Welcome to the 10th Issue of our Newsletter

Our regular newsletters are an easy way to keep up-to-date with all our new developments and interesting scientific research on Maternal, Neonatal and Child Health care. It keeps you informed, so you never miss out.

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.

Please visit our new website for more Newsletter archives http://www.med.ualberta.ca/communities/globalhealth/projects/ethiopia-mnch.

We hope you will enjoy reading what we have put together for you.

World AIDS Day 2014 - Closing the gap in HIV prevention and treatment

World AIDS Day 2014, 1 December, is an opportunity to harness the power of social change to put people first and close the access gap. Ending the AIDS epidemic by 2030 is possible, but only by closing the gap between people who have access to HIV prevention, treatment, care and support services and people who are being left behind. Closing the gap means empowering and enabling all people, everywhere, to access the services they need.

The independent Expert Review Group (iERG) on Information and Accountability for Women’s and Children’s Health prepared a statement for the World AIDS Day 2014.

Midwives play a key role in the fight against the AIDS epidemic. They are educators in the communities they live and practitioners in the prevention of the spread of HIV. They work in partnership with women and other medical staff to determine the most optimum method of birth to prevent transmission. ICM has a position statement on HIV and AIDS and on Exclusive Breastfeeding and HIV.

Source: ICM News
Midwife-led Care Safer for Low-Risk Pregnancy

Evidence shows that midwife-led care is safer than hospital care for women having a straightforward, low risk, pregnancy. This is because the rate of interventions, such as the use of forceps or an epidural, is lower and the outcome for the baby is no different compared with an obstetric unit.

See more http://www.nice.org.uk/guidance/cg190/chapter/introduction

Top tips to minimize morning sickness

Pregnancy is an amazing ride, but the morning sickness that often comes with it? Not so fab. Approximately 70 percent of women experience nausea early in pregnancy and about 50 percent experience vomiting. Lots of people are sick all day, some are sick mostly in the evening, and others are sick if they haven’t gotten enough sleep. So how to deal? Check out the following tips.

See more http://www.medicalnewstoday.com/articles/37757.php

Pregnant women suffer intimate partner violence, Spanish study shows

A new study analyses the violent behaviors exhibited towards pregnant women. While 21% of women suffer emotional violence during pregnancy, 3.6% encounter physical or sexual violence. Furthermore, 36.1% of those who reported physical violence claimed that it happened "very often” or “daily”. A Spanish investigation into the prevalence of domestic violence against pregnant women has found that 22.7% endure some kind of violence - emotional, physical or sexual within their relationship.

http://www.sciencedaily.com/releases/2014/12/141212101725.htm?

We are now on Twitter!!
@ETMNCH

Another great source of information! We will be tweeting articles from the newsletter and other sources.

More articles....

If you want to read more articles, you can access them from our MNCH Dropbox. The articles cover a wide range of MNCH topics from a variety of sources.

For more information on how to access the approximately 200 articles in Dropbox, email us at: ETMNCH@ualberta.ca
Type 2 diabetes risk starts in pregnancy

The risk of developing type 2 diabetes, obesity, and cardiovascular disease is affected by exposures in the uterus, research shows. Experts are now calling for updated guidelines in light of research evidence from the past decades. The fetal programming hypothesis hinges around the idea that the intrauterine environment, the milieu in which the fetus is exposed as it grows, impacts the trajectory for disease risk later in life. See more [http://www.sciencedaily.com/releases/2014/12/141205093758.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Ftop_news%2Ftop_health+%28ScienceDaily%3A+Top+Health+News%29](http://www.sciencedaily.com/releases/2014/12/141205093758.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Ftop_news%2Ftop_health+%28ScienceDaily%3A+Top+Health+News%29)

Low weight gain in pregnant women reduces male fetal survival

The amount of weight a woman gains during pregnancy can be vitally important -- especially if she's carrying a boy -- according to a study. Research has found that male fetuses are more likely to die if their mothers don't gain enough weight during pregnancy. For women who gained less than 20 pounds, the female-to-male birth rate ratio shifted to about 52-to-48 in favor of female babies. See more [http://www.sciencedaily.com/releases/2014/12/141210171817.htm](http://www.sciencedaily.com/releases/2014/12/141210171817.htm)

Call for award nominations - Midwives for Life Awards 2016

Are you a midwife? Do you have an idea for a fantastic project that will improve the health of mothers and newborns? Apply for the Midwife for Life Award and win 5000EUR to make your project a reality.

Low-birth-weight children associated with lower academic outcomes

Babies are weighed within the first few hours after birth. The weight is compared with the baby's gestational age and recorded in the medical record. A birth weight less than 2.5kg is diagnosed as low birth weight. Now, a new study from researchers at the University of Florida and Northwestern University shows that lower weights at birth also have an adverse effect on children’s performance in school, which is likely due to the early health struggles small babies often face.

See more http://www.medicalnewstoday.com/articles/286318.php

Caution on iron supplements during pregnancy

Iron is considered safe for use during pregnancy and is regularly prescribed as a component of prenatal vitamin/mineral supplements. However, controversy exists as to whether or not routine iron supplementation is needed in the non-anemic pregnant patient.


Resources we find important

Linkage to HIV care, postpartum depression, and HIV-related stigma in newly diagnosed pregnant women living with HIV in Kenya

http://www.biomedcentral.com/1471-2393/14/400/abstract?
utm_content=buffer74387&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

Estimation of daily risk of neonatal death, including the day of birth, in 186 countries in 2013: a vital-registration and modelling-based study

http://www.thelancet.com/journals/lanago/article/PIIS2214-109X(14)70309-2/abstract?
utm_content=bufferb4d15&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

Standards for Maternal and Neonatal Care

http://www.gfmer.ch/SRH-Course-2014/maternal-health/
Standards-for-maternal-neonatal-care-Abawi-ap-2014.htm

The Costs and Benefits of Investing in Sexual and Reproductive Health 2014

http://www.guttmacher.org/pubs/AddingItUp2014.html

Availability, utilization, and quality of emergency obstetric care services in Bauchi State, Nigeria


Free online course on Ebola

https://dgroups.org/hifa2015/discussions/8234e5f7

BioMed Central highlights their work around preterm birth in a new blog that we just published:
http://ow.ly/EV7n0

UNFPA’s 2014 State of World Population Report: The Power of 1.8 Billion

http://www.unfpa.org/swop
Do you want to be a member of Ethiopian Midwives Association?
For details please click here.

QUOTE OF THE WEEK

“What matters is our relationship with women: our integrity, professionalism, ethical and morale codes, our knowledge base, competencies, accountability, our respect, passion for childbirth and humanism”
— Julie Wray

Call for participation

♦ Share your views on the proposed Global Financing Facility and an updated Global Strategy for Women’s, Children’s and Adolescents’ Health in support of Every Woman Every Child. Take the short survey now: http://ow.ly/Fzxyy

♦ Researchers at The London School of Hygiene & Tropical Medicine & the World Health Organization (WHO) need your help. They are putting together the first updated estimates in five years and are in need of suitable data. Get the details here: http://ow.ly/Fh3qC

♦ www.oratechsolve.com have initiated Protect Mothers: Healthy Nation = Healthy Mothers + Healthy Children project to offer innovative interactive learning methods to promote maternal & neonatal healthcare literacy in Ethiopia. They are looking for Senior Midwives volunteers to test the eLearning module on content, technology and language clarity. Please read the module and send your feedback. You can access the module on http://www.oratechsolve.com/elearning-tool-on-maternal-health/

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

This Newsletter is produced in collaboration with the University of Alberta Global Health Office –DFATD-MNCH Ethiopia Project, a project undertaken with the financial support of the Government of Canada provided through the Department of Foreign Affairs, Trade and Development.