



VOLUNTEER APPLICATION INFORMATION

Who is MAMA?

We are a group of midwives dedicated to the 'role of the midwife' who empower and promote the advocacy of local Ugandan Midwives thus improving maternal health in the surrounding areas of Hoima, Uganda.

We base ourselves at The Princess Alexandria formally known as Azur Clinic in Hoima, three hours north west of Kampala, Uganda. There we support 10 midwives who cover 2000 deliveries per year at Azur.

We also support local outreach clinics provided by the Azur Midwives. These 8 weekly outreach clinics provide Antenatal and Postnatal care, Immunisations, Family Planning, HIV & Syphilis screening & treatment, and Health Education to the women in the remotest of villages who do not have access to care.

MAMA has a permanent clinic in Runga, formally one of our outreach clinics. This clinic now provides the local area 24/7 antenatal, intrapartum, and postnatal care with HIV & Syphilis screening and treatment, plus an Immunisation clinic and Family planning in the forms of Condoms, Depo Provera Injections & Implants.

Health promotion and education is provided throughout the week whilst women are waiting to be seen. Referrals of pregnant women in need of intervention or medical referrals that the clinic cannot facilitate get

referred to Azur for further treatment and care. Transport for these women are arranged by MAMA.

Our agenda as experienced midwives in resource poor settings is to respect and understand the cultural aspect of birthing choice for women in Uganda. It is our agenda to understand common & traditional practises and make safety a key element in the reduction of maternal, neonatal morbidity & mortality. We would expect all our volunteers to uphold this same respect and understanding.

Our agenda is always to empower & support local provisions for midwives by means of education, equipment, and knowledge. MAMA provides yearly mandatory training for all midwifery staff in the month of November and fundraise wherever possible to provide provisions for the Azur hospital, Runga Clinic and Outreaches.

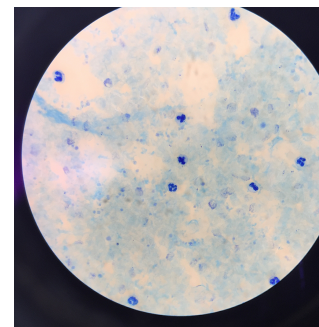
This is a Non-Government Organisation, not for profit, and is conducted in our spare time and annual leave as volunteers.

Our Expectations of Volunteers

- Respectful of all culture
- An understanding of resource poor provisions
- An interest in midwifery abroad
- Qualified Midwife with at least 1 year experience post qualification
- Excellent understanding of Obstetric Emergencies
- Willing to teach and hold teaching sessions
- Minimum of two weeks' volunteer time
- Own payment of all travel costs
- Own payment of accommodation

Health

Please let us know of any health needs you may have. Uganda is a hot tropical country and we work in an isolated rural community however we do have access to medical resources. We also carry PEP (pre-exposure prophylaxis) in case of needle stick injury or any exposing event in the reduction of HIV.



Please make sure that your vaccinations are up to date, most of us in our childhood received BCG, MMR & Diphtheria-Tetanus-Polio but please check.

Immunisations required for travel and aid work are as follows;

- Hepatitis A
- Tetanus
- Yellow Fever (checked at the airport)
- Typhoid
- Hepatitis B
- Cholera
- Meningococcal Disease
- Malaria Prevention

Please use link below to inform you of your choices regarding vaccinations and malaria prevention. It summaries each vaccination and required need.

<https://travelhealthpro.org.uk/pdfs/generate/country.php?cnt=231>

Accommodation

MAMA has its own house, newly built in May 2017. This home is designed to house our volunteers and any profit made from the rent made here goes towards MAMA projects.

It is two bedroom with en suites, twin beds which can sleep four people. Each bed has its own malaria net. The lounge kitchen diner is communal and a great space to unwind in after a long day.

It is a 2-minute walk from Azur Clinic and has a house lady who will cook and clean for us. It also has a wired perimeter for privacy and it's a gated compound for security.



Equipment

As midwives we also collect our own medical equipment; these are often collected from our trust as old stock or donated.

- Delivery packs
- Antenatal bag containing BP cuff, stethoscope, thermometer, pinard/sonicad
- Syringes
- Swabs
- Gloves
- Drugs
- Catheters/Catheter bags
- Suturing material
- Inco pads
- Venflons
- IV Giving sets

As for personal equipment, we advise you to bring:

- Scrub clothing
- Covered shoes
- Summer Shoes
- Loose summer clothing
- Flip flops for use in the accommodation
- Sun Cream
- Hats
- Mosquito repellent (50% deet)
- Own personal first aid kit
- Dollars
- Toiletries (towels are provided)
- Hand gel

Dress Code

We have a navy blue 'midwife' polo shirt which we can have made up for you £16 per shirt. It's very handy as the polo shirt will have your name on it and so the local Ugandans will approach you knowing your name.

We would ask that skirts and dresses whilst working to be below the knee and shoulders covered whilst working. Scrubs are perfect for working in Azur or in Runga.



In your own time please be aware that you are representing MAMA and we expect you to wear suitable attire (strappy tops are permitted in Hoima but no shorts or skirts above the knee)

Costs

Flights - anything up to £500 depending on time of year and airline

Travel - £80 each way from Entebbe to Hoima plus a donation to vehicle usage in Hoima

Accommodation - £40/week

Food - Kitty payable whilst in Hoima varies from catering, house lady or eating out

Water - £3.50 for 12 litres

We hope this information is useful in deciding to or planning to volunteer with MAMA.

Should you need further information, please feel free to contact us on via email on mama-uganda@outlook.com.