

MOTHERS
AND
CHILDREN
FIRST

PEOPLE
AND SKILLS



DOCTORS
WITH AFRICA
CUAMM

www.doctorswithafrica.org
Postal account 17101353

OUR COMMITMENT
TO ENSURING THE HEALTH
OF MOTHERS AND CHILDREN
AND TRAINING AFRICAN
HEALTH WORKERS

DOCTORS WITH AFRICA CUAMM

Founded in 1950, Doctors with Africa CUAMM was the first non-governmental organization focused on healthcare to be recognized by the Italian government. It is now Italy's leading such organization working to promote and protect the health of vulnerable communities in Africa. Even as it responds to emergency situations, **CUAMM's approach remains one of long-term development**, to ensure access to quality health services for all, especially the most needy.

Doctors with Africa CUAMM is **active in 8 sub-Saharan African countries** – Angola, Ethiopia, Mozambique, the Central African Republic, Sierra Leone, South Sudan, Tanzania, and Uganda – thanks to the dedication of some **4,500 health workers**, both African and European, who share this vision. Our organization supports **23 hospitals** and **80 districts** with public health programs focused on maternal and child health, the fight against AIDS, tuberculosis, and chronic diseases, and hospital management. We invest in young people from both **Africa and Italy, training doctors, nurses, midwives and community workers**, and work to improve connections between the different levels of the health system to enable even individuals from the smallest, most remote villages to safely reach a health center or hospital.



"Through your work in Africa you have not only helped to improve the living conditions and development of that continent's peoples; you have also trained generations of doctors and citizens who, in their daily activities in Italy or abroad, carry with them a unique wealth of humanity, solidarity and expertise learned directly in the field."

5 November 2016, **Sergio Mattarella**,
President of the Italian Republic



"Doctors with Africa CUAMM has been active in Mozambique since 1978, just three years after we gained our independence, and works side by side with our government, supporting us in the implementation of our strategies. Once again, I would like to thank you on behalf of the Mozambican people and myself."

9 November 2019,
Nazira Karimo Vali Abdula,
Minister of Health of Mozambique



"Thanks to its help in treating hundreds of thousands of people every day in health centers and hospitals, especially in rural areas, CUAMM has become an angel of hope for the local population in South Sudan."

10 November 2018, **Dr. Thuou Loi**,
Director General of the Ministry
of Health, South Sudan

MOTHERS AND CHILDREN FIRST: AN ONGOING CHALLENGE

2012/
2016

MOTHERS AND CHILDREN FIRST

Our mission is to stand alongside the most disadvantaged individuals, those who “don’t count”, such as mothers and children. With this program we wanted to underscore both a priority and a proven fact: **when you take care of mothers and children first, you get healthy adults** who are able to look out for themselves, their families and their communities. Our initial focus was on ensuring **access to safe attended deliveries** for expectant mothers, providing a free transportation service to enable them to reach health facilities for prenatal checkups and later to give birth in appropriate facilities with the support of qualified health workers. The program was launched in **four sub-Saharan African countries** with an investment of €5,000,000 and the objective of helping 125,000 women and children. By the end of the five-year period, we had surpassed our target, attending nearly **135,000 deliveries**.

2017/
2021

MOTHERS AND CHILDREN FIRST: **THE FIRST 1,000 DAYS**

The challenge continued over the next 5 years, involving even more countries, mothers, babies and time. Focused on the first 1,000 days of life – from conception to a child’s second birthday – with a special emphasis on nutrition, the program expanded to include **10 hospitals in 7 countries**. Our 5-year objective was to ensure 1,200,000 pre- and postnatal visits and 320,000 attended deliveries and to treat 10,000 severely malnourished children.

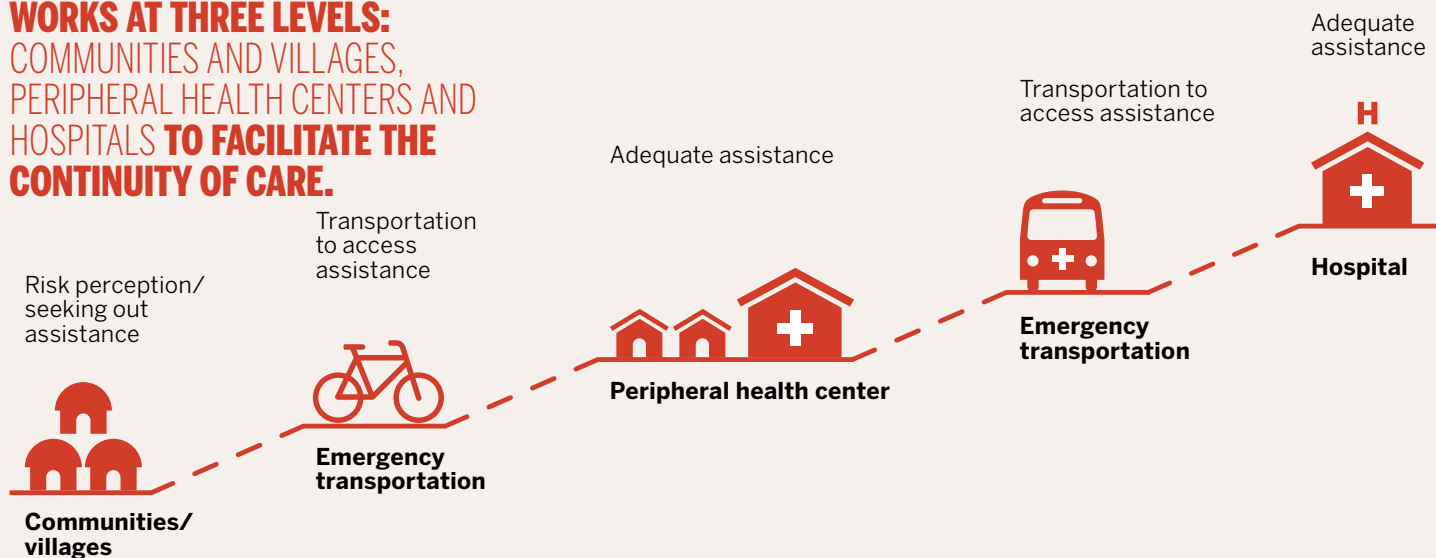
We surpassed those figures, attending 331,178 deliveries and treating nearly 11,000 severely malnourished children. But we need to do even better: it is unacceptable that even now women continue to die in childbirth, and children from malnutrition.

2022/
2027

MOTHERS AND CHILDREN FIRST: **PEOPLE AND SKILLS**

The third phase of the program features the same commitment to ensuring care for mothers and children in the first 1,000 days of the latter’s lives while also fostering the **development of human resources and skills**; indeed, workers are the key drivers behind improved health services and systems. The end goal is to improve access to quality health care, especially maternal and child services, and to ensure its sustainability and continuity over time in **8 countries and 14 hospitals** and surrounding areas.

DOCTORS WITH AFRICA CUAMM WORKS AT THREE LEVELS: COMMUNITIES AND VILLAGES, PERIPHERAL HEALTH CENTERS AND HOSPITALS TO FACILITATE THE CONTINUITY OF CARE.



A FAR-REACHING PROGRAM, WITH A CRESCENDO OF GOALS, RESULTS AND FUTURE PROSPECTS

In 2012, with the launch of the Mothers and Children First program, we set out on a journey that initially focused on ensuring safe, attended deliveries for expectant mothers, then expanded to the area of nutrition to help foster the development (cognitive and otherwise) of children in the first 1,000 days of their lives. The newest phase of the program, *People and Skills*, goes one step further, focusing on training in order to **fill the human resource gap and improve the distribution of health personnel.**

Phase One:
2012/2016
MOTHERS AND CHILDREN FIRST

4 COUNTRIES
Angola, Ethiopia,
Tanzania and Uganda

ATTENDED DELIVERIES
Target →
125,000

Phase Two:
2017/2021
THE FIRST 1,000 DAYS

7 COUNTRIES
Angola, Ethiopia, Tanzania,
Uganda, South Sudan,
Sierra Leone and
Mozambique

ATTENDED DELIVERIES
Target →
320,000

PRENATAL AND POSTNATAL VISITS
Target →
1,200,000

TREATMENT OF SEVERELY MALNOURISHED CHILDREN
Target →
10,000

PEOPLE AND SKILLS

In Africa today, there are an estimated 10 nurses/midwives and 0.34 doctors (which, putting official statistics aside, means not even 1 in practice) for every 1,000 inhabitants.

To continue to ensure access to quality maternal and child health services, skilled human resources – whose scarcity and inadequate distribution adversely affect such services in developing contexts – are critical.

The COVID-19 pandemic has led to the closure of schools and universities, with a further negative impact on the quantity and quality of health training opportunities.

Moreover, in recent years local health personnel have had to cope with far heavier workloads coupled with a lack of protective devices, from PPE to vaccines.

This is why the new program phase, **Mothers and Children First: People and Skills, focuses on developing human capital in order to improve health systems** and, consequently, also access to quality maternal and child services, as well as a determining factor in making these services sustainable over time.

Phase Three: 2022/2026 **PEOPLE AND SKILLS**

8 COUNTRIES
Angola, Ethiopia, Tanzania, Uganda, South Sudan, Sierra Leone, Mozambique and the Central African Republic

ATTENDED DELIVERIES
Target →
500,000

TREATMENT OF SEVERELY MALNOURISHED CHILDREN
Target →
16,000

TRAINING OF HEALTH MANAGERS
Target →
1,500

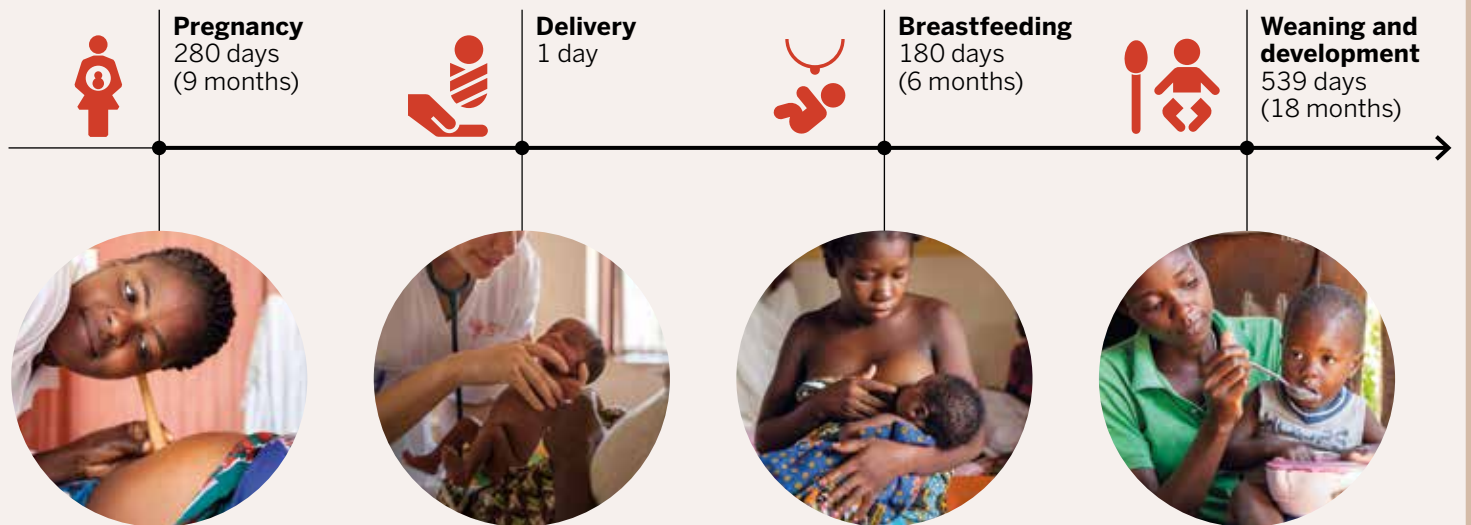
ITALIAN AND LOCAL MEDICAL RESIDENTS
Target →
500

OPERATIONAL RESEARCH PROJECTS
Target →
100

TRAINING FOR PATIENT CARE

Providing appropriate care to mothers and their babies during childbirth and in “the first 1,000 days” – i.e., the period between conception and a child’s 2nd birthday – entails timely interventions that depend, in turn, on strengthening health systems and training local workers.

A 1,000-DAY JOURNEY: 9 MONTHS OF PREGNANCY + THE FIRST TWO YEARS OF LIFE



In addition to on-the-job training, 9 local training schools will receive support:

- St. Luke Catholic Hospital and College of Nursing and Midwifery, Wolisso, Ethiopia;
- Tutoring of Ethiopian medical residents from the Specialty School in Orthopedics at St. Paul's Hospital Millennium Medical College in Addis Ababa, Ethiopia.
- Tutoring of medical students and pediatrics residents at the Beira Central Hospital in Mozambique;
- Tutoring of University of Sierra Leone obstetrics and gynecology residents at PCMH;
- Vocational training school at Rumbek Hospital in South Sudan;
- Midwifery training school at Lui Hospital in South Sudan;
- Tutoring of University of Bangui pediatrics residents, Central African Republic;
- Tutoring of residents in obstetrics and gynecology, pediatrics and internal medicine at the University of Dodoma, Tanzania;
- Training school for nurses and midwives at St. Kizito Hospital in Matany, Uganda.

A BRIDGE BETWEEN ITALY AND AFRICA

In collaboration with the Conference of Italian University Rectors and the medical specialty schools of several universities, Italian medical residents are sent to Angola's **Chiulo** Hospital, Ethiopia's **Wolisso** Hospital, Mozambique's **Beira** Central Hospital, Sierra Leone's Princess Christian Maternity Hospital (**Freetown**) and **Pujehun** Hospital, Tanzania's **Tosamaganga** Hospital, the Central African Republic's Pediatric Hospital Complex (**Bangui**), and Uganda's **Aber** Hospital.

Training lasts an average of 6 months and involves supervision by qualified mentors; residents then develop **operational research topics** as the focus of specialty theses or articles published in international journals, closing the circle from managerial and clinical practice to results evaluation to the elaboration of best clinical and organizational practices.

14 HOSPITALS 8 COUNTRIES

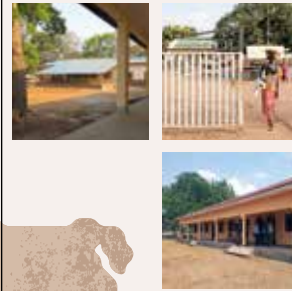
CENTRAL AFRICAN REPUBLIC

Bangui Children's Hospital



SOUTH SUDAN

Rumbek, Yiroi and Lui Hospitals
10 health centers and 30 health units



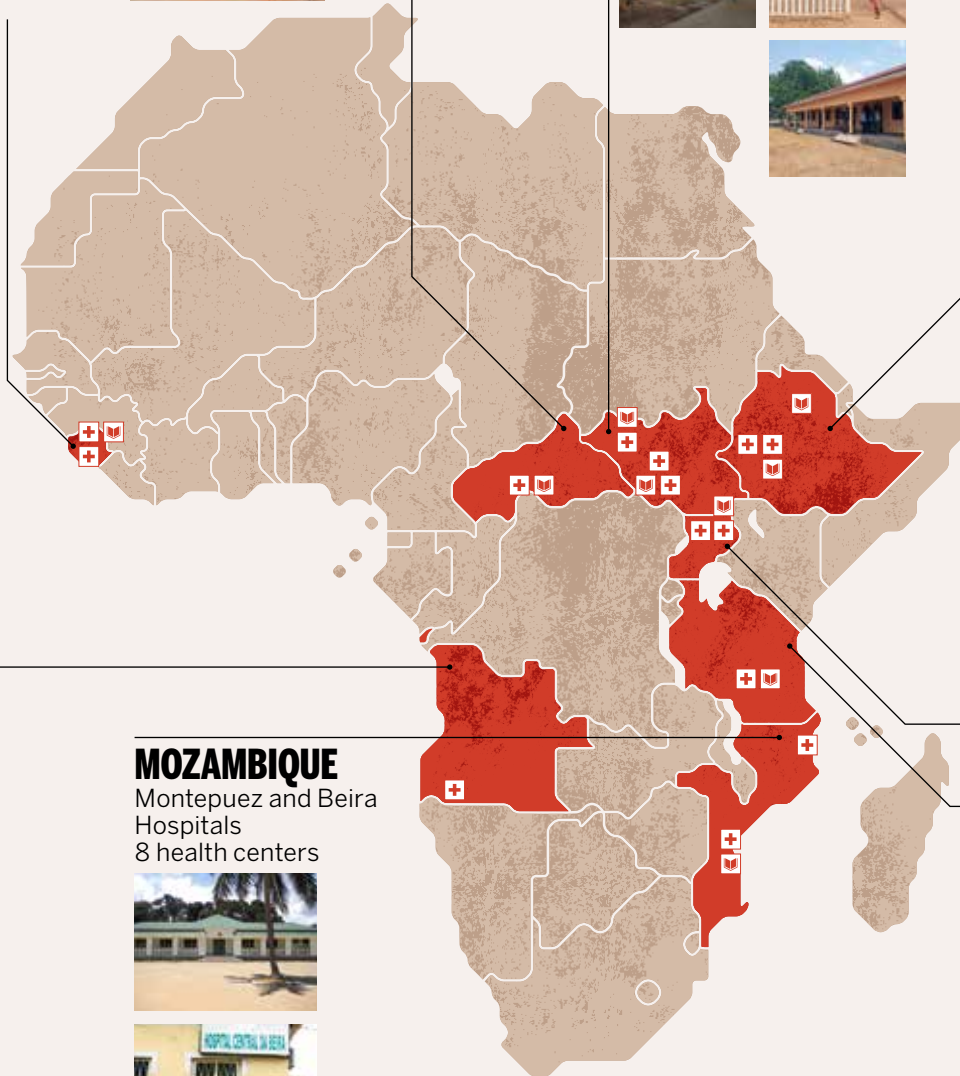
ETHIOPIA

Wolisso and Gambella Hospitals
20 health centers



SIERRA LEONE

Pujehun and Freetown (PCMH) Hospitals
13 community health centers



ANGOLA

Chiulo Hospital
3 health centers



MOZAMBIQUE

Montepuez and Beira Hospitals
8 health centers



UGANDA

Matany and Aber Hospitals
26 health centers

TANZANIA

Tosamaganga Hospital
6 health centers





AN ESSENTIAL FIGURE

In rural communities, traditional midwives play a crucial role in motivating pregnant women to go for prenatal visits, directing and accompanying them to health facilities to give birth, and later encouraging them to go for checkups with their newborns. Traditional midwives raise awareness in communities about the importance of delivering one's babies at a health center with the support of skilled personnel. They are truly essential figures.

"When planning for a year, plant corn. When planning for a decade, plant trees. When planning for a century, educate people."

Zygmunt Bauman

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PLEASE HELP SUPPORT OUR WORK

You can donate to CUAMM in the following ways:

- through postal account 17101353
- by bank transfer to Banca Popolare Etica, Padua, IBAN: IT 91H050181210 1000000107890
- online at <https://doctorswithafrica.org/en/donate/>

TAKE CARE OF A MOTHER AND CHILD FOR JUST €6 A MONTH

- | | |
|-----|--|
| €30 | helps a mother and her newborn through the exclusive breastfeeding phase |
| €40 | ensures a safe and attended delivery |
| €50 | ensures 4 checkups for an expectant mother |
| €80 | supports a refresher course for a midwife |

TOTAL €200
equivalent to just €6/month for 33 months (1,000 days)

FOR MORE COMPLEX SITUATIONS

- | | |
|------|--|
| €15 | provides ambulance transportation |
| €30 | provides medication for a hospitalized pediatric patient |
| €50 | provides operating room consumables |
| €60 | provides 6 months of outpatient therapy for an acutely malnourished child |
| €100 | makes possible a Cesarean delivery and blood transfusion in an obstetric emergency |
| €150 | allows a child with complicated severe acute malnutrition to be hospitalized |

TRAIN THE PEOPLE WHO HELP MOTHERS AND CHILDREN

- | | |
|------|---|
| €50 | covers the cost of a community training mission on the ground |
| €80 | provides a refresher course for a local midwife |
| €500 | helps train a community health worker |

HELP SUPPORT SCHOLARSHIPS

- | | |
|--------|--|
| €2,500 | provides a 1-year scholarship for a local midwife (schools in Wolisso, Lui and Rumbek) |
| €3,100 | provides a 1-year scholarship for a medical student at the University of Beira in Mozambique |
| €4,000 | helps cover the cost of training a physician in a specialty at a hospital facility |