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Univerza v Ljubljani



4steps Meeting and Workshops Program in HCMC 12.- 26.2.20

4steps for Healthy Babies, Healthy Families, Healthy Nations

Erasmus+ Capacity Building in the field of Higher Education

19.-21.2.2020 Event organized by UPM:

“Women’s Health: Pre- and Pregnancy care”

60 participants, project groups and midwives from surrounding hospitals.

9:00am-11:30am February 19th 2020:

Welcoming words Associate Professor TO MAI Xuan Hong
4 Steps project Project leader Jouni Tuomi

Women’s health and pre-pregnancy care (Polona Mivsek and Elina Botha)

- 1) Introduction to Preconception health and care (Polona)
- 2) Factors that influence fertility of the couple, Lifestyle & Fertility, discussion (Elina)

1:30pm-4:00pm February 19th 2020:

Pre-pregnancy and pregnancy care (Polona and Elina)

- 3) Issues and challenges in PCHC, group work
- 4) Woman centered care - midwifery philosophy and counselling (Polona)
- 5) Preconception Health and Care model for educators
 Previous projects, PreconNet, PCHC-model (Polona)
- 6) Making scenarios for pre-pregnancy and pregnancy care as a “homework” (Polona)

9:00am-11:30am February 20th 2020: Pregnancy care (Elina, Marika)

Closing the previous theme. Polona

- 7) Optimizing healthy pregnancy (Elina)
 - 8) Essential competences to understand and support normal pregnancy (Elina)
 - 9) Health between pregnancies (Elina)
 - 10) Implementing 1234 days-idea (4steps, Healthy Pregnancy) (Marika)
- Questions and answers (Marika, Elina)

1:30pm-4:00pm February 20th 2020: Pregnancy care (Elina, Anna-Mari)

- 11) Life course health development (Jouni)
 - 12) Prevention of complications (Anna-Mari)
 - 13) Jouni: PCHC-issues in Cambodia and Vietnam, group work results
- Questions and answers (Elina & Marika))

9:00am-11:30am February 21th 2020: Pregnancy care and childbirth (Anna-Mari and Marika)

- 14) Risk screening during pregnancy (Anna-Mari) - Too little, too late
- 15) How to promote safe normal birth during pregnancy - Too much, too soon. Competencies before and during latent phase in childbirth, promotion of normal processes (Marika)
- 16) Best positions during childbirth for mothers and babies (Marika)

1:30pm-4:00pm February 21th 2020: Pregnancy and preparing for childbirth (Marika and Anne)

Questions and answers

- 17) Safe skin-to-skin during the golden hour, presentation and discussion (Anne)
- 18) Changing approach to guidance, from teacher to coach (Elina)



During these 3 days we had many active discussions with the audience. Many written texts about the situation and needs in Vietnam and Cambodia was collected for further analyze.

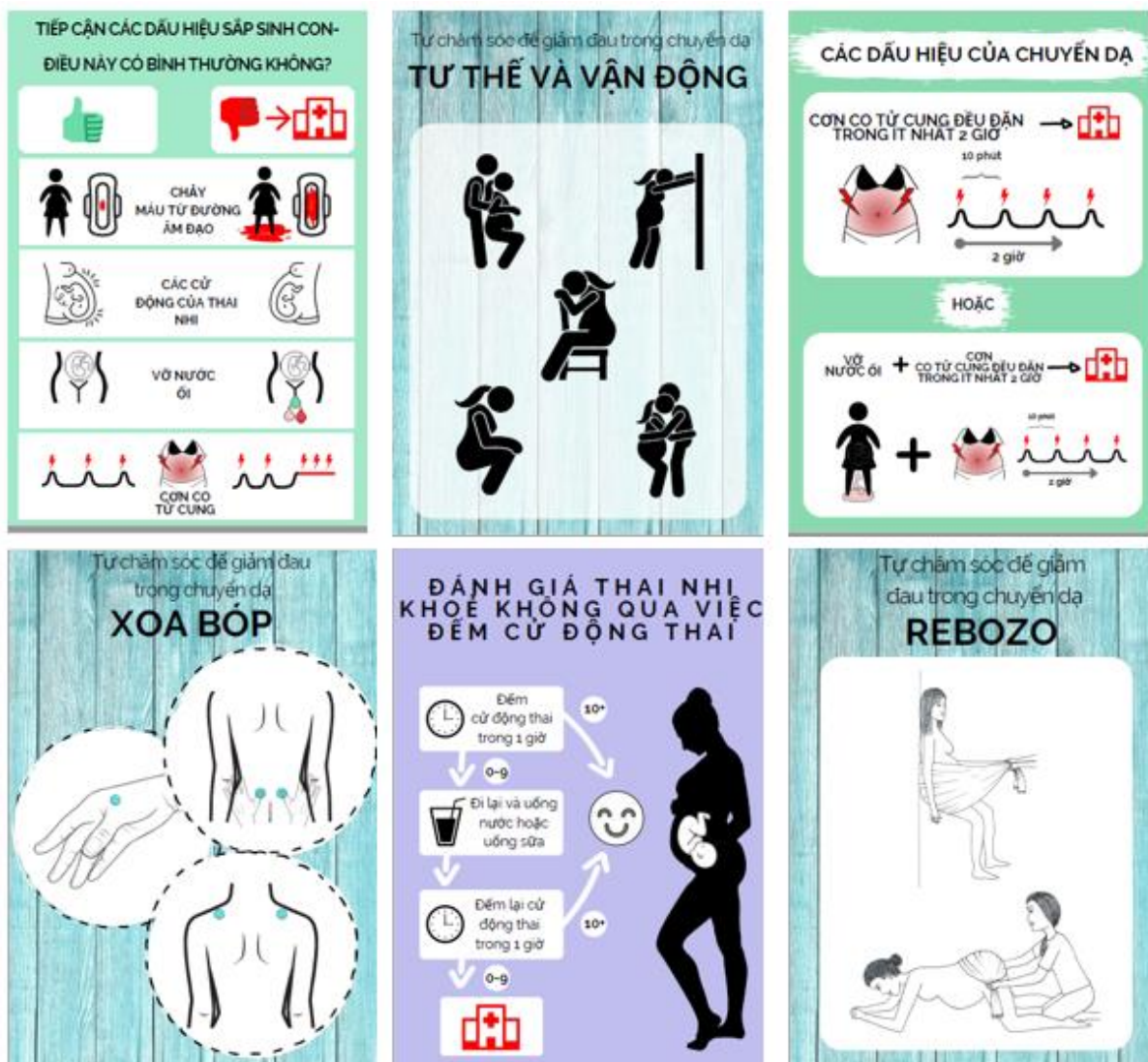
Participants described the concrete issues in the context of Preconception Health in Cambodia and Vietnam and wrote real life cases for pedagogical development workshops.

Best practice-Posters, from TAMK and PreconNet EU-project were translated in Vietnamese and Khmer during the seminar, you can find them in Teams WP7 and in our Facebook.

Facebook was updated simultaneously and after the seminar we have new followers 140 and 1800 openings. The address is

https://www.facebook.com/pg/4-Steps-for-Healthy-Babies-Healthy-Families-Healthy-Nations-101024338155158/photos/?tab=album&album_id=105014064422852

Feedback was collected and learning outcomes were good. Still remain some needs for future Workshops.





Conclusions of the whole week:

Meeting, Event and hospital visits were an extraordinary possibility to

- Analysis of the target groups, circumstances, needs, possibilities to develop.
- Get a good impression of participants knowledge; thoughts were collected and analyzed during the days
- Deep and very active discussions revealed how eager learners the midwives are
- Live contact to the target group
- Building trust with partners
- to fit future workshops to the real situation