



Co-funded by the
Erasmus+ Programme
of the European Union



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



4Steps Meeting and Workshops, Nam Dinh University of Nursing, Nam Dinh, Vietnam.

Time: 21.-25.11.2022 at 9:00-16:00

Note! All workshops are in English language.

All material translated beforehand and distributed to local participants in print by NDUN.

Participants:

NDUN, Nam Dinh, Vietnam: 7 midwifery lecturers

TAMK, Tampere, Finland: 2 participants

UMP, HCMC, Vietnam: 4 participants

UHS, Phnom Penh, Cambodia: 4 participants

HSI of RCAF, Phnom Penh, Cambodia: 4 participants

UL, Slovenia: 2 participants (online)

Time	Agenda	Responsibility	Room
Day 1 Monday 21/11/2022 9:00	<p>Welcome to NDUN!</p> <ul style="list-style-type: none"> • Welcome speech by Dr Tuong Tuan Anh • NDUN introduction (NDUN tour, lecturer hall, Simulation Center and Faculty of Nursing and Midwifery) <p>Project meeting</p> <ul style="list-style-type: none"> • Administrative issues, Marika Mettälä • Quality Team situation report UMP • Dissemination situation report UHS • Handbook translations <p>Handbooks' process and tasks</p>	<p>NDUN</p> <p>NDUN</p> <p>TAMK</p>	<p>Hospital</p> <p>University</p>
13:30	<p>Study visit to Nam Dinh Obstetric and Gynecology Hospital</p>	All	
Day 2 Tuesday 22/11/2022 9:00	<p>Midwife Skills (WP8, WP9)</p> <ul style="list-style-type: none"> • Resuscitation of a newborn, what, why and how, Anne Mäenpää 	TAMK	<p>Classroom</p> <p><i>Babydoll for everyone</i></p>

13:30	Midwife Skills (WP9) <ul style="list-style-type: none"> • Neonatal prophylaxis, Petra Petrocnik • Newborn Behaviour Observation, Polona Mivsek 	UL online	Classroom with Zoom or Teams connection
Day 3 Wednesday 23/11/2022 9:00	Midwife Skills and Simulation Pedagogics (WP2 and WP9) <ul style="list-style-type: none"> • Care of newborn with low Apgar scores (simulation practice) • Shoulder dystocia 	TAMK	Classroom and Simulation room <i>mannequins: newborn baby (possibility to perform resuscitation, childbirth pelvis and baby)</i>
13:30	Short 30-minute lectures: <ul style="list-style-type: none"> • Postpartum mental health (WP8) • Supporting parents after fetus mortus or baby loss (WP7 and WP8) • Postpartum home visits (WP8) • Breastfeeding support (WP8 and WP9) 	NDUN	Classroom
Day 4 Thursday 24/11/2022 9:00	Midwife skills (WP7, WP8) <ul style="list-style-type: none"> • Natural pain relief intra and postpartum, Marika Mettälä • Hands on practice of effective methods • Intracutaneous sterile water injections, Rebozo, Guasha, Massage, positions, hot and cold etc. 	TAMK	Classroom <i>syringes 1ml, needles 24G and 18G, Aqua Sterilisata, alcohol swabs amount: participants +2</i>
13:30	<ul style="list-style-type: none"> • Happy sex after childbirth (WP8) Polona Mivsek • The most common health issues among newborns workshop facilitated by Anne Mäenpää and Marika Mettälä 	UL online and TAMK	Classroom with Zoom or Teams connection
18.00	<ul style="list-style-type: none"> • Dinner 	All partners	Son Nam Hotel
Day 5 Friday 25/11/2022 9:00	Simulation and role play/drama pedagogics <ul style="list-style-type: none"> • Sexual health guidance • Breastfeeding guidance • Postpartum discharge guidance 	Cases from UL and NDUN	Classroom
13:30	Planning of future Dissemination (WP11), all participants roles and responsibilities	All	Classroom

16:00	<p>Future events:</p> <ul style="list-style-type: none">• UHS, Phnom Penh, 20.-24.2.2023• UMP, HCMC, 2.-7.4.2023• TAMK, Tampere, 29.5-2.6.2023 <p>Closing the event</p>		
-------	--	--	--