Happy New Year and We wish you a joyful 2015. As we embark on a new year, we look forward to working with all of our partners to reach our shared goal of improving the lives of the world’s most vulnerable women and children.

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.

We hope you benefit and enjoy reading.

Northwestern brings women’s health expertise to Ethiopia

Instead of joining a comfortable practice in the U.S. after completing her residency in obstetrics and gynecology at Northwestern University, Dr. Gelila Goba instead will be caring for patients in her native Ethiopia, where in many communities light and heat qualify as luxuries.

After she graduates in May, Goba plans to move back to Ethiopia to implement a new initiative that she hopes will improve the state of women’s health in the desperately poor country of 90 million.

Ethio- Canada Project Director Leaving

The Ethio-Canada MNCH Project Director, Dr. David Zakus will be leaving in January 2015. It has been an amazing experience working with him and we will miss his enthusiasm, perseverance, amazing leadership and ‘never say die’ spirit, and, of course, the talent that he has brought to this project. It’s so hard to see him leave. Every one involved in the project would like to thank him for always helping those in need and for always being there to do a good deed. People like him are few and far between. Wishing him many blessings on his life’s journey. Good luck and best wishes!

ICM position of statement- Keeping Birth Normal

It is so true that midwives’ practice must be informed by evidence-based knowledge to improve the quality and outcomes of midwifery care. ‘Keeping birth normal’ is an area of ICM strategy associated with women’s health, midwives’ education and practice, and existing health care systems. http://bit.ly/1z8Yzh2

Tsunami 10 years on: Giving birth during a natural disaster

It has been 10 years since Tsunami 2004 which has affected Indonesia, Sri Lanka, India and Thailand. Read this interesting story written by Tanu Anand on what it’s like to give birth during a natural disaster. Read the full article http://www.healthynewbornnetwork.org/blog/tsunami-10-years-giving-birth-during-natural-disaster
Early exposure to antidepressants affects adult anxiety, serotonin transmission

Early developmental exposure to two different antidepressants, Prozac and Lexapro, has been studied by researchers in a mouse model that mimics human third trimester medication exposure. They found that, although these serotonin-selective reuptake inhibiting antidepressants were thought to work the same way, they did not produce the same long-term changes in anxiety behavior in the adult mice. About 15 percent of women in the United States suffer from anxiety disorders and depression during their pregnancies, and many are prescribed antidepressants. 

See more http://www.sciencedaily.com/releases/2014/12/141219160606.htm

Maternal supplementation with multiple micronutrients compared with iron-folic acid

In Bangladesh, daily maternal supplementation of multiple micronutrients compared to iron-folic acid before and after childbirth did not reduce all-cause infant mortality to age 6 months, but did result in significant reductions in preterm birth and low birth weight, according to a study. See more http://www.sciencedaily.com/releases/2014/12/141223161235.htm

Expectant fathers experience prenatal hormone changes

Impending fatherhood can lower two hormones -- testosterone and estradiol -- for men, even before their babies are born, a new study found. This is the first study to show that the decline may begin even before the child’s birth, during the transition to fatherhood. http://www.sciencedaily.com/releases/2014/12/141218090957.htm
Harmful mood disorders in new mothers

In the days shortly after giving birth, most mothers experience a period of increased calmness and decreased stress responses, but around 20% of mothers experience anxiety. Some women may become depressed, and around one in a thousand can develop psychosis. The latest evidence indicates that these distressing responses to motherhood are still poorly understood, but that animal research could provide valuable clues to their causes. See more http://www.sciencedaily.com/releases/2014/12/141208145142.htm

Caution on corticosteroids for preterm delivery: learning from missteps

An important new study in lower-level health facilities in low- and middle-income countries found an increased risk of neonatal deaths with corticosteroid use in pregnant women with imminent preterm birth, in contrast with the positive results previously found in high-income countries. Read more http://www.ghspjournal.org/content/2/4/371.full

Resources

World Health Organization releases the 2014 World Malaria Report! http://buff.ly/1scReAl

AWESOME Videos on baby massage! "It all begins with the first TOUCH" Check it out: https://www.youtube.com/watch?v=acbw05Yack


Perceptions of the Risk for Ebola and Health Facility Use Among Health Workers and Pregnant and Lactating Women — Kenema District, Sierra Leone, September 2014

Antiretroviral therapy of HIV infection in infants and children

Why are midwives so important to the outcomes for mom and baby? Check out this video! http://buff.ly/1Bg9CYG

Translating Research into Practice Series: Emergency obstetric referral and transport in low and middle income countries http://buff.ly/1xI3ai7


The difference a midwife makes | UNICEF

Antiretroviral drugs for treating pregnant women and preventing HIV infection in infants
Do you want to be a member of Ethiopian Midwives Association?
For details please click here.

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 had, currently has, and will have the power.”
Heather McCue

Announcement

Ethiopian Public Health Association requires service for experts for preparation of the 26th Annual Conference proceedings. Therefore, EPHA would like invite qualified candidates to apply for the following open position. For full information the term of reference please visit the web site http://www.etpha.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

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