

*“Women are not dying because of diseases we cannot treat, they are dying because the societies have yet to decide that their lives are worth saving”*

Prof Mahmoud Fathalla, Past President FIGO.

### The Problem:

**800 mothers and 5,000 babies die at childbirth every day - most are preventable!**

**Calmed:** (Collaborative Action in Lowering of Maternity Encountered Deaths) - should bring hope to individuals and organisations working towards reduction of preventable maternal deaths (and lowering of associated morbidities and new born deaths). Its core principles are based on evidence and include improved access to safe motherhood, through training, empowerment, and quality improvements.

**Vision:** Rapid progress towards zero preventable maternal deaths in the target population, through Calmed programmes to counter impacts of medical, public health and social/economic issues responsible for maternal and new born deaths in low resource settings.

### Mission

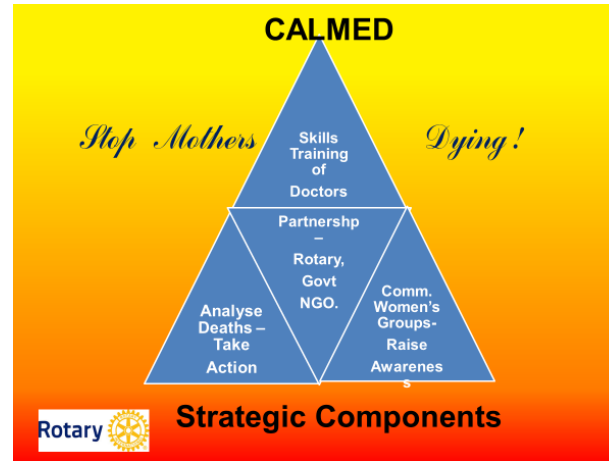
**a. Increase in number of trained health care workers** (doctors, nurses and midwives) capable of providing emergency care to mothers and babies at the time of childbirth, using the “training the trainer” model. Modern methods of knowledge and skills transfer including extensive use of Simulators, Videos, Charts, and Role playing are used for training and retraining, increasing the number of trained professionals .

**b. Community mobilisation** - raise awareness of women’s and children’s health related issues including family spacing and ensure wellbeing through village women’s groups, supported by ASHAs (Accredited Social Health Activists).

**c. Surveillance in partnership with Government** health department (NRHM in India) to analyse all maternal deaths, identify avoidable factors and ensure corrective action - MDSR (Maternal Death Surveillance Response)

**d. Quality improvement** in training methods, access to

care, delivery of care and important behavioural changes of all key players.



**Resources available:** Funding through Rotary Foundation global grants; support of Vocational Training Team members (Faculty), who are Consultant Obstetricians and Midwife Tutors; support of our Global partners, NGOs and Government; Training resources including Manuals, Simulators and Videos.

**Global Partnerships:** Add strength to the programme and includes FIGO (International Federation of Obstetrics and Gynaecology), GLOWM (Global Library of Women’s Medicine), Laerdal Global Foundation, MAF (Medical Aid Films), IFRD (International Rotarian Doctors Fellowship) and RFPD (Rotarian Action Group on Population Development).

**Phase 1 - Pilot Studies:** Calmed programme was introduced as a Pilot programme in Sikkim in 2013 and Gujarat in 2014, India, as Rotary Foundation Global Grant VTT (Vocational Training Team) programmes.

Partnership and collaboration between Rotary and Government (NHM) is at the heart of this Rotary programme, initiated, planned implemented and supported by Rotarians.

### VTT Implementation Scenarios:

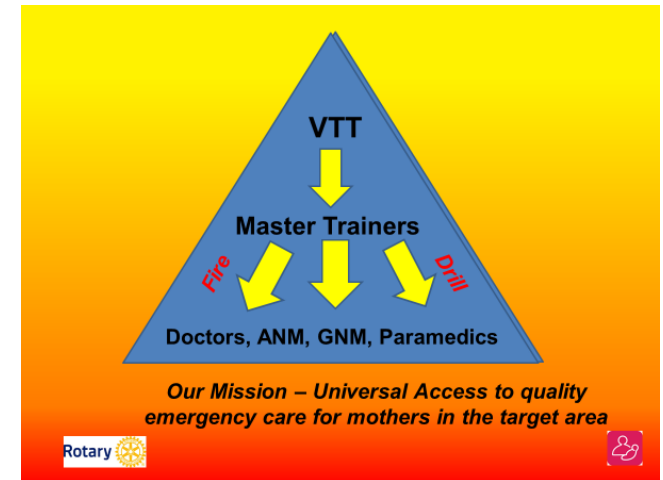
Three graded strategies of Calmed VTTs (Vocational Training Teams) can be recognised, based on need and availability of resources.

### VTT 1

VTT (Faculty of 2-4 experienced trainer doctors -one visit only) trains a group of doctors and nurses (about 10 to 20) on emergency care of pregnant women and new-borns– suitable for several smaller hospitals or a single large hospital.

### VTT 2

VTT (Faculty of 5-7 experienced trainer doctors) train a group of basic trainers (20 to 25), who then qualify as master trainers, following appraisal → they train others (30-40 at a time time) – 2 return VTT visits for further training – suitable for several larger hospitals or many smaller hospitals.



### VTT 3 or VTT plus - *the most effective strategy.*

VTT (Faculty of 5 to 7 experienced trainer doctors) trains as in 2, plus VTT undertakes:

- training ASHA trainers (15 to 20) in raising community health awareness
- support to Government analysis of all maternal deaths – correction of deficiencies identified (MDSR);
- support of practice enhancements including postpartum contraception, use of anti -shock garments (NASG), WHO check list, etc. per local needs, use of Tele Medicine, Community First Responder, Kangaroo Mothercare (KMC), all supported and approved by the Government.

## Outcome of Pilot Studies

Following three VTT training episodes in Sikkim, there has been sustained improvement. In three years (2013 to 2016), maternal mortality ratio is halved. Forty-five mothers and an estimated 300 babies were saved, in a population of 0.7 Million. Nearly two hundred extra professionals were trained in emergency care of pregnant women. They confirmed increased confidence and other behavioural changes. Initial data from Gujarat following VTT visits in 2014 and 2016, show similar trend. The numbers of extra professionals trained is estimated to be 30-40 per year, for the next three years. We expect saving 65 mothers and 400 babies per year in the target population of 2.5 million.

## Recognition

The Calmed programme has received two recent prestigious awards - Rotary International GBI Champions of change award (2016) and Times Sternberg award (London, 2016)

## Looking to the future:

**A. The Calmed VTT programme** (as in Phase 1), supported by the Rotary Foundation can also be replicated in other needy areas of the world including Africa and SE Asia. Programme partnership and quality control are at the heart of the programme.

**B. Phase 2:** Successes of the programme has paved the way to establishing Maternal and Child Health Academies (MCH Academy) with output designed to

accelerate progress towards zero preventable maternal mortality. These Academies will support training, accreditation, and output through trainees in mother and baby care at diploma, graduate, master, and doctorate levels. These will offer long term training for future generations of professionals including Rotary Scholars (Obstetrics, Paediatrics, and Public Health), provide academic support, promote research and maintain a momentum to give local ownership and sustainability to the Calmed Rotary programme.

## What can you do?

- Identify an area of need
- Seek support of TRF Cadre Advisor on MCH, Rotarian Action Group on Population Development, Rotarian Doctors Fellowship
- Partner with Government, Rotary
- Apply for a TRF Global Grant
- Implement and support Calmed VTT Global Grant in your target area

## Further information

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## International advisers

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## Our Coilaborators:



# Stop Mothers Dying!

## Collaborative Action in Lowering of Maternity Encountered Deaths (Calmed)

## A Rotary Initiative by Rotarians in Districts 1120, 3051 & 3240

Programme Director PDG Dr Himansu Basu