‘Making Pregnancy Safer’ Training

Contributing to the Reduction of Maternal Mortality in Africa
CNMF

‘The purpose of the CNMF is to contribute to the improved health of citizens of the Commonwealth by fostering access to nursing education, influencing health policy, developing nursing networks and strengthening nursing leadership.’

http://www.commonwealthnurses.org
The Need to Make Pregnancy Safer

- Globally, maternal mortality remains unacceptably high.
- Every day, approximately 830 women die from preventable causes related to pregnancy and childbirth.
- 99% of all maternal deaths occur in developing countries, and more than half of these deaths occur in sub-Saharan Africa.
- Maternal mortality is higher in women living in rural areas and among poorer communities.
The Need to Make Pregnancy Safer

• The major complications accounting for nearly 75% of all maternal deaths are:

  ➢ Severe bleeding (mostly bleeding after childbirth)
  ➢ Infections (usually after childbirth)
  ➢ High blood pressure in pregnancy (pre-eclampsia/ eclampsia)
  ➢ Complications from delivery
  ➢ Unsafe abortion
Towards 2030: Sustainable Development Goals

- In September 2015, the United Nations (UN) General Assembly adopted the “Transforming our world: the 2030 agenda for sustainable development”

- The SDG framework has 17 goals and 169 targets of unprecedented scope and ambition, is applicable to all countries

- The SDGs will ensure global focus continues on ending preventable maternal mortality

Towards 2030: Sustainable Development Goals

- Between 2016 and 2030, the SDGs targets include:
  - To reduce the global maternal mortality ratio (MMR) to less than 70 per 100,000 live births
  - No country to have an MMR above 140 – significantly below the current global MMR of 216 per 100,000, and the African region MMR-540 per 100,000
  - Globally, women face a 1 in 180 lifetime risk of dying due to maternal causes, however in the African Region, the risk is 1 in 37

Taking Action To Make Pregnancy Safer

• Development of the CNMF ‘Making Pregnancy Safer’ program:
  ➢ Based on WHO recommendations for care
  ➢ Five day intensive training, grant funded by the Burdett Trust for Nursing (U.K.)
  ➢ Conducted in both urban and rural areas of Sub-Saharan Africa
  ➢ Each training workshop has 30-40 participants
Taking Action To Make Pregnancy Safer

• Training began in 2012:
  - Sierra Leone 2012: Five training workshops conducted
  - Zimbabwe 2013-14: Four training workshops conducted
  - Lesotho 2015: Two training workshops conducted

• Focuses on the rights of all women receiving maternity care: Women centred care, informed consent, respect for privacy, open communication
Continuing to Make Pregnancy Safer

• The ‘Making Pregnancy Safer’ program continues to deliver grant-funded training in support of the SDGs:

➢ Tanzania 2016: Dar es Salaam and Musoma
➢ Malawi 2016: Lilongwe
➢ Sierra Leone 2017: Freetown
➢ Sierra Leone 2018: Two training workshops are planned in the rural areas of Bo and Kenema
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Making Pregnancy Safer in Dar es Salaam, Tanzania 2016
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Making Pregnancy Safer in Musoma, Tanzania 2016
Making Pregnancy Safer in Lilongwe, Malawi 2016
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Making Pregnancy Safer in Freetown, Sierra Leone 2017
Program Content

• Antenatal care:
  ➢ Recommended schedule of ANC contacts; Birth preparedness

• Normal labour and birth:
  ➢ Support person involvement; Delayed cord clamping

• Postnatal care:
  ➢ Breastfeeding and Kangaroo care; Family planning

• Care of the neonate:
  ➢ Warning signs for parents; Immunisation schedule
Program Content

- Caring for women with special needs:
  - Women who have had an adverse birth outcome
  - Women with physical or intellectual disability
  - Women with mental health issues
  - Very young women
  - Women who are HIV positive
  - Women who have experienced FGM
  - Women who have experienced abuse
Program Content

• Complications and emergency care:
  - Maternal resuscitation
  - Newborn resuscitation*
  - Post partum haemorrhage*
  - Manual removal of placenta*
  - Breech presentation*
  - Shoulder dystocia*
  - Eclampsia and pre-eclampsia

*Practical Stations are run for participants during training
Program Learning Format

- Formal presentations
- Group work
- Clinical scenarios
- Self-reflection
- Team building activities

- Role Play
- Practical stations
- Questionnaires
- Videos
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Practical Stations

Lilongwe
Malawi 2016
Group Work

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Freetown
Sierra Leone 2017
Team Building Activities

Dar es Salaam
Tanzania 2016
Clinical Scenarios

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Musoma
Tanzania 2016
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**Videos**

There are 12 videos included as part of the program.

For example:

Manual removal of placenta (Medical Aid Films)
Sharing Of Resources

• Each training participant receives:

➢ Exposure to resources available to improve and enhance nursing and midwifery practice

➢ Learning aids- workshop presentations and videos

➢ References for training content

➢ Encouragement to share their learnings within their workplace team
Evaluation

- Scaled responses and open ended questions
- Completed daily throughout training
Evaluation

- Training was evaluated highly by participants in terms of practice improvement.

Will what you learned each day assist you to improve your practice?

<table>
<thead>
<tr>
<th>Location</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Dar es Salaam, Tanzania</td>
<td>100%</td>
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<tr>
<td>Lilongwe, Malawi</td>
<td>100%</td>
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<tr>
<td>Musoma, Tanzania</td>
<td>100%</td>
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<tr>
<td>Freetown, Sierra Leone</td>
<td>100%</td>
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Yes
Evaluation

• “In what way will your practice be improved?”:

  ➢ “I will provide good quality of care to pregnant women so that maternal morbidity rate will be reduced” (Dar es Salaam)
  ➢ “Working hard and continual reading and the importance of critical thinking” (Musoma)
  ➢ “To treat every woman as important and treat emergencies as emergencies” (Lilongwe)
  ➢ “Focus on women’s rights and support given to them in every aspect of their lives” (Freetown)
Questions?
References

Commonwealth Nurses and Midwives Federation:  
http://www.commonwealthnurses.org

**United Nations:** Millennium Development Goals Indicators:  

http://www.who.int/mediacentre/factsheets/fs348/en/

**World Health Organization** Geneva. 2015. *Health in 2015: from MDGs to SDGs*.  
http://www.who.int/mediacentre/events/meetings/2015/sustainable-development-summit/en/