



A Multidisciplinary Intervention Study: Navigating Obstetric and Gynaecological Care in Post-Conflict African States

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Abstract

Post-conflict African states face profound challenges in delivering essential obstetric and gynaecological care, characterised by fragmented health systems, workforce shortages, and complex patient needs. Evidence on effective care models within these resource-constrained environments is lacking. This study aimed to develop, implement, and evaluate a multidisciplinary care model to improve the quality and accessibility of obstetric and gynaecological services in post-conflict settings. Its primary objectives were to assess the model's feasibility, its impact on key maternal health indicators, and the barriers and facilitators to its implementation. A mixed-methods intervention study was conducted. The intervention integrated clinical specialists, mental health professionals, and community health workers into coordinated care teams. Quantitative data on service utilisation and clinical outcomes were collected from health facility records. Qualitative data were gathered via focus group discussions and in-depth interviews with healthcare providers, patients, and community stakeholders. The intervention was implemented and associated with an increase in the proportion of women attending four antenatal care visits. Qualitative analysis identified three key themes: the critical importance of trust-building between providers and patients, the value of addressing psychological trauma within holistic care, and persistent logistical challenges related to supply chains and transport. A multidisciplinary team-based model is a feasible and promising approach to strengthening obstetric and gynaecological care in post-conflict contexts. It addresses both clinical and psychosocial dimensions of care essential for these populations. Health policymakers in post-conflict regions

should consider integrating mental health support and community health worker networks into standard maternal care protocols. Investment in training for multidisciplinary collaboration is needed. Further research should investigate the long-term sustainability and cost-effectiveness of such models. maternal health, post-conflict, multidisciplinary team, obstetric care, gynaecology, intervention study This study provides evidence for a multidisciplinary care model tailored to post-conflict settings, highlighting the integration of psychosocial support with clinical care as a key component for improving service delivery.

Keywords: *Post-conflict healthcare, Maternal health, Health systems strengthening, Sub-Saharan Africa, Implementation research, Multidisciplinary intervention, Fragile states*



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