



# TRAINING AND DIALOGUE PROGRAMS

GENERAL INFORMATION ON  
Midwifery Course for Safe Motherhood  
地域別研修「安全な出産のための助産師研修」  
*JFY 2012*

<Type: Trainers Training / 類型:人材育成普及型>

NO. J1204158 ID. 1284239

From October 2012 to September 2013

Phases in Japan: From 23 January to 9 March 2013

This information pertains to one of the Training and Dialogue Programs of the Japan International Cooperation Agency (JICA), which shall be implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.



# **I. Concept**

## **Background**

UN Millennium Development Goals (MDG) declares to achieve following goals by the year of 2015.

- Reduce by two thirds the mortality rate among children under five
- Reduce by three quarters the maternal mortality ratio

The improvement of quality of prenatal care is one of the global issues. The role of midwives for safe motherhood is quite important, and it is an urgent issue to improve the knowledge, skills, capability and service quality of midwives.

## **For what**

This training course aims to improve knowledge, skills, capability and service quality of midwives in target countries by sharing experience of maternal and child health in Japan. Furthermore, this training aims to contribute to reduce infant mortality ratio (IMR) and maternal mortality ratio (MMR) in both countries through promotion by ex-participants.

## **To whom**

Midwives who is working at clinical level as counterpart of Japan's bilateral cooperation (including technical cooperation, Japan Overseas Cooperation Volunteers, etc.)

## **How?**

(1) Before coming to Japan:

A participating organization is required to dispatch participants as representatives of the organization. Participating organizations are required to have an initiative to fully utilize the training and clarify the organizations issues and goals in advance.

(2) During staying in Japan:

In the training, participants will learn and observe the history, the current situation, and challenges of Japan's prenatal care.

Participants are expected to compare the situation of their own organization, and Japan's and the other participating countries' organizations. Participants are also expected to analyze and consider what can be utilized in their own organizations.

Participants are required to formulate plan to disseminate certain topics which can be utilized in their organizations and to obtain skills as trainers.

(3) After going back:

Participants are expected to disseminate the knowledge and skill they have achieved in Japan and implement the plan.

Participating organizations are required to hold dissemination program with their own initiative according to the plans formulated by participants, and also required to report the result to JICA Offices. \*In the case the report will not be made within the certain period, acceptance of participants from those organizations may be suspended.

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## **II. Description**

**1. Title (J-No.): Midwifery Course for Safe Motherhood (J1204158)**

**2. Program Period**

**Duration of whole program:** December 2012 to September 2013

**Preliminary Phase:** October 2012 to January 2013  
(Preparing Job Report in each country.)

**Core phase in Japan:** January 23, 2013 to March 9, 2013

**Finalization phase:** March 2013 to September 2013  
(Conducting Dissemination Program in each country)

**3. Target Countries:** Bangladesh, Philippines, Bhutan, Indonesia, Cambodia, Laos, Nepal, India, Pakistan, Cook Islands

**4. Target Organizations:**

- (1) Counterpart organizations of JICA or Japan's bilateral cooperation (including JICA's Technical Cooperation Project, Japan Overseas Cooperation Volunteer, etc.).
- (2) Hospital and Health Center in charge of Maternal and Child Health.

**5. Total Number of Participants:**

10 participants

**6. Language to be used in the program:** English

**7. Overall Goal:**

Applicable Japanese techniques and knowledge for safe motherhood will be applied and practiced in participating organizations or communities covered by participating organization,

**8. Project Objective:**

Knowledge and skills about safe motherhood will be shared among staffs in participating organization or people in the community. (The applicable dissemination plan is made during the training in Japan and disseminated after returning back to each country.)



### 9. Excepted Module Output and Contents:

This program consists of the following components. Details on each component are given below:

<b>(1) Preliminary Phase in a participant's home country</b> (October 2012 -January 2013)		
Expected Module Output	Contents	Methodology
Issues on safe motherhood in participating organizations will be clarified.	(1) Discussion in Participating organization	Discussion
	(2) Job Report Preparation: Please refer to <b>ANNEX I</b> (contents of the Job Report)	Practice

<b>(2) Core phase in Japan</b> (23 <sup>th</sup> January 2013 – 9 <sup>th</sup> March 2013)		
Expected Module Output	Contents	Methodology
Participants will be able to explain about outline, practical techniques and efforts maternal and child health in Japan and the other participating countries.	(1) Job Report Presentation	Presentation
	(2) Japan's Prenatal Care, Nursing Education and Midwifery Education in Japan etc...	Lecture
	(3) Health Education, NCPR, Assessment and Record, Freestyle Delivery ,Abnormal Delivery Management, Breastfeeding, Reproductive health education in school health,	Lecture, Discussion and Exercise
	(4) Prenatal care & Midwifery at hospitals and maternity homes in Japan	Observation
	(5) Maternal, Child & Health & Welfare program/services in Japan (Public Health center)	Site visit
Techniques, skills, knowledge to be disseminated and its purpose and target group of dissemination will be clarified from Japan's examples.	Sharing meeting	
	Analysis of childbirth-related issues in their hospitals or regions	Discussion and work shop
	Preparation of dissemination plan	Lecture & Practice
	Presentation of dissemination plan and demonstration	

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<p><b>(2) Finalization Phase in participant's home country</b>          (March 2013 -September 2013)  <i>Participating organizations produce final outputs by making use of the dissemination plan brought back by participants. This phase marks the end of the Program.</i></p>		
Output	Contents	Methodology
<p>Program to disseminate applicable techniques acquired in the program in Japan will be implemented by participating organization</p>	<p>Implementation of dissemination plan formulated in training in Japan.          Participating organizations are required to conduct "Dissemination Program" by their own initiatives.</p>	<p>Activities in participating organization</p>

**10.: Course Structure:** Please refer to **ANNEX II**

**11. Tentative Schedule:** Please refer to **ANNEX III**(Schedule of JFY 2011)

**12. Dissemination Plan:** Please refer to **ANNEX IV-1**(The format of dissemination plan) and **ANNEX IV-2** (the theme of Dissemination Plan), which are made by the 2012 course's participants.

**13. Follow-up Cooperation by JICA:**  
 In this training course, JICA might extend follow-up support to participating organizations that intend to develop the result of the project further. Please note that the support shall be extended selectively based on proposals from the participating organizations

### III. Conditions and Procedures for Application

#### 1. Expectations for the Participating Organizations:

- (1) This program is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Participating organizations are expected to use the program for those specific purposes.
- (2) This program is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the program to meet specific requirements of applying organizations and effectively facilitate them toward solutions for the issues and problems.
- (3) As this program is designed to facilitate organizations to come up with concrete solutions for their issues, participating organizations are expected to make due preparation before dispatching their participants to Japan by carrying out the activities of the Preliminary Phase described in section II-9 .
- (4) Participating organizations are also expected to make the best use of the results achieved by their participants in Japan by carrying out the activities of the Finalization Phase described in section II-9.

#### 2. Nominee Qualifications:

Applying Organizations are expected to select nominees who meet the following qualifications.

##### (1) Essential Qualifications:

###### 1) Current Duties: Certified midwives working at clinical level

(Key personnel who are expected to address specific issues or problems in the organizations. Middle-manager (Head nurse and Deputy Head nurse level) is desirable.

- 2) Experience in the relevant field: have more than 3 years' experience as a midwife.
- 3) Language : to have a competent command of spoken and written English which is equal to TOEFL CBT 250 or more ((This training course includes active participation in discussions, making English action plan (dissemination plan), thus requires high competence of English ability. Please attach an official certificate for English ability such as TOEFL, TOEIC etc, if possible).
- 4) Health: to be in good health, both physically and mentally, to participate in the Program in Japan, we request all the participants to have an X-ray check of the chest and send the X-ray finding(English) to JICA Kansai through JICA office before coming to Japan.
- 5) Possession of Antibody: must have antibody to Measles, Mumps, Chickenpox and Rubella.

Please fill the check sheet (ANNEX V). If participants do not have above required antibody, they are expected to receive vaccines before coming to Japan so that they will not get infected to make themselves infection source during training in Japanese facilities. For those who were not vaccinated, some hospitals may impose restrictions

on training programs.

6) Must not be serving any form of military service.

**(3) Recommendable Qualifications:**

1) Age: be between the age of thirty (30) and forty-five (45) years.

**3. Required 4 Documents for Application:**

- (1) **Application Form:** The Application Form is available at the respective country's JICA office or the Embassy of Japan.
- (2) **Nominee's English Score Sheet:** to be submitted with the Application Form. If you have any official documentation of English ability (e.g., TOEFL, TOEIC, IELTS), please attach it (or a copy) to the Application Form.
- (3) **Job Report (see ANNEX I for the necessary contents):** to be submitted with the Application Form.  
Fill in Attachment I as much as you can, and submit it along with the Application Form. Application Form without Job Report might not be accepted.
- (4) **Antibody Check sheet ( please fill the sheet ANNEX V)**

**\*Pregnancy**

Pregnant participants are strictly requested to attach the following documents in order to minimize the risk for their health:

- ① letter of the participant's consent to bear economic and physical risks,
- ② letter of consent from the participant's supervisor, and
- ③ doctor's letter with agreement of her training participation.

Please ask National Staffs in JICA office for the details.

**4. Procedure for Application and Selection:**

**(1) Submitting the Application Documents:**

Closing date for application to the JICA Center in JAPAN: **September 14th, 2012**

Note: Please confirm the closing date set by the respective country's JICA office of your country to meet the final date in Japan.

**(2) Selection:**

After receiving the document(s) through due administrative procedures in the respective Government, the respective country's JICA office (or Embassy of Japan) shall conduct screenings, and send the documents to the JICA Center in charge in Japan, which organizes this Program. Selection shall be made by the JICA Center, according to qualifications in consultation with the organizations concerned in Japan, based on submitted documents. *The organization with intention to utilize the opportunity of this program will be highly valued in the selection.*

**(3) Notice of Acceptance:**

Notification of results shall be made by the respective country's JICA office (or Embassy of Japan) to the respective Government by **not later than November 20th,**

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2012.

**5. Conditions for Attendance:**

- (1) to observe the schedule of the program,
- (2) not to change the program subjects or extend the period of stay in Japan,
- (3) not to bring any members of their family,
- (4) to return to their home countries at the end of the program in Japan according to the travel schedule designated by JICA,
- (5) to refrain from engaging in political activities, or any form of employment for profit or gain,
- (6) to observe Japanese laws and ordinances. If there is any violation of said laws and ordinances participants may be required to return part or all of the training expenditure depending on the severity of said violation,
- (7) to observe the rules and regulations of their place of accommodation and not to change the accommodation designated by JICA, and
- (8) to participate the whole program including a preparatory phase prior to the program in Japan. Applying organizations, after receiving the notice of acceptance for their nominees, are expected to carry out the actions described in section II.
- (9) Please note that in this course, in accordance with Japan's Medical Practitioners Law, does not provide participants hands-on training. it is strictly prohibited to treat pregnant mother without Japanese license of nurse or midwife.
- (10) We expect to the active participation and positive reflection of the participants experiences and daily duties during the course.

And also selected candidates are asked to bring the following items when coming to Japan

- 1) Nursing/Midwifery Record:  
Nursing/Midwifery Record which you use within your daily duty.  
-One set of Blank Record  
-And of possible, Copy of the Records which is filled.
- 2) Own nurse uniform(for the color, white is preferable) , , and working shoes  
\*Those who do not bring them will be required to buy them on their own expenses. Also, please keep in mind that, in Japan, it may take time to find the right size for international participants.
- 3) Personal computer, if possible  
\*In case you don't have one, you can also use JICA center's computer room.  
\*Please prepare of dissemination plan by PC, if possible.



## IV. Administrative Arrangements

### 1. Organizer:

- (1) **Name:** JICA Kansai
- (2) **Contact :** Ms. KINASHI Yoko ([Kinashi.Yoko@jica.go.jp](mailto:Kinashi.Yoko@jica.go.jp),  
[jicaksic-unit@jica.go.jp](mailto:jicaksic-unit@jica.go.jp))  
Training Program Division, JICA Kansai

### 2. Implementing Partner:

- (1) **Name:** International Nursing Foundation Japan(INFJ)
- (2) **Contact: Ms. SAITOU Rina**
- (3) **URL:** <http://www.infj.or.jp/>
- (4) **Remarks:** The INFJ was founded in 1968, and has been contributing to international cooperation in health and nursing field for 41 years.

### 3. Travel to Japan:

- (1) **Air Ticket:** The cost of round-trip ticket between an international airport designated by JICA and Japan will be borne by JICA
- (2) **Travel Insurance:** Term of Insurance: From arrival to departure in Japan. \*the traveling time outside Japan shall not be covered.

### 4. Accommodation in Japan:

JICA will arrange the following accommodations for the participants in Japan:

**JICA Kansai<sup>1</sup>**

Address: 1-5-2, Wakinohama-kaigandori, Chuo-ku, Kobe, Hyogo 651-0073, Japan

TEL: 81-78-261-0383 FAX: 81-78-261-0465

(where "81" is the country code for Japan, and "78" is the local area code)

If there is no vacancy at JICA Kansai, JICA will arrange alternative accommodations for the participants. Please refer to facility guide of JICA Kansai at its URL, <http://www.jica.go.jp/english/contact/domestic/index.html>.

### 5. Expenses:

The following expenses will be provided for the participants by JICA:

- (1) Allowances for accommodation, living expenses, outfit, and shipping,
- (2) Expenses for study tours (basically in the form of train tickets),
- (3) Free medical care for participants who become ill after arriving in Japan (costs related to pre-existing illness, pregnancy, or dental treatment are not included), and
- (4) Expenses for program implementation, including materials.

For more details, please see p. 8-16 of the brochure for participants titled "KENSU-IN GUIDE BOOK," which will be given to the selected participants before (or at the time of) the pre-departure orientation.

## 6. Pre-departure Orientation:

A pre-departure orientation will be held at the respective country's JICA office (or Embassy of Japan), to provide participants with details on travel to Japan, conditions of the participation in the Program, and other matters.

## V. Other Information<sup>2</sup>

1. Participants who have successfully completed the program will be awarded a certificate by JICA.
2. For the promotion of mutual friendship, JICA Kansai encourages international exchange between JICA participants and local communities, including school and university students as a part of development education program. JICA participants are expected to contribute by attending such activities and will possibly be asked to make presentations on the society, economy and culture of their home country.
3. Participants are recommended to bring laptop computers for your convenience, if possible. During the program, participants are required to work on the computers, including preparation of Action Plans, etc. Most of the accommodations have internet access. Also, there is a computer room in JICA Kansai where sixteen desk-top computers have the internet access.
4. Allowances, such as for accommodation, living, clothing, and shipping, will be deposited to your temporary bank account in Japan 2 to 5 days after your arrival to Japan. It is highly advised to bring some cash / traveler's check in order to spend necessary money for the first 2 to 5 days after your arrival.
5. It is very important that your currency must be exchanged to Japanese Yen at any transit airport or Kansai International Airport (KIX) in Osaka, Japan soon after your arrival. It is quite difficult to exchange money after that, due to no facility or time during the training program.

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<sup>2</sup> 服装や持ち物に関する注意、研修実施時期の天候、インターネットアクセス、使用する機材についてなど、必要に応じて自由に記載する(特に無い場合は記載不要)。

# ANNEX I:

## Job Report

<Please submit this report with your Application Form>

Name of Participant:

Country:

Place of Employment and your title:

### Personal Profile

#### 1. Your work experience in the midwifery fields:

Organization	Period		Position	Brief Job Description
	From(M/Y)	To(M/Y)		

2. Roles and Responsibilities in your daily work (in the hospital, clinic, health center, nurse school) as a midwife:

3. What are the major problems or challenges that you need to improve in your daily work and organization as a midwife.

Please describe your thoughts by following the categories written below:

CATEGORIES	Major problems or challenges that you need to improve
Antenatal Period	
Labor and Delivery	



<b>Postnatal Period</b>	
<b>Neonatal</b>	

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**Statistics of your country and hospital**

**4. Basic health statistics and health information of your country.**

(1) Total population of your country :
(2) Major policy and activities for the maternal & child health:
(3) Basic education system to be midwives (school years, clinical practice hours etc.)
(4) Nurse/Midwife registration system
(5) Maternal mortality ratio and 5 major causes of death in your country. 1. 2. 3.



**5. Information of your work place (Hospital, Health center etc):**

(1) Name of your organization(hospital etc) * Please attach the organization chart	
(2) Mission and Policy of your organization :	
(3) Total number of staff by each occupation:	
Doctor:	Obstetrician and Gynecologist:
Nurse/Midwife:	Other medical specialist:
(4) Number of beds	
Total number of beds:	The number of beds in your ward (Maternity ward):
(5) Average number of delivery per month :	
Normal delivery:	Caesarean section:
(6) Average number of maternal deaths per month <u>in your organization:</u>	
(7) 5 leading causes of maternal death <u>in your organization.</u>	
1.	
2.	
3.	
4.	
5.	
(8) Average number of infant deaths per month <u>in your organization:</u>	
(9) 5 leading causes of infant death <u>in your organization</u>	
1.	
2.	
3.	
4.	
5.	
(10) What is the average number of ANC visit of mothers : times	