

Trainee Midwives from Anglia Ruskin University in Essex on their Elective at Kamuli Mission Hospital

The midwives arrived at Maria's Care on the day they the school was breaking up for a holiday and we were all treated to a wonderful concert. Some of the pupils clapped as others played Ugandan musical instruments and danced. Their little bodies twisted and turned in an amazing way to the rhythm of the music.



Harriet, Katharine, Deb, Rachel, Charlotte, Lucy.



The students wore their own scrubs, fob watches and shoes in Kamuli Mission Hospital. This trip was very well planned with Father Emmanuel, Sister Immaculate, Sister Regina, Sister Mary, Sister Anne and Dr Andrew. The first day they were in the class room with all the second year students, then they went to the Antenatal clinic where they watched and learnt how the Ugandan midwives weighed, measured and talked about the size of a baby and when the baby was due. They were also tested for HIV.



The Midwives were taken to do "Outreach" in different villages. The Ugandan midwives had a cooler box with serum for inoculations. One midwife would walk around the village encouraging Mums to take their babies to be weighed and have inoculations. This was a huge eye-opener to our ladies because of the conditions they found themselves in. They



often had to go in a vehicle to an outlying clinic 50 miles away to visit the Midwives and patients. They saw the staff accommodation, they live very sparsely but their rooms are spotless. 7 of them share 2 rooms! And there is no electricity. They have to budget, buy, cook and feed themselves and live totally independent during their time there.



People in the UK were very generous and the midwives handed over lots of in-date medical supplies. Also posters and midwifery books were given to Library staff. As well as being on the wards day and night attending to Mums and babies needs, the midwives had lots of fun.



There was a lot of laughter and some tears when lives couldn't be saved (that was mainly Rhona). The local staff put on a "Students' Got Talents" concert in which our ladies sang as well.





The Midwives saw how the student nurses started their day by hoeing the ground before planting. One highlight was giving out about 300 bras; another was when everyone was rowed in a boat around Kyoga Lake.

The midwives wrote:

The hospital was an eye opener, they work on the minimum of resources but every single item is used to its utmost potential. Sadly, infant mortality rate is very high in Kamuli, there are also a high number of uterine ruptures - mainly due to the number of pregnancies each woman goes through, but they are incredible in the way they deal with the pain (there is no pain relief given unless a c-section is being carried out) but they do not cry or complain, they are utterly stoic. They have such a strong faith in God and appear to accept each outcome as His will.



One of our biggest observations was how every part of practice was improvised and the creativity that the staff and students have is amazing.



In England we so often rely on our equipment and resources and let some of our skills lie redundant, whereas the Ugandan students and staff trust their instinct and knowledge to guide them in their care.

The last night was great fun when the Kamuli Midwives held a party to say thank you to the UK midwives. Everyone had a trip of a lifetime and thoroughly enjoyed themselves/ both Ugandan & UK midwives learnt a lot from one another.



Some of the Midwives and student nurses with Rhona