Welcome to the 7th issue of our Newsletter

The purpose of this newsletter is to give you a twice-monthly summary of some recent publications, events and news. Our goal is to keep you informed on Maternal, Neonatal, and Child Health Care in Ethiopia, in Africa and beyond.

If you have comments about our newsletter or any suggestions for improvement, please let us know by sending an email to zakus@ualberta.ca or mesidesta@gmail.com.

We hope you benefit and enjoy reading.

WE HONORED MIDWIVES

For outstanding contributions two midwives have been honored with awards. Former ICM Vice President Debrah Lewis received the Gold Medal for the Development of Women in the sphere of Community Service and Midwifery.

She is the first midwife ever to receive a National Award in her country Trinidad and Tobago.

WHO Nursing and Midwifery officer Annette Mwnsa Nkowane received an award of excellence during the General Meeting of the Global Network of WHOCCs for Nursing and Midwifery Development.

The photo shows His Excellency Anthony Carmona - President of the Republic of Trinidad & Tobago - pinning the medal on.
Hiwot Wubishet, Executive Director of Ethiopian Midwives Association is leaving office this October. We wish her all the best in her new role and offer our sincere thanks for her many years of dedicated professional contribution to strengthen the EMA.

International Code of Ethics for Midwives

Midwifery is a profession concerned with the promotion of women's health. It is centred upon sexuality and reproduction and an understanding of women as healthy individuals progressing through the life cycle.

International Code of Ethics for Midwives mandates include how midwives relate to others; how they practise midwifery; how they uphold professional responsibilities and duties; and how they are to work to assure the integrity of the profession of midwifery.

Check out the essential code ethics for midwifery practice. See http://www.internationalmidwives.org/assets/uploads/documents/CoreDocuments/CD2008_001%20V2014%20ENG%

World Teachers’ Day

The United Nations’ World Teachers’ Day celebrates the role teachers play in providing quality education at all levels. Please see below an inspiring message by Vijaya Sawant –member of Global Midwives and Maternal and Newborn Care for you.

“To all midwives teacher, without you we would have been lost. Thank you for guiding us, inspiring us and making us what we are today! Thank you for your care, love and concern at every step of the way.”

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Pre-eclampsia may be caused by the fetus not the placenta

Pre-eclampsia, the potentially deadly condition that affects pregnant women, may be caused by problems meeting the oxygen demands of the growing fetus, according to experts. The researchers believe that pregnancy is uneventful in women who are able to maintain a sustained, balanced oxygen supply to meet the changing metabolic demands of the fetus. It is when a woman has a reduced capacity to provide oxygen to the fetus that it can become deadly to the mother and baby.

See more  http://www.sciencedaily.com/releases/2014/10/141016100313.htm

Nine surprising facts about the cord around a baby’s neck

A nuchal cord (cord around the neck) is one of many things that mothers-to-be fear about childbirth. The thought of their precious baby being ‘strangled’ by their umbilical cord can cause so much worry.

Luckily, unborn babies get nutrients and oxygen via the umbilical cord, not by breathing it in through their nose and mouth, which may eliminate some fear right there. They don’t need their neck to breathe.

This is one of the many reasons why it’s important to leave a baby’s umbilical cord intact (uncut) for at least 2 minutes after the birth, because it’s the life support system for the baby until his head is born. It’s the very same reason why babies don’t drown during a water birth, because they have an oxygen supply already attached, and don’t take their first breath until they are stimulated by air. You can read more about why it’s important to delay cord clamping here.

The Human Microbiome: considerations for pregnancy, birth and early mothering

Research is currently being undertaken into the use of vaginal swabs to ‘seed’ c-section babies. The preliminary results are that the microbiome of swabbed babies are more similar to vaginally born babies. The protocol the researchers are using is:
1) Take a piece of gauze soaked in sterile normal saline

2) Fold it up like a tampon with lots of surface area and insert into the mother’s vagina

3) Leave for 1 hour, remove just prior to surgery and keep in a sterile container

Moms to be with low vitamin D levels could have more painful labours

Pregnant women with low vitamin D levels experience an increased amount of pain during labour, according to a study. Vitamin D deficiency has long been associated with depression and pain, but this is the first study to demonstrate its association with increased consumption of pain medication during childbirth.

See http://www.sciencedaily.com/releases/2014/10/141014170634.htm

Mother’s gestational diabetes linked to daughters being overweight later

Women who developed gestational diabetes and were overweight before pregnancy were at a higher risk of having daughters who were obese later in childhood, according to new research. Based on long-term research that included a multi-ethnic cohort of 421 girls and their mothers, the study is among the first to directly link maternal hyperglycemia (high blood glucose) to offspring being overweight later.

See http://www.sciencedaily.com/releases/2014/10/141023155018.htm

Resources

- IMPACT: Healthy Mothers, Healthy Babies special edition! Dr Michelle Hendel talks about the preventable deaths of women and children in Papua New Guinea. Read online or subscribe today at http://www.burnet.edu.au/about/impact_newsletter
Do you want to be a member of Ethiopian Midwives Association?
For details please click here.

**QUOTE OF THE WEEK**

“We all know you can’t plan a birth, but I have been trying to put a plan together in my role as student midwife about what I might say or do for my women. A stressful task trying to find a balance and make sure I ‘get it right’.”

Nigerian student midwife

**Sometimes..**

*Just being there IS enough.*

**World Prematurity Day**

What if one day millions of people around the world joined together to show how much they care about protecting the health of babies? That’s the idea behind World Prematurity Day. On November 17, join in creating a surge of awareness around the critical problem of premature birth. Get involved [http://on.fb.me/1zdmb9V](http://on.fb.me/1zdmb9V).

**Open consultation for regulation Toolkit– International Confederation of Midwives**

The [ICM Regulation Toolkit](http://www.icm.org) has been developed to help midwives in countries apply and operationalize the ICM Global Standards for Regulation. The draft Toolkit is now open for feedback. In particular they want to know, from the perspective of midwives in low-resource countries without regulation:

- Is it easy to follow?
- Is it actually useful to them?
- Have we missed anything out?
- Is there anything that should be rephrased or changed?
- Are there resources we have missed?
- Any other help/advice

Please read the Toolkit here and send your feedback answering the questions above to the address [here](http://www.icm.org).

**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.

**About this Newsletter**

MNCH Bi-weekly Publisher: Dr. David Zakus, Director
Editor: Meseret Desta Haileyesus

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