

BABYMASSAGE QUALITY CONTROL

INTERMEDIATE REPORT PREPARATORY PHASE AUTUMN 2017 and PARTICIPATION at the 'FIRST INTERNATIONAL CONGRESS' of German Nepal Society of Obstetrics and Gynecology, 10th-12th October, 2017, at Dhulikhel Hospital, Kavre Nepal

Introduction

Our main intention has been to facilitate the dissemination of know-how about mother and child care, in particular baby massage BMN.

Thanks to the invitation by the directors of Dhulikhel Hospital (DH) we were able to spread this know-how in a wider context.

Since 2005 the hospitals directors have supported us in this endeavor - at first with regard to our touring exhibition. Sponsors at the time were DEZA, Helvetas, UNICEF-Switzerland and the University of Zurich (geography).

Subsequently, DH also supported us with respect to our professional training program. Our sponsor was the foreign department (FDFA) of Switzerland together with the Swiss Embassy in Nepal. The project began in August 2015 and lasted until January 2016. In its course, 18 professional women with varying backgrounds were trained in BMN (Baby Massage according to the method by Nasma Scheibler-Shrestha). These women are now working at different health centers and hospitals.

In cooperation with DH we now have the opportunity to further develop this training program and contribute to the wider dissemination of BM, which otherwise threatens to fall into oblivion. According to the hospital's directorate, BM is to be institutionalized in the newly founded school for midwives.

Our project for 2018 is mainly devoted to quality control and the formation of teachers for BMN. Not only nurses and midwives but also students and doctors at DH have profited from our training program.

At this point we would like to note something that concerns all good training programs. It can be seen time and again that professionals with additional qualifications have better chances when applying for training abroad. This way, the country loses those young people with the best education, as only a small fraction of students who have studied abroad return to work in Nepal. Our aim is the very opposite. We want to train people for work in Nepal. We are powerless in the face of the problem of brain drain. It may require a regulation at governmental level.

Participation at the Congress (G-NESOG)

Already at the beginning of summer, Dr Abha Shrestha, gynecologist and vice president of GNESOG, asked our school whether the founder of our organisation, Nasma Scheibler-Shrestha, would be able to participate at the congress and give a lecture as well as a workshop. We gladly accepted this invitation. The topic of the lecture was "Mother and child care according to the BMN School". The lecture was coupled with a workshop. Furthermore, there was a discussion on the subject of mother and child care. This discussion took place in the context of different professional viewpoints and know-how. The interest of the attending scholars from different countries and with divergent professional background was enormous. There were countless questions, particularly on the subject of baby massage and the massage techniques presented. It became clear that a workshop of several days would be better suited to demonstrate and discuss in detail all the sensitive aspects of mother and child care and, in particular, the baby massage.

On the subject of baby massage we can state the following: Even though the original know-how stems from Nepal, the method BMN, which has been further developed, was described as novel by the doctors present and it received considerable interest from all congress participants.



Doctors from other hospitals in Nepal, who took part at the congress, wanted their staff to have access to the lecture on mother and child care as well as to the workshop. For reasons of time this turned out to be impossible to realize, except at the Hospital "Grande". Professionals at that hospital had plenty of questions on massage technique, significance and effects of the massage, choice of a suitable oil etc.

Outlook

In the year 2018 we plan a meaningful continuation of our pilot project on baby massage. The focus will be on quality aspects of BM and the most proficient graduates of the baby massage program will aim at training as course instructors. This will enable a purposeful dissemination of BMN in Nepal.

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