

PRINCESS GIVING HOPE FOUNDATION (PGHF)



A REPORT ON: SUPPORTIVE ACTION FOR LESS PRIVILEGED EXPECTANT MOTHERS IN RURAL COMMUNITIES

**(LESS PRIVILEGED & INTERNALLY DISPLACED PREGNANT
WOMEN/GIRLS)**

CASE STUDY: SUB-DIVISIONAL HOSPITAL MUEA-BUEA

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INTRODUCTION

Women who give birth face numerous risks leading up to, during, and after delivery.

Pregnancy complications can bring about physical and mental effects, including post-partum depression, infections, preterm labor, and other significant risks. Without proper care and love, these risks can increase — especially for women/girls living in rural communities.

That's why Princess Giving Hope Foundation (PGHF) took upon the creation of and support for maternal health care programs for pregnant women and new mothers in rural communities.

KEY FACTS

- Every day, approximately 830 women die from preventable causes related to pregnancy and childbirth.
- 99% of all maternal deaths occur in developing countries.
- Maternal mortality is higher in women living in rural areas and among poorer communities.
- Young adolescents face a higher risk of complications and death as a result of pregnancy than other women.
- Skilled care before, during and after childbirth can save the lives of women and newborn babies.
- Between 1990 and 2015, maternal mortality worldwide dropped by about 44%.
- Between 2016 and 2030, as part of the Sustainable Development Goals, the target is to reduce the global maternal mortality ratio to less than 70 per 100 000 live births.

Maternal mortality is unacceptably high. About 830 women die from pregnancy- or childbirth-related complications around the world every day. It was estimated that in 2015, roughly 303 000 women died during and following pregnancy and childbirth. Almost all of these deaths occurred in low-resource settings, and most could have been prevented.

In sub-Saharan Africa, a number of countries halved their levels of maternal mortality since 1990. In other regions, including Asia and North Africa, even greater headway was made. Between 1990 and 2015, the global maternal mortality ratio (the number of maternal deaths per 100 000 live births) declined by only 2.3% per year between 1990 and 2015. However, increased rates of accelerated decline in maternal mortality were observed from 2000 onwards. In some countries, annual declines in maternal mortality between 2000–2010 were above 5.5%.

In the struggle to support in WHO Sustainable Development Goal 3 which is to reduce the global maternal mortality ratio to less than 70 per 100 000 births, with no country having a maternal mortality rate of more than twice the global average. PGHF decided to take her findings to Muea Health Centre (Sub-Divisional Hospital Muea- Buea) which is a rural community in Buea to find out about the situation of Pregnant Women and Girls especially the less privileged and internally displaced persons (IDP) living in the Muea community. In the

findings, the team realized that there are a lot of young girls/women who are pregnant and abandoned by their partner with little or no means to afford for basic needs in her struggle to prepare for childbirth. We also found out that, some even go to the extent of doing late abortion or abandon the new born baby after birth due to poverty, lack of hope, stress and zero love.

PGHF worked in close collaboration with the hospital administration and nurses to get a day to day experience from them. After a thorough investigation from pregnant women and the hospital administration, PGHF came to realize it is a common situation within the Muea community and many young girls/women even give birth without having the basic needs for childbirth while still at the hospital due to poverty and lack of employment and support.



Princess Giving Hope Foundation Arrived At the SUB-DIVISIONAL HOSPITAL MUEA-BUEA

It is in this regard, PGHF decided to take action in mitigating the situation. In her visit to Muea Health Centre (Sub-Divisional Hospital Muea- Buea), 10 pregnant women/girls were selected amongst others to benefit from the prenatal gifts brought by PGHF and to be shared amongst the selected women/girls at the end of the program which was scheduled on the 14th of February at the Muea Health Centre (Sub-Divisional Hospital Muea- Buea). PGHF decided to get baby bath sets as gift for these less privileged/IDP pregnant women/girls because they believe

baby needs contribute highly to the mental health and stress associated with childbirth as the expectant mother will be thinking and struggling to find means to acquire these needs.

PGHF decided to carry out this program on the 14th of February as a day that symbolizes love and a way to share love with these selected beneficiaries of the program. Our aim was to impact them with love and hope as they prepare for childbirth.

OBJECTIVES

- To spread love, care and hope to the less privileged and internally displaced pregnant women in the Muea Community.
- To assist pregnant women with basic needs as they prepare to give birth.
- To mitigate the risk associated with childbirth amongst the less privileged and IDP pregnant women.
- To reduce prenatal stress that may lead to drastic decisions such as late abortion.
- To educate pregnant women about the importance of taking their prenatal health care serious.
- To educate young girls who are pregnant the importance of family planning and methods of prevention.
- To help prevent premature childbirth or miscarriages that may result from emotional stress.
- To do a follow up of the selected pregnant women and make sure they give birth safely.
- To better prepare 10 struggling pregnant women before childbirth.
- To reduce infant mortality rate.

METHOD/ACTIVITY

PGHF through the Muea Health Centre's (Sub-Divisional Hospital Muea- Buea) administration selected 10 less privileged women/girls with some being Internally Displaced women/girls from the Muea community who struggles with Prenatal Health Care at the Muea Health Centre (Sub-Divisional Hospital Muea- Buea). These pregnant women/girls were selected based on their situation at home and at the Health Centre where they struggle to go for clinic. From their hospital record and investigation made by the PGHF team, most of them are single mothers who receive little or no support from their partners or persons who got them pregnant. Also, they struggle with small businesses which barely feed them and they cannot continue with business effectively due to their pregnant state.

PGHF visited the Muea Health Centre (Sub-Divisional Hospital Muea- Buea) with her team on the 14th February as scheduled with the health centre's (Sub-Divisional Hospital Muea- Buea) administration and the beneficiaries of the program at 9:00am prompt. The Health Centre's (Sub-Divisional Hospital Muea- Buea) General Supervisor and the Antenatal Department immediately welcomed the team at the General Supervisors office and later went with the team at the Health Centre (Sub-Divisional Hospital Muea- Buea) hall where the program was

hosted. At the Health Centre Hall, PGHF team along with the Health Centre administration met with the beneficiaries.



Warm welcome at the SUB-DIVISIONAL HOSPITAL MUEA-BUEA from the Hospital Staffs

The program which started at 9:15am was scheduled for an hour and it started with a word of prayer from one of the beneficiaries and later a word from the Health Centre's (Sub-Divisional Hospital Muea- Buea) General Supervisor who welcomed the PGHF Team once more and the beneficiaries. She later gave the floor to PGHF Team who introduced themselves, briefly explained what Princess Giving Hope Foundation is all about and the purpose of their visit. In same line, the team gave an educative word to the pregnant women on the importance of Prenatal Health Care and the risk involved in avoiding clinic during this period of their pregnancy.

As a mission to spread love, care and hope PGHF team express their happiness to meet with them on this special day of love as they were the Valentines of PGHF. PGHF encouraged them to walk through the challenges surrounding childbirth and tells them they are with them throughout the journey and as a means of follow up, their names and contact information were collected to keep in touch with them as they prepare for child birth.

Also, PGHF Team applauded and encouraged the priceless services of the nurse/midwives and the general Health Centre (Sub-Divisional Hospital Muea- Buea) administration. The team

reminds the general administration of the vital role they play in the lives of the pregnant women, the unborn child and the community at large.



PGHF Team members at the SUB-DIVISIONAL HOSPITAL hall

Lastly, the gift brought by the PGHF Team was unveiled and shared amongst the beneficiaries. This gift was a baby bath set (Baby bath, baby bucket, a baby potty and a baby basket) each to all the beneficiaries to better prepare them with childbirth needs. After which a group pictures was taken by all the parties involved.



Some Beneficiaries of the outreach program at the Sub-Divisional Hospital Muea- Buea hall



Gift Distributed to Less Privileged/IDP Pregnant Women/Girls

RESULTS/IMPACT

The result of the outreach program carried out by PGHF was very evident right from the workshop itself as the beneficiaries express their happiness and stress free after the program.

- PGHF was able to purchase and share 10 baby bath sets to 10 less privileged/IDP expectant mothers.
- PGHF was able to educate 10 less privileged/IDP women/girls on the importance of attending clinic for their personal Prenatal Health Care.
- PGHF was able to educate 10 less privileged/IDP women/girls on the risk associated with neglecting their Prenatal Health Care.
- PGHF was able to spread love, care and hope amongst 10 less privileged/IDP women/girls.
- PGHF was able to partially provide for 10 less privileged/IDP women/girls with baby needs.
- PGHF was able to educate 10 less privileged/IDP women/girls on the dangers associated with late abortion.
- PGHF is able to follow up these 10 less privileged/IDP women/girls as they prepare for child birth through phone calls and weekly updates.
- PGHF was able to motivate the nurses and midwives on their jobs



At the end of the program, the results were evident from the smile

This outreach had a direct impact to the 10 less privileged/IDP women/girls who were selected as beneficiaries of this project but had indirect impact to the society as they will convey the message, experience and topics learnt from the outreach to their families and neighborhood.

FINANCIAL REPORT

| No | Item/Description | Quantity | Amount | Total |
|--------------------|--|----------|----------|-------------------|
| 1 | T shirts | 6 | 5000frs | 30000frs |
| 2 | Photographer | Lum sum | 50000frs | 50000frs |
| 3 | Water | 3 pallet | 2400frs | 7200frs |
| 4 | Snacks & Beverages | Lum sum | 30000frs | 30000frs |
| 5 | Transportation (during investigation and the program proper) | Lum sum | 25000frs | 25000frs |
| 6 | Gifts (Baby Bath Set) | 10 | 25000frs | 250000frs |
| Grand Total | | | | 392,200frs |



Group Picture taken at the end of the program

Acronyms

- PGHF: Princess Giving Hope Foundation
- IDP: Internally Displaced Persons

OTHER PICTURES



Hospital Administration at the hospital hall addressing the Beneficiaries