



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

FINAL REPORT

ON

Skill Birth Attendants (SBA) Training – 2025



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

Submitted by:
IDEA
Pokhara, Nepal
June 2025



Skill Birth Attendants (SBA) Training – 2025

Rationale

The goal of the National Safe Motherhood program is to reduce maternal and neonatal mortality and to improve the maternal and neonatal health through preventive and promotive activities as well as addressing avoidable factors that causes death during pregnancy, childbirth and postpartum period. Evidence suggests the factors behind the maternal and newborn morbidity and mortality outcome in Nepal are delay in seeking care; delay in reaching care; and delay in receiving care. Thus, SBA training is vital to meet the demand.

Health professionals are reluctant to go, live and work in rural communities in Nepal. Thus, Skill birth attendants (SBA) are shortages in the rural birthing centre/health posts/centre throughout the country. Therefore, throughout the year, skilled health personnel shortages remain in rural areas. Due to lack of skilled birth attendants in rural areas, there occurs the death of the mother and child during delivery. Thus, in order to have safe deliveries in rural areas and maternal mortality reduction (MMR), SBA personnel play a vital role for saving the lives of mother and child during giving birth.

The uniqueness of the program is reflected, in several ways. Pregnant women will be better equipped to identify pregnancy risks in a timely way and receive the required support to overcome potential harms. The health system will be strengthened to effectively respond to the needs of women during pregnancy, and prepare them for safe deliveries. Moreover, health professionals will be sensitized to the specific needs of vulnerable groups of women, particularly those from rural areas.

The trend of Skill birth attendants (SBA) shortages is escalating specially in the rural health posts/centres throughout Nepal especially in the rural and remote communities resulting many more deaths of the mothers and child during delivery. There needs special attention to those pregnant women until giving birth of the children. Thus, in order to have safe deliveries and saving the lives of mothers, and children SBA personnel play vital role.

Based on the expertise of IDEA for conducting 18 months Midwifery education course for the last 25 years, we have talents and expertise in midwifery education, and are confident to launch SBA training for the development of the capacities and production of health personnel that are the demands of rural and remote communities in Nepal to meet the demand of the nation. Since the phase out of 18 months Midwifery education, IDEA has been focusing on SBA training with the financial support of TRAS Canada. The SBA training has been playing vital role for the safe deliveries in their respective communities specially in various districts. Such trained personnel are/will be employed by the health projects, government health offices (health centres/posts/hospitals). Some of the individuals will perform their jobs individually or in a small group within the field of their expertise.



The maternal mortality rate in Nepal has been reduced significantly but the current maternal mortality ratio of 151 is more than double the SDG global target of 70 maternal deaths per 100 000 live births by 2030.

Globally every 2 minutes a woman dies, while in Nepal 2 women die every day due to pregnancy related complications – most of which are completely preventable. These are staggering numbers. Therefore, SBA training is vital for the health professionals specially nurses and midwives and healthcare workers across Nepal to provide quality maternal healthcare to all mothers and newborns”.

Goal:

The goal of the SBA training is to manage normal pregnancy, child birth, neonatal care and timely recognized obstetric complications, provide lifesaving care and referral.

Core competencies:

The training comprises of 27 core competencies of safe deliveries through hands-on clinical work. All skilled birth attendants (SBA) must have core midwifery skills. All SBAs at all levels of the health system must have skills and abilities to perform all the core functions listed below:

1. Communicate effectively, to provide holistic "women-cantered" care.
2. Take history, perform physical examination and specific screening tests as required, including voluntary counselling and testing for HIV, and provide appropriate advice/guidance.
3. Educate women and their families about the importance of making a birth plan (where the delivery will take place, how they will get there, who will attend the birth and, in case of a complication, how timely referral will be arranged).
4. Assist pregnant women and their families to make a plan for birth.
5. Identify complications in mothers and newborns, 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 fetal well-being during labour and provide supportive care.
9. Record maternal and fetal well-being on a partograph, 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 newborn at birth and give immediate care
14. Identify any life-threatening conditions in the newborn and take essential life-saving measures including, where necessary, active Making Pregnancy Safer:
15. Active management of third stage of labour includes: using oxytocic drugs, clamping and cutting the cord, and applying controlled cord traction.



16. Identify haemorrhage and hypertension in labour, provide first line management (including lifesaving skills in emergency obstetric care where needed), and if required make effective referral.
17. Provide postnatal care to women and their newborns and post abortion care where necessary.
18. Assist women and their newborns in initiating and establishing early and exclusive breastfeeding, including educating women and their families and other helpers in maintaining successful breastfeeding.
19. Identify complications (illnesses and conditions) detrimental to the health of mothers and their newborns in the postnatal period and provide first-line management according to the national clinical protocol, and if required make arrangements for effective referral.
20. 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.
21. Provide advice, counselling and services on postpartum family planning and refer if needed.
22. Educate women (and their families) on how to prevent sexually transmitted infections including HIV
23. Collect and report relevant data, collaborate in data analysis and case audits
24. Promote a sense of shared responsibility/partnership with individual women, their family members/supporters, and the community for the care of women and newborns 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:
25. Use vacuum extraction in vaginal deliveries
26. Perform manual vacuum aspiration for the management of incomplete abortion.
27. Repair vaginal tears and perform manual removal of placenta

Training Period:

The SBA Training started since March 30, 2025 in Lamjung Hospital Lamjung, Beshisahar, Lamjung district. This training last 2 months residential course and one month internship.

Training Site:

Lamjung Hospital, Lamjung, Beshisahar, lamjung

Management:

In coordination with the Health Training Centre, Gandaki Province, Ministry of Health, IDEA had successfully managed to implement SBA Training project in Lamjung Hospital Lamjung, Beshisahar with the 15 participant Nurses/Midwives, This project was funded by Trans-Himalayan Aid Society (TRAS) Canada with a total support of 17,000 Canadian dollars.

Periodic reports are prepared and submitted to the concerned authorities. IDEA has discussed with all the local authorities for the SBA graduates to have a secured placement of the job. We have already got the news that all our graduates are employed in the same place of the Government health posts and hospitals on a temporary basis with unlimited period and they



will get all the facilities including salaries and benefits as per Government rules.

Participants:

There are 15 participants from various health institutions. Refer the list in **Annex I**

Photos/Videos:

In the **Annex II**, some photos and videos of the SBA training program are documented.

Participants' Expression:

1. Anita Guring:
I was not able to participate SBA training if IDEA has not sponsored me. I learnt many more new knowledge and skills which will be useful to help the women giving safe delivery in my health post.
2. Asmita Khadka:
Thanks to IDEA for supporting me for SBA training. Thus, I was able to learn many new skills and knowledge to handle normal deliveries in my work place.
3. Binisha Gurung:
It was impossible for me to participate SBA training without IDEA's sponsorship. I learnt many practical educations that will be useful for my work.
4. Chandra Khadka:
I am grateful to IDEA for participation for SBA. During the SBA training I learnt new knowledge and skills to help the expected mothers to have safe delivery in my health post.
5. Chandra Ghale:
Without the support of IDEA, I would not have participated SBA training. So I learnt many more practical skills and knowledge that are useful for my professional life.
6. Dipshikha Magar:
I always remember IDEA during my health career. I learnt many more practical skills and knowledge that are useful for my professional life.
7. Ganga Purja:
IDEA sponsored me for participating SBA training. I have learnt practical education and skills to save many more lives of mothers and children with safe deliveries.
8. Kalpana Singh:
I am so lucky to be able to participate in the SBA training with the support of IDEA. I gained knowledge and skills needed for my professional life which built my foncifende.
9. Monika Thapa:
Happy to be supported for SBA training. Thank you very much IDEA. I got new knowledge and skills to save many move lives of mothers and children during deliveries in rural communities.
10. Pema Dikki Lama:
Glad so much for being sponsored by IDEA. I learnt new knowledge and skills to save many more lives of mothers and children during deliveries.
11. Ramita Kumari Sanjyal:
Lucky to be for the participation of SBA training. Thank you, IDEA. I gained knowledge and skills needed for my professional life.
12. Santoshi BK:



Thanks to IDEA for supporting my participation in SBA training. I am confident to handle normal deliveries and refer the complicated cases.

13. Sapana Pandit:

IDEA supported me for the SBA training so thank you so much IDEA. My new knowledge and skills will be helpful for my professional life to handle normal deliveries.

14. Sarita Kumari Chand:

Lucky to be for participating SBA training with IDEA's sponsorship. Now I have learnt new knowledge and skills that will be very useful for my professional career to deal my responsibilities as per the cases comes in my health post.

15. Sumitra Darai:

IDEA supported my participating for the SBA training. The SBA training was fruitful for me to carry out my responsibilities as Midwife.

Impact:

This SBA training is based on "Learning by doing". All the participants have learnt new knowledge and skills theoretically and carried out activities to perform all the 27 competencies in the Teaching Hospital as per the required norms of the National Health Training Centre. All participants have gained confidence on the required activities with full participation and dedication to make the training a success. During the training period, in the hospital they perform minimum 10 skills (normal deliveries) independently and 10 activities have to be performed with the support of the fellow participants. Thus, all will be given opportunities to exercise and perform all competences. Therefore, all the participants are to perform those skills.

All participants are so enthusiastic to apply new knowledge and skills from the SBA training in their working institutions. All participants have expressed their confidence to bring those skills in their professional life what they have learnt in the theoretical and practical sessions. They have gained competency in all 27 skills.

The training team contributed their knowledge and skills as per training module and guided the participants accordingly. On behalf of IDEA, we would like to thank to all the stake holders for their support to make this program as success including the Lamjung Hospital Team, Provincial Health Training Centre, and TRAS.

During this period, we have managed to pursue to all the authorities to provide temporary employment contract to all the SBA graduates in their respective health institutions to take over the responsibilities as laid down by the Ministry of Health and carryout safe deliveries at their centres.



Annex I

List of the Participants of SBA Training - 2025

Start Date: March 30, 2025

S. No	Name	Qualifications	Work Place	Status of Work	Remarks
1	Anita Gurung		Pasgau Health Post, Pasgaun, Lamjung	Volunteer	
2	Asmita Khadka	ANM	Anpang Health Post, Anpang, Gorkha	Volunteer	
3	Binisha Gurung	ANM	Barpak Health Post, Barpak, Gorkha	Volunteer	
4	Chandra Ghale	ANM	Aabukhaireni Health Post, Aaukhaireni, Tanahun	Volunteer	
5	Chandra Khadka	ANM	Kotthar HealthPost, Bulingtar, Bardaghat Susta Purba	Volunteer	
6	Dipshikha Magar	ANM	Phaham Health Post, Phaham, Rolpa	Volunteer	
7	Ganga Purja	ANM	Ramche Health Post, Ramche, Annapurna Municipality, Myagdi	Volunteer	
8	Kalpana Singh	ANM	Chum Chet Health Post, Chumchet, Gorkha	Volunteer	
9	Monika Thapa	ANM	Tribeni Susta Health Post, Binaee Tribeni, Bardaghar Susta Purba	Volunteer	
10	Pema Dhiki Lama	ANM	Chhekampar Health Post, Chhekarpar, Gorkha	Volunteer	
11	Ramita Kumari Sanjyal	ANM	Simjung Health Post, Simjung, Gorkha	Volunteer	
12	Santoshi BK	ANM	Bichour Health Post, Dudhpokhari, Lamjung	Volunteer	
13	Sapana Pandit	ANM	Kunchha Health Post, Kunchha, Lamjung	Volunteer	
14	Sarati Kumari Chand	ANM	Thumi Health Post, Thimi, Gorkha	Volunteer	
15	Sumitra Darai	ANM	Taklung Health Post, Taklung, Gorkha	Volunteer	

Remarks:

The Health Department of the concerned Municipality Authorities have promised all the SBA training graduates to keep them temporary contract in the same place of their volunteer work. Then, they all are eligible to obtain salaries and benefits as per the Government rules and regulations. For becoming a permanent position, they have to follow the Government rules and regulations during their serving period.



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Annex II

PHOTOS / VIDEOS





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