

Addressing Maternal and Infant Health: Group Prenatal Care in Ghana

Masters of Science in Nursing, Certified Nurse Midwife, 2020

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N546: Antepartum

Greater Accra, Ghana

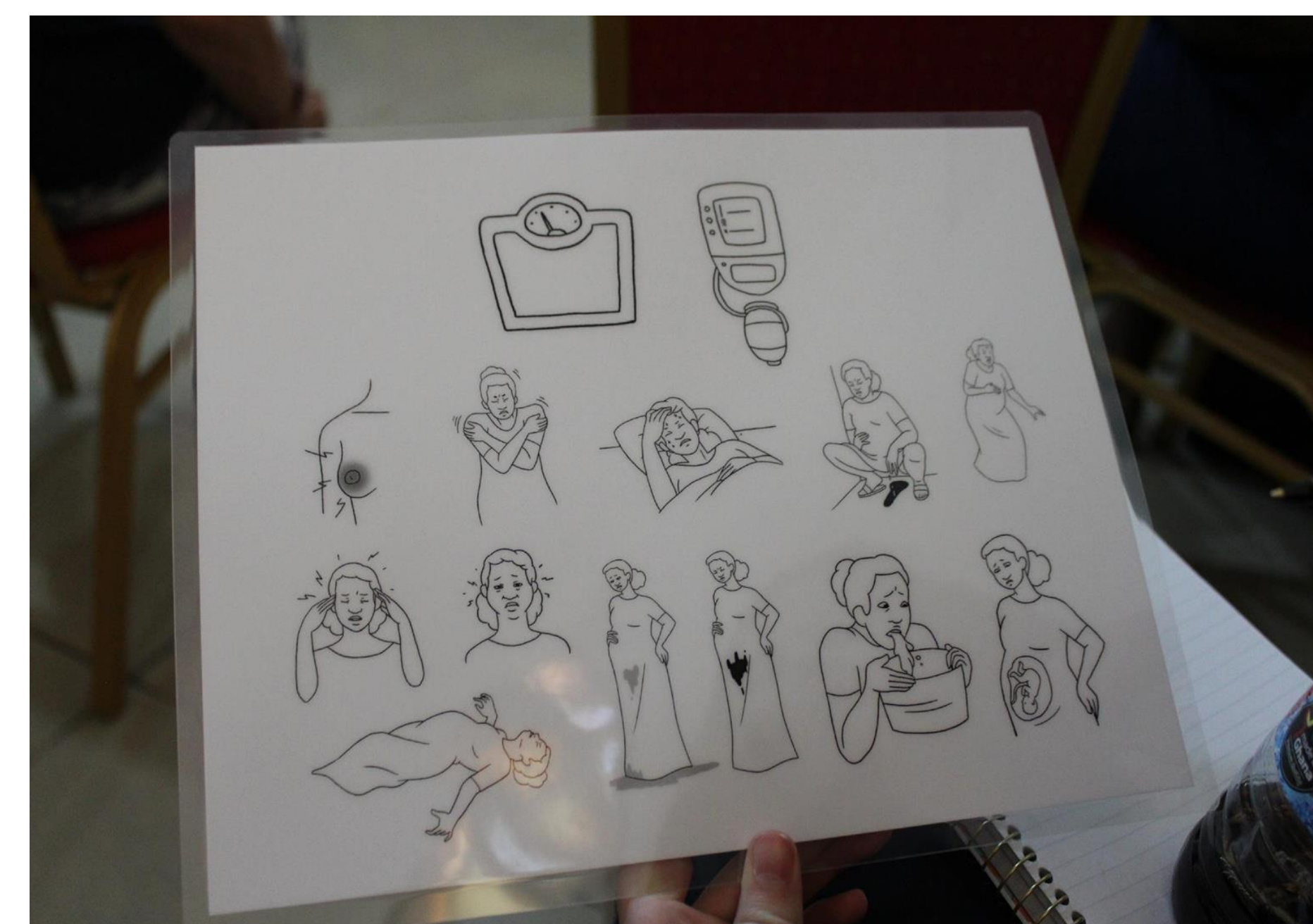
- Ghana is located in West Africa.



- Interventions are based out of Dodowa, with sites spread throughout the Greater Accra Region.

Other Important Background

- Population approximately 28 million
- Around 2,400 babies are born every day, but 69 will die.
- Per 1,000 population, access to a physician is 0.1 and midwife is 0.9.
 - UNICEF, 2018



Experience

Information

The overall purpose of the trip was implementing the first step of an ongoing project establishing group prenatal care in numerous clinical sites in the Greater Accra region in efforts to improve maternal and infant health. As students, our main project was to assist in the “Train the Trainers” workshop. We assisted by leading some of the small groups, tweaking components of the training to better relate to the patient population, preparing supplies and building cultural connection.

Community Partners: Dodowa Health Research Center and midwives of the Greater Accra Region.

Outcomes

The outcomes of the initial training will be seen this December 2019 when faculty return to assess the fidelity of our training with the first patient prenatal group care. This project will continue for 5 years, at which point, Dr. Jody Lori with the Dodowa Health Research Center will assess the outcomes of group prenatal care throughout the Greater Accra Region.

Skills Utilized/Developed

- 1) Building cultural connection through stories, song, dance and laughter.
- 2) Being mindful of how well meaning educational tools may not relay the same message when seen through the eyes of a different culture
- 3) Expect the unexpected!

Classroom Connections

The course N546: Antepartum helped to prepare us to teach Home Based Life Saving Skills by introducing us to the prenatal care model CenteringPregnacny. It also taught us the red flags we reiterated in the trainings with the Ghanaian Certified Nurse Midwives in Ghana.

Lessons Learned

- We learned about both the strengths and barriers the midwives and pregnant population are facing in Ghana. There are so many great things happening to improve outcomes, but so much yet to be done.
 - We learned about the Ghanaian culture, and different antepartum and intrapartum practices.
- We learned about the extensive process to create a strong research project, and the dedication global researchers have to their work.

Career Connections

- Directly, we formed connections with local Ghanaian midwives that we have maintained.
- Through this experience, we developed skills to train other midwives in group prenatal care and life saving skills.
- We learned about global research implementation, and the work to create a valid project.

Advice

- Talk to your professors for opportunities abroad. What is listed is not all that is available.
- Learn bits of the local language to show your enthusiasm for being there.
- Set a timer on your phone to remind you to take anti-malaria medication so you don't forget!

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