

## **Our Obstetrics workshop in Wau July 2021 Sponsored by The Luol Deng Foundation**

A team of three obstetrician and gynaecologist as well as two midwives from northern Germany came together for a trip to Wau, South Sudan. We didn't all know each other before this trip and yet we all had the same motivation and enthusiasm.

Mrs. Claudia Schweppe-Unruh, a senior midwife, Ms. Laura Bonse, an experienced midwife, Dr. Martin Frank, a senior Obstetrician and gynaecologist, Dr. Diana Joseph, also a senior Obstetrician and gynaecologist and Dr. Theresa Roth, an obstetrician and gynaecologist. The team was joined by Diana's brother Awet, to document this journey via Photos and videos.

After a short stop in Juba, the capital city of South Sudan, we headed further to Bahr el Ghazal region the next day. In Wau we met Sister Gracy. Sister Gracy came from India over 30 years ago as a humanitarian to what was then Sudan during famine.

She has lived in the Republic of South Sudan since its independence in 2011. She stayed, planned and built a hospital, Mary Help Hospital for women and children, and college of nursing.

We were warmly welcomed on the hospital grounds, we were profoundly impressed by this warm welcoming. After a tour of the hospital, we went straight to work.

The idea behind this workshop, is to practice being able to recognize and manage cases including life threatening situations in the maternity ward. This is a key to reducing mortality during and after child birth. Such workshop is ideal for obstetrician and gynaecologist and midwives, to constantly practice and improve their skills. But since Mary Help Hospital has a large number of nursing students, sister Gracy asked us to provide teaching for her students.

In order to adapt our training specifically to meet the needs of those students, we had a meeting with them to discuss and plan a new schedule for the teaching units.

In addition to theoretical knowledge, we included practical skills that would help them in managing everyday emergency situations with the help of simulation dummies. Example of such emergency cases are shoulder dystocia, postpartum bleeding or neonatal care and -resuscitation. In the practical training every student slipped into the role of the woman giving birth, Midwife / nurse and doctor, but also that of the observing Person, such as family member accompanying the patient. After each role play, we evaluated the situation and gave a detailed feedback. We also practiced the surgical treatment of birth injuries, the vaginal breech delivery, the CTG assessment and the obstetric sonography.

We had the honor of meeting highly motivated and inquisitive students and we had a wonderful time together, during which we as well learned a lot from them - for example, how to improvise with the means available.

Just in these few days the students have made great progress, we felt the energy and joy of learning. In addition, we exchanged privately and learned many interesting stories from the Students.

In our free time, Sister Gracy and her lovely team of nuns showed us around, lots of green everywhere and the lovely breeze and clean air due to the rainy season. They took us to beautiful and interesting places.

On Sunday, we were invited to church. We had a lot of joy being part of the community and singing along with harmony.

On our last day a beautiful farewell ceremony awaited us. We were invited to the girls dormitory, where they have prepared a small stage for us. They then performed

traditional and modern dances, which they have rehearsed. We were overwhelmed and could only release ourselves from the dance floor with a heavy heart.

We say THANK YOU for a great time in Wau and look forward to the next job!

Last but not least we would like to say a BIG THANK YOU to the Luol Deng Foundation, who solely sponsored this trip. Without your support this trip would not have been possible.