

**Midwife-led Community Transformation(MILCOT).
Nightingale Challenge Training
Conducted from 6th October 2020 – 8th October 2020
Country; Uganda.**



Participants: Nurses and Midwives in Nansana Municipality

Midwife-led Community Transformation (MILCOT).

- Midwife-led Community Transformation (MILCOT) is a registered Community Based Organization on Reg. NO. WCBO/19/2408 which aims at bridging the gap that exists between the midwife and the local Communities; through the provision of Sexual Reproductive Health (SRH), targeting adolescents, and young adults focusing on prevention of teenage and unplanned pregnancies and Sexually Transmitted Infections (STIs).

Aim of the training

The aim of MILCOT Nightingale Challenge Project is to build the resilience of Midwives and Nurses in providing effective and efficient preventive and response health service delivery.

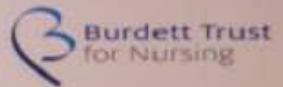
Background.

- The participants were randomly selected nurses and midwives from six health facilities out of thirteen mapped in Nansana Municipality. A total of 11 participants took part in the training.
- There were 3 government Health Centres; Nabweru Health Centre 111, Nassolo Wamala Health Centre 111 and Nansana Health Centre 11 and 3 Private Not for profit facilities which included SLUM Uganda, Health Concern Initiative and God's Grace Maternity.
- The Training was witnessed by the local leaders and the national coordinator of Nursing Now Campaign in Uganda.

Trainers:



Team of Trainers For Milcot Nightingale Challenge Training 2020





HARRIET NAVIGA
Midwife Leader
Topics;
1. International Year Of The Nurse And A Midwife, Nursing Now Campaign and Nightigale Challenge
2. Health Care Leadership



DR. GRACE EDWARDS
Professor of Midwifery Education and Practice
Aga Khan University School of Nursing And Midwifery-Uganda Campus
Topics;
1. Leadership and Management
2. Web Aides



CLIFF ASHER ALIGA
Critical Care Specialist, Senior Lecturer Aga Khan University School Of Nursing & Midwifery
Topic
Covid 19 Management



KAYITA INNOCENT
SRHR Educator
Topics
1. Introduction to Adolescent Health Issues In Uganda.
2. Sexual Reproductive Health Intergration



CAROLINE NAKANYIKE
Clinical & Counseling Psychologist Social Worker
Topics;
1. Basic Counseling Skills



NAMBI ANNET BEATRICE
Health Promotion And & Public Health Specialist
Topics
1. Burn Out In The Health Care Enviroment



IYA JANE
Clinical & Counseling Psychologist / Midwife
Topics;
1. Intergrating SRHR Services For Key Populations

Day 1:

Session 1: Introduction to the International Year of the Nurse and a midwife, Nursing Now Campaign and Nightingale challenge.



Session 2: Introduction to COVID-19 and its Management



- This was a mandatory training session which was directed by the Uganda Ministry of Health for every event due to the increasing numbers of COVID-19 cases hitting communities, nurses and midwives at the lower health facilities had to be empowered with adequate knowledge and skills to build their confidence in prevention and management of COVID-19.

Session 3: Introduction to Leadership.



- Effective leadership is crucial in shaping organizational culture and driving the implementations of programs in healthcare sector. The purpose of this module was to introduce the concept of leadership to nurses and midwives.
- The session started with an individual assessment using an adaptable tool “Assessing your leadership style”, which is designed to help leaders determine their leadership styles.
- Thereafter, the training empowered Nurses and Midwives with Leadership skills to enable them lead teams and make effective decisions in their areas of influence with confidence.

Leadership sessions



Trainees carrying out a self-Leadership style assessment



The exercise break led by the Leadership trainer.

Day 2: 7th October 2020.

Session 1; Adolescent and Young Adults Sexual Reproductive Health.

- Adolescents and young people are vulnerable to all kinds of health challenges by virtue of their level of activity, willingness to take risks, and limited information. These include reproductive health problems such as STIs/HIV/AIDS, early or unwanted pregnancy, unsafe abortion, and psychosocial problems such as substance abuse, delinquency, truancy, sexual abuse among others. According to the UDHS 2006, teenage pregnancy rate is estimated at 25%.
- Despite early onset of sexual intercourse among adolescents and young adults, contraceptive use is low. Programs that target adolescents and young adults be based on comprehensive understanding of, and in respect for their rights and realities of their diverse sexual and reproductive lives. The friendly services as well as facts and options but not just don'ts and should be accessible, acceptable, non-discriminative, appropriate and effective.

Day Two: 7th October

Session 1; Adolescent and Young Adults Sexual Reproductive Health.



During the SRHR session, each trainee was drawing a picture that gives an impression of how a girl who has carried out abortion is perceived in the community.

- This session aimed at enabling nurses and midwives understand the Overview of Adolescent Health Issues in Uganda, how to integrate adolescent friendly SRHR services in the daily work, Health care concerns of adolescents and Promotion of adolescent health-friendly services.
- This session also looked at how well the nurses and midwives can utilize the Sexual Reproductive Health Apps, in the quickest and easy way as they are providing SRHR information to the clients. These electronic information is readily available in the google play store on all android phones.

Session 2: Health Care Leadership.

- Leadership and management are important for the delivery of good health services. The healthcare system builds effective teams in promoting patient-centered care, which require skills through training to be able to set goals, manage and provide effective feedback in running a successful health facility. This session therefore aimed at building nurses' and midwives' capacity to stand as leading agents of change in their work environment and the community despite their positions.
- This would enable them change their mindset to focus on identifying challenges and finding solutions at work stations.

Health Care Leadership.



Healthcare leadership session



Group session of team building exercise during the Healthcare leadership. They appreciated the importance of working with different people with different ideas and skills.

Day Three; 8th October, 2020

Session 1; Integrating SRHR services for Key Populations.



Integrating SRHR services for Key Populations

- Handling key populations at risk of contracting HIV/AIDS in the health sector requires medical personnel to be skilled and trained in friendly service delivery to enable them utilize the services effectively.
- Therefore, nurses and midwives were given knowledge and skills that enables them to provide non-stigmatized and non-judgmental healthcare to the key population groups.

Session 2; Burnout and Self Care for Nurses and Midwives.



- Nurses and midwives in healthcare environments with packed workdays, demanding pace, time, pressures and emotional intensity are at high risk for burnout.
- The training therefore, provided nurses and midwives with information on how to look for signs and symptoms of burnout as individuals; and they were also provided with self-care skills.

Session 3; Basic Counselling skills for Nurses and Midwives

- For any healthcare worker, counseling is one of the skills needed of him/her for effective service delivery. In our local setting, it is a fact that many nurses and midwives are faced with the emotional problems of adolescents and young adults they see on a daily basis. They often feel helpless because they would like to help but are not sure about what they should do or how they should do it.

Session 3; Basic Counselling skills for Nurses and Midwives.



MILCOT- enabling nurses and midwives to stand as leaders and community champions for adolescent SRHR service provision.

