

WAKUNGA TANZANIA

The newsletter of the Tanzania Midwives Association (TAMA)



Training in Tanga October 16-20, Helping Mothers Survive, story page 3

Midwives Save Lives—Simiyu Update

In August and September 2018, 100 in-service midwives from Simiyu attended a five day Midwifery Emergency Skills Training (MEST).

The majority of attendees work in rural health facilities. The test results show how effective the training is. Fully 94 per cent of participants passed the evaluation test at the end of training, almost double the number who passed prior to the training.

Coming Soon to [Wakunga Tanzania](#)

- **Branch by-laws**
- **Tanzania Health Summit recap**
- **CAM meeting in Ottawa**

Message from the President



We understand that it has been a very busy few months for all midwives. We have launched 50,000 Happy Birthdays in Geita and Tanga, results for Shinyanga and Simiyu remain positive, and our members have travelled abroad to participate in conferences in Canada, the Netherlands, Malaysia and Kenya. Two of these stories are covered in this issue, on the “Tama for Members” page.

Let me take this opportunity to congratulate and thank every single member of TAMA for their professionalism and hard work so far this year in saving the lives of women, newborn and children.

I also congratulate and thank TAMA leaders, employees and volunteers for their tireless efforts in implementing TAMA project activities and reporting them through this newsletter. We appreciate the financial and technical support that we are receiving from our donors; without them we would not have been able to accomplish all that we have.

Midwives are all making a difference to the Tanzania community by working to reduce the deaths of women and newborns that are related to childbirth. We ask for everyone support to continue this great work.

TAMA FOR MEMBERS

Members on the Move

In October, TAMA deputy treasurer Hilda Kwezi (pictured 2nd from L) attended the One Young World Summit in the Hague, Netherlands.

Hilda was one of 12 scholars from around the world who won the prestigious Johnson & Johnson sponsored scholarship, that focuses on empowering young leaders across the globe under the age of 30 to change the trajectory of health for humanity.



In an interview Hilda told *Wakunga Tanzania* about her experience.

“As a young midwife leader in Tanzania, this summit gave me an opportunity to stand with more than 1,800 young leaders from 195 countries to debate, formulate and share innovative solutions to all challenges facing the world today.

After the summit I am going to make sure that midwives are empowered to provide psychological support to women, especially those who survive maternal death.”

Hilda encourages all young midwives in Tanzania to apply for the scholarship in 2019, so they can be mentored by J&J executive leaders and attend the next conference in London.

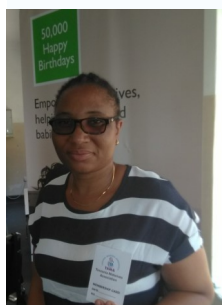


TAMA's Hilda Kwezi speaks at One Young World Summit in the Hague.

Tama Members Lucy Mabada, Priscilla Kinyamagoha and Hilda Kwezi attended Helping Babies Survive MTOT training with financial and technical support from LDS Charities in September 2018 during the ECSACON conference in Nairobi, Kenya. The updated learning is being applied into the ongoing 50,000 Happy Birthdays training.

Welcome New Members

TAMA has put together a new membership information kit and it got its first 'try-out' in Tanga. Below are two of our newest members. Welcome to our community Violeth and Rehema!



Violeth Singano



Rehema Kimaro

TAMA and its PARTNERS

50,000 Happy Birthdays Launched

In September 2018, TAMA kicked off its 50,000 Happy Birthdays program with a four-day training program in Geita, for master trainers from Geita, Katavi and Tanga regions.

The program was developed and sponsored by the International Confederation of Midwives and Laerdal Global Health, and recently expanded to Tanzania, Ethiopia and Rwanda after its inception in Zambia earlier this year.

50,000
Happy
Birthdays

The programme's goal is to deliver practical simulation-based training on how to manage bleeding after birth and pre-eclampsia, which together are responsible for more than half of all maternal deaths in Tanzania.



The project will cover more than 20 districts in Tanzania, and reach 5,000 midwives, including trainers, nurse tutors and midwifery students.

Restuta Bushaijabwe, a midwife and program participant based at the Geita Regional Referral Hospital, already put her training to use, intervening to save the life of a woman suffering from post-partum hemorrhaging.

In TANGA, more than 50 health and regional leaders from 11 districts came to a kick-off meeting with TAMA, to broaden awareness of the 50,000 Happy Birthdays program and the data relevant to the region regarding maternal and newborn mortality rates.

The intensive hands-on training took place at Bombo Hospital with 17 nurse/midwives, tutors, and medical officers from October 16-27.

Nurse tutor, Violet Singano, (pictured left), said that the training was very useful and would make a big difference, when she trained more than 20 student nurses next month.

Violeth and other attendees commented on how open and friendly the training was, encouraging attendees to ask questions and learn from their mistakes.

Program Coordinator, Lucy Mabada, noted the success of the program, pointing to post-training evaluation scores showing a 30-50 per cent improvement.

Building Awareness and Saving Lives, TAMA works with TCDC

A big part of the Cuso-sponsored Midwives Save Lives (MSL) program is raising awareness among women and men about maternal care and family planning.

To do this TAMA is working with the Tanzania Communications and Development Center (TCDC) to train Community Health Workers (CHWs) in Simiyu and Shinyanga regions. TCDC also lead outreach to community members on family planning, new born care, family spacing and negative effects of traditional practices. More than 30,000 people— about one third of them men—attended awareness sessions in these two regions. This included 2500 pregnant women reached in September alone!

Cuso volunteer Shannon Seeraj talked to many of these CHWs.

Two of their stories are on page 4.



Midwives Save Lives

Training Community Health Workers

(cont'd from p3)

The training sessions in Simiyu in July 2018 were vital to expand awareness of good health practices, including family planning and nutrition. Stories of two participants are below.

Paulina Boniphasi, has been a CHW for 3 years. She started because she wanted to help her community be healthier. “When I first became a CHW I met a woman who was Stage 3 HIV+ but was not taking ARVs. I counseled her on where the medication and treatment was available. I went with her to the hospital...and I explained the side effects to her. It has been three years since she started treatment and she is doing well and managing her HIV.” Community members now regularly seek Paulina’s advice.



Limbu Mabula has been a CHW since 2013. His community had poor health education, and people were unsure how to deal with certain health issues. “My ward is large so I have to do a lot of traveling which means I am away from my family a lot,”



Limbu said. “In my own household we have made small changes, now I know how to ensure my family has a balanced diet. A family in my area had 3 malnourished children so I visited them and gave them nutritional supplements. Two of the children have already returned to a healthy weight.”

Did you know?

The rate of births per family ranges dramatically in Tanzania*?

From a high of 6.7 children per family in the Western region to a low of 3.8 in the Southern and Eastern regions.

* World Population Review 2018



Want to submit a story or a story idea?

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Dar es Salaam,

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