Welcome to the 4th issue of our newsletter

In this issue we include updates and some recent publications and news. Our goal is to keep you informed on Maternal, Neonatal, and Child Health Care in Ethiopia, in Africa and beyond. We wish you a joyful, bright, healthy, prosperous and happiest new year ahead!

African Union holds emergency meeting over Ebola

The African Union executive council has held an emergency meeting in Ethiopia’s capital Addis Ababa to pool together the continent’s efforts to fight against the Ebola outbreak.

The meeting also highlighted the importance of communication strategies in regards to the crisis, both inside and outside Africa, along with the mobilization of all necessary resources, and increasing the number of people involved in researching vaccines and drugs to treat Ebola. Read more http://www.standardmedia.co.ke/health/article/2000134255/african-union-meets-in-ethiopia-for-ebola-crisis-talks

Happy Ethiopian New Year! 2007

Activity restriction in pregnancy
First international standards for growth of developing babies, size of newborns
Africa has lowest tobacco use in pregnant women
Breast milk protects newborns from ‘lethal’ intestinal disorder
Study finds association between maternal age and emergency delivery
Most Victims of Ebola Virus are Women
Women and health professionals spark new cycle of improving maternal and newborn health
Halving the risk of preterm birth for some twin pregnancies
New resources
Announcement
Activity restriction in pregnancy: New paper outlines physician recommendations on bed rest

Physicians recommend against the routine use of activity restriction or bed rest, and in a new article outline their recommendations on its use. Read more


First international standards for growth of developing babies, size of newborns

The first international standards for fetal growth and newborn size have been developed by a global team led by scientists. Now, for the first time, all 120 million babies born each year across the world can be assessed using a common set of standards, reflecting how babies should grow when mothers have adequate health, nutrition, medical care and socioeconomic status. To Read more: http://www.sciencedaily.com/releases/2014/09/140905090619.htm

Africa has lowest tobacco use in pregnant women

A study published in the September edition of the Lancet Global Health Journal shows that the Africa Region, has the lowest tobacco use in pregnant women in the world.

Breast milk protects newborns from 'lethal' intestinal disorder

Investigators have found that a protein found in breast milk may help protect premature infants from a potentially lethal gastrointestinal disease called necrotizing enterocolitis (NEC).

Researchers at Children’s Hospital Los Angeles found the protein called neuregulin-4 (NRG4), which is present in breast milk but absent in formula, may be protective against the intestinal destruction caused by NEC. Click to read more: http://www.sciencedaily.com/releases/2014/09/140909092129.htm

Study finds association between maternal age and emergency delivery

An increased risk of emergency operative delivery is linked with increasing maternal age, suggests a study published in BJOG: An International Journal of Obstetrics and Gynaecology.

See more: http://www.bjog.org/details/news/6483271/Study_finds_association_between_maternal_age_and_emergency_delivery.html

Most Victims of Ebola Virus are Women

The worst Ebola outbreak in history has also hit Liberia, Guinea, Nigeria and Senegal, and has been blamed for more than 2,200 deaths. More than 135 health workers have died in the outbreak so far, exacerbating shortages of doctors and nurses in countries that had too few medical workers to begin with. The Ministry of Health in Liberia also said about 75 per cent of the Ebola deaths it has counted so far have been women.

http://www.buzzfeed.com/jinamoore/ebola-is-killing-women-in-far-greater-numbers-than-men#1xtttu8

The closure of Health Centres due to Ebola, has impacted pregnant women badly as well. See more: http://lifeforafricanmothers.org/most-victims-of-ebola-virus-are-women/
Women and health professionals spark new cycle of improving maternal and newborn health

An examination of maternal and newborn health systems for the Lancet Series on Midwifery found that after initial investment in maternal and newborn health infrastructure, a virtuous cycle developed in these countries with increased demand for care leading to the deployment of more midwives, better services, improved outcomes, and again, in-turn, more demand and investment. See more [http://www.southampton.ac.uk/mediacentre/news/2014/sep/14_165.shtml](http://www.southampton.ac.uk/mediacentre/news/2014/sep/14_165.shtml)

Halving the risk of preterm birth for some twin pregnancies

The risk of preterm birth could be halved for a specific group of 'super high-risk' twin pregnancies with the use of progestogen hormones. The results could help to save babies' lives throughout the world and prevent serious health complications after birth.


News resources

**Healthy Baby and Me** eLearning tools play an increasingly important role to improve the quality of education and training, to increase accessibility and to make new and innovative form of learning available to pregnant women and their relatives, communities and healthcare workers for self management of health. This learning course consists of video followed by a quiz. The learner will get a certificate upon successful completion of the course. The eLearning courses are available on “Nurture Baby Brain” mobile app also.

**Amref Health Africa e-newsletter- Training Midwives, Saving Lives.** Trained midwives are vitally important to mothers and babies in sub-Saharan Africa. Subscribe to the Amref Newsletter.

**African geography as a network** check out these network maps developed as another interesting way to show Africa.

**Midwifery and quality care: findings from a new evidence-informed framework for maternal and newborn care** The first paper in a Lancet series of four papers on midwifery, which examine the contribution midwifery can make to the quality of care of women and infants globally,
**QUOTE OF THE WEEK**

“The whole point of woman-centered birth is the knowledge that a woman is the birth power source. She may need, and deserve, help, but in essence, she always has, currently has, and will have the power.”

Heather McCue

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**Welcome!**

Dr. David’s new grandson, Ethan Michael Krause, from daughter Jessica, born in Toronto September 11, 2014, weighing in at 7lbs 13oz.

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**Announcement**

26th EPHA Annual Meeting

Feb 23-28, 2015

Call for Abstracts:
Main Theme: Health System and Sustainable Development; Health Sector Visioning 2035

Abstract Submission at abstracts2014@epha.org

Submission Deadline: November 15, 2014

Bahir Dar

Do you want to be a member of Ethiopian Midwives Association?
For details please contact: nadya.williams@gmail.com

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**Senior Midwife Tutor Story Corner—Tell us what’s in yours!**

Do you have an idea or a success story to share? Maybe you’ve heard of an event that we should all support. Did you just find a solution you’d like to suggest to others? Please send us your news, events and postings for future editions. There are so many interesting experiences to share and opportunities to learn in our newsletter.

Please submit your stories directly to Meseret Desta Haileyesus.

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**About this Newsletter**

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