

Kudos to the October graduates

At the 23rd Uganda Christian University Graduation (UCU) Ceremony, in October, five Master of Public Health Leadership students graduated. Congratulations Boniphace Kaombwe & Charles Kalidushi from Tanzania; Lanyero Joan, Peter Olet and Damalie Nabbosa from Uganda.

#NoMotherOrChildShouldDie #SaveThem



We made it: Damalie Nabbosa & Peter Olet



At the 23rd UCU graduation ceremony, the Vice Chancellor (VC), Prof Aaron Mushengyezi commended Save the Mothers (STM) in his speech:

The Faculty of Public Health, Nursing and Midwifery through its Maternal and Child Health department and Save the Mothers East Africa has received and disbursed 184,600 US dollars (683 million UGX) towards:

Establishing maternity High Dependence Units that use digital technology to monitor mothers with complications in the referral hospitals of Jinja, Mbale, Mityana, Tororo and Nakaseke, and Mildmay.

VC Aaron Mushengyezi commends STM

This is courtesy of the Jeff's Family in Canada, who are very good friends of UCU. We thank them for their generosity.

Providing emergency medicines that save the lives of mothers and babies at six health facilities that include Kagando hospital, Boro Boro Health Centre, Mityana, Mbale People's Hospital, Mukono General Hospital and Nakaseke hospital. This grant is courtesy of Leila Reader Foundation. We are grateful to them as well.

Providing neonatal incubators used for the survival of premature and sick newborn babies at five health facilities of Buikwe St Charles Lwanga Mission hospital, Tororo, Mityana and Nakaseke hospitals.

Working in four districts in the dioceses of north Mbale and Mbale to reach out to 1056 post natal mothers and their

babies through domiciliary services to the hard to reach homes at the top of mountain Elgon.

Supporting the dioceses of Mbale and north Mbale women SACCO to implement a community health insurance program in Manafwa and Sironko.

Training mothers and their daughters in the slum areas of Naguru, Kampala in financial literacy for better income management; and sexual and reproductive health rights from a biblical view. We are grateful to St Joseph's hospital in Canada for supporting this cause.

The VC also congratulated Dr Miriam Mutabazi, STM Executive Director, on her publication: Sexual Reproductive Health and Rights of Last Mile Adolescent. Congratulation Dr Miriam.



Welcome new MPHL students

MPHL September 2022 intake first module set off smoothly. Students reported to UCU for orientation and face to face lectures for one week.

After the orientation week students returned to their homes and lectures continued online. Examinations are conducted online.

A warm welcome to the new team of safe motherhood advocates joining the MPHL program.



South Sudan on board: Dr Ayuel Deng Ayuel (Left) takes in his new campus on arrival at Uganda Christian University during orientation for new MPHL students. On the right is MPHL alumnus Reuben Ladu who introduced Dr Ayuel to MPHL. In the forefront is Dr Ayuel's wife.



Dr Miriam Mutabazi in a meet and greet session with students during the orientation week. Dr Miriam is the Executive Director, STM & Dean Faculty of Public Health, Nursing and Midwifery - UCU.

Breast-feeding for career women

August is the breast feeding month. Save the Mothers network members celebrated the month by reflecting on how working mothers manage to breast-feed exclusively.

Rachel Alweny - MPHL alumnus

Rachel Alweny is a program officer with International Baby Food Action Network (IBFAN) Uganda and an MPHL alumnus.

I joined STM in the 2016 cohort and in July 2017, I gave birth. I was working as a teacher then. The school gave me one month maternity leave.



*Rachel and her baby.
Happy Mother, happy baby*

I would go with my daughter to school, leave her at the nurses' residence and carry on with my work as I breast-fed in breaks.

But I also had to continue my studies at STM. I contacted the administrator who informed me that STM would reserve a room for me, my baby and maid.

I now work with IBFAN, an organization that advocates for government and organizations to follow the International Labour Organizations conventions on issues like paid breast-feeding breaks, breast-feeding spaces and workplace breast-feeding policy.

I am grateful to STM for providing that environment that allowed me to breast-feed for two years.

Rachel Babirye: I set up a breastmilk bank

Rachel Babirye - MPHL alumnus

When I had my first baby, I wanted to breast-feed exclusively.

Rachel strategy: I had a maternity leave for three months. But during pregnancy, I did not take any leave. So when the baby came I took the maternity leave and one month annual leave. This gave me four months leave.

During the four months I built a breast milk bank. I used to pump my milk and freeze it. By the time I went back to work after four months, I had over 10 litres of milk packed in small baby bottles.

I would unfreeze the milk early in the morning. We used baby cups for feeding the baby and not bottles.

It was not easy leaving the baby home because I didn't have flexible

working hours.

By 8.00 am I had to be at work and sign out at 5.00 pm.

I had a lot of milk in my breast bank. During working hours I made myself a free room where I would go and pump milk at least three times a day. I would keep it and at the end of the day take it and freeze it.

I used to write dates on the bottles to make sure that the oldest milk is consumed first. So I kept feeding my baby on breast milk.

When I came to STM it was a free place. I came with my baby who was then six months old. I was now giving him other drinks and foods besides breast milk.

But still I had to keep breast-feeding him during the day.



Rachel with her baby.

I remember doing an exam with the baby. As I was doing the exam they brought him. I breast-fed him and they took him back.

I am a mother of three babies. I have exclusively breast-fed all my babies.

We should keep pushing for breast feeding spaces at the workplace.



Your Voice Counts: Raise awareness on the benefits of breast-feeding & strategies for exclusive breast-feeding. Lobby & advocate for breast-feeding spaces in your institution. Start with small steps to make the lives of mothers and babies healthier for healthier communities and nations.

MPHL JAN 2023 INTAKE Save the Mothers is now receiving applications for a Masters Degree in Public Health Leadership (MPHL) at Uganda Christian University, Main Campus.
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Maternal & Child Health Seed Fund



Women groups in Manafwa receive the MCH seed fund and goats.



Ten of these groups have used part of this fund to start-up a goat project. One pregnant goat is given to a group of 10 women in a given group.

The goat project enables families to improve their livelihoods, child nutrition as they get milk for the babies, and manure from the goat dropping for better crop production.

In October 2020, Save the Mothers (STM) initiated a Maternal and Child Health (MCH) Seed Fund plus goat rearing in four districts in the Elgon region, Uganda.

The MCH Seed Fund is implemented through existing community saving groups. STM gives a seed fund to the community groups that members can access to address MCH needs in their families.

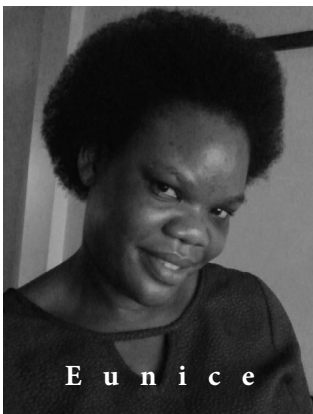


This project aims at generating funds locally to support mothers to access medical care. Members access loans from this fund. The interest is used by mothers to get MCH services. STM is working with 15 groups.

The entry point in the family is a woman but at the end of it all, the whole community benefits from the project.

The Seed Fund intervention was inspired by Dr Aruho Boaz's (MPHL alumnus) community MCH insurance project in the Elgon region that he initiated in response to his MPHL thesis finding.

By Carol Namono - STM



Eunice

A glimpse into Eunice Esule's work

Eunice Esule, MPHL alumnus is a health worker. She works with the Ministry of Health (MoH) - Uganda Reproductive, Maternal and Child Health Services Improvement Project- Results Based Financing Unit.

Her work involves conducting Health Facility Quality of Care Assessment. In these photos Eunice shares images of MCH service delivery in Kweene, eastern Uganda and Moroto, Karamoja sub-region. These are worth reflecting upon as game changers in safe motherhood.

Bravo Eunice for your work towards improving quality of health care.



Maternity building at Kaptum health centre III in Kweene district. MoH is constructing a new maternity unit at this facility.

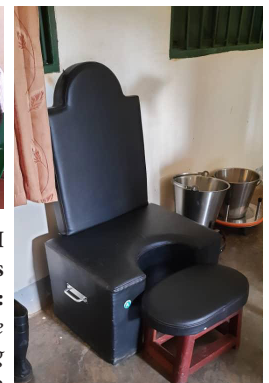


Inside the health facility. Working with available resources to conduct clean and safe deliveries under skilled attendance.



Cultural sensitivity in MCH service delivery increases uptake of services:

Birth cushions. These are preferred by Karamojong mothers during delivery to lying on a delivery bed.



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