

June 4, 2014

Hatiya Sub Health Post, Baglung District

Lalita is a 21-year-old from the town of Pandavkhani who was expecting her first child. She did not want to go to the birthing center, as her mother in law told her that a woman should deliver in her home and not with strangers. After listening to Gyanu, the local Female Community Health Volunteer doing community training on safe motherhood, Lalita became a little concerned and she allowed Gyanu to give her a check-up. During the check-up, Gyanu became worried as the placement of the baby felt wrong (bottom first). She talked to Lalita and her mother-in law and finally convinced them to let Lalita go to a hospital for delivery. During a very bumpy jeep ride to the hospital, Lalita began feeling contractions. As they kept driving, Lalita's contractions had become extremely painful and they decided to stop and find the nearest birthing center in Hatiya at 3 a.m. The local skilled birth attendant, Jamuna Thapa, immediately examined Lalita to find that she was entirely dilated and ready to give birth. The skilled birth attendant also confirmed Gyanu's suspicions that the fetus was in the dangerous breech position (bottom positioned to come first, rather than head). Last, but not least, the skilled birth attendant noticed that the membrane was meconium stained, an indication of fetal distress. The skilled birth attendant discussed the complications with Lalita and her mother in law, who consented to deliver the baby in the breech position. The baby was born at 4 a.m., but he showed signs of a dangerous birth asphyxia—he was not crying, his extremities were lifeless, and his body was blue. The skilled birth attendant used her One Heart World-Wide training and cleared the baby's airways and performed a bag and mask resuscitation. After 20 minutes the baby finally began to breathe alone. Lalita and her baby were watched overnight and when they appeared to be in good health the next morning, they were discharged. The skilled birth attendant said, "I am proud that I could save the life of mother and baby. I am thankful to One Heart World-Wide for their support to provide equipment in our birthing center. Anything could happen to mother and the baby because she was almost going to deliver the baby on the way and her mother in law does not have the knowledge to help such a complicated birth." Lalita herself is thankful to Gyanu, the Female Community Health Volunteer from her community. Without her support, she would have delivered at home and both her life and her baby's life could have been lost.



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September 21, 2014

Gwalichaur Sub Health Post, Baglung

Kalpana is a 19-year-old from the town of Jaljala, a remote village in the Baglung district. She was in labor with her first child. Anila, the local Female Community Health Volunteer helped her family organize her transport to the nearest birthing center of Gwalichaur. Kalpana had to be carried on a stretcher because there are no roads between Jaljala and Gwalichaur. Thankfully, Anila had been ready after her training with One Heart World-Wide. She had a plan in place to evacuate women in labor to Gwalichaur and a stretcher ready for the occasion. Once Kalpana arrived at the birthing center, the local skilled birth attendant, Asha, examined her and determined that the baby was doing fine and soon ready to be delivered. Asha proceeded to deliver the baby. All went well until Kalpana started bleeding and would not stop. Asha gave Kalpana some medicine to stop the bleeding, and after a while, the bleeding finally stopped. Asha was a bit worried about Kalpana, because she was very pale. She kept her under observation for 2 days to make sure she did not start bleeding again. Kalpana's family were very worried about her and very thankful to Asha for saving her life. They are also very grateful to Anila (the local Female Community Health Volunteer) who helped them evacuate Kalpana in a timely manner and made sure Kalpana delivered her baby with a skilled birth attendant, thereby saving her life.