



Join our Motherhood
Matters campaign: spread
the word and involve others



In our summer newsletter read about:

- Eric's success story (pictured above)
- Helen's training work in Cameroon
- An update on our Strengthening Emergency Care programme

The interrelated health needs of women and newborns require integrated primary-health-care solutions...the opportunity to save the lives of thousands of women and millions of children lies within reach (UNICEF)

Please visit our new website: www.mcai.org.uk

Supporting nurses in Cameroon

Helen Callaghan's teaching experience at Bamenda Regional Hospital

In February of this year (2010), I joined Dr Alison Earley during her project work in Bamenda Regional Hospital in Cameroon. My role was to help to facilitate a training course based upon the recognition of a sick child for the paediatric nurses. Currently, I work within a 'busy' Emergency Department as an emergency nurse practitioner in the UK. Coming from this background I was immediately struck by the overwhelming pressures that are dealt with on an hourly basis by the amazing children's nurses at the hospital in Bamenda. I witnessed many extraordinary sights of ingenuity, innovation and hard work all undertaken with a lack of the most basic medical equipment that we take for granted within the UK. Examples include cut out cardboard intravenous splints and a wooden cabinet that had been cleverly engineered into a fully functional neonatal resuscitaire!

It was against this unpredictable and busy background that I began to teach the 'Recognition of a Sick Child' programme to the nurses. In total 47 nurses were able to attend the session. I was struck by their absolute attentiveness to the session's content, their hunger for more knowledge and also their gratitude, which was reiterated by so many individuals throughout my stay. Three nurses were chosen to carry on the teaching programme after our departure.

In-between teaching this session I helped out on the busy children's wards teaching the staff how to use



Helen with student nurses on the children's ward at Bamenda Regional Hospital

the equipment that MCAI had brought out to them. I was able to witness personally the essential work that is underway to improve the sanitary facilities in the incredibly busy neonatal services ward (Mother & Baby Unit). During my time spent working alongside these nurses, I was involved in numerous clinical experiences that have broadened my understanding of nursing, specifically in relation to the universal core values which we hold. I left Cameroon feeling privileged to belong to a worldwide profession that ultimately keeps caring in the most exceptionally difficult and trying of circumstances. Now back in the UK I am committed to doing as much as I can to continue the wonderful work being undertaken by MCAI in Bamenda.

Update on our Brick by Brick Appeal

Thanks to our supporters we have raised almost £3,000 (including Gift Aid) for our Brick by Brick Appeal. As you may recall we have been seeking support to build a much-needed sanitary block next to the mother's room in the Mother and Baby Unit at Bamenda Regional



The embankment is now more stable and other work can now go ahead once funding has been secured.

Hospital, Cameroon. Last year we helped care for and treat over 700 babies in this unit but the mothers have not had any washing facilities making infection control difficult.

With this first chunk of money we have been able to complete the building of an embankment just before the rainy season. This is the first stage of the project and will ensure that the new drainage system is safe from damage caused by the embankment collapsing. We will now continue to seek support from trusts and foundations to build the sanitary block which will include toilets, showers, sinks, a septic tank, electrical works, tiling and other building works.

The appeal is still open and we would be delighted if supporters or trusts would like to contribute further to the block's completion.

We've been making exciting progress with our work in The Gambia. Here's an update on our activities to improve healthcare through better emergency treatment for pregnant women, children and babies

Training

The following health workers have been trained in two regions over last twelve months:

83 village health workers

142 traditional birth attendants

95 nurses, midwives and doctors have completed the EMNH (Emergency Maternal & Neonatal Healthcare) course and 83 have completed the ECTH (Emergency Child, Trauma & Health) course.

38 doctors, nurses, midwives completed the (GIC) General Instructor Course - to become trainers themselves

To date, we have trained nearly **800 health workers** in The Gambia.

Medical equipment

Our fifth container to The Gambia has recently arrived in Banjul. This forty foot container is full of medical equipment and includes a mixture of new, second hand and donated equipment worth just under £70,000. Included in the equipment were items such as examination beds, blood pressure machines, pulse oximeters, oxygen concentrators, baby stethoscopes and operating tables.

The equipment will be going to five health facilities: Essau Major Health Centre, Basse Major Health Centre, Brikama Major Health Centre, Fajikunda Major Health Centre and the Royal Victoria Teaching Hospital. A big thank you to Aid to Hospitals Worldwide who have stored, packed and inventorised all the equipment over the last 6 months at their warehouse in Bury St.Edmunds.

Basse Major Health Centre

Last year we renovated the operating theatre, and ensured that there is a functional water supply. We're delighted to report that 28 caesarean sections have now taken place at this centre in the new operating theatre!

We are now getting ready to set up a 'Flying Squad', or emergency ambulance service, which will consist of two midwives/nurses with a driver and vehicle which will be available 24 hours a day, 7 days a week. The staff will cover all of the hours alternating their shifts to be on-call. Portable emergency kits for the midwives are being prepared and contain over 50 different items crucial for dealing with an emergency situation such as attending to a woman in childbirth where complications have arisen. The 'Flying Squad' midwives can provide assistance if necessary and bring the mother back to the hospital after she has been stabilised.

Join our Motherhood Matters Campaign

Could you help us with our new campaign? Please see our new website for details, www.mcai.org.uk or read the Motherhood Matters Campaign page further on in this newsletter.



Each traditional birth attendant is given a bag-valve-mask as part of their training.



Victoria paving the way for other students to join MCAI

Victoria Middleditch is a geography student at the University of Nottingham and a founder member of MCAI's fundraising group at the university, Students for Safe Motherhood

Establishing the Students for Safe Motherhood group at the University of Nottingham presented a daunting challenge as I was setting up the very first group!

As one of the group's three Project Leaders for 2009/10 my responsibilities included raising awareness of the issues faced by mothers and children in the developing world within the student community and organising fundraising initiatives to provide support for MCAI projects.

Through continued hard work, we have raised approximately £500 over the last year. Cake sales have been a predominant means of fundraising, with one particularly creative student baking a delicious three tiered strawberry cream cake!

It's so much fun to get together for a good cause, it feels like you're making a difference and it means lots of students can get involved who might not otherwise be able to give up their time.

I recommend it to all students as a way of meeting different people who share your passions. If you are a student or

Students for Safe Motherhood

know a student who might be interested in forming a group email the UK office on fundraising@mcai.org.uk

Stop press! We are delighted to announce that thanks to her efforts at MCAI, Victoria has been awarded the University of Nottingham Students' Union Gold Volunteering Award.

Eric's success



Eric is a boy of four who is just starting school. Eric's mother is enrolled on MCAI's Prevention of Mother-to-Child Transmission (PMTCT) programme. She was able to benefit from medicines and feeding advice given by the nurses, and so the HIV virus she carries, has not been transmitted to Eric. She still attends the monthly parent support group, and is proud that Eric is well and going to school.



Motherhood Matters

Safe pregnancy, safe birth - save lives

Pregnancy is normally a time of joy but for many women in countries where there is extreme poverty pregnancy and childbirth can be times of worry. Complications during pregnancy or childbirth are the leading cause of death for women in Africa (from UNFPA Factsheet). We believe that emergency care is vital in the fight to reduce maternal mortality.

More than 80% of maternal deaths worldwide are due to five direct causes: haemorrhage, sepsis, unsafe abortion, obstructed labour and hypertensive disease of pregnancy (from UNFPA's: Safe Motherhood website)

Join MCAI's campaign and make your commitment. More than anything we are hoping that you can support us by involving others and spreading the word.

Please tick next to the commitment you can make, and complete the form at the bottom of the page:

Involve others

- Involve your workplace: there are lots of ways that companies can support our work
- Involve your local school or university
- Involve your religious group to hold an event, such as a tea morning (we can provide the tea)

Spread the word

- If you know someone at a charitable trust or foundation let them know about us
- Become an ambassador for us and promote our work in your community

Donate

- Become a regular supporter
- Sponsor a project - make a considerable donation to keep a project going for some time

Commitment form - please return this page to us

I would like to make a donation / or non-financial commitment to the Motherhood Matters Campaign £

Name: Address:

Tel: Email:

I enclose a cheque / postal order / CAF cheque made payable to MCAI (delete as appropriate)

OR I would like to donate by Visa or Mastercard:

Card number Valid from Expiry

Signature: Today's date:

Gift Aid your donation

If you would like us to receive 25% more for your donation please sign for Gift Aid:

I am a UK tax payer, resident of the UK for tax purposes and I will advise MCAI if this situation changes. I understand that I must be paying an amount of income tax or Capital Gains Tax in the relevant year equal to any tax reclaimed by MCAI. Yes, I am eligible for Gift Aid:

Signature:

Please return to: FREEPOST RRJJ-AELU-KUKS, MCAI, 83 Derby Road, Nottingham, NG1 5BB

Fundraising Activities

MCAI becomes Key Travel's Charity of the Year

Key Travel, Europe's leading NGO travel management company, has chosen us as their charity of the year. Throughout 2010 Key Travel hope to raise enough funds to treat ten children who have the childhood cancer Burkitt's lymphoma at our project in Cameroon.



The Kilomathon Team

A team of four University of Nottingham students took a big step for MCAI on Mother's Day 2010. They took part in the UK's first ever Kilomathon, a 26 kilometre/16 mile run between Nottingham and Derby. MCAI was an affiliated charity for this event. If you would like to run this event next year, please contact us for a place.



Nick runs the Paris marathon

On the 11th April, Oxford school teacher Nick Stokes ran the Paris marathon for MCAI. He raised an excellent £433, enough to pay for two health-workers to go through our life-saving training programme. He isn't finished there though, in 2012 he plans to enter the Ironman competition for MCAI, we'll keep you updated on his efforts!

Ayisha takes great leap for MCAI

Nottingham Trent student group committee member, Ayisha Kilwood-Patrick was so fired up to fundraise for us that she jumped out of a plane, fortunately she had a parachute to help her safely to ground! Ayisha raised a brilliant £250 for our work through her efforts!

Jess's half-marathon madness!

Thanks go to Jess Elmer who ran the Liverpool Half Marathon in March followed by the Blackpool Half Marathon 2 weeks later in April to raise money for MCAI. Jess raised a tremendous £400 Jess Elmer says:

“Although it was no 'Eddie Izzard' it was certainly a challenge for me. One of the things that kept me going was the sponsorship money which is going to such a good cause!”



If you would like to find out more about any of these events, please call for more details: 0115 950 6662

