



Bitesize*: Clinical Training on Safe Delivery of Care

Overview of the trainings provided by Maternity Foundation.

*For more information see the extended version of the report.

Introduction

Provision of quality maternal and newborn health services and reduction of maternal and neonatal mortality is a priority Sustainable Development Goal. Maternity Foundation is committed towards the achievement of this global good. As a part of its Safe Delivery+ Programme, Maternity Foundation offers training to midwifery students, midwives, and related health care professionals in low resource areas, thereby supporting them in ensuring safer births for women and their newborns. This bitesize report is a quick overview of the training programmes offered by Maternity Foundation. For more information, please see the extended version.

Who we are

Every other minute, a woman dies during pregnancy or birth. Every seventh second, a newborn suffers the same fate. Maternity Foundation works to ensure safer births for women and newborns - everywhere. Most maternal and newborn deaths happen in low-resource, poor and fragile settings. Likewise, for every woman who dies, 20 - 30 women suffer preventable injuries, infections, or become disabled from causes related to pregnancy or childbirth. The majority of the mortality and morbidity can be prevented if women receive quality care from a skilled healthcare professional. That is why Maternity Foundation is building midwifery knowledge and skills among healthcare professionals and students in low-resource areas. We do so by providing innovative learning programmes and life-saving and cost-effective digital health solutions, including the Safe Delivery App (SDA).

We are an international NGO with offices in Ethiopia, India, and Denmark and engagements in multiple countries across Sub-Saharan Africa, Middle East and North Africa, and Asia. We have plans to expand our work into Latin America and the Caribbean too. Maternity Foundation works to improve maternal and newborn health with the aim "It should not cost life to give life". Our vision is a world where no woman or newborn suffers from preventable harm or death related to pregnancy or childbirth.

What we do

Our Safe Delivery+ Programme is a digital and modular learning and training platform. It includes the Safe Delivery App, developed by healthcare professionals based on research. This provides lifesaving, innovative, digital health solutions and facilitated integration of the digital platform in-country into pre-service and in-service programmes and by interoperability with other learning platforms and programmes.

The Safe Delivery App is a professional job aid, teaching and learning tool for midwives and healthcare professionals. We combine the app with online learning platforms in addition to remote and on the ground trainings. By the year 2022, we have reached more than 375,000 healthcare professionals and our services are used in 40 countries with +30 app versions.





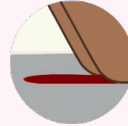
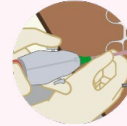




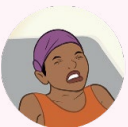









Through our partner-driven model of implementation, we work closely with national governments, local and international associations, as well as with UN agencies and international NGOs to strengthen existing health systems and priorities. We integrate our services into project-specific education and training programmes, pre-service curricula, and other digital solutions. This ensures sustainability and further enhances the scalability and outreach of our digital solutions and programmes in a cost-effective way.

Our training packages

Our trainings are broadly packaged into SDA in pre-service education, SDA for in-service training and SDA TOT (Training of Trainers) programme. Upon request, we can tailor our training offers specifically to the occasion/project with need-based customization, tailor-made packages, LDHF-approach (Low Dose High Frequency) and refresher trainings.

| 1. SDA pre-service | 2. SDA in-service | 3. SDA TOT |
|--|--|---|
| For midwifery and health care professional students | For practicing midwives and health care professionals | For local facilitators, trainers and midwifery educators |
| Pack 1 Orientation/sampler (3 hours) | Pack 1 Orientation/sampler (3 hours) | Pack 1 Online (3 days - 3 hours per day) |
| Pack 2 SDA deepdive (1 day) | Pack 2 SDA deepdive (1 day) | Pack 2 Onsite (3 days) |
| Pack 3 Blended learning (3 days) | Pack 3 Blended learning (3 days) | |

The Safe Delivery App: Modules*

| | | | | | | |
|--|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Covid-19 | Infection Prevention | Maternal Sepsis | Manual Removal of Placenta | Post Partum Haemorrhage | Post-Abortion Care | Hypertension |
|  |  |  |  |  |  |  |
| Prolonged Labour | Active Management of Third Stage Labour | Low Birth Weight | Normal Labour & Birth | Newborn Management | Neonatal Resuscitation | Female Genital Mutilation |
|  |  |  |  |  |  | |
| Safe Abortion | Perinatal Mental Health | Modern Contraception | Antenatal Care | Postnatal Care | Gestational Diabetes | |

*Some modules are only available in limited language and country versions

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Safe Delivery Pre-service training package

In pre-service nursing and midwifery education, as well as other health care professional courses, students are exposed to various methods of teaching learning processes to create a conducive environment for learning. With the advent of digital solutions for learning, blended learning approach and self-directed learning have been incorporated to complement classroom and clinical teaching. The Safe Delivery App is a digital solution, catering to the learning needs of this generation of learners. Its gamified approach, with short videos and practical tips enable students to engage in active learning using the app. For effective utilization of the app and for obtaining maximum benefit, it is imperative that the students are guided in the installation of the app and trained on the usage of it. This is done through various trainings during their pre-service education. Moreover, midwifery educators are supported in the utilization of the app in teaching through TOT programs. For details of TOTs for educators, refer to the segment later in this document. Three different training packages are available for the students, as detailed below.

SDA Pre-service Pack 1: Orientation/Sampler

| Details | Aim | Objectives | Topics covered |
|--|--|---|--|
| Duration: 3 hours Participants: Students Venue: Virtual/ Lecture Hall Batch size: 50 No of trainers: 2 | At the end of the orientation the students will have the SDA installed on their device and familiarize themselves in using it. | <ul style="list-style-type: none">- Orient students on the SDA- Encourage students to install the app- Guide students in the usage of the app- Motivate self-directed learning | <ul style="list-style-type: none">- SDA orientation- Introduction to normal birth module- Respectful maternity care- Discussion and clarification |

SDA Pre-service Pack 2: SDA Deep dive

| Details | Aim | Objectives | Topics covered |
|--|---|---|--|
| <p>Duration: 1 day ≈ 6 hours</p> <p>Participants: Students</p> <p>Venue: Lecture Hall</p> <p>Batch size: 30 to 50</p> <p>No of trainers: 2/3</p> | <p>At the end of the workshop the students will have the SDA installed on their device and familiarize themselves in using the app.</p> | <ul style="list-style-type: none"> - Orient students on the SDA - Encourage students to install the app - Guide students in the usage of the app - Motivate self-directed learning - Facilitate students to acquire knowledge in the selected SDA module - Enable students to become confident users of the SDA | <ul style="list-style-type: none"> - SDA orientation - Respectful maternity care - One SDA module as per the context. (ex: normal labour and birth) - Discussion and clarification |

SDA Pre-service Pack 3: Blended learning workshop

3.a: Blended learning workshop (Normal birth and newborn management)

| Details | Aim | Objectives | Topics covered |
|---|---|--|---|
| <p>Duration: 2 hours virtual + 3 days in-person</p> <p>Participants: Students</p> <p>Virtual: SDA orientation</p> <p>In-Person Venue: Lecture Hall + skill/simulation lab</p> <p>Batch size: 30</p> <p>Trainer trainee ratio: 1:5 (MF trainers with certified SDA trainers)</p> | <p>At the end of the workshop the students will have the SDA installed on their device, familiarize themselves in using the app and gain in depth understanding of normal birth including care of the newborn</p> | <ul style="list-style-type: none"> - Orient students on the SDA - Encourage students to install the app - Guide students in the usage of the app - Facilitate students to acquire knowledge and skills in managing normal births and care of the newborn - Enable students to become confident users of the SDA | <ul style="list-style-type: none"> - SDA orientation - Respectful maternity care - Normal labour and birth - Active management of third stage of labour - Newborn management - Discussion and clarification |

3.b: Blended learning workshop (Bleeding after birth)

| Details | Aim | Objectives | Topics covered |
|---|---|---|---|
| <p>Duration: 2 hours virtual + 3 days in-person</p> <p>Participants: Students</p> <p>Virtual: SDA orientation</p> <p>In-Person Venue: Lecture Hall + skill/simulation lab</p> <p>Batch size: 30</p> <p>Trainer trainee ratio: 1:5 (MF trainers with certified SDA trainers)</p> | <p>At the end of the workshop the students will have the SDA installed on their device, familiarize themselves in using the app and gain in depth understanding in managing bleeding after birth.</p> | <ul style="list-style-type: none"> - Orient students on the SDA - Encourage students to install the app - Guide students in the usage of the app - Facilitate students in acquiring knowledge and skills in managing bleeding after birth - Enable students to become confident users of the SDA | <ul style="list-style-type: none"> - SDA orientation - Respectful maternity care - Active management of third stage of labour and initial care of newborn - Post partum haemorrhage - Manual removal of placenta - Discussion and clarification |

2

Safe Delivery In-service training package

Managing normal pregnancy and birth, identification of deviations from normal, initial management and stabilization of the woman and her newborn with complications, and appropriate referral to higher centres for specialized care are the portfolio of midwives and health care professionals. MNH care is provided based on the evidence and relevant protocols that are available. As new research data come in, the guidelines on evidence based best practices are meticulously updated. But many-a-time this update does not reach the health care professional in the field. It is imperative that the midwives and health care professionals are constantly updated with the latest evidence-based practice knowledge and skills and are equipped with the tools to manage MNH emergencies. The SDA is used as a digital solution to update the knowledge and skills of the practicing midwives and other related health care professionals as per the latest guidelines. It serves as a ready reckoner for the midwives in the field to guide them in critical thinking and decision making. In remote settings, when professional help and guidance is not available, the SDA guides them to undertake the necessary action to safeguard the life of the woman and her baby.

For the app to be a useful tool in the hands of the midwives and health care professionals, it is essential that they are oriented on how to use it and guided to be familiar with it. Moreover, for periodic updating of the knowledge and skills, specific trainings are offered integrating the app. The details of the three different training packages offered by MF are given below.

SDA In-service Pack 1: Orientation/Sampler

| Details | Aim | Objectives | Topics covered |
|---|---|---|--|
| Duration: 3 hours Participants: Midwives / health care professionals Venue: Virtual / Lecture Hall Batch size: 50 No of Trainers: 2 | At the end of the orientation the Midwives/ health care professionals will have the SDA installed on their device and will familiarize themselves in using the app. | <ul style="list-style-type: none"> - Orient Midwives/ health care professionals on the SDA - Encourage participants to install the app - Elaborate on the features of the app - Guide them in the usage of the app - Motivate self-directed learning | <ul style="list-style-type: none"> - SDA orientation - Introduction to labour and birth module - Discussion and clarification |

SDA In-service Pack 2: SDA Deepdive

| Details | Aim | Objectives | Topics covered |
|--|---|--|---|
| <p>Duration: 1 day ≈ 6 hours</p> <p>Participant: Midwives/health care professionals</p> <p>Venue: Virtual/ Lecture Hall</p> <p>Batch size: 30 to 50</p> <p>No of trainers: 2/3</p> | <p>At the end of the workshop the Midwives/ health care professionals will have the SDA installed on their device and will familiarize themselves in using the app.</p> | <ul style="list-style-type: none"> - Orient Midwives/ health care professionals on the SDA - Encourage participants to install the app - Guide them in the usage of the app - Motivate self-directed learning - Facilitate participants to acquire knowledge in managing normal birth - Enable them to become confident users of the SDA | <ul style="list-style-type: none"> - SDA orientation - Respectful maternity care - Normal Labour and birth module - first and second stage of labour - Discussion and clarification |

SDA In-service Pack 3: Blended learning workshop

3.a: Blended learning workshop (Normal birth and newborn management)

| Details | Aim | Objectives | Topics covered |
|---|--|---|---|
| <p>Duration: 2 hours virtual + 3 days in-person</p> <p>Participants: Midwives/health care professionals</p> <p>Venue: Lecture Hall + skill/simulation lab</p> <p>Batch size: 30</p> <p>Trainer trainee ratio: 1:5 (MF trainers with certified SDA trainers)</p> | <p>At the end of the workshop the participants will have the SDA installed on their device, familiarize themselves in using the app and gain in depth understanding of normal births including care of the newborn</p> | <ul style="list-style-type: none"> - Orient midwives/health care professionals on the SDA - Guide participants in the installation and usage of the app - Demonstrate knowledge and skills in managing normal births and care of the newborn - Enable participants to become confident users of the SDA | <ul style="list-style-type: none"> - SDA orientation - Respectful maternity care - Normal labour and birth - Active management of third stage of labour - Newborn management - Discussion and clarification |

3.b: Blended learning workshop (Bleeding after birth)

| Details | Aim | Objectives | Topics covered |
|---|---|--|---|
| <p>Duration: 2 hours virtual + 3 days in-person</p> <p>Participants: Midwives/healthcare professionals</p> <p>Pre-requisite: Virtual SDA orientation</p> <p>Venue: Lecture Hall + skill/simulation lab</p> <p>Batch size: 30</p> <p>Trainer trainee ratio - 1:5 (MF trainers with certified SDA trainers)</p> | <p>At the end of the workshop the participants will have the SDA installed on their device, familiarize themselves in using the app and gain in depth understanding in managing bleeding after birth.</p> | <ul style="list-style-type: none"> - Orient midwives/health care professionals on the SDA - Guide participants in the installation and usage of the app - Demonstrate knowledge and skills in managing bleeding after birth. - Enable participants to become confident users of the SDA. | <ul style="list-style-type: none"> - SDA orientation - Respectful maternity care - Active management of third stage of labour and initial care of newborn - Post partum haemorrhage - Manual removal of placenta - Discussion and clarification |

3

Safe Delivery Training of Trainers

The training of trainers' programme is organized to create a pool of trainers who can cascade the SDA trainings. It is designed to prepare individuals to take on the role as trainers integrating the SDA and can be used in both the pre-service and in-service arena. Training midwifery educators as trainers equips them with the necessary skill to guide their students in effective usage of the SDA in their respective institutions. Training local health care professionals to become trainers creates an opportunity to reach a greater number of health care professionals, who will benefit from the SDA. This also allows the training to be done in the national language, which is more feasible. TOT programs are facilitated by the Master trainers at Maternity foundation.

The target participants for the TOT are midwifery leaders, educators, and selected local facilitators. The eligible participants should be oriented to the SDA and willing to be safe delivery champions. A midwife or health care professional can be a trainer in specific modules on completion of the TOT in those modules and attaining expert level in the mylearning platform for those specific modules. To be a certified SDA trainer, the participant should complete the TOT programme and acquire the safe delivery champion certificate by completing the post assessment in the SDA. The TOT is preferred to be in English but can also be done in other languages with the help of a translator. The training material and PowerPoint slides will be shared with the trainers to be used in further trainings, with caution that the content should not be changed or edited. Training can be customised as per the need in the country, and different sets of modules can be covered based on the requirement of the trainers and the health care professionals. The outline of two sample TOT packages, one in online mode and the other in the offline mode are presented here.

SDA TOT Pack 1: Online

| Details | Aim | Objectives | Topics covered |
|---|--|--|--|
| <p>Duration: 3 days (3 hrs / day ≈ 9 hours)</p> <p>Participants: Midwifery leaders, educators and local facilitators</p> <p>Venue: Virtual Zoom, preferable for participants to be together at the same venue.</p> <p>Batch size: 30</p> <p>No of trainers: 2</p> <p>If possible 1 onsite facilitator</p> | <p>At the end of the workshop the participants will acquire the knowledge and attitude to train health care professionals in the SDA</p> | <ul style="list-style-type: none"> - Educate the trainers on adult learning principles - Demonstrate the different facilitation/ training methods - Discuss the resources available for training health care professionals - Enable participants to become safe delivery champions and confident trainers of the SDA | <ul style="list-style-type: none"> - Adult learning principles and learning theories - Different training methodologies - Orientation to training normal labour and birth module - Discussion and clarification - Teach back session if onsite trainer is available |

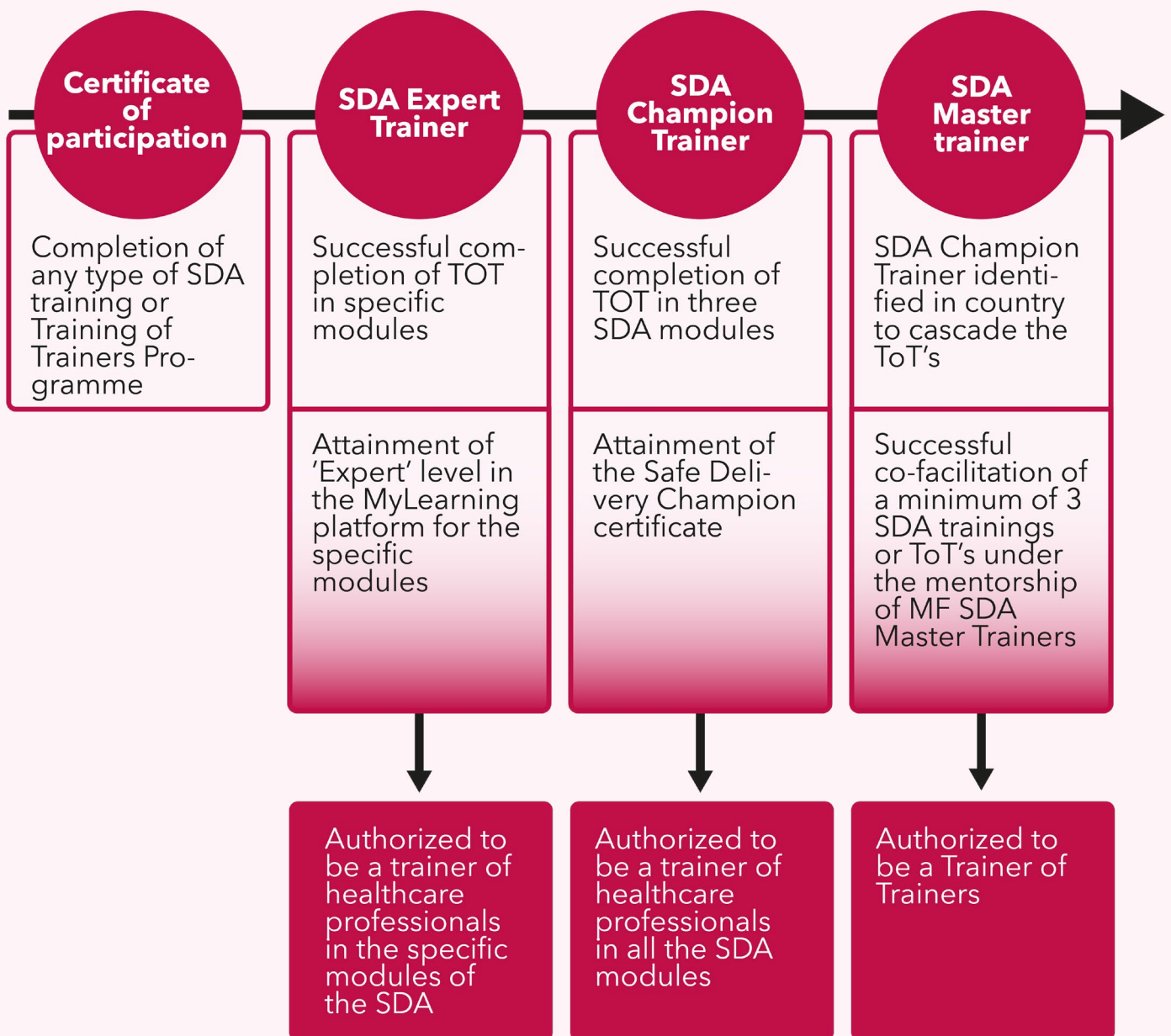
SDA TOT Pack 2 - Onsite

| Details | Aim | Objectives | Topics covered |
|---|--|---|--|
| <p>Duration: 3 days (≈ 6hrs / day)</p> <p>Participants: Midwifery leaders, educators and local facilitators.</p> <p>Venue: Lecture Hall + skill/simulation lab</p> <p>Batch size: 30 (maximum)</p> <p>Trainer trainee ratio: 1: 5</p> | <p>At the end of the workshop the participants will acquire the knowledge, attitude, and skill to train health care professionals in the SDA</p> | <p>Educate the trainers on adult learning principles</p> <p>Demonstrate the different facilitation/ training methods</p> <p>Discuss the resources available for training health care professionals</p> <p>Provide feedback and support through teach back sessions.</p> <p>Enable participants to become safe delivery champions and confident trainers of the SDA.</p> | <p>Adult learning principles and learning theories</p> <p>Different training methodologies</p> <p>Normal labour and birth module or any selected module from the SDA</p> <p>Teach back sessions with constructive feedback</p> <p>Discussion and clarification</p> |

Certification

Certificates are issued to the participants on successful completion of the trainings. Based on the type of training, and the requirements to be completed at each level, different certificates are awarded. Details are given in the graphic on the next page.

In collaboration with the nursing and midwifery regulatory body in the country, CPD (continuous professional development) points are offered to the participants for various trainings. This adds value and enables them to enthusiastically continue their learning journey.



Want to know more?
Go to [maternity.dk](https://www.maternity.dk)

Contact
Franka Cadée
Director Global Initiatives
franka@maternity.dk

