to control bleeding, to give intravenous fluid during obstetrical emergencies provided they have been trained for that purpose; and may inject Vitamin K to the newborn: Provided, however, That this provision shall not apply to students in midwifery schools who perform midwifery service under the supervision of their instructors, nor to emergency cases.