

REPORT OF THE LAMRN WORKSHOP FOR PRACTICING MIDWIVES HELD AT CODZY LODGE IN ZAMBIA ON 27TH – 30TH AUGUST 2013

Introduction

The Lugina Africa Midwives Research Network was a development of the original AMRN (Africa Midwives Research Network) of 1992. The aim of the network is to develop a thriving, collaborative, sustainable, midwifery research network with the capacity and skills to strengthen evidence-based practice, thus improving care for women and babies. Member countries include Kenya, Malawi, Tanzania, Uganda, Zambia and Zimbabwe. The network is run in collaboration with the University of Manchester, UK.

As part of our project is to increase midwifery research capacity in Africa, we want to discover which areas of research are considered most important for midwives. To that effect there are four workshops planned for the midwives of which the first one was held in August 2013. The topics covered during the workshop are indicated see attached annexes 2 and 3. The objectives of the workshop were:-

- ▶ To identify research priorities (based on MDGs), through a Delphi approach.
- ▶ To use the priorities to conduct research activities, with 'alongside' training.
- ▶ To develop a collaborative research partnership.

There were 18 participants and the midwives gave the following expectations for the workshop:-

1. To know other members for networking in the southern region of Africa / globally
2. To learn more on how to translate research findings into practice
3. Learn more about LAMRN and its life span

4. To gain knowledge on research and how to write a research proposals
5. To learn more on different types of research methodologies and evidence based practice
6. To be able to conduct a successful research in relation to midwifery / health related matters.
7. To acquire knowledge and skills on how to conduct research
8. To learn how research will help improve my career
9. To be able use the research findings in my practice as a midwife
10. To share my research findings with other midwives
11. To be able to conduct research that will be adopted and bring change in the care of women
12. To know how evidence based care can bring about improvement in quality care to clients/ patients
13. To learn new ideas on midwifery care
14. To learn the value of research
15. To learn more on the activities and benefits of LAMRN
16. To learn how guidelines and protocols are developed
17. To learn how to conduct literature review
18. To have incentives such as money for motivation

The workshop commenced with an opening prayer daily and there 18 participants for the first 2 days and on the third day 3 participants worked with the facilitators on planning as they are going to conduct their research and present at the end of the training.

Presentation by Dr. Maimbolwa

Thereafter the participants were informed of the year planner of the lined four (4) workshops which will be held in 27th August, 2013; 26nd November, 2013; 3rd May 2014; 4th January, 2015 respectively. The first workshops covered the development of research ideas into workable questions, Research design and methodology, Ethics, Reflection on individual learning

Develop plan for sharing research knowledge in clinical area. The activities for the third workshop will include practical approaches to data collection, how to analyze data and the third workshop will be on presentation skills (3 midwives to present their studies), writing for publication and writing on lessons learnt Lessons learnt as a group and individual including planning for future development and a post-training questionnaire will be administered. There will be a LAMRN conference which will take place in January 2015 where LAMRN midwives will submit an abstract present their scientific papers.

Presentation by Prof. Tina Lavender

The presentation was on Evidence based practice and the participants were divided into groups 1-4, and given 15 minutes, 10 minutes for discussion and 5 minutes to a presentation. The group work is presented below with responses.

Group 1	Group 2	Group 3	Group 4
a. What is Evidence? - Anything that you see, experience, read or told about. b. What do you base your decisions on in practice? - Experience - Guidelines and protocols - On literature - Observations - From history given by patients/clients	a. What is Evidence? - Evidence is proof of facts - Exhibit of something - Truth of the matter. b. What do you base your decisions on in practice? - On evidence - On guidelines - Acquired knowledge	a. What is Evidence? - Information that can be proved - Something factual that cannot be disputed b. What do you base your decisions on in practice? - Experience (past) - Guideline research	a. What is Evidence? - Something real or true - Something proven to e true - Something supporting a claim or belief b. What do you base your decisions on in practice? - What is learnt from school or from

<ul style="list-style-type: none"> - On cultural beliefs and practices 	<p>(e.g. school, workshops, research)</p> <ul style="list-style-type: none"> - Experience - On priority 	<p>findings (research findings)</p> <ul style="list-style-type: none"> - Observations - Knowledge and skills acquired - Cultural norms and beliefs in the area 	<p>others</p> <ul style="list-style-type: none"> - Reviewed literature - Past experience - Guidelines from M.O.H and other stakeholders
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The 2nd presentation was on practice that is based on evidence. The various groups reported as shown below;

GROUP 1

- Prevention of mother to child transmission of HIV by use of ARVs
- Active management of 3rd stage of labor by use of oxytocin
- Use of non-pneumatic Anti shock garments (NASG) in Post -Partum Haemorrhage

GROUP 2

- Infection prevention
- Use of oxytocin
- Bladder emptying for prevention and control of PPH

GROUP 3

- Use of oxytocin in 3rd stage management of labour

- Use of ARV prophylaxis in PMTCT (early intervention)
- Use of vaccine to prevent diseases

GROUP 4

- Focused Antenatal care
- Active management 3rd stage of labor
- Use of partograph

PRESENTATION BY Dr MAIMBOLWA

The participants discussed the issue of translating evidence into guidelines and various guidelines from practice were discussed and participants were asked as to where the evidence integrated into the guidelines were derived from. There were varied reasons which were not anchored on research. It was shown that the midwives were not very familiar with where to get the evidence from. They expressed that most of the labor suits had no reference materials.

Day 2

The second day participants were asked as how they see their role in LAMRN? The participants covered these topics

- Narrative v systematic review
- Critiquing the literature (practice) Based on research priorities
- Feedback from critique
- The way forward

Thereafter the groups made group presentations.

QUESTION 1: How do you see your role in LAMRN?

- Networking with others.
- Learn and share with one another
- Identify problems

QUESTION 2: How will you contribute?

- Recruit more members
- Train other midwives within our institution.

QUESTION 3: What do you want to gain?

- Gain Knowledge.
- Reduce maternal and neonatal mortality.
- Apply evidence based into practice
- Improve practice.
- To be recognized as researchers

The participants were further asked to think of 3 clinical practices that they did in the clinical practice that thought was evidence based.

The response was 3 clinical practices that you do that are evidence based

- PMTCT

- Active management of third stage of labor.
- Use of vaccines

PRESENTATION 3:

What skills do you think you need to conduct a narrative or systematic review.

a) Narrative skill reviews

- Vocabulary skills
- Writing skills
- Reading skills
- Listening skills

b) Systematic review.

- Planning skills.
- Procedural skills.
- Enhancing skills.
- Analyzing skills.
- Research skills.

PRESENTATION 4:

a) What literature would you look at when conducting literature review?

- ❖ Published and unpublished researches
- ❖ Journals
- ❖ Books
- ❖ Guidelines

- ❖ Internet
- ❖ Manuals

b) Where do you find the literature?

The participants gave the following responses;

- ❖ Library
- ❖ Internet
- ❖ Scholarly articles
- ❖ Research guidelines.

PRESENTATION 5:

Think of what key words you would choose to find evidence related to your research priority topics.

PRIORITY TOPICS.

What interventions successfully prepare midwives for obstetric and neonatal emergencies in the rural /hard to reach areas?

KEY WORDS.

The responses included the following words;

- ❖ Mid wives
- ❖ Obstetric emergencies.
- ❖ Neonatal emergencies.
- ❖ Prepare.

GROUP PRESENTATION 6:

CRITICAL APPRAISAL.

A research article was given to the group to critically appraise. The skill to conduct this exercise was not easy for the participants.

At the end of the workshop the participants were given an evaluation form for the workshop to which the responses will guide the 2nd workshop.

Day 3:

There were three (3) midwives who remained and are going as a group. This day was spent on planning for the assignment. There were discussions on systematic/narrative review of literature.

Conclusion

Most of the midwives expressed that this was their first time to undertake training in research and this could be proven by the responses given by the participants. There were also participants requiring computer literacy.

ANNEXES

ANNEX 1

WORKSHOP PROGRAM

NAME	Contact details: email, phone no, address	Place of Work	Qualifications & number of years' experience	Research experience
1. Nayame Mercy	<u>Mercyna2@yahoo</u> <u>.co.uk</u> 0977846352	Kitwe DHMT	Registered Midwife	Minimum experience
2. Phiri Mwamba Benadatte	<u>benadettemwamb</u> <u>a@gmail.com</u> 0966340266	P.O Box 70672 Ndol a DHMT	Registered Midwife	Minimum experience

3. Franscesca Msiska	<u>Francescamsiska@yahoo.com</u> 0966430768 / 0977460730	UTH	Registered Midwife	Average experience
4. Elizabeth M. Siyame	<u>emsiyama@yahoo.com</u>	CIDZ		
5. Nkhuwa M.Cecilia	<u>ceciliankhuwa@gmail.com</u> 0977394482	Ndola Central Hospital	Registered Midwife	Minimum experience
6. Chowa Tembo Kasengele	chowatembo@gmail.com	P.O Box 730096 Kawambwa District community Medical Office	Registered Midwife	Average experience
7. Chimalo Setswayo	setswayo@gmail.com 0979478794 or 0968830525	Chadiza	District Registered Midwife	Minimum experience

8. Maureen sianga	Maureen_sianga@yahoo.com 0977534067/0965408730	Lusaka trust	Registered midwife	Minimum experience
9. Ireen Daka Banda	ireendakabanda@yahoo.com 0955990940 or 0966990940	Petauke District	Registered Midwife	Minimum experience
10. Martina Chima	martinachima@yahoo.com 0977540426	University Teaching Hospital	Registered Midwife	Minimum experience
11. Kutemba Lyanganda	lyangendakutemba@gmail.com 0977367810	University Teaching Hospital	Registered Midwife	Minimum experience
12. Gladys Malungo	gkmalungo@yahoo.com	Kalingalinga clinic		Minimum experience

13. Wonda Hankombo Mulunda	wandamulunda@yahoo.co.uk 0977612210	Kalulushi General Hospital	Registered Midwife	Minimum experience
14. Mirriam Masheka Mwamba	mwambwamiriam@gmail.com 0979570798	Lewanika hospital Mongu	Enrolled Midwife	Minimum experience
15. MAJOR H. N. PHIRI	happynalomba@yahoo.com 0973581552	Kabwe DEFENSE		Minimum experience
16. Mr. Musonda Muswala	Muswalamuso@gmail.com 0977333054	Chikankata hospital	Registered Midwife	Minimum experience
17. Phieldah Kabalo Daka	phieldahdaka@yahoo.com 0977860185	Lusaka DHMT	Registered midwife	

18. Loveness Kabwita Chikumbi	lovechikumbi@ya hoo.co.uk 0971693847	L/stone General Hospital	Registered Midwife	Minimum experience
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	Day 1 (20 midwives)	Day 2 (20 midwives)	Day 3 (3 midwives)
08.30 - 09.00	Registration	Recap of day 1	Introduction to role
09.00 - 09.30	Welcome and introduction to role <i>Dr Maimbolwa</i>	Narrative v systematic review – overview <i>Dr Maimbolwa</i>	Developing a protocol for systematic/narrative review (based on priorities) <i>Dr Maimbolwa & Prof Lavender</i>
09.30 - 10.00	Introduction to LAMRN and progress to date <i>Dr Maimbolwa</i>	Conducting a literature review (based on priorities) <i>Prof Lavender</i>	
10.00 - 11.00	What is evidence based practice? Group work, what informs practice? <i>All</i>		
11.00 - 11.30	Break	Break	Break
11.30 - 13.00	What is evidence based practice? Examples of evidence based practice. <i>Prof Lavender</i>	Critiquing the literature (theory) <i>Prof Lavender</i>	Developing a protocol for systematic/narrative review (based on priorities) <i>All</i>
13.00 - 14.00	Lunch	Lunch	Lunch
14.00 - 15.00	Translating evidence into practice – clinical guidelines <i>Dr Maimbolwa</i>	Critiquing the literature (practice) Based on research priorities	Developing a protocol for systematic/narrative review <i>All</i>

		<i>All</i>	
15.00 - 15.15	Break	Break	Break
15.15 - 16.30	Research priorities – The Delphi Process <i>Dr Maimbolwa</i>	Feedback from critique The way forward Workshop evaluation <i>All</i>	Developing a protocol for systematic/narrative review <i>All</i>
16.30	Close	Close	Close