Mother and Child Health Newsletter

Welcome to the 13th Issue of our Newsletter

In this issue we include updates from 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 have a solution that you would like to suggest to others? Send us your ideas so that we can learn from each other!

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

Enjoy reading!

Philosophy and Model of Midwifery Care

Midwifery care is concerned with the promotion of women's health. It is centered upon an understanding of women as healthy individuals progressing through the life cycle. It is based on a respect for pregnancy as a state of health and childbirth as a normal physiologic process, and a profound event in a woman's life.

Fundamental to midwifery care is the understanding that a woman's caregivers respect and support her so that she may give birth safely with power and dignity.

Click here to learn more.
Mother’s stress hormone levels may affect fetal growth

Increased levels of stress hormones can lead pregnant mice to overeat and may affect the growth of the fetus and, potentially, the long term health of the offspring. According to a new study published in the Journal of Physiology, pregnant mice with elevated levels of stress hormones were found to have smaller babies, despite the fact that they were over-eating. See more here http://www.sciencedaily.com/releases/2015/01/150126095717.htm.

Effect of Thyroid Disorders

A new review suggests that thyroid disease may affect a woman’s reproductive health and advises screening for women presenting with fertility problems and recurrent early pregnancy loss. Thyroid hormones control metabolism and influence growth and development. Research suggests that changes in thyroid function can impact reproductive health before and after conception. See more here http://www.sciencedaily.com/releases/2015/01/150123081929.htm.

Link between pain during or after sexual intercourse and mode of delivery

Operative birth is associated with dyspareunia—persisting pain during or after sexual intercourse—suggests a new study. The study aimed to investigate the contribution of obstetric risk factors, including mode of delivery and perineal trauma to postpartum dyspareunia. It also examined the influences of other risk factors, including breastfeeding, maternal fatigue, maternal depression and intimate partner abuse. Click here for more information: http://www.sciencedaily.com/releases/2015/01/150121084621.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

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Using a traditional Faja for uterine support

Traditional fajas, or belly-bands, assist a woman’s uterus to return to a normal position after birth. A faja is simply a strip of cotton cloth that measures about 12 inches wide by 3 yards long (longer for more full figured women). It is wrapped around the pelvis just above the pubic bone, twisted at the back, and then brought around the front and positioned for the most benefit. Birth professionals anywhere can recommend that mamas wear a faja postpartum for support as the uterus heals. For more information, please see the following news story. http://www.birth-institute.com/alternative-medicine-and-childbirth/traditional-faja-for-uterine-support.

Depo-Provera and HIV

According to a study published online on January 8 in the Lancet Infectious Diseases, the injectable contraceptive depot medroxyprogesterone (Depo-Provera or DMPA) is associated with an elevated risk of HIV acquisition among high risk women in low-income or middle-income countries of sub-Saharan Africa, as compared to women in the general population. This research has significant impacts on reproductive health policy in these countries. See more here: http://rhrealtycheck.org/article/2015/01/12/latest-study-depo-provera-hiv-far-complex-headlines-suggest/.

How can we make Kangaroo Mother Care easier for mothers?

Kangaroo Mother Care (KMC) is one of the most promising ways to save preterm and low birth weight babies in high- and low-income settings alike. Kangaroo Care is initiated in the hospital and teaches mothers to keep their babies warm through skin-to-skin contact. Although Kangaroo Care is best known for its ability to be lifesaving for preterm babies, Kangaroo Mother Care is actually good for all babies and despite the fact that it is endorsed by the World Health Organization, many countries have yet to implement a strategy to increase uptake at the country-level. We need to find creative ways to help women understand why Kangaroo Mother Care is important and that make it easier for mothers to use.

Check out & share the new blog from the Bill & Melinda Gates Foundation: http://www.healthynewbornnetwork.org/topic/kangaroo-mother-care
The projected effect of scaling up midwifery

It is a well known fact that midwifery care is a cost-effective to support women throughout their reproductive years. A new article published in the Lancet suggests that investing in midwife education pays for itself by preventing unnecessary medical procedures for pregnant and delivering women. The article also suggests that a significant number of maternal deaths could be averted world-wide if there was more support for midwifery care.

Read the new evidence here http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60790-X/abstract

Resources

- The preference and practice of Nigerian obstetricians regarding focused versus standard models of prenatal care

- Knowledge, Perception and Utilization of Postnatal Care of Mothers in Gondar Zuria District, Ethiopia: A Cross-Sectional Study

- Developing Content for a mHealth Intervention to Promote Postpartum Retention in Prevention of Mother-To-Child HIV Transmission Programs and Early Infant Diagnosis of HIV: A Qualitative Study

- Evaluating the implementation of community volunteer assessment and referral of sick babies: lessons learned from the Ghana Newhints home visits cluster randomized controlled trial

- Determinants and pattern of care seeking for preterm newborns in a rural Bangladeshi cohort
Do you want to be a member of Ethiopian Midwives Association?
For details please contact:
Ethiopian Midwives Association
http://midwives.org.et/

QUOTE OF THE WEEK

"It really is the heart of midwifery to support a woman to do what a woman knows she can do. It isn't that our view of her birth is what prevails."

Lesley Cragen, Certified Nurse Midwife

Upcoming events

XXI FIGO World Congress of Gynecology and Obstetrics
4th - 9th October 2015
Vancouver, Canada
http://figo2015.org/

Global Maternal Newborn Health Conference 2015
Mexico City, Mexico
18th - 21st October 2015
http://www.globalmnh2015.org/

...welcoming everyday miracles

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 Editor: Meseret Desta Haileyesus Advisor: Dr. David Zakus

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