



**FAOPS**  
Federation of Asia and  
Oceania Perinatal  
Societies



## **REPORT**

# **“PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT”**

**FAOPS Eastern Regional Workshop, Ulaanbaatar, Mongolia**

**9-10 June, 2025**

## Abbreviation

|           |                                                            |
|-----------|------------------------------------------------------------|
| AMH       | Amgalan Maternity Hospital                                 |
| FFM       | Faculty of Family Medicine                                 |
| FHCC      | Family health care center                                  |
| GH        | General Hospital                                           |
| HCC       | Health care center                                         |
| KMC       | Kangaroo Mother Care                                       |
| KhMH      | Khuree Maternity Hospital                                  |
| LBWI      | Low birth weight infant                                    |
| MNUMS     | Mongolian National University of Medical sciences          |
| MPA       | Mongolian Perinatal Association                            |
| NCMCH     | National center for Maternal and Child Health              |
| NCMNWH-II | National center for mother, newborn, and women's health-II |
| UMH       | Urguu Maternity Hospital                                   |
| WHO       | World Health Organization                                  |

## BACKGROUND

One of the pressing issues in the health sector of our country is the issue of medical care and services for premature infants, low birth weight infants, and sick infants, which account for a large share of infant and child mortality under the age of five. The health of newborns and the state of care and services provided to them affect the quality of life throughout a person's life, so it is very important to provide them with timely and optimal care.

According to statistics from recent years, more than 60% of infant deaths in Mongolia occur before the age of 28 days, and 65.9% of infants who die in the first 7 days of life are premature infants, which indicates the need to pay special attention to the medical care provided to them. The study "Why Do Babies Die" (2019) found that about 70.0 percent of died babies died between 22 and 36 weeks of gestation (premature birth) and about 30.0 percent died at 37 weeks or more of gestation (full term birth), indicating that improving medical care for premature babies can significantly reduce infant mortality.

The basis for reducing infant and under-five mortality is to improve access to quality, affordable, and simple health care services. Based on the results of scientific research and evidence, international organizations such as the World Health Organization, the United Nations Children's Fund, the World Federation for Breastfeeding, international governments, and volunteers have been working to restore the tradition of breastfeeding since 1990.

The "Mother, Child, and Reproductive Action Plan" approved by the Minister of Health with Order No. A/760 of 2021, in Action Line 5.2.2, includes the implementation of "Management of Low-Weight, Premature, and Sick Infants," and the implementation of this program will improve health care and services for premature infants, reduce the incidence of premature infants, reduce the risk of death from preventable diseases, and thus improve the prognosis and quality of life of premature and low-weight infants. As part of this plan, a manual on "Management of Premature, Low Birth Weight, and Sick Infants" was developed in 2022 and national trainers were trained.

To improve the quality of neonatal care and reduce preventable morbidity and mortality, it is necessary for medical professionals working with newborns to have high skills, evidence-based knowledge, and good clinical experience. Therefore, it is important to pay special attention to the care of low and very low birth weight infants nationwide and to intensify activities to prevent premature births.

According to the program, by training doctors and medical professionals who provide care to mothers and newborns and improving their knowledge and skills, the care and services provided to premature infants, low birth weight infants, and sick children will

be improved, their morbidity and mortality will be reduced, and the prognosis and quality of life of premature and low birth weight infants will be improved.

## **WORKSHOPS AIM**

Our goal was to improve the knowledge and skills of doctors and medical professionals about life-saving, evidence-based interventions for premature and low birth weight full-term infants, such as respiratory support and maternal and neonatal care.

## **WORKSHOP METHODS AND SPECIFIC OBJECTIVES**

The training-workshop was conducted through lectures, group discussions, hands-on exercises, and case studies. At the end of the training, participants acquired the following knowledge and skills. These include:

- Understanding the causes and influencing factors of preterm birth
- Antenatal interventions to reduce complications of preterm birth
- Perinatal infections
- Management of preterm birth
- Management of common disorders in preterm infants
- General concept of Kangaroo Mother care (KMC);
- Essential care for preterm and term infants;
- Definition and types of KM;
- Mechanism of KMC;
- Benefits of early intervention and KMC, implementation process;
- Criteria and methods for selecting KMC;
- Feeding of infants in KMC;
- Transporting infants in KMC;
- Introduction to KMC in health facilities;
- Sustainable development of KMC in health facilities, etc.

## **IMPLEMENTED ACTIONS**

1. “PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT” Organized training preparations (Developed training guidelines, budget, and program, selected aimags and city health organizations to participate in the training based on maternal and newborn health statistics, selected training participants, and submitted official documents).
2. The workshop was successfully organized in Ulaanbaatar on June 9-10, 2025, and involved more than 150 specialists from the Ulaanbaatar NCMCH, NCNWH-II, Amgalan, Urguu, Khuree, district hospitals and MNUMS.

## Workshop process

The FAOPS Eastern regional workshop on the topic “PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT” was successfully organized on June 9-10, 2025, in the Great Hall of the Ulaanbaatar Hotel.

This workshop was attended by more than 150 people, including specialists from the Ministry of Health, NCMCH, NCNWH-II, Amgalan, Urguu, Khuree, district hospitals, private maternity hospitals, obstetricians and gynecologists from 21 provinces of Mongolia, and lecturers from the Department of Pediatrics, Department of OBG, Department of midwives of the MNUMS.

The Workshop had three sessions:

- Session I. Prevention and management of preterm labor and antenatal interventions that reduce complications of prematurity.
- Session II. Perinatal Medicine
- Session II. Optimal management of the preterm in Kangaroo Mother Care and Kangaroo transport

On the first day, preterm birth, prevention methods, and care for premature babies were discussed. On the second day, training was held on KMC, which can save the lives of premature and low-birth-weight babies. At the end, participants divided into 4 groups and discussed the challenges facing the introduction and implementation of KMC.

The following FAOPS guest speakers and local doctors presented their best practices in perinatal care. For example:

1. Professor Kim Han-Suk, President of the Federation of Asian and Pacific Perinatal Societies, presented on the topic of management of mechanical ventilation in newborns and management of pulmonary hypertension associated with bronchopulmonary dysplasia;
2. Professor Milind Shah, Head of the Department of Obstetrics and Gynecology, Gandhi University, India, and Secretary General of the Federation of Asian and Pacific Perinatal Societies, presented on the topic of management and prevention of preterm birth and infections during pregnancy;
3. Professor Socorro De Leon-Mendoza, President of the Asia Pacific Maternity Network, presented on the topic of KMC: Concepts, processes, evidence and recommendations;
4. Dr. Daisy Evangeline C. Garcia, Honorary Consultant, Ilocos Regional Health Center, San Fernando, Philippines, presented on the topic of Kangaroo mother transport.

Also, Honored Physician of Mongolia, Doctor of Medicine, Professor, Consultant Pediatrician Z. Gerelmaa, Honored Physician of Mongolia, Doctor of Medicine, Associate

Professor, Consultant Pediatrician B. Bayasgalantai, Honored Physician of Mongolia; Doctor of Medicine, Associate Professor G. Mendsaikhan, Doctor of Medicine, Associate Professor D. Monkhtsetseg, Doctor of Medicine, Associate Professor, Consultant Pediatrician L. Tungalag, and B. Chinzorig made interesting presentations on premature birth, prevention, and care for premature infants.

The training was conducted through lectures, practice, interviews, group discussions, hands-on work, and case studies. At the end of the training, there was a discussion and exchange of views on how to care for premature and low-birth-weight infants through prenatal care, and on the challenges of introducing and implementing prenatal care in medical institutions.

During the workshop, participants discussed the information they had learned during the course and how to apply it in practice. At the end of the training, participants acquired the following knowledge and skills. These include:

- Premature birth, prevention, and characteristics of care for premature infants
- Care for premature, low birth weight, and respiratory distressed infants
- Assessing oxygen needs and administering oxygen therapy;
- Recognizing and responding to neonatal conditions such as apnea, premature, low birth weight, and neonatal encephalopathy;
- How to assess a child in KMC and use the KMC scorecard;
- Maintaining body temperature in KMC;
- Knowing and calculating the nutritional and fluid needs of sick and low birth weight infants;
- Assessing infant nutrition and providing breastfeeding advice;
- Assessing the nutritional status of preterm and low birth weight infants, monitoring growth, and providing nutritional advice;

The two-day training, which featured the participation of obstetricians and gynecologists and neonatologists, was a unique event, demonstrating how to work as a team and share knowledge and experience. The doctors who successfully participated in the training were awarded certificates.

## The Photo Report

The Workshop on the topic “PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT”



The opening ceremony of the workshop “PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT”



The opening of workshop on the “PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT”



Dr. Socorro Escalante, WHO Representative in Mongolia, and T. Munkhsaikh, Minister of Health, Prof. Han-Suk Kim delivered speeches at the opening ceremony of the training workshop.



Foreign guest lecturers invited to the International Conference, from right to left:

- Professor Kim Han-Suk, President of the Federation of Asian and Pacific Perinatological Societies
- Professor Milind Shah, Head of the Department of Obstetrics and Gynecology, Gandhi University, India, and Secretary General of the Federation of Asian and Pacific Perinatological Societies
- Professor Socorro De Leon-Mendoza, President of the Asia Pacific KMC Network



The directors of the all Maternal and Newborn Health facilitations in UB attended the conference. In this picture:

- Ts. Batbold, director of the Amgalan Maternity Hospital of the capital city;
- Sh. Altantuya, director of the Khuree Maternity Hospital of the capital city;
- Z.Gerelmaa, President of the MPA, PhD, Professor, Pediatric Consultant, Honored doctor of Mongolia.





Professor Socorro De Leon Mendoza,  
President of the Asia Pacific KMC Network



D. Munkhtsetseg, PhD, associate Professor,  
Consultant Obstetrician and Gynecologist



B.Bayasgalantai, Vice president of the MPA, PhD, Associate professor, Pediatric Consultant, Honored doctor of Mongolia



Delegates from provinces



Medical experts are interviewed on public radio and television about KMC, which can save the lives of premature and low-birth-weight babies.



Group work: Doctor T. Tsolmon is conducting training on how to do KMC for a newborn.



Group discussion. Each group discussed the issues facing the implementation of maternal and child care.



The organisers



PARTICIPANT NEONATOLOGISTS OF THE "PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT" WORKSHOP, JUNE 9-10, 2025, ULAANBAATAR



## Acknowledgement

We would like to express our gratitude to the FAOPS, distinguished guest speakers, minister and specialists of the Ministry of Health, WHO staff, lecturers who taught the course, and training coordinators and assistants who helped to successfully organize the timely training.

Thank you to the doctors who successfully participated in the training workshop. We wish you success in your future work.

REPORT WRITTEN BY:

L. Tungalag, PhD

REVIEWED BY:

Z.Gerelmaa, PhD, professor

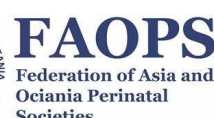
TRANSLATED BY:

B.Bayasgalantai, PhD, Ass.professor

## Annex 1.



MINISTRY OF HEALTH



### **“PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT” INTERNATIONAL WORKSHOP**

**9<sup>th</sup> to 10<sup>th</sup> June 2025**

**Venue:** Ulaanbaatar Hotel, Event Hall. Ulaanbaatar, Mongolia

#### **Monday, 9 June 2025**

| <b>TIME</b>                                                                                                                                                           | <b>TITLE</b>                                                | <b>SPEAKER</b>                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| 08:00-09:00                                                                                                                                                           | Registration                                                |                                                                                                              |
|                                                                                                                                                                       |                                                             | Dr. Munkhsaikhan T,<br>Minister of Health and<br>Member of State Great<br>Khural (Parliament) of<br>Mongolia |
| 09:00-09:30                                                                                                                                                           | Opening Ceremony                                            |                                                                                                              |
|                                                                                                                                                                       |                                                             | Dr. Socorro Escalante,<br>WHO Representative<br>in Mongolia                                                  |
|                                                                                                                                                                       |                                                             | Dr. Han-Suk Kim,<br>President of FAOPS                                                                       |
| <b>Session I. Prevention and management of preterm labor and antenatal interventions that reduce complications of prematurity. Moderator: Professor J.Enkhtsetseg</b> |                                                             |                                                                                                              |
| 09:30-10:00                                                                                                                                                           | Causes and risk factors behind premature births in Mongolia | Ass. Professor<br>D.Munkhtsetseg                                                                             |
| 10:00-11:00                                                                                                                                                           | Prevention & Management of Preterm Labour                   | Professor Milind Shah                                                                                        |
| 11:00-11:15                                                                                                                                                           | Coffee Break                                                |                                                                                                              |

|              |                                                                                                 |                                 |
|--------------|-------------------------------------------------------------------------------------------------|---------------------------------|
| 11:15-12:00  | Role of transvaginal ultrasound prediction of preterm birth                                     | Ass. Professor<br>G.Mendsaikhan |
| 12:00- 13:00 | Antenatal interventions to minimize complications of prematurity (steroids, MgSO <sub>4</sub> ) | Dr. B.Chinzorig                 |
| 13:00-14:00  | Lunch                                                                                           |                                 |

## **Session II. Perinatal Medicine. Moderator: Professor G. Erdenetuya**

|             |                                                              |                                   |
|-------------|--------------------------------------------------------------|-----------------------------------|
| 14:00-14:30 | Infections in Pregnancy                                      | Professor Milind Shah             |
| 14:30-15:30 | Ventilator care for infants in NICU                          | Professor Han-Suk Kim             |
| 15:30-15:45 | Coffee Break                                                 |                                   |
| 15:45-16:45 | Bronchopulmonary Dysplasia associated Pulmonary Hypertension | Professor Han-Suk Kim             |
| 16:45-17:15 | Hypoxic Ischemic Encephalopathy, diagnosis and treatment     | Ass. Professor<br>B.Bayasgalantai |
| 17:15-18:00 | Care for the preterm newborns in Mongolia                    | Professor Z.Gerelmaa              |

**Tuesday, 10 June 2025**

## **Session III. Optimal management of the preterm in Kangaroo Mother Care and Kangaroo transport. Moderator: Professor Z.Gerelmaa**

| <b>TIME</b> | <b>TOPIC TITLE</b>                                                  | <b>SPEAKER</b>                                                                                                            |
|-------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 08:0-09:00  | Registration                                                        |                                                                                                                           |
| 09:00-09:30 | Implementation of the Kangaroo Mother Care in Mongolia              | Ass. Professor<br>B.Bayasgalantai                                                                                         |
| 09:30-10:30 | Kangaroo Mother Care: Concept, process, evidence and recommendation | Professor Socorro De Leon-Mendoza                                                                                         |
| 10:30-10:45 | Coffee Break                                                        |                                                                                                                           |
| 10:45-11:45 | Kangaroo Mother Care Position Practice                              | Professor Socorro De Leon-Mendoza, Dr. Daisy Evangeline C. Garcia local facilitators (Ts.Tsolmon, L.Tungalag, Z.Gerelmaa, |

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B.Bayasgalantai,  
Ch.Narantsesteg,  
G.Ayush, A.Solongo)

11:45-12:15 The need to implement Kangaroo Transport in Mongolia Dr. L.Tungalag

12:15-13:00 Kangaroo Transport Dr. Daisy Evangeline C. Garcia

13:00-14:00 Lunch

14:00-14:30 Kangaroo Mother Care monitoring and discharge counselling Dr. Daisy Evangeline C. Garcia

14:30-15:30 Establishing a Facility-Based KMC Program Professor Socorro De Leon-Mendoza

15:30-15:45 Coffee Break

15:45-16:45 Discussion: Enablers and barriers to Kangaroo Mother Care implementation and sustainability Professor Socorro De Leon-Mendoza, Dr. Daisy Evangeline C. Garcia and local facilitators (Ts.Tsolmon, Ch.Narantsesteg, A.Solongo)

16:45-17:00 Closing Ceremony R.Gantuya, Head of the Department of Medical Service Policy, Ministry of Health

Z.Gerelmaa, President of the Mongolian perinatal association

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**Annex 2.**

**PARTICIPANTS FOR “PRETERM BIRTH: PREVENTION AND BEST PRACTICES IN NEONATAL MANAGEMENT” WORKSHOP**

| №   | Organization                                                 | Participants |                           |                             |                       |
|-----|--------------------------------------------------------------|--------------|---------------------------|-----------------------------|-----------------------|
|     |                                                              | Total        | Obstetrician-Gynecologist | Neonatologist, Pediatrician | Other Medical doctors |
| 1.  | MOH                                                          | 5            | 1                         | 1                           | 3                     |
| 2.  | Health Department of Ulaanbaatar                             | 3            | 1                         | 1                           |                       |
| 3.  | National team for preventing preterm birth                   | 5            | 5                         |                             |                       |
| 4.  | National team for hypothermia therapy                        | 5            |                           | 5                           |                       |
| 5.  | Team for managing Persistent Pulmonary Hypertension Syndrome | 5            |                           | 5                           |                       |
| 6.  | Hospitals of 21 provinces                                    | 42           | 21                        | 21                          |                       |
| 7.  | NCMCH                                                        | 10           | 4                         | 6                           |                       |
| 8.  | National Center for Mother, Newborn and Women's Health II    | 6            | 3                         | 3                           |                       |
| 9.  | Urgoo Maternity Hospital                                     | 7            | 3                         | 3                           |                       |
| 10. | Khuree Maternity Hospital                                    | 5            | 2                         | 2                           |                       |
| 11. | Amgalan Maternity Hospital                                   | 5            | 2                         | 2                           |                       |
| 12. | Baganuur Health Center                                       | 2            | 1                         | 1                           |                       |
| 13. | Nalaikh Health Center                                        | 2            | 1                         | 1                           |                       |
| 14. | Neonatal Care Center, Premature Infant Care Unit             | 2            |                           | 2                           |                       |
| 15. | Intermed hospital                                            | 2            | 1                         | 1                           |                       |
| 16. | Gurvan gal hospital                                          | 2            | 1                         | 1                           |                       |
| 17. | Tanii tuluu bid hospital                                     | 2            | 1                         | 1                           |                       |
| 18. | MNUMS, Department of Pediatrics                              | 3            |                           | 3                           |                       |
| 19. | MNUMS, Department of OBGYN                                   | 3            | 3                         |                             |                       |

|     |                                                |            |           |           |          |
|-----|------------------------------------------------|------------|-----------|-----------|----------|
| 20. | School of Nursing,<br>Department of Obstetrics | 2          | 2         |           |          |
| 21. | Mongolian Perinatal<br>Association             | 13         | 3         | 10        |          |
| 22. | Foreign guest speakers                         | 5          | 2         | 2         |          |
| 23. | National Center for Public<br>Health           | 2          |           |           | 1        |
| 24. | Organizers                                     | 1          |           |           |          |
| 25. | Assistants                                     | 5          | 2         |           |          |
| 26. | Translators                                    | 4          | 1         |           |          |
|     | <b>Total</b>                                   | <b>150</b> | <b>60</b> | <b>81</b> | <b>9</b> |