

Preterm infant feeding and growth monitoring:
Implementation of the INTERGROWTH-21st protocol

And

INTERGROWTH-21st course on maternal, fetal and
newborn growth monitoring

18th and 19th December 2019, Lodwar



Training Activity Report

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Introduction

With more than half of preterm deliveries occurring in Africa and Asia, Kenya has not been spared, with an estimated preterm birth rate of 8.6%. At the largest referral and teaching hospital in Kenya, Kenyatta National Hospital, the prevalence of preterm births has been estimated to be 18.3%. Difficulties in estimations arise from many challenges including determination of gestational age during pregnancy and at time of delivery, especially where access to ultrasonography in the first trimester is limited for many mothers, given that crown-rump length is the gold standard for gestational dating. Upon delivery, proper follow up of preterm infants through evidence-based feeding and growth monitoring practices increase the survival chances for preterm babies. This is the whole mark of the Intergrowth 21st (standardization of anthropometry) and InterPractice 21st (standardization of feeding and growth monitoring practices).

Summary of training activities

The training targeted staff at Lodwar County Referral hospital and teaching staff at Lodwar MTC. Lodwar County Referral hospital is the largest referral facility in Turkana, the only county in Kenya uniquely bordering three countries: Uganda, South Sudan, and Ethiopia, as well as hosting the largest refugee settlement in Kenya. The hospital with its newborn unit manages preterm deliveries and is on record for a success story of raising an extremely preterm baby delivered at 26 weeks gestation weighing 500g, who is now two years old. The training was therefore conducted to enhance the care given to preterm infants, targeting staff who care for preterm babies.

The training was conducted after seeking a go-ahead from the Division of Family Health at the Ministry of Health headquarters. The training venue was at Lodwar KMTC, with the principal Mrs Rachel Lomechu officially opening the training. An introduction about the Geneva Foundation for Medical Education and Research's online training programs and collaborations with other partners such as Oxford Maternal and Perinatal Health Institute (OMPHI), Maternal Health Task Force and The Global Health Training Network was made. The InterGrowth 21st Project was introduced and specifically the two training modules resulting from the project, aimed at translating research into practice.

Tutors at the college were part of the course participants, who will cascade the training to nursing and nutrition students. In total, 36 participants were trained broken down as follows:

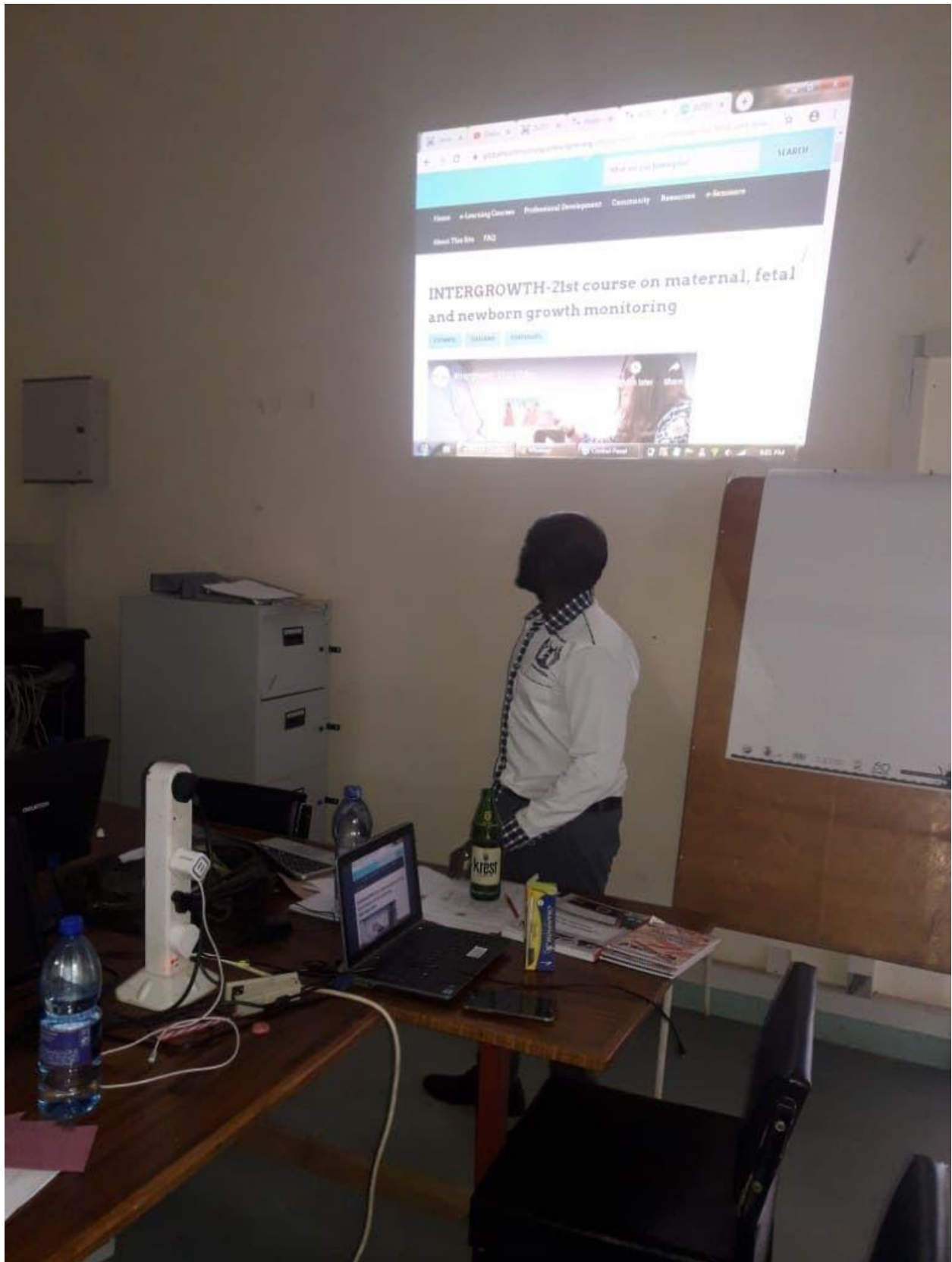
Cadre	Total number
Medical doctors	4
Nurses	22
Clinical officers	3
Nutritionists	7
Total	36

Interestingly, the training coincided with a joint high-profile USAID/UNICEF visit to the hospital's Maternity and Newborn Unit, to witness some of best practices, including Kangaroo mother care, and birthing cushion that provides mothers with the option of delivering in the sitting position.

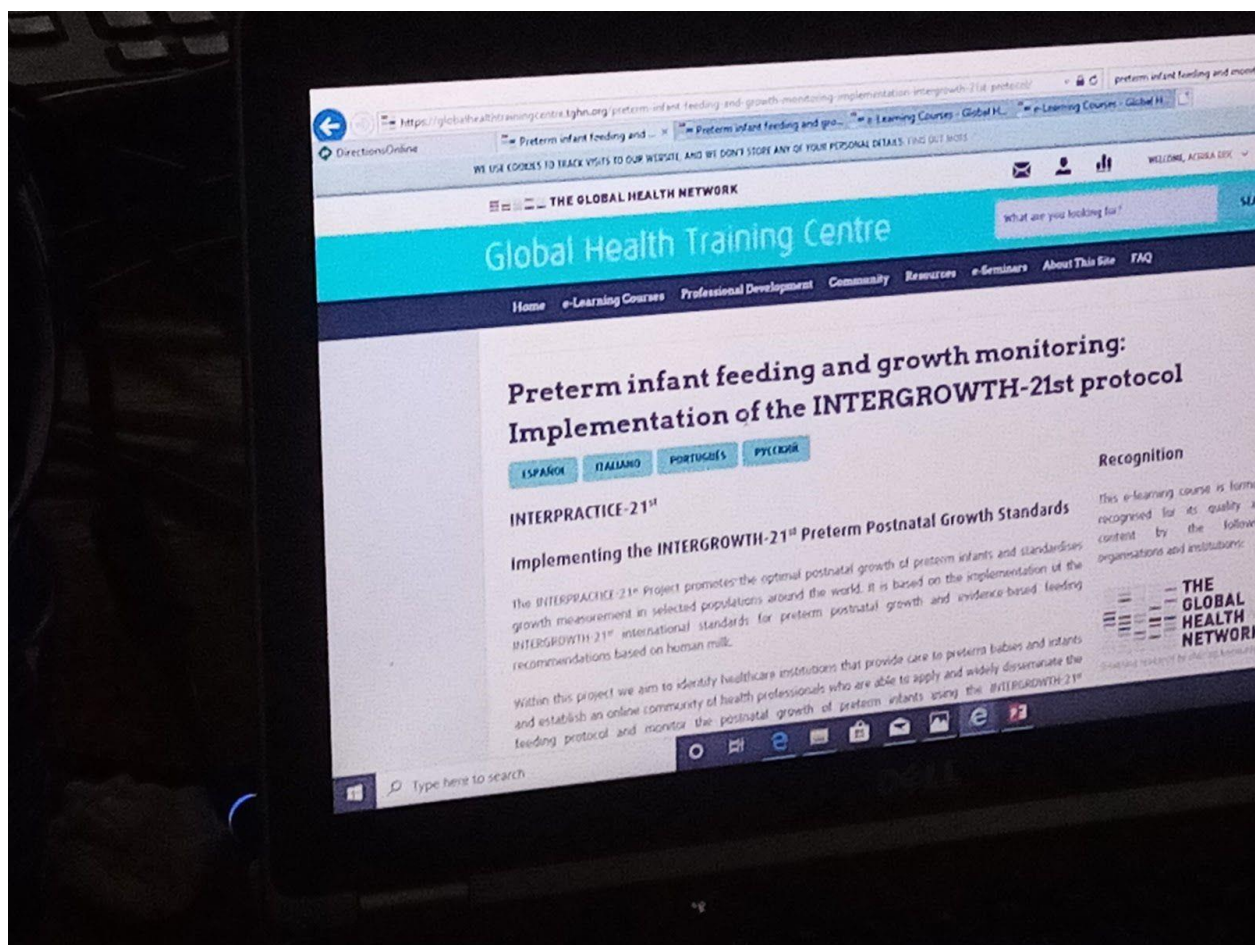
The training took two days, with participants split into two groups each having an entire day to complete the two modules on Intergrowth-21st and Interpractice-21st. Participants appreciated having learned a lot from the training.

All participants scored above 80%, necessary for the award of certificates. The award ceremony and workshop closure were graced by Mrs. Veronica Ereng, deputy principal Lodwar KMTC.

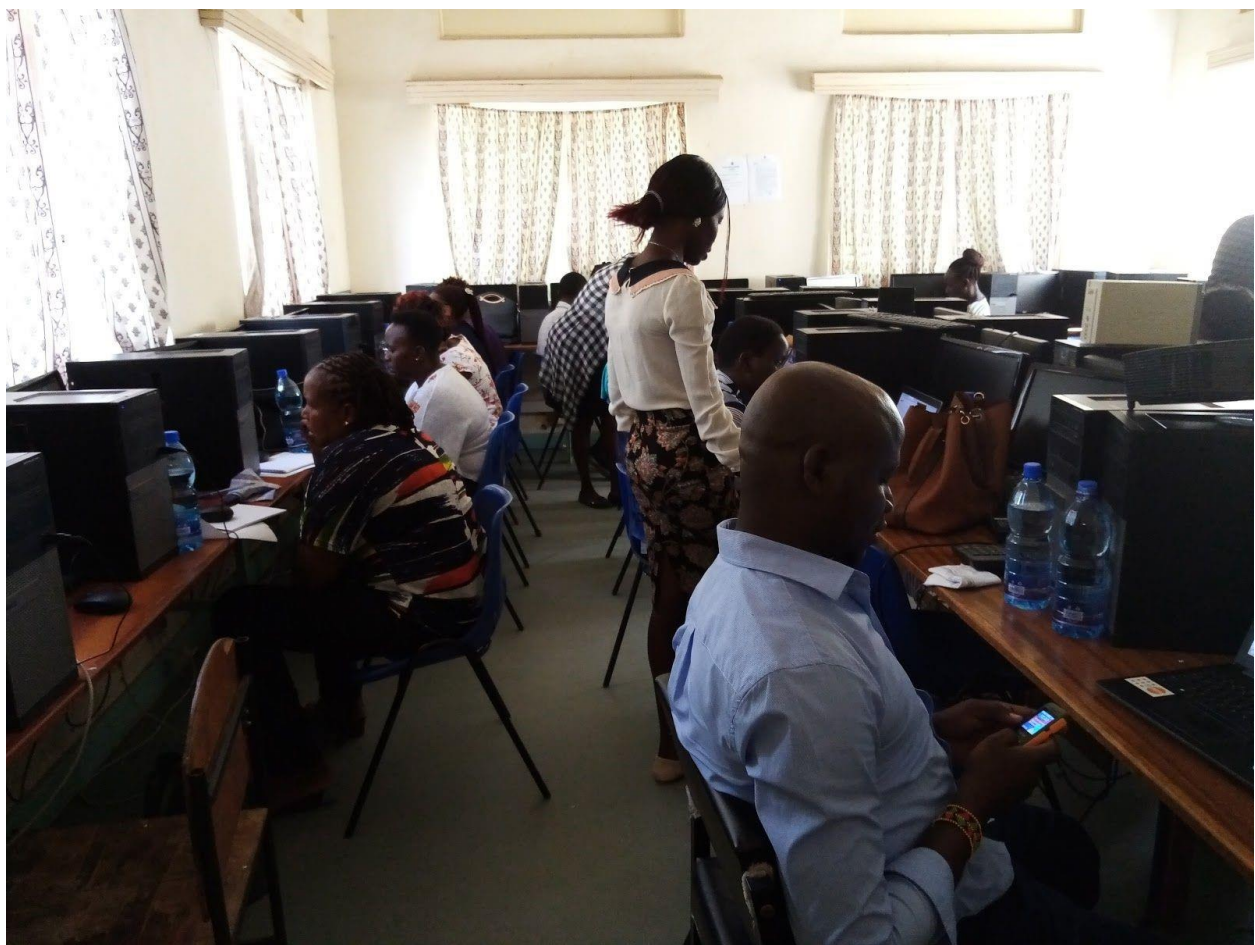
Photo Gallery



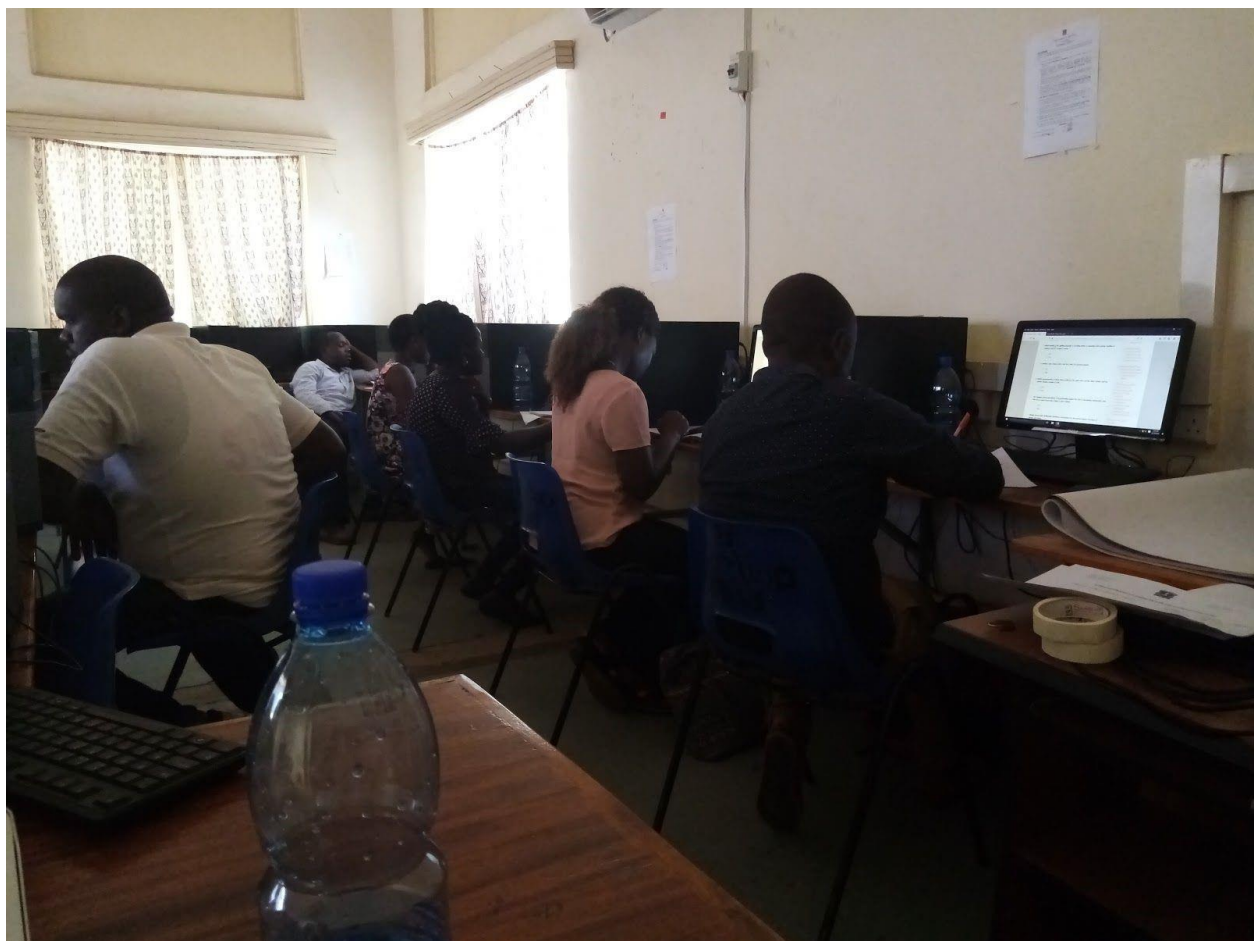
Introducing participants to the training



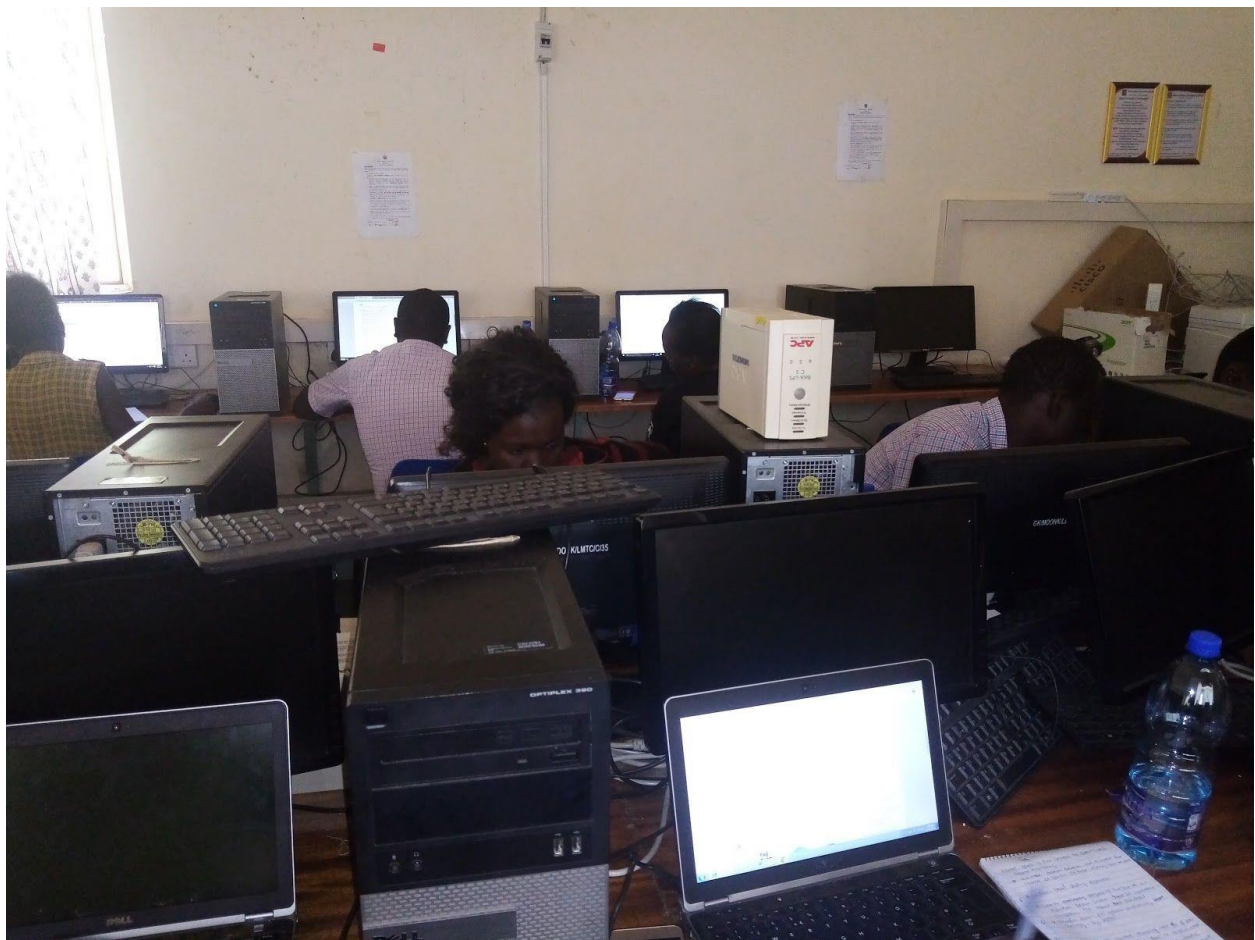
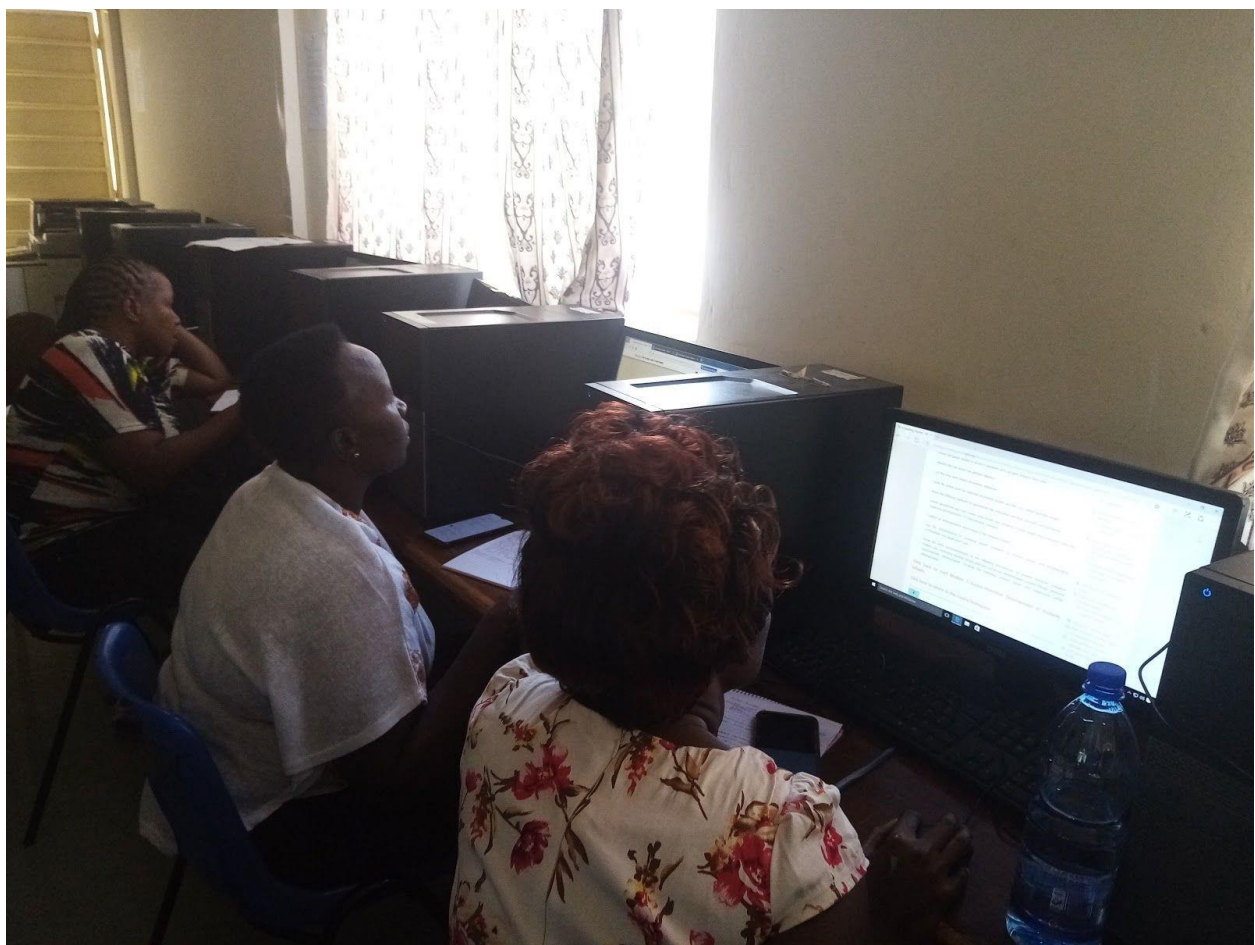
Assisting participants to register on the online training platform

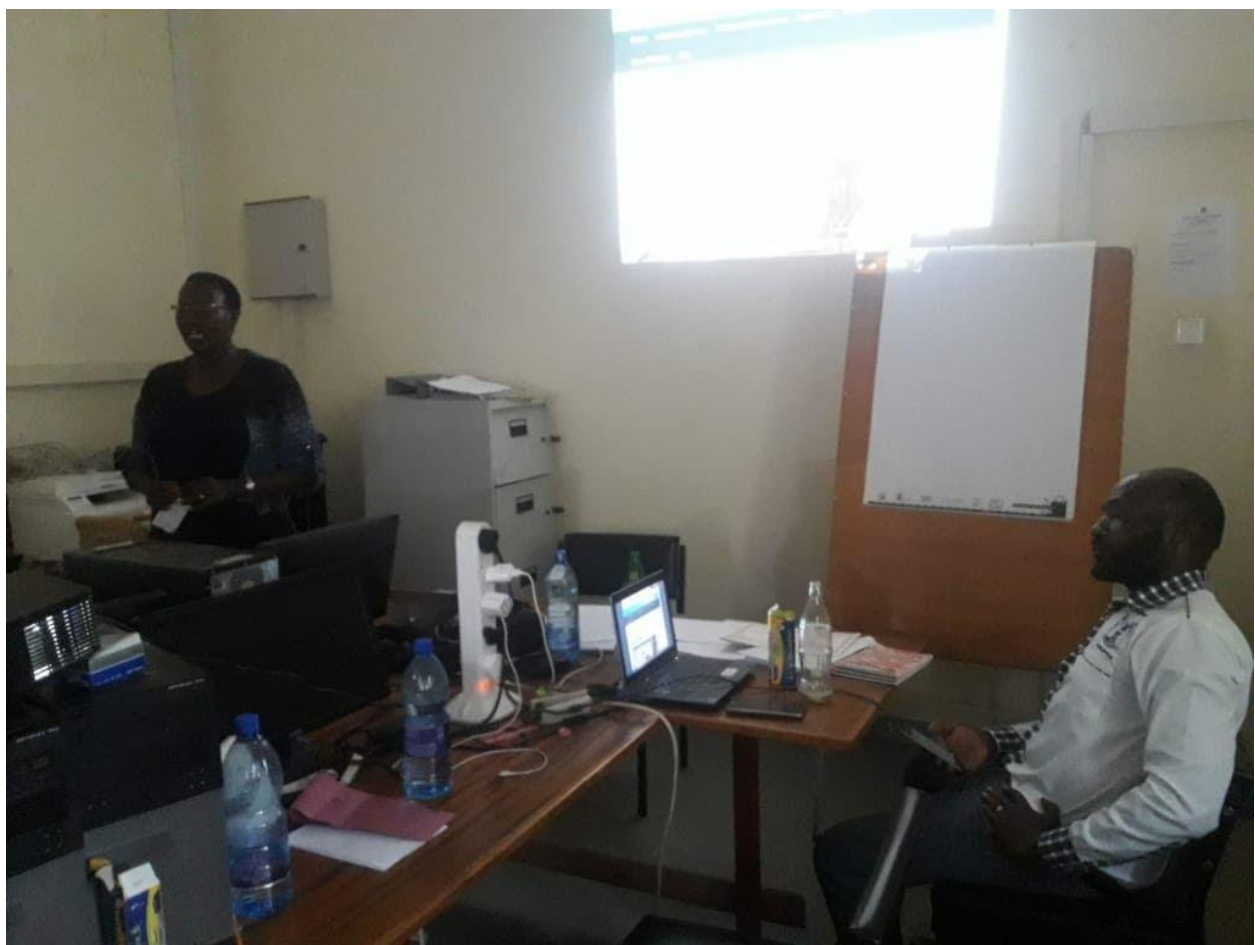


Registration



Training in progress











Award of certificates by MTC deputy principal Mrs Veronica Ereng



The training coincided with a UNICEF/USAID visit to the maternity/NBU wing



A nurse demonstrates a birthing stool, allowing women to deliver in the sitting position, just as they would at home, which has contributed to increased hospital deliveries. It was an opportunity to also talk about the InterGrowth 21st Project



The iconic scenic hills in Lodwar just outside the training venue