

Focus area	#	Name of practice session	Content overview	Equipment recommended
Abortion Care	50	Midwifery care during medical abortion	Practice how to assess a woman's eligibility for a medical abortion and competently and respectfully counsel and instruct a woman on the processes of medical abortion	N/A
Complicated Birth	30	Administer local anaesthesia before performing an episiotomy	Practice how to advise the woman of an evidenced-based need for an episiotomy, communicate effectively and demonstrate empathy. Safely administer local anesthesia before performing an episiotomy and document appropriately	Vulva manikin/MamaBirthe
Complicated Birth	31	Practice an episiotomy on a woman during second stage of labour	Practice how to recognize the need to perform an episiotomy in the second stage of labor, seek consent and to communicate respectfully with the woman, providing the evidence-based rationale for this procedure. Practice the skill of performing a mediolateral	Vulva manikin
Complicated Birth	32	Manage shoulder dystocia	Practice how to identify shoulder dystocia, communicate effectively with the team, the woman, and her birth companion as well as manage shoulder dystocia calmly, demonstrating evidenced-based positioning and maneuvers	MamaBirthe, Uright
Complicated Birth	33	Advise on the warning signs of hypertensive disorders	Practice how to identify a woman with a hypertensive disorder during pregnancy, communicate this with the woman and advise on warning signs of pre-eclampsia and when to seek care	MamaBirthe
Complicated Birth	34	Prepare loading dose of Magnesium Sulphate for severe pre-eclampsia	Practice how to recognize severe pre-eclampsia and how to prepare loading dose and maintenance dose of magnesium sulphate	MamaBirthe
Complicated Birth	35	Management of eclampsia in pregnancy	Practice how to recognize eclampsia and call for help. Manage free airways, prevent injury whilst the woman is convulsing and administer emergency treatment as well as communicate with the team, including the woman as soon as she is receptive to information. <i>This practice session can follow number 33: Advice on the warning signs of hypertensive disorders.</i>	MamaBirthe
Complicated Birth	36	Manage primary postpartum haemorrhage	Practice how to identify signs of PPH and how to provide evidenced-based practices in responding to PPH. Communicate effectively with the team and with the woman and her partner when providing care.	MamaNatalie
Complicated Birth	37	Practice manual removal of retained placenta	Practice how to recognize the signs of a retained placenta and respond in a timely manner. Apply skill and evidence-based techniques to successfully manually remove a retained placenta as well as collaborate and communicate effectively with other health care providers	MamaNatalie
Complicated Birth	38	Perform abdominal aortic compression	Practice how to identify severe postpartum haemorrhage with correct and safe management of an abdominal aortic compression. Provide respectful and compassionate care during an abdominal aortic compression	MamaNatalie
Complicated Birth	39	Management of PPH using UBT (uterine balloon tamponade)	Practice to recognize the need to insert a UBT when managing a post-partum hemorrhage and use skills and efficiency when inserting a UBT. Communicate effectively with a woman during the insertion of a UBT as well as practice self-care after a stressful or traumatic birth	MamaNatalie and Mama-U
Complicated Birth	40	Practice bimanual compression	Practice how to identify postpartum hemorrhage due to atony and communicate adequately with the woman to ensure cooperation and consent. Practice knowledge and skills in emergency obstetric care using bimanual compression	MamaNatalie
Complicated Birth	41	Manage maternal shock	Practice how to recognize severe postpartum hemorrhage and manage hypovolemic shock effectively within a team	MamaNatalie
Complicated Birth	42	Practice vacuum birth	Practice how to identify the indications and contraindications of a ventouse birth using a vacuum cup. Communicate effectively with colleagues and the woman during and after the procedure	MamaBirthe, bag and mask (Upright)
Family Planning	43	Provide counselling on family planning and contraceptive methods	Practice how to provide respectful communication and counselling skills without bias when providing evidence-based information about family planning. Practice to effectively collaborate and conduct an education session of family planning options, taking into account the individual preferences and needs of the woman. Facilitate a couple to make an informed choice about family planning	N/A
Family Planning	44	Counsel and advise on emergency contraceptive pill (ECP)	Practice how to provide evidence-based information and instructions on the effective use of emergency contraception as well as respectfully counsel women on family planning methods	N/A
Family Planning	45	Demonstrate condom application	Practice how to use appropriate communication skills when providing health education to men and demonstrate skills in the application of a condom on a model	N/A
Family Planning	46	Insertion of Intra Uterine Device (IUCD) in the postpartum period	Practice how to counsel women on the benefits and possible side effects of the IUCD and of the procedure in a way that is reassuring to her. Practice correct insertion of an IUCD and respectful care	Mama-U
Family Planning	47	Practice removal of Intra Uterine Contraceptive Device (IUCD)	Practice counseling and advising a woman before removing their IUCD as well as practice correct removal of an IUCD	Sister-U
Family Planning	48	Perform insertion of an Implant	Practice how to provide SRH education to women who receive a contraceptive implant and how to correctly insert implant as a family planning service. Practice respectful care	Arm for implant
Family Planning	49	Supervising a midwifery student in the removal of an implant	Practice effective mentoring skills when supervising a student in a clinical procedure and understand the steps and knowledge required in removing a contraceptive implant	Arm for implant
General Midwifery Care	1	Practice respectful midwifery language	Practice and discuss how to recognize and demonstrate respectful, woman-centered language when providing care to women and communicating within healthcare teams	N/A
General Midwifery Care	2	Practice cervical screening	Practice sharing the evidence that supports regular cervical screening in a respectful manner and, with consent, conduct a cervical screening.	MamaBirthe/ vulva manikin
General Midwifery Care	3	Urine analysis pregnancy test	Perform an accurate urine analysis for a pregnancy test and respectfully and sensitively communicate to the woman the result of the pregnancy test and provide appropriate post-conception education	N/A
General Midwifery Care	4	Identifying signs of possible sexual trauma in women and adolescents	Identify the midwife's role in providing care to an adolescent with a history of possible sexual assault and practice an understanding of the issues involved for an adolescent who has experienced sexual assault	N/A
General Midwifery Care	12	Catheterization of a woman in labour	Practice timely recognition when a woman in labour is unable to void and perform effective catheterization during labour. Practice respectful midwifery care and shared decision-making	MamaBirthe
General Midwifery Care	13	Perform a vaginal examination during labour	Communicate the reason and procedure to a woman to perform a vaginal examination during labour. After seeking consent, practice assessing the state of the cervix and position of the fetus by gentleness, respect, and thoughtfulness when performing a vaginal examination	MamaBirthe

General Midwifery Care	52	Counsel and advise on Sexually Transmitted Infection (STI)	Practice on how to provide evidence-based information and instructions on STI (Chlamydia) during pregnancy and respectfully counsel a woman on STI	
Newborn Care	22	Conduct initial assessment of the newborn	Practice how to do a comprehensive newborn assessment using evidence-based knowledge and skills, including detecting any abnormalities in the newborn and refer appropriately. Communicate findings in a respectful and inclusive manner to new parents	NeoNatalie
Newborn Care	23	Perform newborn resuscitation	Practice how to identify a baby at risk at birth and thereafter skillfully resuscitate and revive the newborn baby. Communicate effectively with the team and with the family during and after the resuscitation	NeoNatalie, bag and mask (Upright)
Newborn Care	24	Administer BCG injection to newborn	Practice counseling a women and family member/s on the recommendations of the BCG vaccine. Safely administer BCG injection to the newborn infant and document appropriately	<i>n/a (a baby to inject on)</i>
Newborn Care	25	Support initiation of breastfeeding	Practice respectfully promote and support women to initiate breastfeeding including provide evidence-based education on effective sucking	NeoNatalie/PreemieNatalie and MamaBreast
Newborn Care	26	Provide kangaroo care for the premature newborn	Practice how to identify the need for Kangaroo Mother Care and demonstrate the ability to provide evidenced-based information effectively to a mother (or other caregiver) of a premature neonate. Assist a mother to implement Kangaroo Mother Care	PreemieNatalie, MamaBreast, CarePlus, Nifty Cup
Normal Birth	9	Demonstrate competency in using the WHO Labour Care Guide	With the WHO Labour Care Guide, practice accurate and relevant clinical note-keeping and identify additional information that is required in a woman's records during labor and birth	N/A
Normal Birth	10	Practice possible positions for birth	Practice effective communication with women about the research supporting upright positions in labor and birth and engage with peers to demonstrate positions during labor and birth	MamaBirthing
Normal Birth	11	Mechanism of cephalic presentation during labour and spontaneous birth	As a supervisor, describe and practice the movements of a fetus in a cephalic position as it progresses through labour and spontaneous birth to a group of students.	MamaBirthing
Normal Birth	14	Practice midwifery care during normal birth 2nd stage	Practice to accurately assess and estimate labour progress to support normal physiological (spontaneous vaginal) birth as well as practice safe and appropriate midwifery care and management during second stage of labour and birth to promote physiological birth. Practice how to identify the woman's birth choices and respectfully communicate with the woman and her partner during childbirth	MamaBirthing with BabyBirthing, Upright
Normal Birth	15	Practice midwifery care during normal birth 3rd stage	Practice respectful midwifery care to a woman and her newborn during the third stage of labour and respectfully communicate with the woman and her partner after childbirth	MamaBirthing with BabyBirthing
Normal Birth	16	Practice active management of third stage of labour (AMTSL)	Practice the steps of active management of third stage of labour (AMTSL) including the examination of the placenta and membranes for completeness. Describe the warning signs for complications that may arise during the third stage of labour	MamaBirthing or MamaNatalie, bag and mask (Upright)
Normal Birth	17	Manage nuchal cord at birth	Practice how to correctly manage the nuchal cord around the baby's neck during birth and evaluate the use of evidence-based practice in relation to labour and birth and the presence of a nuchal cord	MamaBirthing, bag and mask (Upright)
Normal Birth	18	Examination of placenta and membranes	Practice how to do a comprehensive assessment of the placenta and membranes for completeness and detection of any deviations from normal as well as communicate effectively the findings of the placental examination to the mother	Placenta (from MamaBirthing or MamaNatalie)
Normal Birth	19	Measure blood loss immediately after birth	Practice how to skillfully assess blood loss immediately after birth and communicate findings and the ongoing care plan effectively with colleague and the woman	N/A
Normal Birth	20	Practice breech birth	Practice correct management of a frank breech birth and respectful communication with the mother, her partner and the team when supporting a breech birth	MamaBirthing, bag and mask (Upright)
Normal Birth	21	Practice twin birth	Practice effective communication to enhance shared decision-making and identify the correct positioning of second twin and birth according to protocol. Recognize fetal/neonatal distress and describe appropriate intervention pathways	MamaBirthing with two BabyBirthings
Normal Pregnancy	5	Calculate estimated due date	Practice taking a woman's menstrual cycle history in a respectful manner and calculate the EDD using different methods based on the last menstrual period or other information. Effectively communicate the estimated date of delivery	<i>Gestational wheel</i>
Normal Pregnancy	6	Practice antenatal assessment	Practice assessing maternal and fetal well-being in the antenatal setting and provide respectful evidence-based information to a woman during her pregnancy	MamaBirthing
Normal Pregnancy	7	Practice abdominal palpation in the antenatal setting	Practice a respectful fundal palpation and assess for fetal growth and position before birth. Communicate findings effectively with the woman	MamaBirthing
Normal Pregnancy	8	Assist a pregnant woman and her partner to develop a plan for labour and birth	Practice exploring with a woman and her partner their expectations of labour and birth and effectively communicate with them about evidenced-based options for labour and birth. Respectfully acknowledge and encourage their labour and birth preferences	N/A
Postpartum Care	27	Provide postpartum assessment of the new mother	Practice a postpartum assessment of a new mother shortly after a normal vaginal birth, including recognition of any abnormalities in the mother and referral. Counsel and support the new mother on breastfeeding by respectfully communicate evidenced based information when providing postpartum care	MamaBirthing/MamaNatalie
Postpartum Care	28	Examine, assess, support and advise on perineal and vaginal tears	Practice to examine, assess, and counsel women on perineal tears as well as provide respectful care	MamaBirthing/Vulva
Postpartum Care	29	Repair of second-degree perineal tear	Practice to skillfully repair grade a 2nd degree perineal tear while demonstrating respectful care	<i>Labia Repair trainer (GynZone)</i>
Postpartum Care	51	Remote perinatal mental health assessment postpartum	Practice how to identify signs of perinatal mental ill-health and respond with empathy using evidence-based practice. Practice how to recognize the impact of humanitarian crises (in this scenario a pandemic) on a woman's perinatal mental health identify the benefits of digital technology in supporting a woman's mental health	