



## Rural Onboarding 2022



### Maternal & Women Health

**Introduction:** One of the most frightening experiences as a new rural clinician is making life and death decisions about a mother and her unborn child. We have put together an amazing set of resources to help you gain the skills to deal with those high stake scenarios.

#### TOP Maternal health Work Based Activities to focus on this week.

##### Make sure you can:

- Manage Post-partum haemorrhage & APH
- Do a basic obstetric ultrasound
- Identify and manage puerperal sepsis
- Manage bleeding in early pregnancy
- Use of NASG
- Interpretation of CTG
- Management Hypertension / PET in pregnancy
- Insertion (and removal) of IUCD & Implanon

##### Key Guidelines:

Guidelines for maternity care in South Africa, Fourth edition (2016)

<https://www.knowledgehub.org.za/elibrary/guidelines-maternity-care-south-africa-2016>

Guideline for the prevention of mother to child transmission of communicable infections, South African Department of health. (Nov 2019)

<https://www.knowledgehub.org.za/system/files/elibdownloads/2019-10/PMTCT%20Guideline%2028%20October%20signed.pdf>

National Guideline: Management of hypertensive disease in pregnancy (2019)

<http://www.samj.org.za/index.php/samj/article/view/12723>

## **Reading material / Tutorials/ Webinars / Additional resources**

- ESMOE for interns at Tygerberg hospital: <http://www.obstyger.co.za/page7.html>
- The WHO reproductive health library:  
<https://apps.who.int/iris/bitstream/handle/10665/206006/B0464.pdf?sequence=1&isAllowed=y>
- And the Reproductive Health Library YouTube Channel. (Prof Hofmeyr and team helped to make the videos on breech delivery, vacuum extraction, shoulder dystocia, ECV, childbirth companion etc.): <https://www.youtube.com/channel/UCfYi3MN6-SIzKITNioY8k4A>
- In this webinar Zimbabwean Obstetrician Dr Claudious Verenga covers the basics of obstetric ultrasound for doctors and nurses:  
<https://www.youtube.com/watch?v=GtBLdZr6Ngg&feature=youtu.be>
- Maternal Health in Rural care -Pitfalls and FAQ: Dr Mandondo DCST O&G. Feb 2021:  
<https://youtu.be/VcRgel8BqOc>
- Preventing complications during caesarian section webinar March 2021. Prof Hofmeyr  
<https://youtu.be/b2FMVBCiPso>
- Post- partum hemorrhage. Prof Hofmeyr. Webinar Feb 2021. <https://youtu.be/SgDp6ANsV1I>
- Spinal anesthesia for caesarian section webinar. Feb 2021 Dr S Le Roux:  
<https://youtu.be/YOlV9xBY5j0>
- What to have in your obstetric spinal tray: <https://youtu.be/mAorYKBv500>
- Safe caesarian section with IUD insertion. Prof J Hofmeyr <https://youtu.be/9qr5Uqxe61U>
- Post-partum IUD insertion. Prof J Hofmeyr: <https://youtu.be/r98GFTtuRzQ>
- Active management of third stage of labour. Reproductive Health library:  
[https://youtu.be/\\_TXv2jGnzhU](https://youtu.be/_TXv2jGnzhU)

### **Google drive folder link with resources:**

<https://drive.google.com/drive/folders/1QfoE0sZX33XB21YmcLxRQvpfv4aE2hma?usp=sharing>

#### **Including**

- The fetus assessment handbook
- Contraception counselling powerpoint with voice over with Prof Hofmeyr
- CTG STAMP protocol tool
- Passive leg raise test (resuscitation)
- CTG interpretation slides Dr Mandondo
- FAQ Maternal health slides Dr Mandondo

There are lots of excellent videos to work through – so organize a video night with your colleagues and get out the popcorn...