



# WAKUNGA TANZANIA TANZANIA MIDWIVES ASSOCIATION

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## MESSAGE FROM TAMA'S PRESIDENT

It's been a busy couple of months here at TAMA and we're excited to continue the momentum into the upcoming season. As always, our key focus for this quarter was to increase membership with more TAMA branches, and provide more midwives across Tanzania with additional training and networking opportunities. We're pleased to announce that 4 new branches have joined #TeamTAMA in the past two months, bringing the total number of branches up to 27.

In addition to our new branches, we kicked off May by celebrating International Day of the Midwife (May 5) in Bariadi, Simiyu. This event was hugely successful with midwives traveling from all corners of the country to take part in IDM. As part of the event, TAMA, along with local and international health partners, provided services to more than 3,000 Bariadi community members. I would like to personally thank everyone who took part in this year's celebration and extend a special thank you to the TAMA midwives who attended the event — you're the ones who make our mission of advancing midwifery in Tanzania possible.

Another highlight of this quarter has been some updating of our website, including the development of the donation button on our website. This function will allow TAMA supporters from all over the world to support the amazing work of our midwives. We are looking forward to providing our members with updates regarding this new development before the end of the year.

I want to finish by echoing what the Deputy Minister of Health, The Hon. Faustine Ndungulile, said during his address during IDM: TAMA and its members must scale up efforts to train more midwives in more regions of the country. I call on all current TAMA members to take this message to heart and think about how you can help attract new membership.

## MEET OUR NEW VOLUNTEERS



### Molly

Molly has worked in communications for the past five years with various private-sector organizations. She will be working with TAMA until December 2019 on a number of marketing projects including fundraising, media relations, and event planning. Molly lives in Winnipeg, Canada with her mom, dad, younger sister, and dog, Archie.

### Gabrielle

Gabrielle is completing a Masters Degree in management of international development and humanitarian aid. She will be helping to implement TAMA's gender strategy over the next 9 months. Gabrielle lives in Montreal, Canada with her mom, dad, older brother, and dog, Charlie.

## A CRASH COURSE ON... GENDER AND MIDWIFERY

Tanzanian midwives are dedicated to ensuring the health of girls, women and children. However their commitment has always been challenged by one determinant that we tend to forget.

This determinant is gender. Gender can be defined broadly by the social and cultural role of females and males in a given society. How do the differences between these roles affect maternal and newborn care?

First of all, men are generally the ones who possess control over resources, making it harder for pregnant women to access health facilities and to purchase the necessary health supplies without the support of a husband or a male family member. Second, the division of labour that generally expects Tanzanian women to take-on all domestic work can be especially risky for pregnant women. Finally, the lack of power in the decision making process that result from gender inequalities makes it very hard for a woman to choose the way she wants to give birth, such as delivering with the help of a trained midwife.

Let's remember gender norms are not fixed and can always change. As male and female midwives, what can we do to help change these norms?

*Source: Cuso International, Report: Gender Equality-Reproductive, Maternal, New-born and child health (RMNCH) in Simiyu and Shinyanga regions Tanzania, 2016.*

## #IDM 2019 RECAP - BARIADI, SIMIYU REGION



TAMA President addressing council during IDM



Community member receiving health test during IDM



Community members waiting to receive health tests



TAMA midwives marching in IDM rally

**Dates: May 2-5, 2019**

**Location: Bariadi, Simiyu Region**

After months of planning and coordinating with partners across Tanzania, IDM 2019 is finally complete, and we're pleased to announce that it was one of TAMA's most successful events to date. The theme of this year's IDM was **Midwives: Defenders of Women's Rights**, and hundreds of IDM celebrations around the world used this theme to acknowledge the essential role midwives play in advocating for a range of reproductive health issues. Here are a few of the **highlights from TAMA's celebration in Bariadi, Simiyu Region:**

- TAMA kicked-off the IDM (May 5) with a rally comprised of hundreds of midwives, a brass marching band, and local nursing and midwifery students who marched through the streets of Bariadi spreading awareness about the importance of accessing care from a competent midwife before, during and after pregnancy
- After the rally, various speakers including, the President of TAMA, the Deputy Country Representative of United Nations Population Fund, Dr. Hashina Begum, and the Deputy Minister of Health, The Hon. Faustine Ndungulile spoke to the crowd about the state of midwifery in Tanzania
- In his speech, The Hon. Faustine Ndungulile urged TAMA and like-minded organizations to scale up efforts to reach more midwives in more regions of Tanzania.

# KEY PROJECTS UPDATE (MARCH - JULY)

## Midwives Save Lives - Project Head: Martha Rimoy

Recently through the Midwives Save Lives Project, Tanzania Midwives Association Executive Committee members met in Morogoro to develop strategies for strengthening the Association. The activity was conducted jointly with representatives from the Canadian Association of Midwives. During this meeting, TAMA President, Feddy Mwangi informed the members of the achievements made by TAMA including; an increased number of TAMA Branches since January 2019 (growing concurrently with increase in TAMA members), increased visibility of TAMA country wide, and more partners/stakeholders showing interest to work and collaborate TAMA.

For frequent updates on TAMA's partnership with Midwives Save Lives, please follow our Facebook page: [facebook.com/tama.co.tz](https://facebook.com/tama.co.tz)

## 50,000 Happy Birthdays - Project Head: Lucy Mabada

Tanzania Midwives Association in partnership with the International Confederation of Midwives (ICM) and funding from Laerdal Global Health (LGH) has started implementing the "50,000 Happy Birthdays Project" that focuses on strengthening health care providers' competencies in saving lives at birth. During this reporting quarter (April - June), we have managed to train 697 participants (266 participants were trained on HMS, 431 participants on HBS training — see below for details on each program).

### Helping Mothers Survive (HMS)

The four days Competence-Based skills training, conducted in five regions (Katavi, Geita, Tanga, Dar-es-salaam and Coast region). Those trained in these courses will then lead training in their own facilities. The emphasis is to provide updates on maternal care and translate participants' knowledge into skills through demonstration in classroom settings, and an objective structured clinical examination (OSCE) in a skills laboratory under close supervision of facilitators.

### Helping Babies Survive (HBS)

The three-day Helping Babies Survive training was delivered to education institutions during this reporting quarter with the goal of empowering students to become trainers on the subject. The students' acquired knowledge and skills, through demonstrations, practice simulation and OSCE under close supervision of facilitators.

## NEW BRANCH ANNOUNCEMENTS



Members of the Nkinga Branch

- Bagamoyo - Coast Region
- Kibaha - Coast Region
- Sengerema - Mwanza Region
- Nkinga - Tabora Region
- Mkuranga - Coast Region

## TAMA AND THE PPIUD PROJECT

From 2013, FIGO (International Federation of Gynecology and Obstetrics) has worked through national partners in six countries to institutionalise the provision of postpartum IUD (PPIUD) services into routine maternity care.

In Tanzania, TAMA is FIGO's official partner for the implementation of the PPIUD Project. Midwives were involved from the beginning of the project. During its implementation, a study was conducted to explore contributions made by midwives in provision of PPIUD services in Tanzania. This study found that training midwives to provide immediate PPIUD has more potential to improve access to PPIUD services than relying on doctors. Furthermore, the complication rates when immediate PPIUD is provided by midwives are comparable to those when provided by experienced physicians. Through this study, it was discovered that 93% of PPIUD insertions following normal deliveries were done by midwives.

In Tanzania, through project advocacy, PPIUD is now included in pre-service training for healthcare providers.



FIGO project staff and TAMA secretary general

## INTERESTED IN BECOMING A TAMA MEMBER? HERE'S WHY YOU SHOULD!

Becoming a TAMA member is easy! Simply reach out to [info@tama.co.tz](mailto:info@tama.co.tz) and we will connect you with a branch near or at the hospital where you work. Here are a few reasons you may consider joining:

- **Continuous Professional Development Opportunities:** You are at the front of the line for training and other professional development workshops to promote continuous learning.
- **Professional Learning Community:** You are part of a community of midwives in Tanzania and around the world through our partners at the Canadian Association of Midwives and the International Confederation of Midwives.
- **Events and Advocacy:** You are part of a team and you are invited to participate in events we occasionally host and attend to promote and advance the midwifery profession.
- **Leadership and Mentorship Opportunities:** You are part of a network of experts who are available to mentor you, and allow you to grow as a leader and a mentor to others.
- **News and Views:** You will receive TAMA's quarterly newsletter, and you are invited to share your experiences and your thoughts on advancing the midwifery profession in Tanzania.

### NOW ACCEPTING... DONATIONS!

As mentioned in the President's Message, we're now accepting donations through TAMA's website. This function will allow our organization to accept funding from local and foreign supporters, as well as establish new relationships to support with larger projects such as The International Day of the Midwife.

To learn more about this new function, visit [tama.co.tz](http://tama.co.tz) and click on the 'Save Lives' button.

Please make sure to share this information with your coworkers, friends and family so we can begin to generate additional support for the amazing work performed by midwives in Tanzania.



## WE WOULD LOVE TO HEAR FROM YOU!

Are you interested in submitting a story or a story idea to Wakunga Tanzania? Simply send an email to [info@tama.co.tz](mailto:info@tama.co.tz). **Here are a couple of ideas to consider:**

- Birthing stories from your community
- Highlight of a midwives career
- Branch activations

