

Event: Childbirth Education Training of Trainers Workshop

Location: Kramatorsk, Ukraine

Dates: October 28-31, 2002

Purpose: To train trainers in childbirth education.

Participants: Approximately 50 participants from partnership primary health care centers and Women's Wellness Centers (WWC) from Ukraine, Moldova and Belarus attended the workshop.

Description of Event: The four-day workshop built on Lamaze International principles included both lectures and practical skills training. The workshop was sponsored by the Donetsk-Pittsburgh partnership and was conducted by six US and NIS trainers: Michele Ondeck and Diane Chiaverini from Magee Women's Hospital, Sandra Steffes from UCLA's childbirth and lactation training programs, Olena Ovcharenko from the Kramatorsk WWC, Angela Gotzaluk from Donetsk City Hospital #25, and Yana Korzun from the Minsk WWC.

Initially the workshop focused on the principles and methodology of teaching others. Once the participants were exposed to teaching techniques, they learned how to identify and write objectives and select teaching strategies for different groups and types of trainees. The US trainers, all certified by Lamaze International, presented consumer education teaching strategies in the area of childbirth preparation to the participants. The participants learned how to facilitate natural and healthy pregnancy and birth, how to encourage mothers to breastfeed, and how to assist teens in preparing for birth and parenting among other topics. They received information and lectures about the most successful childbirth practices, teaching tools and materials, research articles and recommendations. In addition to listening to lectures, the participants worked in teams at skills stations on paced breathing, positioning, and aromatherapy, methods of touch for comfort as well as other tools in patient comfort. Every participant was given enough time at each skill station to perfect his/her technique.

In addition to childbirth education practices, the US trainers introduced other childbirth programs and organizations that successfully work in the US: Safe Motherhood, Coalition to Improve Maternity Services (CIMS), Baby Friendly, and Doulas of North America (DONA).

The workshop concluded with a tour of the birth unit and WWC of Kramatorsk Central City Hospital. Each participant received a manual containing the workshop program, research articles, and other supporting documents from the training. All materials were provided in Russian.

Expected Outcomes:

AIHA anticipates that the workshop participants will implement Lamaze birthing techniques into their medical institutions.

AIHA staff will monitor Lamaze program implementation at the partnership sites starting in February.