

A close-up photograph of a woman with short dark hair, smiling and looking down at a baby she is holding. The woman is wearing a light-colored, possibly white, t-shirt. The baby is wearing a pink long-sleeved shirt and is looking towards the camera. The background is slightly blurred, showing an outdoor setting with dry ground.

SAVE the
M&OTHERS.org

2017:
A YEAR IN
REVIEW



“What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.”

– Nelson Mandela, South African leader and Nobel Peace Prize recipient.

A photograph of a woman from behind, carrying a baby on her back. The woman is wearing a dark purple long-sleeved shirt and a patterned shawl. The baby is wearing a red headband and a light-colored shirt. The background is a soft-focus outdoor scene.

OUR MISSION



❖ Our Mission

To train local leaders in the developing world to reduce maternal mortality within their own countries.

❖ Our Vision

That no mother or child should die from preventable causes related to pregnancy and childbirth.

❖ Our Belief

Access to quality maternal care in pregnancy and childbirth is a basic human right.

A REPORT FROM THE EAST AFRICAN DIRECTOR

I took on the role of East African Director (part-time) on February 1, 2017, transitioning into full time leadership in mid-April when Dr. Jean returned to Canada.

Stepping into Dr. Jean's shoes has been a significant challenge, as I have adjusted to steering an NGO with two diverse programs, the Master of Public Health Leadership program and the Mother Baby Friendly Hospital Initiative.

First, it was necessary to grasp the academic culture, and the reality of so many people looking to me for direction and guidance. Although I was a senior technical manager previously, taking on the role of East African Director is more one of being a CEO or chief accounting officer and human resource manager all in one. Juggling the roles was not easy, until I realized that all around me were the university staff and board members who could so easily guide me on key policy issues.

Ours is a strong team of staff players in maternal health. I'd like to pull our alumni into supporting more visibly the Mother Baby Friendly Hospital facilities.

My goals for 2017/18 are:



To establish High Dependency Units (intensive care units specially designed to care for critically ill mothers) in every one of the 10 Mother Baby Friendly Hospital facilities.



To increase Save the Mothers' partnerships with other organizations and initiatives, such as the new medical school at the Uganda Christian University where STM is based.



To develop our research capacity to publish articles that have a significant impact on maternal child health in the region. These articles should be published every year from both faculty and graduating students.

Dr. Miriam Mutabazi
East African Director



“This country needs to be convinced that the lives of women and their children are important and ought to be protected.”

– Dr. Florence Mirembe, Save the Mothers East Africa Board Chair

A REPORT ON THE MOTHER BABY FRIENDLY HOSPITAL INITIATIVE

The Mother Baby Friendly Hospital Initiative (MBFHI) was introduced in 2011 to address needs of health facilities that are working with few resources and little guidance to save mothers' lives. With 10 partner MBFHI hospitals, this initiative is based on a 10-step model that aims to provide the highest quality maternal and neonatal care to women and babies in the developing world through increasing capacity, capitalizing on available technologies, and engaging communities and other partners. Save the Mothers believes in respectful and dignified care for mothers and their babies and knows that health workers cannot provide this kind of care without ongoing support.



**Save the Mothers
gains a new partner
health facility:
Tororo Hospital**

In the past year, Save the Mothers gained a new partner health facility: Tororo Hospital. Launched at the International Women's Day event in Tororo, the entire STM team celebrated the new partnership alongside students and faculty from Uganda Christian University, dignitaries from the Uganda Ministry of Health and over 400 members of the community. This exciting new partnership will allow us to mentor midwives and build capacity to support healthy moms and babies.

During the reporting period, Save the Mothers installed pilot High Dependency Units (HDUs) in two of its partner facilities: Mityana and Nakaseke hospitals. An HDU is a room within the maternity ward of a hospital that is designated for mothers with life-threatening complications—high blood pressure, ruptured uterus, severe malaria, or hemorrhages—to be intensely monitored for 24 to 48 hours following delivery. With the support of generous donors, we equipped each HDU with three adult beds, one neonatal bed, a patient monitoring system with pulse oximeter, two blood pressure machines, a glucose

monitoring system, a wheelchair, pharmacy fridge, three IV stands, a medicine cabinet, electric suction machine, boots, plastic aprons, trash bin, partitions/screens, and a nursing station with chairs for medical personnel. STM provided additional mentorship and training enabling both hospitals to effectively utilize the HDUs to save high risk mothers and their babies from preventable death.

A key component of the MBFHI program is clinical mentorship and training for our partner facilities. This year, special emphasis was placed on training physicians to safely give anesthesia, particularly through the use of previously donated equipment, which the health workers did not know how to use. Can you imagine a \$300,000 machine sitting under plastic and unused because the staff don't know how to use it? This machine was donated by another international donor, but the loop to ensure it was being used safely wasn't completed until Save the Mothers stepped in.

STM continued its partnerships with university graduates and students in Canada and the U.S. to host one summer intern and two academic interns. In addition to supporting a series of international interns, two Global Health Corps (GHC) fellows were placed as fundraising and development officers as a part of an ongoing partnership with GHC since 2015. The fellows assisted in expanding the capacity of STM programming, with a primary focus on MBFHI activities, as well as building financial support for the organization. Interns and fellows are essential to programs at STM. They bring innovative ideas and unique skill sets needed to strengthen and expand our impact in the lives of moms and babies in East Africa.

Since 2011, STM through the MBFHI has worked on an effective outreach program to connect vulnerable mothers with quality healthcare facilities through the use of toll-free telephone lines. Community members can call the line anytime, any day and speak to a health worker at no cost. From the initial pilot of this service in four MBFHI health facilities, our toll-free line service has

expanded to nine facilities including Buikwe, Kawolo, Naggalama, Nakaseke, Tororo, Mubende, Mityana and Mbale Hospitals, as well as Mukono Health Centre IV. This year, the STM team conducted a research study evaluating the effectiveness of community drives in promoting the use and availability of its toll-free line service. Results of the study showed an increase in the use of those toll-free lines to health institutions that participate in community drives.

Dr. Eve Nakabembe
Director, Mother Baby Friendly Hospital Initiative

STUDENT PROFILES



“The happiest people are not those getting more, but those giving more.”

— H. Jackson Brown Jr.,
Author.

TUT THOMAS SIMON

Clinician, Public Health Officer



Tut Thomas Simon graduated from the Save the Mothers program in June 2017. He is a clinician and public health officer from South Sudan, a country ravaged by endless conflict. Three civil wars have devastated his homeland's health and social infrastructure. Most public-sector services have been eroded, abandoned or replaced by what many people see as unsustainable external humanitarian relief. Two-thirds of health facilities in conflict-affected areas are closed or operating at limited capacity.

Tut has experienced the disruption firsthand. “This situation has led to the displacement of many people from their homes,” he says, adding that he first came to Uganda as a refugee.

Cut off from basic services and healthcare, pregnant women are particularly vulnerable.

“The Save the Mothers program has been a truly inspirational experience.”

- Tut Thomas Simon

“After working for seven years in clinical medical practice, I was looking for a change in direction, something that would bring more meaning to the lives of the women in South Sudan and address their reproductive issues and other related health problems,” he says. “The Save the Mothers program has been a truly inspirational experience. The course has given me an in-depth understanding of the global issues and challenges surrounding reproductive and sexual health among women.”

Tut is now advocating to change entrenched cultural beliefs surrounding the lack of women's rights, gender-based violence, and male involvement in South Sudan. He provides leadership in the training of new health care workers, and lobbies for resources to help save the lives of thousands of women.

TONNY KAPSANDUI

Director of Programs, Uganda County Office



“I have always been interested in making a difference in the lives of mothers and their children—in Uganda and beyond,” says Tonny Kapsandui, 38. A medical doctor, Tonny knows that more than 6,000 Ugandan mothers die from preventable pregnancy complications each year. “Uganda Christian University’s Save the Mothers Master of Public Health Leadership program provides me with the greatest opportunity to grow in this dream,” he adds.

Having graduated in March, 2017, Tonny says he knew he was in the right place from the very beginning of the program.

He works as Director of Programs at Jhpiego Uganda country office. This is a senior position in an organization whose core business is to prevent the needless deaths of mothers and their newborns. He says his Save the Mothers training has helped to make him a better leader and equipped him to be a motivated advocate for maternal and newborn health issues.

Tonny believes that even more than physical resources, his country needs knowledge to empower vulnerable mothers. “We need to go back to primary health care,” he explains. “I would like to speak for mothers and their newborns; to ensure that the mothers and their communities know the basics of good maternal health care and are able to prevent unnecessary deaths by making wise and well-informed decisions. I am passionate about family planning, it is one major area through which we can make a great impact towards achieving maternal and newborn health.”

“We need to go back to primary health care.”

- Tonny Kapsandui

JANE MULUMBA NABUNNYA

Journalist, Policy Analyst



Jane, 47, is a journalist and policy analyst who graduated from Save the Mothers’ Master of Public Health Leadership (MPHL) program in February 2016. She came to the STM program she says, because she wanted to gain a better understanding of the factors that lead to maternal death. She also wanted to learn how to better use her communications background to address maternal health challenges.

“As a trained journalist and development communication specialist, I knew the importance of communication for health promotion,” Jane explains. “But I also wanted to link my work in Water, Sanitation and Hygiene (WaSH) to maternal health. I saw the need for mothers to understand their own roles and responsibilities in ensuring that WaSH facilities and services are not only accessible and reliable, but well-maintained and therefore sustainable. I also saw the need to promote and advocate for WaSH facilities and services at health centres, clinics and hospitals, and especially in maternity units.”

Now that she has completed her studies, Jane looks forward to publishing her research findings – which she gathered in the course of preparing her MPHL dissertation – as articles and briefs, thereby broadly disseminating the knowledge she has gained. She also has plans to develop a blog on communication and maternal health, and become involved with organizations that promote maternal health through policy advocacy and implementation.

As a journalist, her opportunities to affect change are broad. “In my own community, I plan to encourage friends to join the Save the Mothers program, and volunteer my time and services at antenatal care clinics, providing needed information to pregnant women.” At the national level, Jane is advocating for more funds for maternal health, and documenting and sharing innovations and best practices for improving maternal health.

“I knew the importance of communication for health promotion.”

- Jane Mulumba Nabunnya

FROM THE BOARD OF DIRECTORS

HIGHLIGHTS OF 2017 – 2016

JULY/AUGUST 2016

- Taylor Hendricks and Mary Ajwang conclude their year serving as Global Health Corps (GHC) Fellows with Save the Mothers.
- We welcome Annie Cameron (from Wisconsin, United States) and Jane Nakanwagi (from Uganda) as the new GHC Fellows for 2016/17.
- Our Uganda team welcomes Dr. Justus Baragaine, internationally renowned fistula surgeon and safe motherhood researcher to the position of Academic Director.
- At a July convocation ceremony, 13 STM students join the ranks of MPHL graduates
- Thanks to a grant from Canada Summer Jobs, Save the Mothers (STM) hires 16 summer students to work on everything from event planning and administrative tasks to fundraising, graphics, and video production.
- Annual Board retreat – members of the Canadian Board of Directors gather in Muskoka, Ontario with STM management to lay out strategic plans for the year ahead.

SEPTEMBER

- STM Founder and Executive Director, Dr. Jean Chamberlain Froese travels back to Uganda with her family for their final year living and working on the ground full time in East Africa, providing support to the Save the Mothers program there and beginning a period of transitioning STM leadership to indigenous professionals.
 - The Save the Mothers Network in Uganda hosts a Play Day on the grounds of Uganda Christian University, reuniting graduates of the Master of Public Health Leadership program and their families.
 - Save the Mothers partners with the University of Calgary to help bring the Mother Baby Friendly Hospital Initiative to areas of rural Tanzania, part of the University of Calgary's Mama na Mtoto program.
- ### OCTOBER
- The Save the Mothers Master of Public Health Leadership program welcomes a new crop of Ugandan first year students. The students immediately participate with STM staff in the local celebrations surrounding Safe Motherhood Day – building connections, learning

from partners, and sharing knowledge—all factors in reducing maternal mortality.

- Six more graduates join the growing number of STM Alumni in East Africa at the Fall Convocation, held at Uganda Christian University.

NOVEMBER

- Save the Mothers supporters and volunteers participate in the annual fundraising event, The Hamilton Marathon Road2Hope in Hamilton, Ontario.
- STM staff, Interns and Fellows in Uganda host a booth at large Ugandan Craft Sale and Exhibition in Kampala, where they promote the Masters of Public Health Leadership Program and Mother Baby Friendly Hospital Initiative.
- Volunteers host another successful Annual Fundraising Dinner and Auction in North Toronto, Ontario raising more than \$140,000 in support of Save the Mothers.

DECEMBER

- Another 16 students defend their theses in preparations for graduation from the MPHL program at Mirembe Hall, Uganda Christian University.

JANUARY 2017

- Ugandan first and third year classes in the MPHL program write exams.
- Save the Mothers announces the appointment of Dr. Miriam Mutabazi to the new position of East African Director. With 17 years' experience in the field of Maternal, Newborn and Child Health and Reproductive Health, Dr. Mutabazi excels in analyzing Reproductive Health, Maternal, Newborn, Child Health and Adolescent issues as well as commodity security and supply chain management.

- Thanks to our generous donors, Save the Mothers delivers two trolleys, a wheelchair and delivery room dividers to our Mother Baby Friendly Hospital locations.

- STM welcomes back our International classes

FEBRUARY

- The annual Save the Mothers Alumni Dinner and Reunion takes place in Kampala, Uganda, and features a special “passing of the torch of leadership” ceremony from Dr. Jean Chamberlain Froese to Dr. Miriam Mutabazi.

- The STM East Africa team visits Rwanda to recruit students for the International Class.
- Managing Director Dr. Daniel Scott pays a visit to His Excellency Jack Mugendi Zoka, High Commissioner of the United Republic of Tanzania, at the High Commissioner's Office in Canada's capital city, Ottawa to introduce the work of Save the Mothers in East Africa.



**Another 16
students
graduate with
their Masters of
Public Health
Leadership.**

FEBRUARY (CONT.)

- STM in Uganda hosts a VISION TRIP team—individuals from abroad who are interested in seeing the work of the program. Throughout the entire year, many international visitors witness the program's impact on the ground. These visitors include midwives from the Royal College of Midwives (UK) and other organizations engaged in improving maternal health.

MARCH

- Uganda Bureau of Statistics reports a significant decline in maternal and infant mortality rates, with the maternal mortality rate decreasing from 438 deaths per 100,000 live births (registered in 2011) to 336 deaths per 100,000 live births.
- International students complete their second module in the program and return to their respective countries.
- 20 more MPHIL students—journalists, teachers, politicians and other professionals—graduate at convocation ceremonies at Uganda Christian University.
- STM team members head to Eastern Uganda to visit alumni to encourage them in their ongoing work to improve maternal and child health in

their districts and to begin talks around establishing a Mother Baby Friendly Hospital program there.

APRIL

- STM East Africa welcomes Years 1 and 2 students back to write their exams and begins taking applications for the September/October 2017 intake.
- STM launches a High Dependence Unit at Mityana Hospital—where mothers who develop complications can receive emergency care.
- STM Team in Uganda comes together for a day of team-building exercises and strategic planning surrounding the leadership transition there.

MAY

- STM volunteers host our largest Steps to Deliver Change fundraising walks ever. Hundreds of people across Canada and the U.S. come together, raising more than \$60,000 by participating in five kilometre walks in their local communities.
- STM's Global Health Corps Fellows and research assistants conduct focus groups in the communities where they held Community Drives, raising awareness of the Toll Free Lines. These community conversations

assist in bettering the program.

JUNE

- STM East Africa holds Defense Preparation Week. More than 20 students receive guidance on writing their dissertations in preparation for October graduation.
- STM East Africa participates in World Day to End Obstetric Fistula held in Mbarara, western Uganda, where the national celebrations are held. Theme for the celebration is “Hope, Healing and Restoring Dignity For All.”
- Clinical mentorship at Buikwe Hospital
- STM Canada is able to hire 14 summer students thanks to grants from Canada Summer Jobs. The students immediately get to work tackling everything from administrative and donor development tasks to video projects.
- *The Game Changers: True Stories About Saving Mothers & Babies in East Africa* picks up two awards at The Word Awards in Toronto, Canada: best book in the “Christian: Culture category” and the Debra Fieguth Award for social justice writing.



**Maternal Mortality
rates decrease
by 102 deaths per
100,000 births.**



SAVE THE MOTHERS
CONTACT INFORMATION



Save the Mothers

27 Legend Crt.
P.O. Box 10126
Ancaster, ON
L9K 1P3
CANADA

E-mail: info@savethemothers.org
Phone Number: 905-928-7283



Save the Mothers USA

P.O. Box 250
Sewickley, PA
15143
USA



Save the Mothers East Africa

c/o Uganda Christian University
4 Bishop Tucker Road
Mukono, Uganda
EAST AFRICA

Website: www.savethemothers.org / http://eastafrika.savethemothers.org

Save the Mothers is a registered Canadian charity (#82876 7335 RR0001)
Save the Mothers is a registered charity in the United States and in Uganda.



**EXPLANATION OF THE
SAVE THE MOTHERS' BALANCE SHEET**

The Organization operates a Masters in Public Health Leadership program through a memorandum of understanding with the Uganda Christian University. Tuition for 49 Ugandan and 40 International students in the amount of \$117,375 (CAD) is retained by the University in partial payment for the costs associated with the program. These costs include faculty salaries, administrative support, library services, buildings, registration, marketing and recruitment. The University's net contribution to running the program cannot be quantified and is not recorded. The Organization augments faculty salaries and provides scholarships to students from funds collected in Canada.

SAVE THE MOTHERS BOARD OF DIRECTORS

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2016 - 2017 TEAM

Executive Director: Dr. Jean Chamberlain Froese

Managing Director: Dr. Daniel Scott

Interim Managing Director: Dena Thomas

East African Director: Dr. Miriam Mutabazi

Academic Director: Dr. Justus Barageine

Director, Mother Baby Friendly Hospital

Initiative: Dr. Eve Nakabembe

Associate Director of Research: Dr. Rob Alder

Communications Director: Patricia Paddey

Donor Manager (Canada): Lindsey Wilson

Save the Mothers is thankful for the young people who bolster our work each year as interns and summer students (thanks to a grant from Canada Summer Jobs).

Program Interns and Fellows (served in Uganda during 2016 – 2017 academic year):

Beka Bushby (Intern)
Jessica Huston (Intern)
Annie Cameron (Fellow)
Jane Nakanwagi (Fellow)

Summer Students (May – August 2016)

Laura Allan (Humber College)
Rebecca Burkinshaw (Tyndale University)
Rachel Chatterpaul (McMaster University)
Matthew Eeuwes (University of Rochester)
Andrew Fulford (McGill University)
Madalena Maria Ferreira (Nipissing University)
Rebecca John (Ryerson University)
Taylor Gamble (Humber College)
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**STM 2017
Staff and
Board Retreat**

