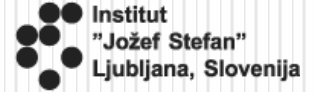




United Nations
Educational, Scientific and
Cultural Organization



UNESCO Chair on Open Technologies
for Open Educational Resources
and Open Learning

PROJECT TITLE:

ANTENATAL BOOKLET FOR MIDWIFERY STUDENTS AND REFERENCE MANUAL FOR PRACTICING MIDWIVES IN DEVELOPING COUNTRIES

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Mentors

Suzana Loskovska



BSc and MSc in computer science and automation from the Faculty of Electrical Engineering, Skopje, in 1989 and 1992, respectively.

Ph.D. from the Technical University of Wien, Wien, Austria in 1995.

Currently a professor at Faculty of Computer Science and Engineering, "Ss. Cyril and Methodius" University in Skopje, R. of Macedonia.

She was the technical expert in this project and main mentor

Violet Kaonga



Msc in Nursing Education [NEdu];

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A content expert as a Nursing and Midwifery Educator Specialist

Currently working at Ekwendeni College of Health Sciences in Mzuzu in Mzimba district.

Violet was Education Award winner by International Confederation of Midwives (ICM) 2017, because of improving midwifery education in Malawi through her project titled *mentorship for clinical midwives involved in teaching students' midwives in Malawi* and a *Midwife Life Award* by *SANOFI* in 2016 for developing curriculum for Midwifery program



Acknowledgements



Original resource of the booklet that was written and adapted by University of Malawi- Kamuzu College of Nursing Open Education Resources [OER] Champions from 2009-10

The team was trained and assisted by International Association for Digital Publications (IADP) who also acted as mentors

Adapted extracts and illustrations are from *Safe and Clean Birth and Newborn Care: A Reference for Health Extension Workers in Ethiopia* (2008) which was based on *A Book for Midwives: Care for Pregnancy, Birth and Women's Health* by Susan Klein, Suellen Miller and Fiona Thompson (2004), published by the Hesperian Foundation, Berkeley, California, USA

The author is also thankful for the **editors and mentors** for accepting to assist in searching for relevant materials, videos as well as editing and alignment of the booklet. The team has also assisted the author to gain more knowledge, skills and competency in developing such materials. Their enabling expertise and time has greatly assisted to make this booklet a dream come true for the author



INTRODUCTION

- Midwifery text books are expensive in Low and Medium Resource Countries [LMRC]
- It is difficult for students as well as practicing midwives and or consumers of midwifery to have basic materials regarding conception, anatomy and physiology pregnancy, labour, postpartum and neonate because of both the cost as well as availability
- This was the main motivation to develop this booklet of antenatal care.
- In addition, I have been inspired by various people who write booklets, and has been my dream to write/develop midwifery resources for students



INTRODUCTION

- The encouragement become a reality after
 - undergoing a training and coordinating an OER project at University of Malawi, Kamuzu College of Nursing [UNIMA – KCN]
 - when I was also a coordinator of the project where two resources were developed with technical assistance of International Association for Digital Publications [IADP] and funding from OER Africa / South African Institute for Distance Education [SAIDE]
- The booklet is a cost effective solution to providing quality evidence based information and reference materials to both students and practicing midwives in low and medium resource countries.
- The inclusion of videos is an added advantage to reinforce the information which is not common with most text books



GOAL OF THE PROJECT

Equip student midwives with basic and necessary knowledge and skills to effectively undergo the midwifery program particularly to manage uncomplicated pregnant women

The practicing midwives will have a reference manual and it will guide and empower consumers with knowledge regarding pregnancy

OBJECTIVES



To provide midwifery students with a resource that has basic information regarding pregnant women

To provide midwifery students with a guide to effective management of pregnant women as Midwifery books are expensive

To provide practicing midwives in LMRC with a reference manual

To provide assist consumers with access to general information regarding pregnancy as a means of empowerment

Target Audience



Midwifery Students

- As a student midwife, knowledge of anatomy and physiology of obstetrics is a vital aspect of the program in managing and identifying complications during the perinatal period and to provide quality care.
- On the other side of the coin practicing midwives need to have a reference manual that will remind them of certain issues during their day to day practice.
- Since the booklet is primarily for student midwives the expected time of studying it will vary but should be between four to ten [4-10] weeks and longer for consumers. This is because the booklet provides detailed information covered in specific areas.

Practicing Midwives

- For the practicing midwives the booklet will be a day to day reference material

The Consumer

- For the consumers of midwifery, they will benefit as they will know their bodies better as well as be able to understand the various changes that occur in their bodies/spouses bodies during the perinatal period. Therefore, be able to seek advice without unnecessary delay.



Related Project UNESCO SDG

The project focused on **Sustainable Development Goal # 3** that **ensures healthy lives and promotion of well-being** for all at all ages in general but in particular it deals with maternal and neonatal health during pregnancy through education and training of competent midwives who would effectively manage pregnant women and involve partners for a positive pregnancy outcome.

As this becomes a window of opportunity for women and their partners to access various health services as well as get information of how to empower this vulnerable group specifically sexual and reproductive health and rights



PROJECT RESULTS/OER



- The project was in a form of a **booklet for midwifery students** and **expected to be in midwifery schools and colleges' libraries** as well as **hospitals where student midwives have their clinical experiences.**
- **It has seven chapters and the eighth is for answers to exercises and questions for each chapter.**
- The booklet **will be uploaded on line under OE4BW website** and hopefully to be accessed by anyone as it is a Creative Commons type of resource.
- A hard copy will be available by request for students as well as for practicing midwives together with the videos.
- Anyone needing the hard copy will pay for the cost of printing and burning the videos on a DVD
- The basic information was from already OER materials which were downloaded from various websites including some books which accepted to use the materials in order to develop this booklet; but used the resource developed by UNIMA KCN as the basis which was originally from Michigan University through African Health OER

THE PROCESS OF PROJECT/OER DEVELOPMENT: CHALLENGES

1. The major challenge **was the time** from time the project started to completing the project was too short or was underestimated.
2. Personally I also underestimated the time in relation to number of chapters as at first I thought the booklet **would only have four chapters knowing that I had a full time job.**
3. During the development it was noted that the contents needed to be separated as the booklet can also be used as a standalone resource to learn about the care of pregnant women.
4. The network **was not conducive to use most of the time** when needing to search for the already materials or communicating with the mentors which was beyond anyone's control
5. Finally, **the mentors had a busy schedule** at their work places so although they had to adjust to accommodate editing as well as assist with searching for information when I requested them to do so; it was not easy.

THE PROCESS OF PROJECT/OER DEVELOPMENT: CHALLENGES

Since the mentors were not in my view conversant with OER or Creative Commons sometimes the materials sent were not OER and therefore was time wasted for both the mentors and myself

Mentors had problems at times to get in touch with the author due to network problems this slowed the whole process of sending comments and or when needing any clarifications

Mentors need to know what they are committed to do from the beginning of the project for better communication and to lessen wasting time

Strategies to overcome Challenges

- It was not easy to overcome the above challenges as it was multisectoral.
- However, the following were some of the strategies used:
 - Proper explanation to mentors on type of material the author needed and reasons for not using any other type
 - Information search was done late at night when network was not congested
 - Most of the writing was done either at night or weekends as most of the time it was not easy to have time during the day due to pressure of work. It was even very difficult to finish the last chapters due to lack of time versus pressure of work
 - Most of the times I contacted the mentors when network was good as I had timed their best time to find them online and told them that I was online to communicate which most of the times worked

LESSONS LEARNT

- It was a very good learning experience and I enjoyed communicating with my mentors as if I had known them for a long time though I knew personally only one of them. They were committed and did encourage me in many ways. It's very unfortunate that I will not be able to meet my main mentor Prof Suzana
- **Mentors need to understand their role from the beginning and be committed to avoid embarrassments and also wasting time.** I feel the OE4BW need to take that responsibility orienting mentors about OER in general
- I was fortunate to have both technical and content experts as my mentors who were just awesome
- The organizers, [OE4BW] **need to take note of the time for such a project after getting adequate information from the participants regarding the type of the projects they would like to undertake and possible time needed to complete.** Based on such information an average time line could be calculated.
- **It would also be nice to be checking with the participants more frequent how they are coping and if they need more time, this too can assist with planning end of projects exercise**
- **Sharing of information among the participants by creating a blackboard or any other ways so that the participants too can link among themselves and share their experiences during the project and post project period as one way of networking**

WHAT WOULD BE DONE DIFFERENTLY IF DOING A SIMILAR PROJECT IN FUTURE

The main issue that I would do different is not to partake such an activity when already engaged in another project because its stressful when the time is not adequate

It is important to estimate realistic time to complete the project knowing that it involves more than one person

All necessary materials need to be available instead of searching at the same time as it delays the actual writing

The Role of OER4BW and Mentors

OER4BW:

The author would want to appreciate the OERfBW team for giving her an opportunity to enroll and participate in this course

For assignment mentors who have been a great help in many ways. The author is not taking this for granted but to say thank you my wonderful mentors. Know that the job is not yet done, 2 more chapters to edit.

Mentors:

The two mentors were very instrumental for this project because they have busy schedules and yet they accepted to assist in searching for relevant materials, videos as well as editing and alignment of the booklet in very short time period. They were a source of the author's pillars and encouragement, and have greatly assisted to make this booklet a dream come true for the author.

Additionally, the mentors have assisted the author to gain more knowledge, skills and competency in developing OER for Better World [OERfBW] resources

PLANS AND SUGGESTIONS FOR THE FUTURE: *THE FUTURE OF THE PROJECT*

- It is my sincere hope that my mentors as well as OE4BW will continue to work with me until the resource is uploaded online. If it was possible, I would have loved if I was assisted to **create a website** for such materials so that in future I can just upload whatever I have developed
- Creating **awareness of the availability of the resource** is another important area if it is to be accessed which I will do through for a like FIFA 2015; LinkedIn etc. The significance of creating awareness is that it will be easy to reach out for the intended target groups and therefore, it will be accessed by many who could give comments of how I can improve with the next resource which is *Labour and Birth*
- Additionally, someone can modify it making it even better and I could learn from such as it is a Creative Commons type of resource
- For some **who may have problems or are unable to access the online copy, a hard copy** will be available on request both by students as well as for practicing midwives together with the videos. However, anyone needing the hard copy will pay for the cost of printing and burning the videos on a DVD

FUTURE OF OE4BW PROGRAM

OE4BW is a good initiative for novice writers and it is my hope that it will continue as this will provide a forum for learning new skills as well as networking with mentors and other writers

It is hoped that if possible to introduce it in other countries using the existing structures and those who have participated like satellite campuses to enable participants to attend the workshops at the end of the projects as like now I was unable to attend because of logistical issues beyond my control [getting a visa in person as one challenge]

Thank you

Zikomo [Malawian language]



Благодарам на вниманието!
[Macedonia]

Hvala za vašo pozornost [Slovenian]

