

## 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 health-care workers of neighbouring low resource countries in the Pacific region. 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 aligning our strategies with the Every Newborn Action Plan, Sustainable Development Goals, Global Strategy for Women's and the Children's and Adolescent's 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*

[Surviving the First Day, State of the World's Mothers, 2013. Save the Children, May 2013]

### What we do...

- Use socially just and sustainable solutions to improve neonatal outcomes, including capacity-building and collaboration with partners.
- Provide education on health topics including infection prevention and management, kangaroo care, thermoregulation and care of the small and sick neonate.
- Provide education and practical training on neonatal resuscitation and care of the newborn to reduce preventable deaths.

### How we do this..

- In-country: we undertake reoccurring onsite education and training using a low-dose, high frequency approach. We have found this framework improves the sustainability of participants knowledge and skills.
- Virtual education: by partnering with Taking Paediatrics Abroad we provide monthly education sessions to colleagues to Fiji, Solomon Islands, Tonga and Vanuatu. These sessions are open to all South Pacific low resource countries.



### Why Low-dose high frequency...

- 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.
- It is particularly beneficial for improving skills in initiation of stimulation and airway suctioning when needed at birth. (Cavicchiolo et al., 2018; Isangula et al., 2018; Msemo et al., 2013)

*There is a strong assumption that train-the-trainer programs contribute to sustainability of projects with 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)*

### The training programs...

Training is underpinned by the Helping Babies Survive (HBS) programs. These include *Helping Babies Breathe (HBB)*, *Essential Care for Every Baby (ECEB)* and *Essential Care for Small Babies (ECSB)*. 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”*



1. **Education & Training** – join the LRC SIG and receive emails detailing education sessions and in-country trips available also see 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 Charitable Organisation** – many of these (e.g., Rotary, Lions, CWA, Soroptimist) are eager to support training, education and sustainability projects.
4. **Join the LRC committee and/or meetings as an observer** – meetings dates posted on the website.

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 this 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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