



इनोभेटीभ डेभलपमेण्ट एजुकेशन एकेडेमी
INNOVATIVE DEVELOPMENT EDUCATION ACADEMY(IDEA)

Post Box 186, Pokhara, Kaski, Nepal. Tel. 061-524898. Email: idea.pkr@gmail.com , ideanursingcollege@yahoo.com Fax. 061-526578

REPORT

ON

Skill Birth Attendants (SBA) Training – 2024

March 18, 2024 – June 17, 2024



Submitted to:
TRANS – HIMALAYAN AID SOSOCIETY (TRAS)
Canada

Submitted by:
IDEA
Nepal
June 2024



Introduction:

In the rural health posts and birthing centres in Nepal, there are shortages of trained health personnel and SBAs.

Definition of SBA:

“An accredited health professional – such as a midwife, doctor or nurse – who has been educated and trained to proficiency in the skills needed to manage normal (uncomplicated) pregnancies, childbirth and the postnatal period and in the identification, management and referral of complications in women and new-borns.”

SBA (Skilled Birth Attendant) Training is a program for the capacity development of nursing and midwives working in the government birthing centres, health posts and hospitals. There is a high demand of SBAs in Nepal as the Ministry of Health has not been able to produce such health professionals due to several constraints; one of them is insufficiencies in financial resources allocation in the Health sector. Thus the Government welcome the initiatives of non-profit organizations like IDEA for the capacity development of the existing health professionals and providing opportunities those unemployed health professionals. Thus, we have started SBA training for the health professional volunteering in various locations in remote areas of Gorkha’s health institutions (refer the list of the participants in Annex III) as Gorkha is remote districts and one of our focused communities of health and education programs.

Since the phase out of 18 months Midwifery education, IDEA started to focus on SBA training with the financial support of TRAS Canada. The SBA training has been playing vital role for the normal safe deliveries in their respective communities. Such trained personnel will be employed by the health projects, government health offices (health center/post/hospitals). Some of the individuals will/can perform their jobs individually or in a small group within the field of their expertise if when necessary. Nevertheless, the recently graduated batch participants are already placed in the health institutions.

Location of the Training:

The SBA training started in Lamjung Hospital Lamjung, Beshisahar, Lamjung, Gandaki Province, Nepal.

Duration

Since March 18, 2024, the SBA training was conducted in Lamjung Hospital Lamjung with 15 participants. The SBA training course is a two month residential training followed by one month internship at their respective workplace. The training was more practically oriented, learning by doing, using a combination of problem solved methods. This course was organised in coordination with Health Training Centre, Gandaki Province, Ministry of Health and Social Development.

No of Participants:

There are 15 SBA participants taking part in the SBA training (refer Annex I).



Methodology:

Various methodologies are/will apply during the training:

- Problem solving
- Discussion
- Group work
- Presentation
- Theory review
- Practical sessions in the hospital

Competences of SBA:

There are 27 core competencies that were dealt during the training. Initially pre-training skills and knowledge assessment will be done; then follows training core competences and later phase post training and internship. Both new knowledge and skills will be transferred to them in a participatory manner and they are given opportunities to take part in the hospital to carry out various cases of deliveries, observe various cases, and assist the team members. Thus all the participants build their confidence gaining feedback by the trainers, fellow participants and hospital staff.

Core Skills of SBA

1. Communicate effectively, to provide holistic “women-centre “care.
2. Take history, perform physical examination and specific screening tests as required, including volunteer counselling and testing for HIV, and provide appropriate advice/guidance.
3. Assist pregnant women and their families in making a plan for birth (i.e. where the delivery will take place).
4. Educate women (and their families) in making birth plan (i.e. where delivery will take place, which will be present and, in case of complication, how timely referral will be arranged).
5. Identify complications in mothers and new-borns, perform first line management (including performance of life saving procedures and administration of life saving drugs according to the national protocol when needed) and make arrangements for effective referral.
6. Perform vaginal examination and interpret the findings.
7. Identify the onset of labour.
8. Monitor maternal and foetal well-being during labour and provide supportive care.
9. Record maternal and foetal well-being on a pantograph and identify maternal and foetal distress and take appropriate action, including referral where required.
10. Identify delayed progress in labour and take appropriate action including referral where appropriate.
11. Manage normal vaginal delivery.
12. Manage the third stage of labour actively.
13. Assess the new-born at birth and give immediate care.



14. Identify any life-threatening conditions in the new born and take essential life-saving measures including, where necessary active resuscitation as a component of the management of birth asphyxia, and referral as possible.
15. Identify haemorrhage and hypertension in labour and provide first line management (including lifesaving skills in emergency obstetric care where needed) and if required make effective referral.
16. Provide postnatal care to women and their new-borns and post abortion care where necessary.
17. Assist women and their new-borns in initiating and establishing early and exclusive breastfeeding, including educating women and their families and other helpers in maintaining successful breastfeeding.
18. Identify complications (illnesses and conditions) detrimental to the health of mothers and their new-borns in the postnatal period and provide first-line management according to the national clinical protocol, and if required make arrangements for effective referral.
19. Supervise non-skilled and semi-skilled attendants, including TBAs, MCHWs and paramedics, in order to ensure that the care they provide during pregnancy, childbirth and early postpartum is of good quality.
20. Provide advice, counselling and services on postpartum family planning and refer if needed.
21. Educate women (and their families) on how to prevent sexually transmitted infections including HIV.
22. Collect and report relevant data, collaborate in data analysis and case audits.
23. Promote a sense of shared responsibility/partnership with individual women, their family members/supporters, and the community for the care of women and new-borns throughout pregnancy, childbirth and the postnatal period SBAs working at the primary health facilities in remote areas with limited access to BEOC/CEOC facilities should also be able to do the following:
 24. Use vacuum extraction in vaginal deliveries.
 25. Perform manual vacuum aspiration for the management of incomplete abortion.
 26. Repair vaginal tears.
 27. Perform manual removal of placenta.

All SBAs should have the competency to perform core skill however they need to follow national guidelines based on where they are deployed.

Management:

In coordination with the Health Training Centre, Gandaki Province, Ministry of Health, IDEA has managed to implement SBA training in Lamjung Hospital Lamjung, Beshisahar. Periodic reports are prepared and submitted to the concerned authorities and TRAS Canada.

Project Fund:

This project was funded by Trans-Himalayan Aid Society (TRAS) Canada with a support of 17,000 Canadian dollars.

SBA participants Response:

Responses of Participants:



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Amrita Gurung: If IDEA had not sponsored me I would not have opportunity to take part in SBA Training.

Anjana Gautam: Thank to IDEA for providing me opportunity to take part SBA training.

Chhya Bista: I hope I will be able to make normal deliveries in my Health post. Thanks to IDEA for the sponsorship.

Devi Pariyar: I am happy to participate SBA training with the support of IDEA.

Kanchan Gurung: IDEA gave me opportunity to participate the SBA training with the sponsorship.

Lalita Kumari Yadhav: Thanks for IDEA for my sponsorship for the participation of SBA training.

Manisha Upadhaya: I was a lucky person to be sponsored for the SBA training.

Manisha Yadhav: I got support from IDEA to participate the training.

Nirmala Chaudhari: Thanks for IDEA to provide me opportunity to take part in the SBA training.

Pramila Dahal: I am lucky to be sponsored by IDEA for the participation in the SBA training.

Rambha Barhaghare: I got sponsorship to participate the SBA training.

Sangita Naral: I participate SBA training with the support of IDEA.

Shushila Deuba: Thanks for IDEA for supporting me to participate the SBA training.

Srijana Pun Magar: For me this training was supported by IDEA.

Susmita Sunar: Thanks to IDEA for supporting me for SBA training.

Photos, Videos and Participants Info:

- **Photos:** Please refer Annex 1 for some of the activities of the SBA training.
- **Videos:** Please refer Annex II.
- **Participants Info:** Please refer Annex III

Impact:

Based on the performance of the previous batches, IDEA believes that this training is a success as it is based on problem-based skill teaching learning, and learning by doing as well. The participants will be able to apply their newly learnt skills and knowledge into their daily professional responsibilities as per the situational problems. We are confident of having good impact of the SBA training in the current scenario of the health delivery system in Nepal.

Conclusion:

The training team, Team of Health Training Centre Gandaki Province, Hospital management and the local authorities are happy to have sponsored SBA training organised in Lamjung Hospital by IDEA to cater the needs of the nation. All participants were actively taking part in the residential training. Due to high cultural belief and values in the rural communities, all the participants and trainers need to have respect the hospital patients and their families during the training period and the participants had access to deal normal deliveries to boost their confidence.



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Annex 1 Some Photos





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Annex II

Practicum Video Clips



VID-20240513-WA00
19.mp4



VID-20240513-WA00
20.mp4



VID-20240513-WA00
21.mp4



VID-20240514-WA00
04.mp4



Annex III

Skilled Birth Attendant (SBA Training)
SKILLED BIRTH ATTENDANT TRAINING - 2024 (49th Batch)
Lamjung Hospital Lamjung
Start Date: March 18, 2024

Serial No.	Name of Participants	Date of Birth (BS)	Permanant Address	Previous Medical Education (ie ANM, staff Nurse, etc)	Designation	Working Institution	Permanant, Temporary, Contract	Remarks
1	Amrita Gurung	17/07/1954	Bhujung-2, Lamjung	ANM	ANM	Barpak HP	Volunteer	
2	Anjana Gautam	09/05/2059	Pame-4, Kaski	ANM	ANM	Samagaun HP	Volunteer	
3	Chhaya Bista	11/05/2055	Narharinath-2, Kalikot	ANM	ANM	Kharibot H.P.	Volunteer	
4	Devi Pariyar	02/02/2057	Barpak sulikot-08, Gorkha	ANM	ANM	Panchakhiwa Deurali HP	Volunteer	
5	Kanchan Gurung	04/05/2049	Dharche -5 , Gorkha	Staff Nurse	ANM	Aaruchanaute PHC	Volunteer	
6	Lalita ku. Mahara	05/07/2050	Lahan-01, Siraha	ANM	ANM	Kashigaun H.P.	Volunteer	
7	Manisha Upadhaya	11/04/2057	Byas -4, Tanahu	ANM	ANM	Dharche HP	Volunteer	
8	Manisha Yadav	29/07/2050	Damhi madai-2, mahottari	Staff Nurse	ANM	Chhekampar H.P	Volunteer	
9	Nirmala Chaudhary	20/01/2052	Lamahi-08. Dang	ANM	ANM	Swanra H.P.	Volunteer	
10	Pramila Dahal	25/09/2055	Miklajung-3, Morang	ANM	ANM	Muchchok H.P.	Volunteer	
11	Rambha Baraghare	05/09/2054	Purbakhola-4, palpa	Staff Nurse	ANM	Aruarbaring HP	Volunteer	
12	Sangita Naral	29/01/2047	Gorkha -08, Gorkha	ANM	ANM	Dhawa H.P	Volunteer	
13	Shushila Dauba	23/10/2056	Martadi-2, Bajura	ANM	ANM	Jaubari PHC	Volunteer	
14	Srijana Pun Magar	12/02/2053	Sanobheri-5, Melchaur, Rukum	Staff Nurse	ANM	Aarupokhari H.P.	Volunteer	
15	Susmita Sunar	28/12/2058	Palpa-1, Palpa	ANM	ANM	Mirkot HP	Volunteer	

Remarks:

Health Department of the Concerned Municipalities has promised to keep them a temporary contract initially after SBA training. Then they will follow for their permanent positions as per the Government rules and regulations.