

## Alumni fly high the STM flag in Kagadi

Save the Mothers (STM) was excited to receive news from Andrew Koolya, an alumnus working and living in Kagadi district, west Uganda.

Andrew shares the great work of the six game changers in Kagadi.

### Kajumba Theodora MPHIL 2019

Former Assistant District Health Officer (ADHO)-Kagadi District is now the incoming District Health Officer Kagadi.



The MPHIL helped Kajumba to be an outstanding candidate for the Post of Assistant District Health Officer in Charge of Maternal and Child Health and now District Health Officer.

At the time of her coming Ante Natal Care (ANC) at least once was 100% and deliveries 58%. Using the Master of Public Health Leadership safe motherhood approaches, Kajumba has worked to increase deliveries from 58% to 75%. She also introduced and is implementing the policy of having 4 midwives per health centre from 2 midwives.



### Thembo Selevano -MHPL 2014

After graduating with the MPHIL, Thembo gained a new title - Kagadi district Disease Surveillance Officer.

*"Using the epidemiology skills made me gain experience in management of disease outbreaks such as cholera, Cremona Congo Hemorrhagic fever (CCHF), Ebola outbreak, and now COVID-19. STM awakened my sleeping genius of creative thinking and innovations to change individuals and communities."*

Thembo is the founder of Community Communications Link for African Development club. The club is a member of the Optimist International clubs in the United States of America. The club supports young girls and boys to stay in school by avoiding teenage pregnancies. *To page 2*



Andrew Koolya

**#ONLINE GRADUATION CEREMONY:  
17 MPHIL students graduated at UCU on 22 October 2021.  
Congratulations!**

**Quotable safe motherhood quotes: #Birth Preparedness Plan**  
@ Dr Olive Sentumbwe - MPHIL faculty: "We must always have a little money to help us reach the facility in case of emergency during pregnancy or childbirth."

**Editor: Spread the Message.**

From page 1

## Andrew Koolya - speaks about his journey after the MPHIL at Save the Mothers.

*"With the leadership skills gained under STM programme at Uganda Christian University (UCU), my leadership capability was easily realized and recognized. I was promoted to Principal Town Clerk from Senior Sub-County Chief by Kagadi district Local Government."*

After the MPHIL Andrew continued to enrich his skills in leadership for maternity services and children's health through several physical and online courses.

### Change projects

Andrew uses the integration approaches for safe motherhood through community groups to reduce the delay to seek maternal health services. He initiated 25 women groups to empower members to save money for saving lives through a maternity basket.

The groups meet weekly and save money for general use and safe motherhood preparedness and response to emergencies. Every week each member contributes between 100/- to 500/- (less than a dollar) towards the maternity basket fund



# Koolya on call in Kagadi



**The Every Mother Every Child Building Project - construction ongoing. Congratulations Andrew!**

for each group.

This fund benefits members, but also community members can borrow money at a minimal interest rate.

Community members benefit from these women groups especially during emergencies that require referral to bigger hospitals.

**I am constructing a model Safe Motherhood specialized Women and Child Health facility called "Every Mother Every Child" project.**

Andrew says the group savings have saved many lives:

*"During labour a lady named Peace, one of the groups members got a complication that could not be handled at the nearby health facility. Using the resources and networks of the women's group maternity basket fund, members confidently mobilized for transport for Peace to access*

*life-saving services where a C-Section was done; saving mother and baby."*

Peace represents many community members benefiting from Andrew's project.

### Response to Covid-19

*"During COVID-19 onset, I used my MPHIL skills and developed a successful funding proposal to save the lives of pregnant women in Hoima District. Households with pregnant women were supported with soap, strings and 5 litre empty jerry cans and trained in tippy tap making."*

### Big strides

*"I am constructing a model Safe Motherhood specialized Women and Child Health facility called "Every Mother Every Child" project. I want this to be learning and training centre in the rural Mid-western Uganda."*

**Albert Mukasa** - Executive Director  
Alustin Health Centre  
**Sadayo Isingoma** - working with the  
African Rural University

**James Olowo MPHIL 2016**  
Outgoing District Health Officer (DHO)  
Kagadi district

Attainment of MPHIL resulted into improved performance in maternal and child health indicators as Dr Olowo applied relevant skills. This finally led to his promotion from Principal Medical Officer to District Health Officer.  
District health indicators have improved since then.

**#Baby Boom@STM**

**Josephine Namyalo & Claire Mwebaze**

Congratulations to each of you upon the arrival of your bundle of joy @ safe motherhood



# Harriet Nakanyike takes Public Health to her workplace



Harriet Nakanyike, MPH 2009 works at Kampala University. Soon after graduating in 2014, Harriet initiated a Bachelor of Science in Public Health at Kampala University using approaches gained from Save the Mothers.

Recently at the University's 17 and 18 virtual ceremony 72 students were awarded Bachelor of Sciences in Public Health. The students were from Uganda, Kenya, Tanzania, Nigeria, Somalia, Rwanda and Burundi among others.

Harriet is the Program Coordinator, School of Health Sciences, Department of Public Health at Kampala University. Harriet also lectures on the program.



*Jeremiah Mbulamani*

*Moses Mukholi,*

**MPHL alumni follow up: Save the Mothers visited Jeremiah Mbulamani's Mother's Heart project in Mutoto, Mbale City, eastern Uganda. Moses Mukholi joined the party.**

## Farewell Rosemary Okello

MPHL Class 2014

Rosemary died on 12 Oct 2021.

STM celebrates your legacy of dedication to safe motherhood.



*Rest in Peace*

## Tit bits from the National Safe Motherhood Conference, in Kampala Uganda *Leave No One Behind for Safe Motherhood. Act Now*

### Blankets and health facility delivery decision

Did you know that the introduction of Mama kit led to more mothers going to deliver at the health facility. Why? These mothers had no more worries about seeking permission to get the family blanket from their husbands for use in hospitals. Because some families have only one blanket.

Responses to this in the chat:

Sarah: How does a blanket belong to a man when some of them do not even buy beddings?

Gladys Nester: Cultural Diversity can explain the blanket issue. In some cultures like mine @ Sarah, its men

who buy bedding though in others women are even tasked to build a Manyata for the family to live in.



*Prof Florence Mirembe*

## Act Now

“There are things we can start doing without looking for funding or even waiting for Min of Health.

**Prof Florence Mirembe**  
- *One of the Founders of Save the Mothers.*

**Editor: Now is the time to identify some of the things in your community that you can do to promote safe motherhood.**



**Executive Check In:** “How is your research going? Endeavour to finish on time. Avoid overlapping into another module. You will be charged for it. Officially ask for a dead module if you think you will not make it. Do not keep silent because the rules will apply.” **Dr Miriam Mutabazi, Executive Director STM, Dean Public Health, Nursing and Midwifery Faculty**

# MPHL NEWS

**Defence Prep:** In preparation for defence, Save the Mothers has an upcoming mock viva on 16 December 2021. The academics office invites all students who have completed their research to submit their work for review.

**Join the research writing group - <https://chat.whatsapp.com/LqbDZUxvTpr7Zl73esDapH>**

For any further information reach Josephine Namyalo: [jnamyalo@ucu.ac.ug](mailto:jnamyalo@ucu.ac.ug)

## STM supports alumnus change project

Mbale People's hospital in Mbale City run by MPHL alumni Dr. Boaz Aruho

Save the Mothers is supporting Boaz Aruho's Mbale People's Hospital to provide special care for vulnerable HIV positive mothers to access Ante Natal Care (ANC), safe delivery, emergency care and ARVs. This effort is supported through the Lelia C. Reader Fund.

Under this partnership STM is also providing emergency fund for maternal health care medicines and personal protective equipment.

Priscilla is one of the mothers who have benefited from this partnership: At 17 years during the lock down, Priscilla got pregnant.

In the 8 months of pregnancy, Priscilla went into labour. Priscilla's mother in law, Madina Magala narrates: “Priscilla urgently needed hospital attention. Priscilla could neither walk or sit on a boda boda to take her to hospital. We needed a car to take her to hospital but I was penniless. I called Mbale People's Hospital for help. They responded promptly by sending an ambulance.”

Priscilla was admitted. Due to obstructed labour she needed a C-section. Priscilla's life was saved but the baby died.

Dr Boaz Aruho, an alumnus of Save the Mothers and owner of Mbale People's hospital explains that Priscilla had obstructed labour.



**Mbale People's Hospital. Inset: Dr Boaz.**

*“She had been labouring from home for 18 hours. Being a teenager the long labour aggravated the obstruction.”* Dr Boaz further explained that Priscilla was not attending antenatal care probably due to stigma.

***We needed a car to take her to hospital but I was penniless.***

Dr Boaz noted that obstructed labour could have been predicted, if Priscilla had attended ANC.

Dr Boaz says that though he is a doctor, doing the Save the Mothers Master in Public Health Leadership (MPHL) Program exposed him to issues of safe motherhood in ways that changed his outlook to maternal and child health.

After graduating on the MPHL program at Uganda Christian University (UCU) in 2012, Dr Boaz embarked on a project of scaling up his clinic and maternity home to a fully-fledged hospital. He completed this task in 2019. The hospital is well equipped to serve mothers and children better.

Dr Boaz says that his hospital is a Save the Mothers baby. Save the Mothers planted this seed into Dr Boaz's vision as a doctor to serve mothers and babies.

*“Save the Mothers is my lens through which I see suffering of mothers as they despair to access facility based skilled maternity services,”* Dr Boaz concludes.



**Save the Mothers East Africa,  
Uganda Christian University, Mukono:**

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