



Newsletter from Life Support Foundation October/November 2018



Life Support Foundation presentations at a conference in Tanzania

Presentations in ABC and life support were a welcome feature at a conference for midwives and nurses in Tanzania, where maternal mortality remains high. Caroline Hedman, Gunilla Wihlke and Suzan Mbonde from Life Support Foundation also shared information and discussed life support with many Tanzanian colleagues.

About 1000 participants were gathered in Dodoma, Tanzania, in October for the Tanzanian National Nurse Association Conference. Caroline Hedman, midwife, attended together with Gunilla Wihlke and Suzan Mbonde, nurse anaesthetists.

- It was great coming back and meeting our friends and colleagues, says Caroline Hedman, who has participated in several of the LSF courses in ABC in Dar es Salaam.

Scientific presentations were held by nurses from all over the country. An important topic during the conference was the high maternal and infant mortality rate in Tanzania. National statistics that were presented show an increased maternal mortality, where 556 out of 100,000 mothers die in connection with childbirth. The most common cause is bleeding.

- There was concern about the high figures and a consensus that it is high time to tackle the situation, says Caroline.

Many of the deaths could be avoided through the simple methods of ABC that Life Support Foundation teaches.

Four shorter sessions in ABC for children and mothers were held and LSF also had a booth where participants could do exercises in neonatal resuscitation. Checklists and protocols for Vital Signs Detected Therapy developed by LSF, were also available.

- There was a great interest in our presentations and for us as an organization. Many people came by to talk or practice on our dolls. Several have also contacted us afterwards and would like to keep in touch, says Caroline.

During the days in Tanzania, Caroline and Gunilla also visited Life Support Foundation's collaborating hospitals.

Lott Törngren new member of the LSF board

Life Support Foundation welcomes a new board member. Lott Törngren works at the Folke Bernadotte Academy (Authority for Peace, Security and Development) as a unit manager.

Lott has her roots in civil society, with voluntary involvement in the Youth League of the Red Cross and work for Unga Hörselskadade. She has also worked as an International Coordinator within KFUM with SIDA-funded cooperation projects, primarily in Palestine, but also in Africa and Eastern Europe. This has provided many valuable experiences, not least how to apply for project funding for different types of organizations.



- I hope to contribute to a good development of the Life Support Foundation, where positive qualities such as commitment, efficiency and competence can contribute to meaningful change and development where it is needed most," says Lott.



"Health care is so much more than equipment and resources"

In August, LSF for the first time arranged an exchange between Malawi and Sweden. Thomson Mbewe and Raphael Kazidule studied intensive care at Karolinska University Hospital in Stockholm. One of their most important lessons is that health care is much more than equipment and

resources.

Nurses Thomson Mbewe and Raphael Kazidule spent time at the Neurological Intensive care department (NIVA) and the Central Intensive Care Department (CIVA) at Karolinska, where they studied the various aspects of daily care.

- It was an amazing opportunity and one we would describe as a once in a life time. We have very good impressions of Sweden and Karolinska. You invest enough time in preparation and communication and that in itself is an excellent asset to have in health care, they say.

Although visiting a hospital belonging to the world leaders in advanced medical equipment, one of their most important lessons learned is that much that is done in Swedish care does not require technology or is expensive.

Among other things, they have seen the importance of a good work community and effective teamwork.

During the days in Sweden, they also visited Nyköping Hospital where they gained insight into the hospital's patient follow up system.



Workshop for Intensive Care staff at Queen Elizabeth

Life Support Foundation is supporting the first ICU Workshop at Queen Elizabeth Central Hospital in November. The aim is to improve teamwork, communication, morale and the quality of care on the ICU at Queens.

- It's a really good opportunity to get all staff together for two days to discuss how we are working, the bottlenecks to good quality of care, and which things we can improve to give better care and save the lives of our patients, says Tim Baker, CEO of LSF, working in Malawi.

Previously a Critical Care Workshop has been held for staff throughout the hospital, with the support of LSF.

Monthly quality improvement meetings, "M & M" (mortality and morbidity), are now also held at the Intensive Care Unit where staff discuss important lessons from different cases and how routines and care can be improved for severely ill patients.

LSF research presented at conference in Malawi

Raphael Kazidule, nurse at Queen Elizabeth Central Hospital presented the ICU Register that has been started at Queens, at the Quality Management Conference recently held for the first time in Malawi.



Since December 2016, data about all the patients admitted to the ICU are entered into the electronic register.

- This allows us to evaluate quality improvement initiatives, assess which patients benefit the most from intensive care, and adapt our admission, discharge and treatment policies to improve the care we can provide to our critically ill patients, says Tim Baker.

An evaluation of the initiative to improve care shows good results. The knowledge has increased by 11 percent and morale has improved as well as the care for severely ill patients.

The plan is that a similar electronic registration system should be available at all Intensive Care Units in the country.

Raphael also presented the CRISPOS project and other Life Support Foundation projects to improve the care of critical illness in Malawian hospitals.

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