

## **TEACHING BABY MASSAGE: QUALITY CONTROL & TEACHER TRAINING IN NEPAL**

### **Intermediate Report 3: Final period, September - November 2018**

Zurich, 27.12.2018

#### **General**

The aim of our course was the BMN (baby massage according to the method of Nasma Scheibler-Shrestha) training of professional nurses and midwives from various hospitals in the Kathmandu Valley. At DHOS (Dhulikhel Hospital), foreign trainees were also able to benefit from BMN tuition. Our expectation was that the course participants would very probably go on to practise and pass on this form of mother and child care in the context of their hospital work.

Thus, the content of the teaching is not limited to baby massage but rather extends to mother and child care in connection with baby massage. Baby massage as such was regarded in an extended context. BMN, which is a further development of baby massage, was the topic of much of the extensive teaching.

This time the participants came from various hospitals. In most cases they were experienced nurses and midwives, carrying a great deal of responsibility at their place of work. As the group of students was very large, a more systematic teaching form was required. The group not only consisted of the 16 course participants but also included parents with their babies. In addition to the core work of teaching baby massage for professionals it was also important to take the individual context of the parents with their babies into account, as they arrived with strongly varying know-how and expectations.



At the end of the course it became clear that the teaching time had been rather short. The time for the practical periods, in particular, was evidently too short. A further course would have to be plan longer intervals to leave sufficient time for practice. The cooperation of the course participants (CPs) must be highlighted as very positive, during class as well as in between lessons. It was surprising to witness how the CPs cooperated across hospital boundaries. The group formed a very good team.



A small but important side objective of ours was to demonstrate that there are enough natural resources and materials available in Nepal and that we need not depend on imported goods, which can be decisive for parents. DHOS, for instance, makes care products from indigenous natural materials called ,Syahar'. Workshops were conducted in various hospitals and in remote health posts (DHOS, Maternity Hospital in Thapathali, HP Baluwa, Bahunipati, etc.). Thus, the CPs were faced with widely different situations and dealt with them very successfully.

The workshops in some of the very remote health posts aimed at familiarizing the CPs with very basic working conditions on the one hand, on the other hand at giving the CPs the opportunity to teach BMN to the local staff.



After a preparatory week (preparation of tuition and materials, making contacts, travel arrangements etc) we left Zurich by plane on September 21, 2018, and arrived in Kathmandu, Nepal on the following day.

Establishing contacts by internet from Switzerland was at times very unsatisfactory. Hence we had to continue this part of the preparation in Nepal. The first week in Nepal (the last week of September) was largely dedicated to clarifying who was going to participate and what was going to take place where (in which hospital or health centre) etc.

Eventually, 16 nurses, midwives and physiotherapists applied (see the list of applicants for the course: annexe 1). The tuition was again structured into blocks of

two to three days. In total, five tuition blocks were conducted, of which three blocks with three tuition days and two blocks with two days each. The final block also contained the theoretical and practical examinations. Furthermore, a sixth event was conducted, with concluding speeches by the course instructor, the director of the school, the director of the hospital and the delegate of the Swiss Embassy. Short speeches were delivered by competent medical specialists, giving their opinion on baby massage. They spoke highly of our teaching method.

This event and the whole course ended with a small closing ceremony and the handing out of the CPs' certificates. (Working time 21.09. – 27.11.2018: Annexe 2). As mentioned above, the CPs had to employ the time between the tuition blocks to practise all the massage steps (criteria for the practical periods: annexe 3), (journal for the individual massage exercises: annexe 4). This, however, presented additional difficulties as the major Hindu festivals coincided with the practical periods, limiting the CPs' time to practise the massage steps they had been taught.

### **Baluwa Health Center, Babymassage Exhibition**



The photo exhibition on the topic 'Baby Massage, Mother and Child Care', which we handed over to DHOS in 2005, had to be dismantled and placed into archives for various reasons (earthquake in 2015, subsequent repairs to parts of buildings, reorganisation of the use of rooms, etc.). Looking through the photos this autumn it became evident that reissuing and reprinting would be sensible. The newly mounted

photos were exclusively reserved for the gynaecology ward. For the most part they were selected and displayed on the walls of a large hall.



The old pictures were passed on to the DHOS-Health-Center in Baluwa, about an hour by car to the east of Dhulikhel, following a suggestion by Dr. Suman Raj Tamrakar. The local people there have received them with great interest. Thanks to the good cooperation with the DHOS-staff the display of the pictures was made possible in the very last minute of our stay in Nepal



The closing ceremony took place on November 25. On 27.11.2018 we flew back to Zurich where the course evaluation was completed.

Course instructor: .....

Project director: .....

(Nasma Scheibler-Shrestha)

(Dr. Giovanni Scheibler)