

Supporting improved outcomes for neonates born in low resource countries through training and education

The Low Resource Countries Special Interest Group (LRC SIG) heads the Australian College of Neonatal Nurse's (ACNN) partnership with government, non-government and individual health-care workers in neighbouring low resource countries. Our focus is on supporting improved outcomes for small and sick newborns around the time of birth and throughout the neonatal period. On a global level we hold a commitment to maternal and newborn health demonstrated through the Every Newborn Action Plan, Sustainable Development Goals, Global Strategy for Women's and the Children's and Adolescent' Health and Global Financing Facility.



A baby's day of birth is one of the most dangerous days of their life and when they face great risk of disability

What we do..

- Support training and educational approaches that use socially just and sustainable solutions including capacity-building and collaboration with partners.
- Provide newborn resuscitation training and education to healthcare workers with an aim to reduce preventable newborn deaths.
- Provide education on neonatal care that will impact newborn health, including; infection prevention and management, kangaroo care, thermoregulation and care of the small and sick newborn.

How we do this..

Using a low-dose, high frequency approach to training.

- Studies have shown that low-dose, high frequency training is the optimal method for achieving impact. It uses a competence building approach that promotes maximum retention of clinical knowledge, skills and attitudes.
- This training is particularly beneficial for improving skills in initiation of stimulation and airway suctioning when needed at birth.

(Cavichiole et al., 2018; Isangula et al., 2018; Msemo et al., 2013)



There is a strong assumption that train-the-trainer programs contribute to the sustainability of projects due to their potential for up-skilling workforces rapidly, cheaply and exponentially.

However, this has not been demonstrated in the literature. As facilitation and continuation of training at the local level are not always considered, the effectiveness and sustainability of the train-the-trainer model becomes limited in low-resource settings. Shortages and poor retention of health workers particularly impact its success.

(Mormina & Pinder, 2018)

It is for these reasons the LRC SIG makes repeated training trips to sites throughout Papua New Guinea.

The training programs...

Training provided is underpinned by the *Early Essential Newborn Care (EENC)* and *Helping Babies Breathe (HBB)* programs. HBB is an evidence-based, hands-on training program designed for low- and middle-income countries to teach the initial steps of resuscitation needed within the first minutes of life.



“The objective of HBB is to have a birth attendant skilled in neonatal resuscitation at the birth of every baby in the world”



How to become involved...

1. **Training trips** – join the LRC SIG and receive emails detailing trips available or keep an eye out for notices in the members section of the ACNN website.
2. **Organise a ‘Making Birthing Kits’ event** – these kits are simple to put together and are incredibly important for clean, safe deliveries.
3. **Talk to your local Rotary Club or Soroptimist Group** – many of these clubs are eager to support training, education and sustainability projects.
4. **Join the LRC committee and/or meeting** – meetings held every 2nd Monday of each month.

5. **Fundraising and donations** – undertake a fundraising activity or ask friends to ‘purchase a gift’ through the ACNN website as a birthday or Christmas gift.

With your gift ACNN can buy training equipment and much needed supplies for healthcare workers such as solar lights and headlamps.

“Providing light to deliver babies safely at night”



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