

St. Luke's International University, Tokyo Asia Africa Midwifery Research Center Newsletter¹⁵



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<http://university.luke.ac.jp/about/project/aamrc/about.html>

Presentation at Conference in Kenya

In September 2016, **Miyuki Oka**, a doctoral student of St. Luke's International University and **Eri Shishido**, a master student attended the 12th East, Central and Southern Africa College of Nursing (ECSACON) Scientific Conference in Nairobi, Kenya. Miyuki presented her study entitled, "Evaluation of an Educational Program for Nurses about Birth Preparedness and Complication Readiness in Rural Tanzania".



Both Miyuki and Eri conducted an educational program for nurses called "Let's talk!" at Muheza Hospital in Tanzania and found improvement in knowledge of counseling skills at antenatal care for nurses immediately after the program.

Moreover, there was a significant enhancement in the behavior of providing information of danger signs as well as in the behavior of caring for pregnant women.

Miyuki also introduced and provided an educational booklet called "*Nne na Tano*", which is a story for teaching danger signs of pregnancy and birth preparation for pregnant women and their family in her presentation.



The audience responded well and took the "*Nne na Tano*" booklet with interest. After the conference, some participants provided Miyuki feedback regarding the booklet.



Miyuki and Eri met most of the participants coming from all African countries, Europe, and the US, and exchanged diverse opinions regarding improvements to the medical situation in each country.



After the conference, a special party was held in the evening and all the participants wore their national or traditional dress. Miyuki and Eri wore *Yukata* at the party and the participants were very pleased with their clothing. During the meal, all the participants shared their experiences and enjoyed African dancing together.

Miyuki and Eri felt empowered by all of the participants and became more passionate about improving the medical situation in Africa. They were inspired to come up with new ideas for their own research from the conference in Nairobi.



Dr. Sebalda Leshabari visited St. Luke's

In September 22-30, 2016, **Dr. Sebalda Leshabari**, the senior lecturer of Muhimbili University of Health and Allied Sciences, School of Nursing, visited St. Luke's International University to learn about midwifery education and practice in Japan. She visited St. Luke's Birth Clinic, St. Luke's Simulation Lab, and Yamamoto Midwifery Birth Home. This is her second time to visit St. Luke's.



As Dr. Leshabari is a midwife, she enjoyed a lot about attending exercise classes in St. Luke's Birth Center and communicated with pregnant mothers. She also attended antenatal clinic and postnatal care.

Now I really understand what "Midwifery Care" is. Japanese midwives encourage mothers to take care of babies themselves. Not like telling them what to do.



During her stay, she happened to attend a childbirth at Yamamoto Midwifery Birth Home. She observed how kindly and professionally midwives in Japan take care of birthing women. She said, "This is it. I want this in Tanzania."

She also attended the undergraduate class on maternal and neonatal nursing. After the class, students were curious and talked to her. They said that they would love to visit Tanzania in the future.

We will continue education and research for improving midwifery care in Tanzania in the year of 2017.



With Dr. Igarashi and Dr. Shimpuku after the class