



St. Luke's International University, Tokyo Asia Africa Midwifery Research Center Newsletter 19

Early Essential Newborn Care seminar in Tanzania



As we developed facilitators for Early Essential Newborn Care (EENC) in October 2016, we hosted an EENC seminar in Tanzania, 2017. To celebrate the continuing sisterhoods of St. Luke's, Muhimbili National Hospital (MNH), and Muhimbili (MUHAS) and the new research project on EENC, we had a ceremony. The Honorable guest, the Ambassador of Japan, was invited. Mr. Yoshida greeted in Swahili and talked about Japanese contributions to and growing relationship with Tanzania.

The participants include: The Ambassador Mr. Yoshida, Ms. Hirata (Embassy of Japan), Mr. Ngase (JICA), Ms. Ito (JICA) Ms. Yamamoto (Japan Midwives Association), Mr. Matsuo (Lequio Power), Prof. Kataoka (St. Luke's), Dr. Shimpuku (St. Luke's), Ms. Mtawa (MNH), Dr. Outwater (MUHAS), Dr. Leshabari (MUHAS), Ms. Mwilike (MUHAS/St. Luke's), Ms Kaduma (MUHAS), Ms. Tada (MNH/St. Luke's), Ms. Igarashi (MNH/St. Luke's), Ms. Oka (St. Luke's) and Ms. Fukutomi (St. Luke's).





Dr. Anne Outwater, the Acting Dean of MUHAS, and **Mr. Toshio Nagase**, the Chief Representative of JICA, also kindly gave speech to congratulate our sisterhoods.

Kyoko Tada, the 1st JICA volunteer course in St. Luke's explained how she has been working as a volunteer and how nurses in MNH helped her in volunteer work and everyday life. When she is sick, Tanzanian nurses visited her house. She was invited to their houses many times, too. She became very close to nurses and help them improve their practice.



As St. Luke's developed the short movie to promote Early Essential Newborn Care. In the movie, **Prof. Shigeko Horiuchi** is talking about the importance of Women-Centered Care, which include: Respect, Safety, Partnership, and Holism.



Ms. Utako Yamamoto, the president of Japan Midwives Association, flew to Tanzania to present her midwifery maternity home in Japan. Participants were impressed by natural, sometimes in the water, birth. The family members also attend birth with women's preference.



In the afternoon, we have special guest speakers regarding entrepreneurship and cooperation between Japan and Tanzania. **Ms. Aneth Kaduma**, talked about her new maternal and child health clinic. She received all the necessary permissions, the land, and the building. She names it “Esperer,” which means “Hope” in English. With collaboration with Japanese nurses, we hope this clinic will be really the hope of mothers.



Another speaker, **Mr. Taisuke Matsuo** from Lequio Power, Inc. explained his company’s product of a portable ultrasound probe. The Muhimbili participants were all interested so much that they gathered and discussed how they could incorporate the device in their institution.



EENC Seminar in Muhimbili



Rika Fukutomi, Beatrice Mwilike, and Ecstasy Mlay,
trained coaches from the previous year

We all moved to Haile Debas Centre For Health Professions Educations (HDCHPE) in MUHAS. This building was newly established with a large space of simulation center.

After introduction of facilitators and participants, we started the pre-test to examine their knowledge on newborn care before the seminar.



Hand washing test



The next is hand washing test. They put a special cream for hand washing test and wash their hands to wash off the cream.



After a through washing with soap, they put their hands under a black light. They observed which part of the hands they did not wash well.

The coaches provided the feedback on the knowledge test and hand washing test by asking questions. In EENC seminar, coaches do not provide lectures. They ask questions and let participants think right answers.



Demonstration

The next part is demonstration. The participants were asked to show how they deliver a normal breathing baby in their everyday practice.

A midwife gave a good demonstration. She delivered and put the baby on the mother's chest immediately.

One thing to point out is preparation of delivery. It is important to make sure how to organize the delivery kit and sheets so that the baby can be dried and warm on mother's chest immediately.





Coaches ask questions to organize a delivery kit and demonstrated how to deliver in EENC.



2nd day

The next day is coaching for non-breathing baby. It is the key to start bag & mask by 1 minute after delivery. The participants practiced a lot to meet the goal.



One practiced B&M and another counted how many seconds one took until the first puff of B&M. Beatrice and Ecstasy asked questions for them to think about evidence behind.





Yumiko Igarashi,
a JICA
volunteer/
graduate
student
also
worked as
facilitator.



On the last day, we conducted the post-test, hand washing test, and practice check. All participants improved the scores of all the tests! At last, we discussed how to implement EENC in their practice. They discussed barriers and solutions. They decided to coach other staff in maternity ward.



All the participants actively participated in the seminar. They received the pin badge of AMReC logo below. They look very happy to acquire knowledge and skills as well as this pin badge!



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