Welcome to the 19th Issue of Our Newsletter

Welcome to the 19th Edition of our Mother and Child Health Newsletter. If you have any comments about this or any other issues, please feel free to contact the Project at etmnch@ualberta.ca or contact our editor Meseret at mesidesta@gmail.com.

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In this issue we include updates from the workshops, technical guidelines, 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.

Do you have an idea or a success story to share? Maybe you've heard of an upcoming event? Did you just find a solution you'd like to suggest to others? Send us your ideas so we can learn from each other!

Paracetamol and Labour

A midwife in the UK has come forward with concerns about women using paracetamol (acetaminophen) – a widely used and safe analgesic – to reduce pain during the latent phase of labour. Although the exact mechanism is not well understood, paracetamol inhibits prostaglandin activity. We know that prostaglandins are important mediators of uterine contractions and prostaglandin activity is associated with an increase in uterine contractions and changes in the cervix that promote delivery of the baby. Over time, this midwife has observed an increase in the number of women taking paracetemol during latent phase labour and an increase in the duration of time that latent labour lasts. She suggests that mothers and hospital staff should consider this possible relationship as we do not have a good understanding of the potential impacts of a prolonged latent labour phase to the mother or the baby.

For more information and to read the blogpost by the midwife, please click here http://undercovermidwife.blogspot.com.au/2015/03/paracetamol-and-labour.html?spref=fb

Pregnancy: Sunshine Not Enough for Vitamin D

Despite high levels of sunshine, low levels of vitamin D during pregnancy are common in Mediterranean women according to a new study. Researchers explored factors such as age, body mass index, race, skin types and sun exposure (among many others) and found that the best predictors of maternal vitamin D deficiency were dark skin, race and dress habits. Findings
May help lower the prevalence of diseases associated with Vitamin D deficiency such as preeclampsia, gestational diabetes, disorders in bone formation, higher risk of emergency caesarean delivery and premature birth and researchers plan to explore the possibility of integrating supplementation into medical practice in order to help keep moms and babies healthy. Read more http://www.sciencedaily.com/releases/2015/05/150518191606.htm

New Risk Factor for Pregnancies: Preterm Mom

A recent study published in the journal of Obstetrics & Gynecology suggests that women who were born preterm have a higher risk of giving birth to preterm children. Researchers demonstrated that 13% of women born before 37 weeks of gestation also gave birth prematurely at least once. This compares to 9.5% of women born at term who give birth to a preterm baby at least once. These new findings add to previous research about the impact of low-birth weight and the increased risk of preterm delivery. Now, researchers believe that even if a female child is born a normal birth-weight for a preterm baby, she may still have an increased chance of delivering a preterm baby. Read more http://www.sciencedaily.com/releases/2015/05/150519104606.htm

Prenatal exercise lowers risks of C-sections, higher birth weights

A study done by researchers at the University of Alberta suggests that pregnant women who exercise can significantly lower the risk of undergoing cesarean sections and giving birth to large babies. Researchers performed a meta-analysis of 28 randomized control trials and determined that women who exercised had a 31% reduction in the risk of having a large baby, without altering the risk of having a small or preterm baby and the risk of caesarean was reduced by 20%. These findings are important because babies who are born large tend to be heavier as children and into adulthood. Thus, prenatal exercise may be one means of preventing childhood obesity through a "normalization" in birth weight (ie. reducing the risk of having a large baby at birth).

Read more http://www.sciencedaily.com/releases/2015/05/150512124144.htm

More Diabetes in Pregnancy When Baby Is Male

Gestational diabetes occurs when a pregnant woman has higher levels of glucose, or blood sugar, in the bloodstream than normal and increases the risk of developing type 2 diabetes later in life. New research found that women who were having sons were more likely to develop gestational diabetes than women who were pregnant with daughters. Findings suggest that a male fetus leads to greater changes in pregnancy-associated metabolic changes. These changes are suspected as one cause of gestational diabetes. For more information, please see the article.
World Hypertension Day 17 May Celebrated

Every year, 17 May is dedicated to World Hypertension Day (WHD). Hypertension and cardiovascular disease continue to threaten the health and well-being of women long after they deliver a child. Women who experience hypertension in pregnancy have a two-fold risk of early-onset heart disease and many will die from complications of heart disease. Click [here](http://www.sciencedaily.com/releases/2015/05/150520131703.htm) to get more information.

Resources

- [Every newborn progress support](http://www.sciencedaily.com/releases/2015/05/150520131703.htm)
- [The development of a new breast feeding assessment tool and the relationship with breast feeding self-efficacy](http://www.sciencedaily.com/releases/2015/05/150520131703.htm)
- [Hands-poised technique: The future technique for perineal management of second stage of labour? A modified systematic literature review](http://www.sciencedaily.com/releases/2015/05/150520131703.htm)
- [Counseling for maternal and newborn health care](http://www.sciencedaily.com/releases/2015/05/150520131703.htm)
- [Women’s experiences of coping with pain during childbirth: A critical review of qualitative research](http://www.sciencedaily.com/releases/2015/05/150520131703.htm)

Invitation for YOUR Contribution

We would like to invite all Senior Midwives Tutors to share your Dreams for overall maternal and newborn health. We will share it in the next issue. Please submit your Dream directly to Meseret Desta Haileyesus. It's wonderful to see your Dreams from all over our Senior Midwives Tutors united for mothers and their babies. Keep the Dreams coming!

Picture of the Week

*...welcoming everyday miracles*