



St. Luke's International University, Tokyo Asia Africa Midwifery Research Center



Newsletter 10 MUHAS Faculty Visit to Japan 2014

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Between October 28th and November 5th, **Dr. Lilian Mselle, Mr. Baraka Malaki, and Ms. Ducesia Bagenda** visited Japan to learn about midwifery education and practice in Japan. They provided wonderful presentations on midwifery in Tanzania to us, and we exchanged a lot of ideas. They also visited St. Luke's Birth Clinic, JICA Headquarter, and Yamamoto Midwifery Home. We enjoyed a lot learning about maternal child health in Tanzania and Japan.

At President Office



The MUHAS faculty first visited the president office and met **Dr. Toshiko Ibe**. They greeted and talked about situations in Tanzania. They were happy to know that the president was planning to visit Tanzania in December for the ceremony of Midwifery Master's program.



Special Lectures

They had special lectures from **Dr. Miwako Matsutani, Dr. Yukari Yaju, and Dr. Michiko Oguro**. They learned about evidence-based practice using the Cochrane library and nursing/midwifery education in Japan. They discussed differences in population, society, and education between the countries, but they stated that the average age of women for the first delivery in Tanzania is increasing as well. The pictures were with Dr. Yaju (above) and Dr. Matsutani (right).





They also visited the library, and the librarian, **Ms. Kuniko Sato**, explained Nightingales' hand-written letters in the library, electrical search engines, and Japanese journals and textbooks.

In the picture, they were watching the textbooks we demonstrated in library for students.

St. Luke's Birth Clinic

They also visited St. Luke's Birth Clinic. They were surprised to see the clinic using Midwifery-led model, which means that midwives practice with autonomy for the health of women and babies. They all said that they would like to have this kind of birth clinic in Tanzania.



Seminar Presentation

On October 30th, we held a seminar entitled, "Researchers who tackle global health issues with local midwives and researchers."

Dr. Shigeko Horiuchi first explained the missions and activities of the Asia Africa Midwifery Research Center for the audience.



The keynote speaker, **Dr. William Holzemer** talked about differences between qualitative and quantitative research and how to mix them when conducting mixed methods research. He used his experiences of working with 5 African researchers as an example to explain how they implemented the studies and discussed the potential issues beforehand. He emphasized the importance of rule-setting in the beginning.

Dr. Lilian Mselle gave a presentation about her dissertation research on midwifery care. In the context of developing countries, obstetric fistula is oftentimes the issue as an outcome of labor. Especially when midwives are not very responsive to women, it might cause preventable fistula unnecessarily. Dr. Mselle's study illustrated the voices of women who had fistula due to delay of receiving care or due to unskilled care. It was shocking for Japanese audience to hear about this hard situation, but it was a good learning opportunity for those who have not been to Tanzania.

With the audience



Humanized Childbirth Lecture



In this exchange program series, we always ask **Ms. Taeko Mori**, the midwife and the former JICA expert in Brazil to lecture on Humanized Childbirth using her experiences both in Japan and other countries. She explained how she provided education for front line workers. With her heartfelt expression, showing her actual practice for years, the audience strongly believed that humanized childbirth is the best for the mothers.

Ms. Begenda talked about symptoms and care for eclampsia mothers. As it is now very rare in Japan, the audience asked questions on how she first notices the signs and what to do if the sign occurs. We learned about practical point of view for caring high-risk mothers.





Mr. Malaki talked about adolescent pregnancy in Tanzania using various statistics and research findings. Adolescent pregnancy causes numerous risks for mothers, including anemia, sepsis, or HIV/AIDS. He also discussed suggested prevention of teenage pregnancy.

Yamamoto Midwifery Home



They visited Yamamoto Midwifery Home. With the kind support of the midwife **Ms. Utako Yamaoto** showing how to conduct active birth with delivery kits, learge pillows, balance balls, etc., they understood the concept of Humanized Childbirth. After they learned about birth process in midwifery home, they asked many questions, "What if this happens?" "What if..." After the visit, Mr. Malaki said that it was wonderful to learn how midwives care about mothers. They also share the feeling that when midwives watch a baby, they cannot hold themselves from smiling and holding the baby.

JICA Visit

We are very thankful for JICA to always accept our guests to visit them. They learned what kind of JICA projects are ongoing in Tanzania. As they are teaching and working as midwives in Muhimbili, they are the ones who implement 5-S Kaizen in the clinical setting. As St. Luke's students will be sent as JICA volunteer, our collaboration among MUHAS-St.Luke's-JICA will become stronger from next year.



Visit of Tanzania Embassy in Japan



At the last day, we had an opportunity to meet the Ambassador of Tanzania, **Mama Salome Sijaona**, in the Tanzania Embassy in Japan. We explained her our collaborative project to help mothers and babies in Tanzania. She was interested in free style delivery and how it is possible as it has not been adopted in Tanzania. She encouraged further collaboration between Tanzania and Japan.



The website is also updated for more information :

Asia Africa Midwifery Research Center

<http://www.ap.slcu.ac.jp/mt5/asia-africa/>