

SAVE the  
M&THERS.org

*Innovative Leadership  
for Maternal & Child Health*



2013 A YEAR IN REVIEW



FROM THE EXECUTIVE DIRECTOR, Dr. Jean Chamberlain Froese

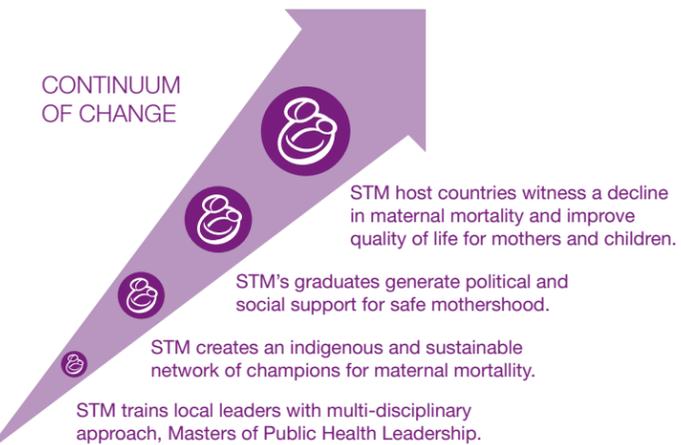
*One of the greatest feelings in the world is to see people you've helped to train, take the knowledge and expertise you've imparted to them, and utilize it effectively in ways you could never have imagined.*

If we can fix things for mothers – and we can – we can fix so many other things that are wrong in the world. Women are at the heart of every family, every nation. It's mostly mothers who make sure children are loved, fed, vaccinated, educated. You just can't build healthy, peaceful, prosperous societies without making life better for girls and women."

– Sarah Brown, Global Patron, White Ribbon Alliance

### THE IMPACT OF EAST AFRICAN STM GRADUATES

I couldn't have dreamed our East African STM graduates would be having the impact they are having: I'm speaking of **Virginia Plan** (school principal) who has transformed her primary school of 400 Ugandan children into a strong agent for change in the community through singing and dancing about safe motherhood; **Ivan Tibenkana** (Ugandan local mayor) who has harnessed funding from a local dam contractor to build a new maternity unit in his area; **Cathy Kizza** (journalist from Uganda) who has converted the national newspaper into a vehicle for promoting safe mother and child health. I think of others like **Rev. Meshack Kulwa** (Pastor) from Tanzania and **Lydia Kaleli Mwikai** (Teacher/Pastor) from Kenya, who are working with their local churches to promote maternal/child health in their communities.



### BEYOND UGANDA

The impact is being felt beyond Uganda; the demand for such training is tremendous, especially as Save the Mothers expands into East Africa. Here are some comments from current/prospective students in Tanzania:

"This is a great day for Tanzania: Save the Mothers has come to Tanzania."

"I am very interested in the Masters of Public Health Leadership. I am in the process of applying."

"It was such a delight to me, having met you. The more I think about it (MPHL program), the more excited I feel. I have my name registered in this great course."

Nearly 300 students from East Africa have joined the program—we now have two tracks of students (the Ugandan class and the East African international class). Most students are self-funded though we are building a base of scholarship sponsors for needy and strategic students.

### CONTINUUM OF CHANGE

The STM/Master of Public Health Leadership (MPHL) program was evaluated by Dr. Archana Gupta Narula, who described the continuum of change initiated by Save the Mothers—transformation generated through local leaders to bring lasting change to their communities. (see graphic to the left)

### MOTHER FRIENDLY HOSPITAL INITIATIVE

The Mother Friendly Hospital Initiative (MFHI) continues to emerge as a leader in bringing change to local hospitals so mothers and their babies can have safe, dignified deliveries. Through this initiative, Save the Mothers articulated TEN STEPS TO A MOTHER FRIENDLY HOSPITAL, a plan that is being implemented in eight Ugandan hospitals as part of a long-term strategy to roll out across East Africa. Our MPHL graduates—working with district leadership—evaluate each phase of the plan's execution, while serving as advisors to the health facilities. Step-by-step, small but critical changes are improving quality of care.

I think of a young mother I recently met at Kawolo Hospital in Uganda—the lives of both she and her baby were saved because of the care they received at the hospital. She needed a cesarean section; the Mother Friendly Hospital program had donated the operating room bed where she delivered as well as surgical equipment required for her care. The mother expressed how thankful she was for the good care she had received. Mothers in the community are hearing about improved care at the hospital and are voting with their feet—choosing, in increasing numbers, to deliver in the Mother Friendly Hospital where they can be assured of timely help.

In the developed world, we take for granted that hospitals will offer mothers safe and adequate care. In contrast, as I show international visitors the halls of many East African hospitals, they leave with tears in their eyes, exclaiming that no woman should deliver like women here do! The sustainable solution is the Mother Friendly Hospital—10 steps that make all the difference in the lives of mothers and their babies.

Dr. Jean Chamberlain Froese explains the Save the Mothers program to prospective students.

### THE FUTURE

Save the Mothers is actively recruiting East African professionals to join the MPHL program with its third intake of 25 students in February 2014. The demand is great—but the needs of poorer students (e.g. from Tanzania) are even greater. We're seeking to expand the financial support needed for these key indigenous leaders. STM is also eyeing a second training centre in West Africa. The Mother Friendly Hospital will incorporate new mobile technologies to improve access and efficiency of services for mothers in rural Africa—an initiative greatly assisted by grants from Stronger Together and Grand Challenges Canada. We are grateful for the support, but need to raise more funds to further expand this important program throughout East Africa.





FROM THE BOARD OF DIRECTORS, Highlights of 2013

**AUGUST 2012**

STM continues to host numerous students/recent grads from abroad that wish to spend an elective/work period in Uganda. This year at least 10 students participated in this life-changing opportunity.

**SEPTEMBER 2012**

The Partnership for Maternal, Newborn and Child Health (PMNCH) publishes a report, crediting Save the Mothers with helping to stimulate advocacy efforts for maternal health—and with getting the media talking about maternal deaths—in Uganda.

Save the Mothers contracts Patricia Paddey as part-time communications director.

Zoe Greenwald and Kaitlyn McDonald begin their internships on the campus of Uganda Christian University.

**OCTOBER 2012**

STM welcomes eighth class of students to the MPHL program.

**NOVEMBER 2012**

Dr. Jean Chamberlain Froese is profiled in “Made In Canada” a one-hour documentary produced by Crossroads Television System, and aired on CTS-TV.

Dr. Jean Chamberlain Froese awarded the Queen Elizabeth II Diamond Jubilee Medal.

Another successful fundraising gala is held, organized by Catherine Eeuwes and a team of volunteers, raising over \$110,000.

**DECEMBER 2012**

Save the Mothers (U.S.A.) holds inaugural board meeting in Pittsburgh, Penn., under the leadership of Dr. Stephen Noll, former vice-chancellor (president) of Uganda Christian University.

Save the Mothers launches a new blog and immediately starts attracting attention in the world of social media.

**JANUARY 2013**

Maranatha News begins a year of highlighting the work of Save the Mothers on their web site with news, videos and monthly opinion columns from STM personnel.

Representatives of Save the Mothers are honoured guests at a ground-breaking ceremony—for a new shelter for pregnant women awaiting services—at Uganda’s Mukono Health Centre IV. STM is credited with kick-starting significant donor campaigns that led to contributions of new mattresses, labour beds, building upgrades and repairs, and to the construction of the shelter itself.

Save the Mothers launches a monthly e-newsletter designed to build awareness and support among the STM community of donors and other stakeholders.

**FEBRUARY 2013**

The family of the late Leonard A. Kelton establishes a new scholarship—to be awarded annually to students of STM’s MPHL program—in his name.

More than 100 people gather for STM’s first ever Student and Alumni Dinner in Kampala, Uganda.

STM staff in Uganda host the United Nations University “Waters Without Borders” team, along with representatives from the University of Waterloo, McMaster University and the NGO, H2O 4 All. Over 150 delegates were in attendance with an increased call for improving safe water for mothers and their children.

**MARCH 2013**

STM receives funding from the Canada Summer Jobs program to hire nine students during the summer of 2013.

**APRIL 2013**

Afrinic awards Save the Mothers a \$10,000 grant through the Fund for Internet Research and Education. The money is used to make enhancements to STM’s East Africa web site.

**MAY 2013**

Dr. Jean Chamberlain Froese, Dr. Daniel Scott and STM volunteers join 4500 people from around the world to participate in the “Women Deliver” global conference in Kuala Lumpur, Malaysia. Dr. Jean makes a presentation on the Mother Friendly Hospital Initiative, while volunteers man a booth where several hundred contacts are made.

500 people in seven communities across Canada participate in “Steps to Deliver Change,” Save the Mothers’ annual fundraising walks, raising awareness and \$40,000 for our work in East Africa.

Dr. Jean Chamberlain Froese delivers the keynote address to a crowd of 525 at the city of Hamilton, Ontario’s 38th Annual Prayer Breakfast.

**JUNE 2013**

Dr. Jean Chamberlain Froese receives an honorary doctor of laws degree from the University of Waterloo, and delivers the keynote address to graduates of the Faculty of Applied Health Sciences.

The Sisters of St. Joseph of Hamilton, Ont. award their Mission Legacy Award to Dr. Jean Chamberlain Froese for her contributions to the field of maternal health.

Stronger Together granting partners award STM \$35,000 toward implementing a mobile technologies project with our Mother Friendly Hospitals.

**IMAGE CAPTIONS**

1. *Smiles for a special child at an STM party. Save the Mothers promotes prenatal education to prevent disability.*
2. *Recording a radio show to raise awareness about the work of Save the Mothers. From left: STM graduate Virginia Plan, singer/songwriter Ali Matthews, Host Ruth Coghill, Dr. Jean Chamberlain Froese.*
3. *Healthy baby, happy mother at Kawolo Hospital, one of eight hospitals enrolled in our Mother Friendly Hospital Initiative.*
4. *STM students march on International Save Motherhood Day*
5. *Our Mother Friendly Hospital Initiative works to improve both the physical assets and the standards of care so that mothers can deliver safely.*



1 STUDENT STORIES AND HOSPITAL PROFILE



A baby whose mother dies in childbirth rarely survives. One study estimated the risk of death to be up to 10 times higher for babies whose mothers die within the first 6 weeks after childbirth.”

– Source: *Surviving the first day: State of the World's Mothers 2013*



### GLADNESS MUNUO

Gladness, a journalist from Tanzania, has just completed the training portion of the Save the Mothers (Master of Public Health Leadership) program. She lives in Dar es Salaam, where she coordinates the Gender in Media in South Africa (Tanzania Network), part of a regional network of 14 countries. Gladness, 45, is training other journalists to advocate for safe motherhood.

She recently led a workshop during which she taught 25 Tanzanian journalists how to write about the issue. These journalists have since written stories and radio programs, reaching an estimated 32,000 people.

“I want to ... increase the number of journalists writing about safe motherhood,” says Gladness. “The STM program has ... empowered me, [giving me] confidence and information.”

### MOSES MUKHOLI

Since completing his MPHL training in April 2013, Moses has been promoted at his place of employment, and now oversees three projects assisting pregnant mothers, newborns, and youth.

But his influence extends far beyond his workplace. Moses, 42, has started a Youth Advocacy Club, through which 35 students have become peer-educators on reproductive health. He is a popular speaker at schools and youth conferences, and has launched a Reproductive Health Information Centre, providing counselling to thousands of young people.

He has addressed dozens of church leaders and congregations about safe motherhood, and contributes to his own church's Mission Board, advocating for safe motherhood.

Moses is also an advisor to the Mother Friendly Hospital Initiative at Mbale Regional Referral Hospital.

“It is our social responsibility to ensure that no mother should die during pregnancy and after delivery,” he says.

### NAKASEKE REFERRAL HOSPITAL - ON THE WAY TO BECOMING ‘MOTHER FRIENDLY’

Nakaseke Referral Hospital is located in the Nakaseke district of Uganda. It serves an estimated population of more than half-a-million people.

An average of 10 to 20 deliveries occur here every day.

When our Mother Friendly Hospital (MFH) team first began working with this hospital in July 2013, they identified several urgent needs. Old mattresses without covers were a breeding ground for infection. Broken windows in the maternity ward left mothers vulnerable to malaria-carrying mosquitos. Only two intravenous poles existed in the entire maternity ward, and a single privacy screen was in such bad shape it could only be used if held upright by a staff member during operations. Frequent power outages resulted in staff conducting operations by flashlight. The hospital had no functioning ambulance.

However, one of the most pressing needs was to address the rampant malnutrition in villages surrounding the hospital, by reestablishing the hospital's nutrition program, which had been halted due to lack of funds.

Since the summer, under the direction of the MFH team, lists of the most urgent needs have been compiled and prioritized. Plans for next steps have been drawn up. Repairs on repairable items have begun. Available funds have been earmarked for needed improvements. Community contacts have been established to enlist outside support, and media coverage is raising awareness of the move to get the hospital up to mother friendly standards. As for the nutrition program, it re-launched using donated funds, and is now offering weekly counseling and advice to local mothers.

### IMAGE CAPTIONS

1. *Graduates of Save the Mothers Master of Public Health Leadership program toss their hats in jubilation. They are now equipped to become agents of change for their communities.*
2. *Where have all the mothers gone? The death of one mother often leaves an entire family of orphans. These children are more vulnerable to sickness and death.*



**OUR MISSION:**

To train local leaders in the developing world to reduce maternal mortality within their own countries.

**OUR VISION:**

That no mother or child should die from preventable causes related to pregnancy and childbirth.

**OUR BELIEF:**

Access to quality maternal care in pregnancy and childbirth is a basic human right.

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