



## TACMIL Health Project

Technical Assistance for Capacity building in Midwifery, Information and Logistics

### FIRST PERSON

## Immediate Newborn Care Training Makes Childbirth in Hospitals Safer for Babies and More Comfortable for

### Moms.

**Skills taught in training to improve newborn outcomes improve experiences for whole family.**



Dr. Patrice White, TACMIL

***This is the happiest moment of my life- that I can see my baby immediately after the birth here on my belly***

— 26 year-old new mother  
Shahida

Shahida is a young mother in the town of Chakwal, about 55 miles south of Islamabad. At 26 she had had two pregnancies – one baby had survived and one had not. She came to the Chakwal District Headquarter Hospital to give birth to her third in August 2009. In Pakistan it is a fact of life that babies sometimes do not survive. According to the 2006/2007 Demographic and Health Survey in Pakistan, 78 in every 1000 children born die during the first 28 days of life. Therefore giving birth can be a frightening process for a mother, especially one who has already lost a newborn.

The USAID-funded TACMIL Health Project is training clinicians in the skills needed to reduce the loss of newborn life. Immediate Newborn Care (INC) is three-day training for health care providers taught at hospitals. Participants learn new evidence-based best-practices, and have the opportunity to practice the skills with trainer support on models in the classroom and then practice with patients in the delivery room while mentored by the trainers. The skills and processes taught include delayed cord clamping, immediate skin to skin contact of baby with the mother after birth, immediate breast feeding, newborn resuscitation (including recognizing emergency signs) and infection prevention, all of which have been shown to improve child survival.

Happily for Shahida, she arrived at the hospital while the staff was participating in this training. One of Shahida’s family members was invited to stay with her during labor and delivery, with trainees practicing supportive care, to give her physical comfort and emotional support. When her healthy baby was delivered, it was placed immediately on Shahida’s belly, a technique taught during INC, which in addition to encouraging breastfeeding, promotes bonding, and simply assures the mother that her child is healthy. In the past, Shahida was left alone in the delivery room, and her baby was taken from here for several hours before she saw it. The INC training at the Chakwal District Hospital made giving birth a comfortable experience for Shahida and will encourage her to return to the facility for other births, another practice that has been shown to decrease maternal and neonatal deaths.