



November 2024

R. C Devkota, Founder/Director of IDEA says:

IDEA has a long history of development experience in rural Nepal since its establishment in 1984. One of the most successful development programs is promotion and production of health personnel and development of their professional capabilities through education and training. We have 25 years of experience in production of midwives through midwifery education in Nepal to support the Government of Nepal for the grassroots level health workers like Auxiliary Nurse Midwife (ANM). Now we have been focusing on Skill Birth Attendant (SBA) training for to reduce the mortality rate, reduce unwanted pregnancies and reduce mortality rate during deliveries. All these SBAs will be available at all the rural birthing centres to cater the needs of the rural population. Thus, we need more support from TRAS to train many more SBAs in the days to come to meet the demand of health professionals in Nepal. 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 deaths during pregnancy, childbirth and postpartum period. Evidence suggest that three delays are more factors behind the maternal and newborn morbidity and mortality outcome in Nepal such as delay in seeking care; delay in reaching care; and delay in receiving care. Thus, SBA training is vital to meet the demand.

Story of Nirmala :

My name is Nirmala. I am 29 years old. I am from rural community of Bara district. I had my



high school in my own community. I come from a poor family who depend on subsistence agriculture. The production is hardly enough to support my family. Thus, my father used to migrate to India for seasonal work and my mother used to care the children. I have one brother and two sisters, and I am the oldest child of my family; thus, I had the responsibilities to support my mother in domestic chores.

Like my mother, there were many women who are unaware of their health problems, so many problems of childcare, etc. I had passed School



Leaving Certificate and facing problems of continue my studies. With no hope just supporting my parents to survive our family. I



had a dream to continue my studies to become a Midwife to help the mothers in my community who have been facing many health problems. But my family economic condition was unable to provide me access to Midwifery education without financial support.

One day I saw an advertise of IDEA for scholarship for the study of 18-month Midwifery education in the local newspaper, I asked my father whether I will be able to get such financial support for my study. On the other day we went to Pokhara where IDEA's training centre was located, got the opportunity to talk with the Founder/Director and explained our concerned and family situation. He listened to our stories and asked me to fill up the form for the scholarship for 18-month midwifery education study. Thus, I was lucky to live in IDEA and complete Midwifery study in 2021.

I was referred by IDEA to a Birthing centre in Sulikot Rural Municipality, Swanra in rural Gorkha to volunteer my responsibilities. In this way my professional service life started. I used to work as ANM and carried out all the responsibilities as assigned by the Government for a health post/centre. As an ANM my responsibilities were limited to promotive, preventive and care activities. These includes antenatal care, deliveries and postnatal care; national health campaign (Vitamin A, immunization, etc); home visits; health education; counselling; emergency services; referral; etc.

To be specialised and to offer normal deliveries to save the lives of mothers and child during deliveries, I expressed my concern to my health team members in our Birthing centre. The team leader advised me to contact IDEA for the sponsorship of SBA training. He also

recommended me for the participation of SBA training. In 2024 I got the opportunity to participate 60 days residential SBA training with 30 days of internship in Lamjung Hospital Lamjung. There were 15 participants in my batch of SBA training. The training was focused on how to handle normal and complicated deliveries. The methodology adopted in the training included demonstration, group work, question answer, presentation, lecture, etc. Thus, at the initial phase I was attended for the pre-skill knowledge testing; then followed skill knowledge to follow skills needed as SBA. Then demonstration of skills through presentation followed in group and individually to translate the newly learnt knowledge and skills, and practice of individual skill. Thus, practicing of such skills for all the 27 skills to be equipped for a professional advanced SBA. Then we took opportunity to handle the patient cases in the hospital as learnt during in the training. During the clinical practice, I was able to handle 10 normal deliveries to save the lives of children and mothers; I also assisted 10 cases to my fellow trainees; provided post-natal care to the mothers and children.

At the end of 60 days SBA training, a closing ceremony was organised, and SBA certificate was awarded. I paid the farewell to all training participants, trainers and hospital staff and proceed to return to my working place at Swanra Birthing Centre, Sulikot Rural Municipality in Gorkha to continue my official work as internship. After the completion of the internship The Municipality offered me a contract employment in the same centre to carry out the given responsibilities of a SBA.



Accomplishment after SBA training on my leadership:

- Conducted health education for the lactating mothers – 40 sessions
- Checked pregnant women regularly (8 times/individual) until deliveries – 30 pregnant women
- Carried out normal deliveries – 30 normal deliveries
- Provided care and treatment for the neonatal cases – 30 babies
- Referred completed cases of deliveries – 3 complicated cases of deliveries
- Participated national campaigns (vaccination, vitamin A, Polio; nutrition, etc) – 6 campaigns
- Carried out other responsibilities

Hence, I am confident that I can handle health related responsibilities as ANM in the Government health institution no matter my placement will be. I have high skilled birth attendant knowledge and skills. I am happy with the SBA training. I would like to provide thanks to IDEA for the management of the training with the cooperation with Health Training Centre, Gandaki Province. This privilege will contribute me to obtain permanent job as well.

Thus, my professional life is changed to be more active in saving the lives to reduced mortality rate in Nepal. There are few completed cases of deliveries arises now a days for which I used to refer to the hospital and do carry out normal many deliveries in the birthing centre. Thus trained ANM and nurses are vital

to save lives during deliveries in rural areas where no means of transportation facilities and many poor families live specially the rural communities in Nepal. In the past many delivery cases used to be sent to the hospital. Many deaths occurred before reaching the hospital because of the no motorable road access and far distance hospital. Now there is a birthing centre in the rural areas with the advanced SBAs and fully equipped birthing centre to cater the needs of the rural population.

Therefore, I would like appeal to the organizations like IDEA to provide many training opportunities to cater the needs in the country with the coverage of all 77 districts in all seven provinces. There are still huge demands of SBA personnel in the country. I recommend to IDEA provide at least 200 ANM and staff nurse to be SBAs to support the Nepal Government to have access to safe deliveries and save many lives during deliveries in the country to provide better impact in health delivery services in the country.

Help those who help the needy people in rural Nepal. Each donation counts a lot in saving lives during pregnancies, deliveries and post-natal stages. Join hands in these humanitarian efforts!

Merry Christmas and Happy New Year 2025!
New Year brings new hopes in the lives of Nepalese people.



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