



BIRTHING BASICS SOLUTION

ABOUT US

Birthing Basics Solution is a non-profit initiative founded by Mary Magdaline Baalassuri on the 6th April, 2023 but officially on 19th December 2023 in St. Lucy Hospital, Tamale. I realized that confinement and its related preparation is one area of concern. This is because some clients do come in labour with nothing during confinement due to inadequate knowledge on the benefits of preparing towards confinement. This usually causes much discomfort on client, midwives and the unborn babies as well. The main reason for this initiative is to engage pregnant women and their support persons on the need to prepare towards confinement, to identify clients who are unable to provide these basic confinement items and to provide the needed confinement items for them. The confinement items are usually packaged in a form of packs.

This initiative was born out of caring for my clients.

Each pack contains the following;

- Delivery mat
- Delivery mackintosh
- Welcome dress
- Warm baby clothes (stockings, cap, long sleeves)
- Cot sheet
- Diapers
- Wipes

VISION

To empower mothers for safer births.

MISSION

To empower mothers for safer births through knowledge and support.

OBJECTIVES

1. Enhance birth preparedness among pregnant women at St. Lucy Hospital, Tamale.
2. Identify clients who are unable to provide basic items needed for confinement.
3. Provide these clients with the needed confinement items.
4. Promote wellbeing of mothers and babies after discharge.

SHORT TERM OBJECTIVES

1. To reduce perinatal sepsis and death.
2. To increase hospital delivery.
3. Strengthen nursing and midwifery practice.

LONG TERM OBJECTIVES

1. Improve maternal and neonatal health care.
2. Improve quality nursing and midwifery services.
3. To extend this initiative to other facilities within the district, region and the country at large.

MOTIVATION

I must say my motivation came from within. I always desire to go the extra mile wherever I find myself and whatever I do.

So, when I found myself in midwifery, I told myself I would not limit myself to the routine of going to the ward just only to conduct labour and come back home. I needed to do something beyond just being a midwife.

What finally touched my heart to start this particular initiative was when a client came in labour with her spouse during one of my night duties with absolutely nothing for confinement.

They both also looked so unkept. Even though over several years of working, I encountered such, this particular incidence was so exceptional.

I told the client and her spouse I would refer them because per my assessment, client's gestation was 34 weeks which was suggestive of preterm labour.

The husband replied "I am not financially sound to move from this hospital to another hospital, then we would have to go home and give birth there".

Though this was a dilemma, I finally had to keep her in my facility.

Client's husband was asked again whether the confinement items were at home and he replied "some are at home, I would also call a relative to see if they could get us some".

Likely, client was still in latent phase of labour so the husband was asked to go home and bring the confinement items.

He returned back later with some items but the baby clothing looked so oversized for a newborn and dirty as well.

Client finally delivered an alive female with birthweight 2.5kg.

Four days later, I received news that the neonate had sepsis, was admitted and later passed on in the hospital.

I was saddened when I received this news.

I told myself something could have done to avoid this death.

The fact that I am able to share my knowledge with clients and their support persons on the need to prepare adequately for confinement and put smiles on the faces of those unable to provide these items is my greatest motivation.

SUCSESSES/ ACHIEVEMENTS SO FAR

1. Engaging ANC clients and their support persons on the need to prepare adequately for confinement.
2. Presenting packs of confinement items to St. Lucy Hospital labour ward on three consecutive times to be given to clients in need who are in labour. (total of 30 packs)
3. Home visiting of such clients before and after delivery.
4. Personal presentation of confinement items to some identified clients at their resident
5. A total of twenty (24) packs issued to clients.
6. Life gave me a second chance of meeting the very client and husband who touched my heart to start this initiative during one of my visits to ANC unit engagement with pregnant women.

7. During the numerous home visits, some health risks were identified and tackled accordingly.
For instance, one of my client's son had kwashiokor and was being treated locally at home.
They were educated on the condition and need for hospital management. He was sent to the hospital, admitted and currently doing well.
I Personally had to support in buying some crates of eggs for a couple of months.
8. Pregnant women with mild anaemia were educated on diet and the need to consistently take their routine drugs.

TIMELINE

Is infinity, it is my vision that, this initiative continues even in my absence.

EVIDENCE OF BBS/APPENDICES



Contact tracing made by BBS to a client in need of confinement items



Presentation of confinement items made by BBS to a client at her residence



Presentation of confinement items made by a midwife in the labour ward of St. Lucy Catholic Hospital, Tamale on behalf of BBS to a client in need.



A pack of confinement items presented to a client in need at the labour ward of St. Lucy Hospital.



A pack of confinement items received by a client in need and new born dressed in it appropriately



A pack of confinement items presented to a client in need at St. Lucy Catholic Hospital labour ward by a staff on behalf of BBS.



Another presentation by the founder of BBS to a client in need at St. Lucy Catholic Hospital labour ward.



First batch of presentation of packs of confinement items presented by BBS through the nurse manager to the labour ward of St. Lucy Catholic Hospital. The packs were then presented to the then in charge of the ward to be kept in the ward and presented to any client in need of it.



Second batch of packs of confinement items presented by BBS to through the assistant nurse manager to St. Lucy Catholic Hospital labour ward to be issued to any client in need.



Third batch of packs of confinement items presented by BBS through the nurse manager to St. Lucy Catholic Hospital labour ward.



Checking up on my client and baby



Checking up on a client and baby



A home visit to a client's residence made by BBS.



Sample of packs of confinement items ready to be given to clients in need