

# VRP404

## Midwifery Practical

### Brief description

Students in midwifery visit mothers in the community within the first two weeks of the birth of their babies under the supervision of a registered midwife. During these visits, students check up on both mother and baby in order to identify possible problems. If the mothers experience any problems regarding medical treatment, they are referred to the nearest clinic.

### Community partners

Mothers with babies from birth to two weeks old.

### Service sector partners

Public maternity health care facilities in Bloemfontein

### Outcomes for students

Students learn how to assess and promote maternal and neonatal wellbeing. They provide mothers with contextualised health care information and promote successful exclusive breastfeeding. Students also have the opportunity to develop various skills, including physical examinations and midwifery skills. The home visits make students more aware of the circumstances in which mothers and babies live and thus the care and counselling given at hospitals and clinics are more in line with the patients' circumstances at home. Students also learn to think innovatively by taking into consideration the mother's circumstances at home, which might include no running water, no electricity or sanitary amenities.

### Service learning component

The main aim of this module is postnatal home visits. Students give health care counselling with regard to mother and baby care. They furthermore discuss problems with the mothers, including feeding and hygiene.

### Impact on community

Mothers are discharged within six to twelve hours after the birth of their babies. This is not enough time to educate new mothers about self-care and how to take care of their babies. With the home visits mothers learn what is expected regarding care and feel more at ease with their babies due to the personalised assistance and information given to them by the students. Most breastfeeding problems also occur within the first week and with the home visits most of the problems are addressed, resulting in longer rates of exclusive breastfeeding. Most of the neonatal deaths in South Africa occur within the first week after birth and by doing home visits the School of Nursing contributes to developing strategies to prevent unnecessary neonatal deaths.

A new project that involves nutrition is envisaged for 2014.



HEALTH SCIENCES  
GESONDHEIDSWETENSAPPE

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School of Nursing

Academic host programme  
Nursing

Study year of students  
Fourth year

Credits: 8

Module offered during  
Year course

### Lecturers

Dr. D.E Botha  
Ms. R.M. Mpeli  
Dr DE  
Ms RM



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