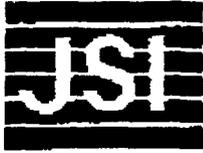


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**OPTIONS FOR FAMILY CARE**

John Snow, Inc

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**FINAL REPORT**  
**MIDWIFERY SKILLS WORKSHOP**  
February 7-26, 1998  
March 7-26, 1998

**OPTIONS FOR FAMILY CARE**  
Contract no 279-C-00-95-00516-00  
U S Agency for International Development

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April 1 1998

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## PURPOSE

The overall purpose of the training is to improve the quality and quantity of MCH services by improving and expanding the clinical skills of both midwife provider and community midwife trainer. Specifically, this includes knowledge and skills in episiotomy, suturing, use of the partograph for monitoring labor progress, effective family planning counseling, and IUD insertion.

## PARTICIPANTS

Priority for participant selection was given to midwives and midwife trainers in the three project governorates. Doctors were selected from Sana'a and Seyun to act as supervisors of training after attending the theoretical portion of the course. Governorate OFC midwives as well as Midwives from the Health Institute and governorate Maternal Child Health department also attended theoretical portions of the workshop so as to improve supervision in the future.

Total number of participants included

<u>Hajjah</u> clinical staff	6	CM Trainers	9	Governorate
<u>Hodeidah</u> clinical staff	1	CM Trainers	6	Supervisors 2
<u>Hadramaut</u> clinical staff	1	CM Trainers	4	
Sana'a supervisors for training	3			

## WORKSHOP DESIGN

The theoretical portion lasted 7 full days (6-7 hours per day) and included practice in use of the partograph, suturing on cow lungs, family planning counseling through role play, and IUD insertion and removal on dummies (See curriculum schedule). Following this, ten days of clinical practice took place in Seyun, Sana'a and Dhamar. Participants spent half the clinical time in the delivery services using the partograph and practicing episiotomy and suturing when necessary. The other 5 days were spent in Family Planning services to practice counseling on various methods, and IUD insertion. Family Planning Counseling, episiotomy/suturing, and IUD insertion checklists were used as an assessment tool, providing immediate feedback to the participant on each skill.

## RESULTS (total all sites)

Activity	First Session	Second Session
IUD Insertion	99	108
Partograph	55	53
Family Planning Counsel	76	126
Suturing	16	21
Episiotomy	11	14
IUD Removal	30	35

Practices differ in each clinical site and particularly with regard to the use of episiotomy. The routine use of episiotomy is not condoned by most midwives, and therefore, assessing the need for an episiotomy, thorough inspection to determine the need for suturing, and improvement of suturing skills and were the major objectives.

Pre-tests and post-tests were carried out for each subject to measure teaching effectiveness and participant theoretical understanding. Practical exercises for each skill was

informally tested during the classroom time, as each student was assisted and supervised with each skill until a satisfactory level was achieved. Checklists facilitated the evaluation process both in the classroom experience and in the actual clinical setting. An overall increase in knowledge base in the four areas is evidenced by the results of the post-tests and the comprehensive final exam.

## **PARTICIPANT EVALUATION**

In the first group, participants concluded that the two most important skills they gained were IUD insertion and use of the partograph, although all components were deemed as valuable. The second group of participants valued the training in the use of the partograph most, followed by IUD insertion, episiotomy/suturing and family planning counseling. Some of these participants had attended a family planning course in the past and for some, this included IUD insertion theory only. Family planning counseling may be more valued than realized. When asked for the solution to increasing the CYP indicators in their respective health centers, they unanimously agreed that family planning counseling was the key to greater family planning acceptance.

Some participants felt the time to practice suturing and episiotomy skills was not sufficient. Part of this is due to the unpredictability of cases requiring episiotomy and the time required to complete deliveries. Particularly in the second group, it was discovered that a few of the midwives were more deficient in suturing skills than anticipated. At the same time, there was a decrease in the delivery census at the Sabaeen Hospital. Upon seeing this, students were paired with the supervising doctor to remain at the hospital during the night shift. This proved to be effective in providing more cases, but for this particular skill, more time would be needed in the future to sufficiently improve this skill for some of the more inexperienced midwives.

## **OPPORTUNITIES**

The workshop also presented several opportunities for the participants to act as trainers in the clinical sites. They shared valuable information with the staff in clinical areas about the partograph, infection prevention, and family planning counseling. In Dhamar, staff were eager for new information and techniques on IUD insertion and gained from our presence there. Group counseling was established to save time in the busy Dhamar MCH center. In addition, 4 midwives in Dhamar were included in the practical IUD portion and supervised by Samia Hakim.

During the sessions, community midwife trainers were presented with the CYP statistics for their areas and challenged to think of creative ways to increase family planning acceptance in their areas. Discussion about the obstacles in various areas provided several opportunities for proposing solutions. In addition, the session gave opportunity to discuss the obstacles to home visiting and outreach. In the first session, trainers were introduced to a questionnaire for students to conduct home visits, as a means of increasing CYP and other indicators. Valuable information was gained through individual discussions with the midwives throughout the session about some of their obstacles in the work, and the possible solutions.

In gratitude for their cooperation in the training, a few pieces of extra equipment were donated to both the Sabaeen Hospital and the Yemen Family Care Association. Clinical staff were extremely grateful for this. Good relations with these facilities have also opened the door for future CM training at these sites.

## **OUTCOME**

There is every reason to believe that the anticipated positive outcomes from this training will be evidenced in the near future, despite some of the obstacles faced by the

midwives No doubt, trainers will be able to transfer essential knowledge to their trainees during the remaining CM training, especially in regard to the use of the partograph, episiotomy, suturing and family planning counseling The family planning skills of the clinical staff and trainers in each area will likely increase the acceptance and use of family planning methods in the near future Most significantly, each participant has proven her competency and confidence in each skill, which will benefit her future practice

**APPENDIX**

**SPECIFIC OBJECTIVES OF THE WORKSHOP**

**SCHEDULED CURRICULUM**

**COURSE EVALUATION**

**TEST SCORES**

**SAMPLE PARTOGRAPH**

## **SPECIFIC OBJECTIVES FOR MIDWIFERY SKILLS WORKSHOP**

### **IUD INSERTION COURSE**

- 1- Identifies client conditions which are suitable for using an IUD
- 2-Determines the possible times for insertion
- 3-Takes and records appropriate history
- 4-Performs bimanual exam, and speculum exam
- 5-Correctly identifies conditions on exam which rule out IUD use
- 6-Identifies side-effects, contraindications (absolute and relative), and conditions for removing IUD
- 7-Identifies needed instruments for IUD insertion and removal
- 8-Explains the reason and method of sterilizing instruments
- 9-Correctly inserts the IUD
- 10-Demonstrates IUD removal
- 11-Gives appropriate and complete information to the client and her husband about the IUD including danger signs and management of complications
- 12-Makes a return appointment at the appropriate time
- 13-Explains conditions for client referral

### **FAMILY PLANNING COUNSELING (Additional Objectives)**

- 1-Explains all available family planning choices clearly to the woman and couple using pictures and words which are appropriate to the client s level of understanding
- 2-Allows the woman to voluntarily chose the method she desires
- 3-Allows for maximum privacy in communicating with the client

### **EPISIOTOMY AND SUTURING**

- 1-Identifies the signs which indicate a need for an episiotomy
- 2-Performs and repairs an episiotomy while maintaining sterile technique
- 3-Demonstrates various methods of suturing first and second degree tears and skin
- 4-Identifies instruments and steps for cervical tear repair
- 5-Identifies appropriate amount of local anesthetic required for episiotomy and repair and demonstrates proper injection
- 6-Demonstrates proper inspection following delivery to locate source of bleeding and identifies need for suturing

### **PARTOGRAPH USE**

- 1-Defines the function of the partograph
- 2-Demonstrates accurate recording of all parts of the pratograph based on case study or actual labor case
- 3-Uses the partograph to identify abnormal and normal labor progress and indicates the proper time for referral
- 4-Accurately records all information on the patient questionnaire

## SELECTED MIDWIFERY SKILLS WORKSHOP

February 7, Saturday

TIME الوقت	ACTIVITIES النشاط	CONTENT AND INSTRUCTION التعليمات	Materials Needed الوسائل المطلوبة
8 00-9 00	Introduction to session	Review expectations for the session and introduce the students by having them divide into pairs and ask the name, location and expectations of this session Each student will then introduce their partner Review of the indicators and project goals in relation to the session	Chart of indicators (Debra)
9 00-9 30	Pretest	Pretest for use of the partograph will be given to each student	Written pretest, pens/pencils
9 30-10 00	Lecture on partograph	Review the expectations of the students and schedule for the day Introduce goals and objectives of the partograph	Prepared overhead transparency Objectives and goals of the partograph
10 00-10 30	Break		
10 30-12 30	Continued lecture on partograph	Definition of the partograph Importance of the partograph Recording of information on the partograph	Prepared transparency in training package
12 30-13 30	Lunch		
13 30-15 30	Illustrated lecture Partograph	Stages of the partograph and how to record Transferring stages on the partograph Assignments- Case studies	Prepared transparency in training package Written case studies Assignment for recording on a partograph

**SELECTED MIDWIFERY SKILLS WORKSHOP**

**February 8, Sunday**

<b>TIME</b> الوقت	<b>ACTIVITIES</b> النشاط	<b>CONTENT AND INSTRUCTION</b> التعليمات	<b>Materials Needed</b> الوسائل المطلوبة
8 00-10 00	Illustrated lecture partograph	a) Fetal descent assessment vaginally and abdominally b) Fetal Heart rate normal and abnormal c) Uterine contractions duration, strength, frequency d) Recording assignment	Prepared transparencies Partograph form Case studies
10 00-10 30	Break		
10 30-12 30	Continued lecture	e) Membrane and liquor conditions intact, ruptured color of liquor f) Mother's health conditions vital signs, urine test, drugs given	Prepared transparencies Case studies Assignments
12 30-13 30	Lunch		
13 30-15 30	Practice with the partograph	g) Abnormal stages actions taken h) Assignments analysis of case studies and write opinion I) Post test	Prepared transparencies Case studies for recording partograph completely Pre/post test

## SELECTED MIDWIFERY SKILLS WORKSHOP

February 9, Monday

TIME الوقت	ACTIVITIES النشاط	CONTENT AND INSTRUCTION التعليمات	Materials Needed الوسائل المطلوبة
8 00-8 30	Pretest	Written pretest on episiotomy handed out	Pretest
8 30-10 00	Lecture on episiotomy	Introduction to episiotomy students share past experience with suturing, finding tears, doing episiotomy, tears Definition of episiotomy Reasons for performing episiotomy How to perform an episiotomy and repair Equipment needed for episiotomy	Transparencies and handouts of information
10 00-10 30	Break		
10 30-11 30	Continued lecture on episiotomy and lacerations	Diagnosis and repair of cervical laceration Explain use of checklist for evaluation	Transparencies and handouts of pictures and additional information
11 30-12 30	Demonstration of cutting episiotomy and repair and care following	Participants observe the instructor cut and repair an episiotomy using Zoe model, and lungs Instructor demonstrates on Zoe model the care following suturing Students are asked to prepare the chlorox solution for used instruments	Lungs, Zoe model, pad suture with packed instruments, needle, scissors, chlorox basin gauze, soap and water, light source, measure for solution, towel,
12 30-13 30	Lunch		
13 30-15 30	Practice performing episiotomy and repair	Students are paired and sit around the table Students practice injecting anesthetic into the tissue Inscisions are made in the lungs and students take turns repairing layers of tissue while supervisors assist and guide each student Those familiar with suturing can assist those who are practicing	suture with needles xylocaine, syringe and needle gauze, dressing towel  round and cutting needles scissors sponge forceps needle holder forceps  gloves, tables arranged for practicing on lungs

**SELECTED MIDWIFERY SKILLS WORKSHOP**

February 10, Tuesday

TIME الوقت	ACTIVITIES النشاط	CONTENT AND INSTRUCTION التعليمات	Materials Needed الوسائل المطلوبة
8 00-9 00	Pretest Family Planning Counseling and Knowledge of Methods Discussion of test questions	Participants will be given a 13 question true/false test A short review of the test will questions will follow	Written pre-test for each student
9 00-10 00	Family Planning Counseling Lecture	Define counseling Counseling objectives The importance of counseling	Flip chart, handouts
10 00-10 30	Break		
10 30-11 00	Role play with discussion	Two instructors model a family planning session which has many negative points Students define what was lacking in the interaction	Flip chart, transparencies
11 00-12 30	Discussion and counseling of various contraceptive methods	Review of the various contraceptive methods side effects, contraindications problem-solving and how this information is used in the counseling session	
12 30-13 30	Lunch		
13 30-15 30	Explanation of using cards and checklist Role play	Lecture with explanation of the use of checklist and the family planning card Students are selected to volunteer for role playing Remainder of the class evaluates the interaction by using the checklists	Checklists, cards (copied)

## SELECTED MIDWIFERY SKILLS WORKSHOP

February 11, Wednesday

TIME الوقت	ACTIVITIES النشاط	CONTENT AND INSTRUCTION التعليمات	Materials Needed الوسائل المطلوبة
8 00-8 15	Warm-up and introduction to agenda	Students practice ordering numbers three times Explained later that this shows the improvement that can be made with practice Agenda is reviewed	Hand outs for exercise Transparencies, slides, slide projector, flip chart
8 15-10 00	Lecture IUD	Mechanism of action Indications /contraindications Benefits, side effects Managing IUD side effects	
10 00-10 30	Break		
10 30-11 00 11 00- 12 30	Continued lecture Demonstration of counseling and insertion	Participants pair up, each with one Zoe model and instruments, to practice insertion technique	Zoe models (7), IUD insertion instruments
12 30-13 30	Lunch		
13 30-15 30 15 15-15 30	Practice insertion and removal  Summary of the days lessons	Participants pair up, each with one Zoe model, and instruments, to practice insertion technique Discussion and questions reviewed in informal manner by instructor	Zoe models (7), IUD insertion instruments

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**SELECTED MIDWIFERY SKILLS WORKSHOP**

February 12, Thursday

TIME الوقت	ACTIVITIES النشاط	CONTENT AND INSTRUCTION التعليمات	Materials Needed الوسائل المطلوبة
8 00-8 15	Warm up	Connecting dots	Paper for participants
8 15-10 00	Counseling for IUD acceptor	Role play with Samia Review of basic counseling principles and contraindications teaching and information necessary prior to IUD insertion	
10 00-10 30	Break		
10 30-12 30	IUD insertion practice	Participants practice on Zoe models with supervision and use of checklist	Zoe models instruments for insertion
12 30-13 30	Lunch		
13 30-15 30	IUD insertion practice	Participants practice on Zoe models with supervision and use of checklist	Zoe models, instruments for insertion

### SELECTED MIDWIFERY SKILLS WORKSHOP

February 14, Saturday

TIME الوقت	ACTIVITIES النشاط	CONTENT AND INSTRUCTION التعليمات	Materials Needed الوسائل المطلوبة
8 00-8 30	Warm up		
8 30-10 00	Test	Post test on IUD concepts	Printed tests
10 00-10 30	Break		
10 30-12 30	IUD insertion practice	Participants practice on Zoe models with supervision and use of checklist	Zoe models and IUD insertion instruments
12 30-13 30	Lunch		
13 30-15 00 15 00-15 30	Review of managing side effects Summary	Lecture with discussion on review of side effects Presentation of case studies and special conditions requiring problem solving  Review of side-effects, insertion difficulties, principles	

### COURSE EVALUATION

Please mark appropriate box for each teacher

SUBJECT	GOOD			VERY GOOD			EXCELLENT		
	1st session	2nd session	total	1st session	2nd session	total	1st session	2nd session	total
Lecture partograph	1	1	2		12	12	7	2	9
Practice with partograph		2	2	1	10	11	7	3	10
Your understanding of the partograph		1	1	3	12	15	5	2	7
Lecture on episiotomy and suturing	4		4	4	10	14	0	5	5
Practice episiotomy and suturing	1	1	2	3	8	11	4	6	10
Family planning counseling lecture		1	1	2	8	10	6	6	12
IUD lecture				2	4	6	6	11	17
IUD insertion practice		1	1		4	4	4	10	14
Total	6	7	11	15	68	83	39	45	74

Please mark appropriate box for each topic according to the time given to each topic

SUBJECT	NEEDS MORE TIME			TIME WAS SUFFICIENT			NEEDS LESS TIME		
	1st session	2nd session	Total	1st session	2nd session	Total	1st session	2nd session	Total
Partograph lecture		8	8	8	7	15			
Partograph Practice	1	9	10	7	5	12		1	1
Episiotomy and suturing lecture	2	4	6	6	11	17			
Episiotomy and suturing practice	5	9		3	6	9			
Family planning counseling lecture	1	1		7	14	28			
IUD Lecture		4		8	11	19		1	1
IUD practice	2	4		6	11	17			
Total	10	38	24	45	65	117	0	2	2

What was the subject which benefitted you the most?

	Partograph	IUD	Episiotomy/Suturing	Family Planning Counseling
1st session	3	4	2	2
2nd session	8	3	3	1

(Some participants mentioned several subjects instead of identifying one subject )

Name	Parto-graph pretest/ post test	Epis and suture pretest/post test	Family Planning pretest/post test	IUD pre test/ post test	Comp final exam
Huda Yahya Mo	65/100	55/96	77/85	15/90	92.6
Suaad Mo	45/85	75/40	92/75	50/50	60
Dr Wafa	80/95	95/90	69/80	15/75	75
Ashwaq Hussein	45/100	75/78	84/85	35/75	72
Ibtihaj Ali	65/95	75/100	92/75	35/92	96
Najaat Ibrahim	35/90	65/82	92/90	50/80	85
Dr Zamb	45/95	75/75	100/90	50/72	80
Amat Arahman	15/80	60/88	84/75	45/90	93
Amat AlMalik	40/95	75/85	100/85	25/96	92
Zahara Salim	15/100	65/70	100/85	35/70	78
Nabila Ahmed	40/85	60/70	92/90	50/70	77
Raja Yahya	38/100	60/85	92/85	35/96	92
Makka Ahmed	45/85	85/70	92/75	35/70	63
Najba Ahmed	70/90	80/90	92/85	25/95	90
Aziza Ahmed	40/100	50/60	69/100	70/70	75
Intisar Abdullah	45/100	55/95	92/100	90/90	96
Halima Saeed	45/100	70/95	85/100	75/80	91
Afrah Nasar	40/100	45/95	85/90	85/86	92
Asia Shaban	30/100	100/95	100/100	80/85	86
Fatmah Ahmed	70/90	35/80	85/100	85/90	90
Saeed Mohammed	35/95	75/80	100/100	70/80	88
Amat AlHaseeb	80/85	30/80	85/100	70/75	83
Aziza Ali Othman	40/85	95/85	92/100	70/70	78
Nuzha Abdullah	15/100	95/97	77/70	70/80	97
Fatmah Abdullah	80/90	70/85	100/100	85/90	95
Radiah Fudal	40/95	45/86	100/100	90/92	87
Hyat Tayib	65/100	70/85	92/100	80/85	90
Fatimah Ali Salim	80/100	85/88	100/100	70/80	90
Massa Ali	90/100	85/90	100/100	85/92	95

TEST RESULTS FOR FIRST AND SECOND SESSIONS MIDWIFERY SKILLS WORKSHOP



## اسمارة التوليد

Name \_\_\_\_\_ الأسم Date \_\_\_\_\_ التاريخ  
 Husband's name \_\_\_\_\_ اسم الزوج  
 Village \_\_\_\_\_ القرية Age \_\_\_\_\_ العمر Time \_\_\_\_\_ الوقت  
 G \_\_\_\_\_ عدد الحمل P \_\_\_\_\_ عدد الولادات AB \_\_\_\_\_ عدد الاجهاض L \_\_\_\_\_ عدد الاجزاء  
 Prenatal Visits NO \_\_\_\_\_ لا / YES \_\_\_\_\_ نعم الحمل للكشف السابق للحمل  
 Onset of Contractions \_\_\_\_\_ وقت بدانه الم الولادة  
 Other pertinent History \_\_\_\_\_ لاسوانق الطئي الهامه

**EXAM** \_\_\_\_\_ (الكشف)  
**MEMBRANES** حب الماء **LIE** الممدد  
**INTACT** سليم **PRESENTATION** الخي  
**RUPTURED** \_\_\_\_\_ مفجر **HEAD** \_\_\_\_\_ الراس **FACE** \_\_\_\_\_ الوجه  
**LIQUOR** السائل **breach** \_\_\_\_\_ المععد **foot** \_\_\_\_\_ القدم  
 clear \_\_\_\_\_ صاا **PELVIS** الخوص  
 meconium \_\_\_\_\_ معكر **bispinous diam** \_\_\_\_\_ قطر السويس  
**DILITATION** \_\_\_\_\_ بوسع عن الرحم **symmetrical** Y / N \_\_\_\_\_ الخوص مساس  
**EFFACEMENT** \_\_\_\_\_ انحاء عن الرحم  
**GESTATION (WKS)** \_\_\_\_\_ عمر الخي بالاسوع  
**OTHER.** \_\_\_\_\_ ملاحظاا

**DELIVERY** \_\_\_\_\_ (الولادة)  
**TIME** \_\_\_\_\_ الوقت **POSITION** \_\_\_\_\_ وضع الخي  
**NUCHAL CORD** Y \_\_\_\_\_ لا / N \_\_\_\_\_ الغاف الخيل السري  
**MEDICATION** OXYTOCIN \_\_\_\_\_ IU / IM / IV \_\_\_\_\_ اكسس  
**THIRD STAGE** \_\_\_\_\_ (حروج المسمه)  
**TIME** \_\_\_\_\_ الوقت  
**CCT** \_\_\_\_\_ حروج المسمه بسحب الخيل السري  
**FUNDAL PRESSURE** \_\_\_\_\_ حروج المسمه بصعظ فاع الرحم  
**PLACENTA COMPLETE** Y / N \_\_\_\_\_ لا المسمه كامله  
**PERINEUM** intact \_\_\_\_\_ سليم tear \_\_\_\_\_ عرى episiotomy \_\_\_\_\_ عمله بوسع العجان

**REPAIR.** \_\_\_\_\_ الخياطة  
**MEDS** ergometrine \_\_\_\_\_ /oxytocin \_\_\_\_\_ /paramol \_\_\_\_\_ /other \_\_\_\_\_  
**TOTAL BLOOD LOSS** \_\_\_\_\_ ml \_\_\_\_\_ مل مجموع كنهه البرف  
**INFANT** \_\_\_\_\_ الخي  
**WEIGHT** \_\_\_\_\_ الوزن **APGAR** \_\_\_\_\_ / امارا **O2** \_\_\_\_\_ الاكسجين  
**HEAD CIRCUMF** \_\_\_\_\_ محط الراس **BREASTFED** Y / N \_\_\_\_\_ لا  
**MEDS** \_\_\_\_\_ الدواء

**POSTPARTUM** \_\_\_\_\_ (الملاحظه بعد الولاده)  
**MEDS** IRON \_\_\_\_\_ /ERGOMETRINE \_\_\_\_\_ /PARAMOL \_\_\_\_\_ OTHER \_\_\_\_\_  
**POSTNATAL CHECK** Y/N DATE \_\_\_\_\_ كسف بعد الولاده التاريخ  
**HOME VISIT** Y/N \_\_\_\_\_ رناره مرله نعم لا  
**OTHER** \_\_\_\_\_ ملاحظاا

**NAME OF ATTENDANT** \_\_\_\_\_ اسم العائله المرسله