



Enhancing Quality of Maternal and Child Health Care in Rural Tanzania through 'Hands On Simulation Practices'

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Introduction

- Too many women and babies die from pregnancy-related complications
- Most deaths are easily preventable
- Common causes of death:
 - Maternal → high blood pressure and bleeding
 - Baby → lack of spontaneous breathing at birth, prematurity, infection
- Providers can save lives with good skills and quick actions

What is the Problem?

- Emergencies happen frequently, are scary, and action must be quick
- Most health workers were taught most emergency skills through theory. They rarely use these skills
- Providers in rural areas have limited on job training and lack mentorship
- Government and partners provide theory-oriented refresher workshops
- Again, not all health workers were exposed to adequate practical skills during their training







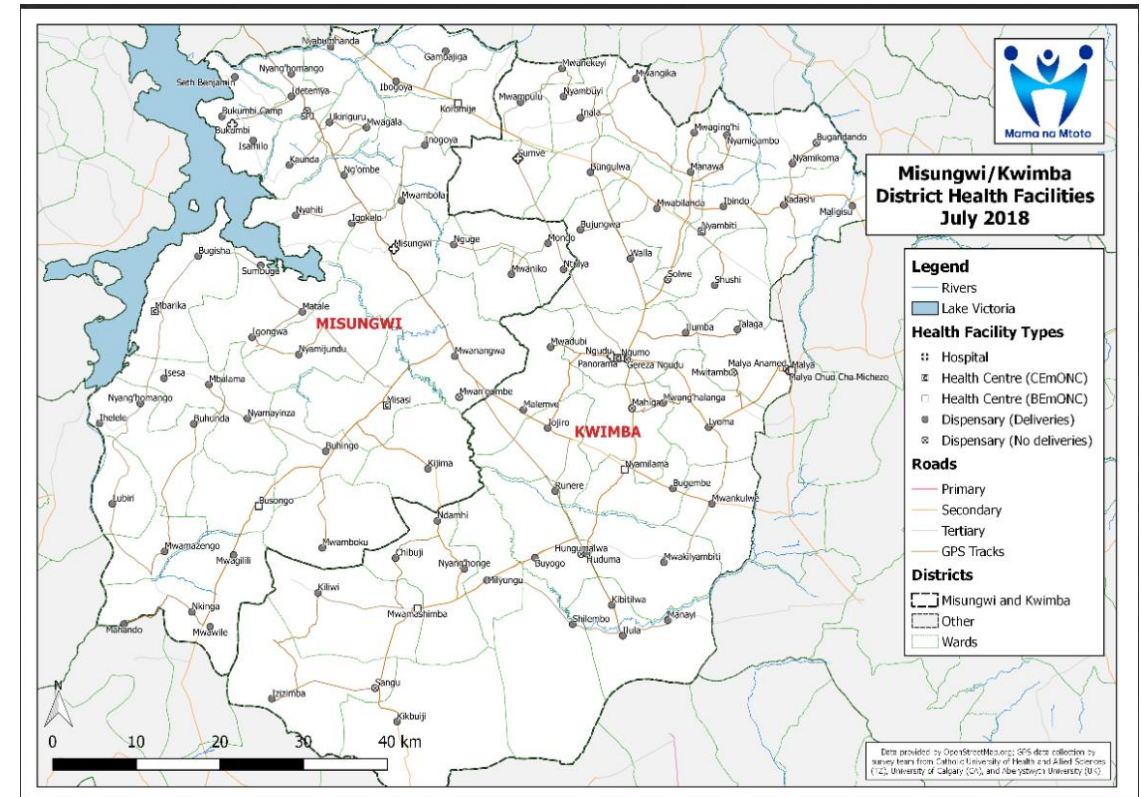
Our Solution?

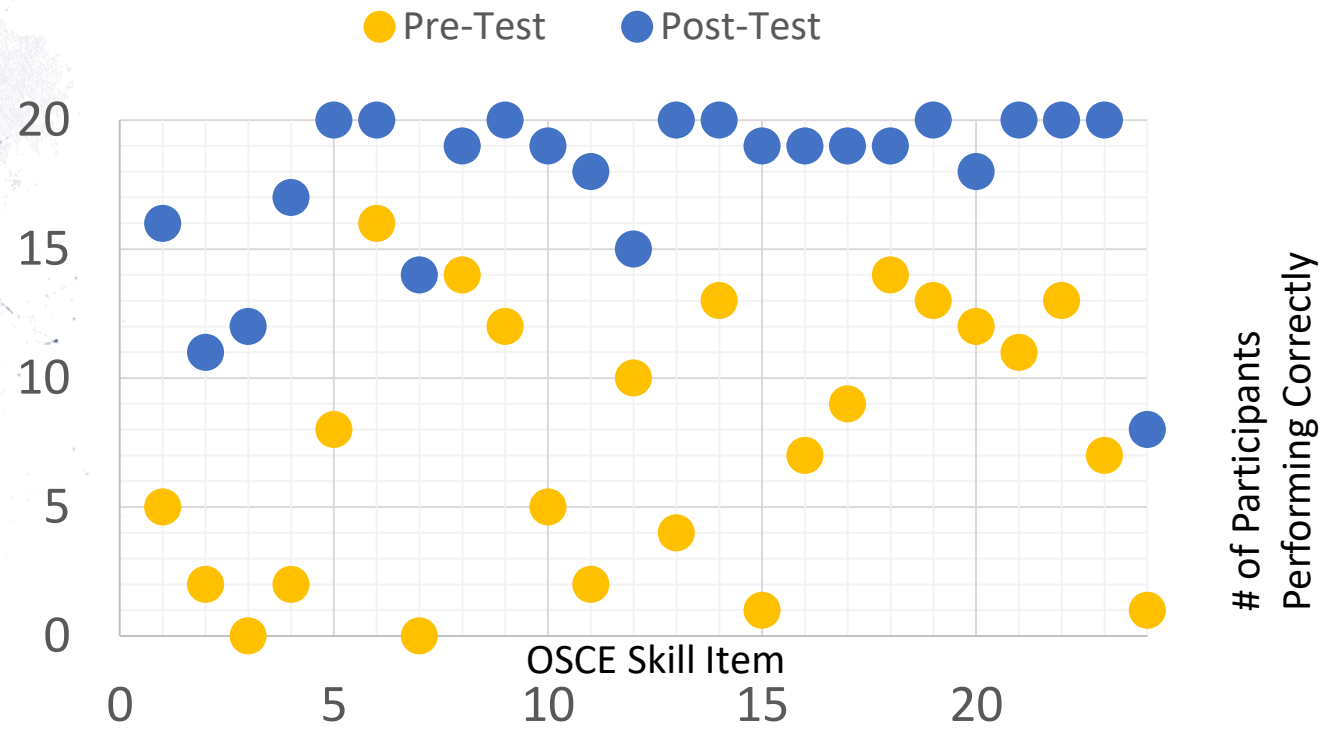
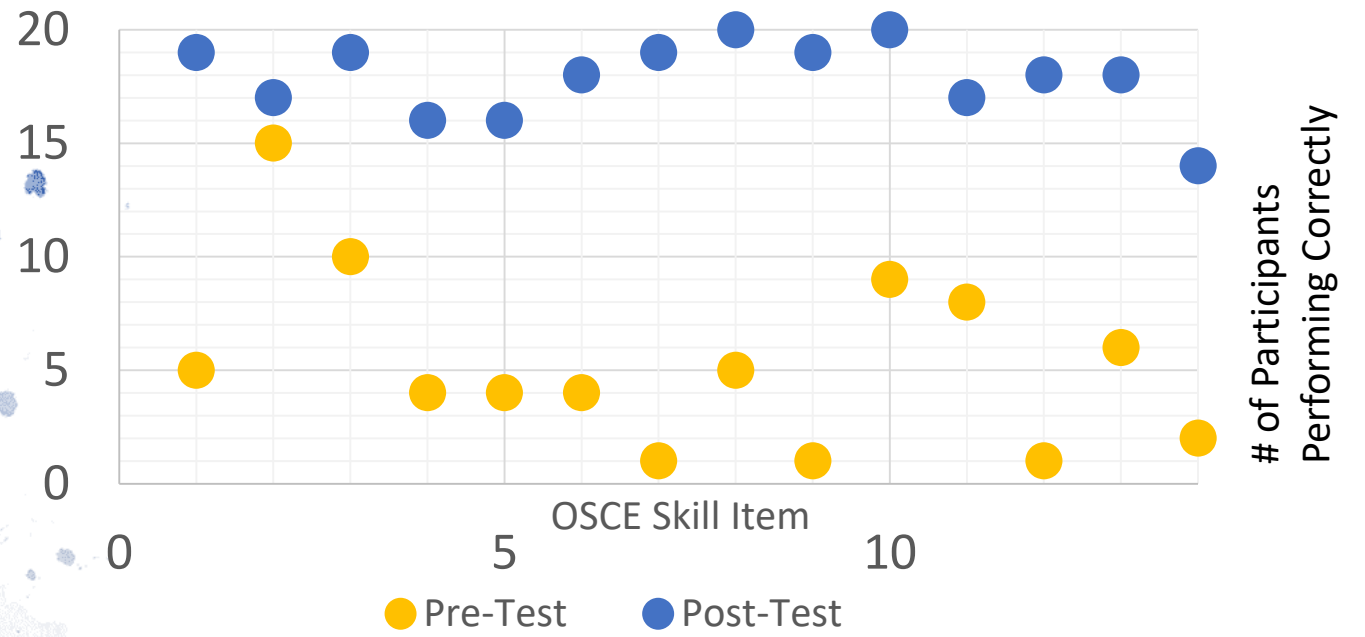
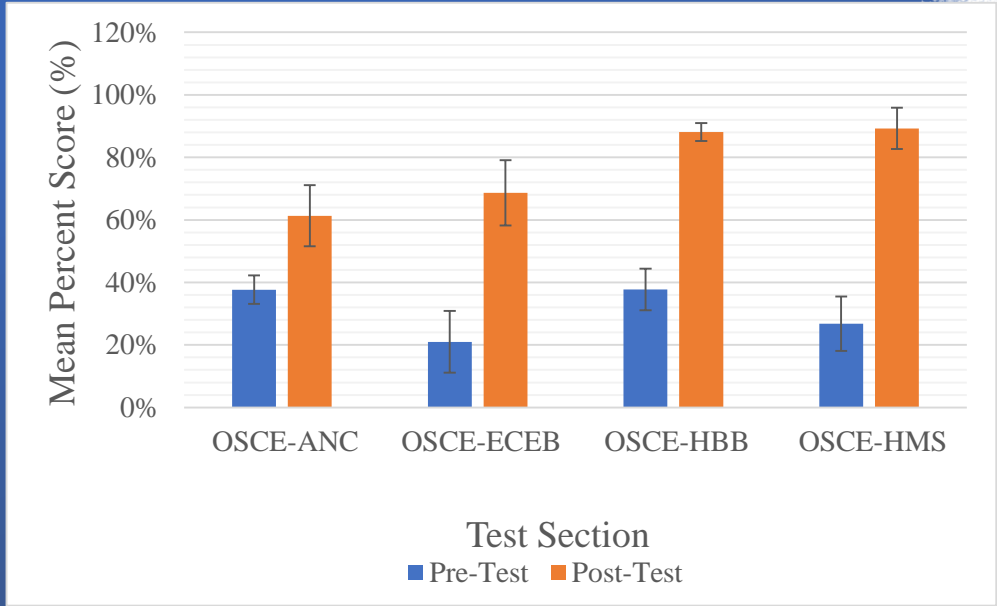
Hands On Simulation

- Simulation in health care is an emerging field
- Has been used high-income countries using expensive, high tech mannequins. However, the practice matters not the price
- We developed a 6-day workshop, using \$50-75USD dolls, 'hands on' role plays through common emergency scenarios
- They learn 'hands on' practice of quality improvement, teamwork, respectful care and infection control
- This method costs less money and time than standard 'theory workshops'

Our Study

- Initial pilot involved 20 health workers
- Assessed their **skills** in real life scenarios before and after the workshop
- Subsequently trained 200+ additional rural health providers





How to
maintain
skills?

Initial 'hands on' workshop



'Simulation practice
stations' (50% facilities)
Sim. equipment provided
'peer-to' peer card cases



Reassess skills
(6 and 12 months)

Recommendations

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- Simulation training for MNCH practical skills and emergencies should be included for every health worker who will conduct deliveries
 - Hands on training is an effective form of refresher training—consider replacing expensive and long theoretical training
 - We need to find and prove scalable innovative approaches like simulation sites, mentorship and peer practice to maintain skills over time





Safe Travels!

Acknowledgements



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