(11)
1. How many postpartum hemorrhage (PPH) cases do you have per month?
2. What are the main causes of PPH?
3. How do you treat PPH?

(12)
1. How many Prolonged Labor and Arrested Labor do you have per month?
2. How do you treat them? (Medical Intervention such as Medication, Vacuum extraction etc)

(13)
1. How many cases that need a Neonatal Resuscitation per month?
2. Resuscitation rate:
3. Person in charge of CPR

(14)
1. Breast feeding rate on discharge day:
   - Normal Delivery mother: 
   - C/S mother: 
2. Breast feeding rate at first month check-up:
   - Normal Delivery mother: 
   - C/S mother: 

(15) Please explain what kind of Health educations are provided to Mothers.

*Please show the data of last year (2011), if it’s possible.
*Those who are informed to be accepted to this course will be requested to make a presentation of their Job Reports in the beginning of the Course.
*Photos are also able to be included in your presentation.
*The way of presentation, such media as Power Point, OHP, video, pictures is strongly recommended.
*Each presentation will be 15-20 minutes (including Question and Answer
ANNEX II: Course Structure

OVERALL GOAL
Applicable Japanese techniques and knowledge for safe motherhood will be applied and practiced in participating organizations or communities covered by participating organization,

OUTCOME
Knowledge and skills about safe motherhood will be shared among staffs in participating organization or people in the community.

OUTPUT 1
Issues on safe motherhood in participating organizations will be clarified.

OUTPUT 2
Participants will be able to explain about outline, practical techniques and efforts maternal and child health in Japan and the other participating countries.

OUTPUT 3
Techniques, skills, knowledge to be disseminated and its purpose and target group of dissemination will be clarified from Japan’s examples.

OUTPUT 4
Program to disseminate applicable techniques acquired in the program in Japan will be implemented by participating organization

Dissemination Plan is required to be implemented within 6 months after the training, and the result will be reported to JICA by the progress report.

Job Report is submitted before participants’ arrival. Issues in participating organizations and their background are analyzed objectively and logically.

After returning back to your countries.

Training in Japan

Before coming to Japan.
### 26ANNEX III: The Previous training's Schedule 2010 (For your reference)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Type</th>
<th>Subject</th>
<th>Place to Stay &amp; Phone No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/16</td>
<td>MON</td>
<td></td>
<td>Arrival in Japan</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>TUE</td>
<td>9:15</td>
<td>JICA Osaka Orientation</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>WED</td>
<td>10:00</td>
<td>General Orientation</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Japanese Education, History &amp; Culture, Political &amp; Administration System in Japan</td>
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<tr>
<td></td>
<td></td>
<td>15:20</td>
<td>Return Flight Meeting</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>17:00</td>
<td>Japanese Language Course</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>THU</td>
<td>10:45</td>
<td>Health Check-up / Vaccination</td>
<td>JICA Osaka</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:30</td>
<td>Exchange Program</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>17:00</td>
<td>Japanese Language Course</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>FRI</td>
<td>10:00</td>
<td>INFJ/JICA Program Orientation</td>
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<tr>
<td></td>
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<td></td>
<td>Job Report Presentation &amp; Workshop &quot;Midwife: Definition, Roles and Responsibilities&quot;</td>
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<td>13:00</td>
<td>D InfJ/JICA Program Orientation</td>
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<tr>
<td></td>
<td></td>
<td>17:00</td>
<td>Japanese Language Course</td>
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<td>21</td>
<td>SAT</td>
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<td>N</td>
<td></td>
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<tr>
<td>22</td>
<td>SUN</td>
<td></td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>MON</td>
<td>9:30</td>
<td>Japan's Prenatal Care</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:30</td>
<td>Basic Nursing and Midwifery Education in Japan</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>TUE</td>
<td>10:00</td>
<td>Dissemination Plan I</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:30</td>
<td>Opening Dialogue, Meeting with Lecturers &amp; Instructors of Training Institutions</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>WED</td>
<td>9:00</td>
<td>Aiiku Group Activity</td>
<td>JICA Osaka</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9:30</td>
<td>Observation of Furuichi Aiiku Group Activity (Leaders Meeting) and Exchange Program</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Maternal and Child Health Service in Sasayama City</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Child-rearing Consultation</td>
<td></td>
</tr>
<tr>
<td>Day</td>
<td>Time</td>
<td>Service</td>
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<td></td>
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<tr>
<td>26 THU</td>
<td>9:00-12:00</td>
<td>Observation: Prenatal Care Facility 1 &lt;Tertiary General Hospital&gt;</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14:00-16:30</td>
<td>Observation: Prenatal Care Facility 1 &lt;Clinic&gt;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27 FRI</td>
<td>10:00-16:00</td>
<td>Documentary Movie Viewing &quot;Le Premier Cri&quot; &amp; Workshop &quot;Safe Motherhood&quot;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 SAT</td>
<td>N</td>
<td>Move to Tokyo Observation: Tokyo Tower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 SUN</td>
<td>9:30-12:00</td>
<td>Maternal Health Education and Mothers' Class I</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 MON</td>
<td>9:30-12:00</td>
<td>Maternal Health Education and Mothers' Class I</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14:00-17:00</td>
<td>Promotion of Breastfeeding 'Oketani Method Breast Management'</td>
<td></td>
<td></td>
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<tr>
<td>31 TUE</td>
<td>9:30-12:00</td>
<td>Approach to Effective Dissemination Planning I</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14:00-16:00</td>
<td>Activities of Japanese Midwives' Association</td>
<td></td>
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</tr>
<tr>
<td>2/1 WED</td>
<td>9:30-12:00</td>
<td>Approach to Effective Dissemination Planning II</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>13:00-17:00</td>
<td>Neonatal Cardiopulmonary Resuscitation</td>
<td></td>
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<tr>
<td>2 THU</td>
<td>9:00-13:00</td>
<td>Approach to Effective Dissemination Planning III</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>14:30-16:30</td>
<td>Humanization of Childbirth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 FRI</td>
<td>9:30-11:30</td>
<td>Assessment: Midwifery Diagnosis &amp; Record Keeping, Maternal Health Checkup</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>13:30-15:30</td>
<td>Relaxation for Pregnant and Parturient women (Aromatherapy)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 SAT</td>
<td></td>
<td>Move to Osaka</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 SUN</td>
<td>N</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 MON</td>
<td>10:00-12:00</td>
<td>Medical Knowledge &amp; Skills Required in Delivery Management</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>13:30-16:00</td>
<td>Medical Equipment for Prenatal Care, Episiotomy &amp; Suture</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Day</td>
<td>Time</td>
<td>Type</td>
<td>Activity Description</td>
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<td>--------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>7</td>
<td>TUE</td>
<td>9:30-16:00</td>
<td>L</td>
<td>TQM &amp; KAIZEN (5S) -for MMR/IMR Reduction- PCM (Project Cycle Management) -Problem Solving Strategy</td>
</tr>
<tr>
<td>8</td>
<td>WED</td>
<td>9:30-12:00</td>
<td>P</td>
<td>Emergency Procedures (Emergency Simulation)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:30-16:30</td>
<td>L/P</td>
<td>Effects on Delivery by Changes of Delivery Positions -Free Style Delivery-</td>
</tr>
<tr>
<td>9</td>
<td>THU</td>
<td>10:00-16:00</td>
<td>P</td>
<td>Onsite Training at Maternity Home</td>
</tr>
<tr>
<td>10</td>
<td>FRI</td>
<td>10:00-16:00</td>
<td>P</td>
<td>Onsite Training at Maternity Home</td>
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<tr>
<td>11</td>
<td>SAT</td>
<td>12:00-16:00</td>
<td>D</td>
<td>Group Dialogue with Mothers on Midwifery Care</td>
</tr>
<tr>
<td>12</td>
<td>SUN</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9:30-12:00</td>
<td>D</td>
<td>Sharing Meeting 1-1 (Presentation on Knowledge obtained at Maternity Home)</td>
</tr>
<tr>
<td>13</td>
<td>MON</td>
<td>13:00-15:30</td>
<td>D</td>
<td>Sharing Meeting II &amp; Developing Dissemination Plan -Presentation of Dissemination Plan Draft-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15:45-16:45</td>
<td>P</td>
<td>Maternal Health Education and Mothers' Class II -Program Pre-Presentation-</td>
</tr>
<tr>
<td>30</td>
<td>TUE</td>
<td>10:00-16:00</td>
<td>P</td>
<td>Onsite Training at Hospital</td>
</tr>
<tr>
<td>15</td>
<td>WED</td>
<td>10:00-16:00</td>
<td>P</td>
<td>Onsite Training at Hospital</td>
</tr>
<tr>
<td>16</td>
<td>THU</td>
<td>10:00-16:00</td>
<td>P</td>
<td>Onsite Training at Hospital</td>
</tr>
<tr>
<td>17</td>
<td>FRI</td>
<td>10:00-16:00</td>
<td>P</td>
<td>Onsite Training at Hospital</td>
</tr>
<tr>
<td>18</td>
<td>SAT</td>
<td>N</td>
<td></td>
<td></td>
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<tr>
<td>19</td>
<td>SUN</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>MON</td>
<td>10:00-12:00</td>
<td>O</td>
<td>Observation: Hospital, Maternity Yoga Class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00-15:30</td>
<td>D</td>
<td>Maternal Health Education and Mothers' Class III Program Presentation/ Exchange with Midwife Students</td>
</tr>
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</table>

JICA Osaka
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>TUE</td>
<td>9:00-12:00</td>
<td>Sharing Meeting 1-2 (Presentation on Knowledge obtained at Hospital)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00-17:00</td>
<td>Developing Dissemination Plan</td>
</tr>
<tr>
<td>22</td>
<td>WED</td>
<td>9:00-17:00</td>
<td>Developing Dissemination Plan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>17:00</td>
<td>[17:00 Submission of Dissemination Plan &amp; Questionnaire C]</td>
</tr>
<tr>
<td>23</td>
<td>TUE</td>
<td>13:30-17:30</td>
<td>Preparation of Dissemination Plan Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18:00-19:30</td>
<td>Farewell Party</td>
</tr>
<tr>
<td>24</td>
<td>FRI</td>
<td>9:30-11:00</td>
<td>Evaluation Meeting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:00-11:30</td>
<td>Closing Ceremony</td>
</tr>
<tr>
<td>25</td>
<td>SAT</td>
<td></td>
<td>Departure</td>
</tr>
</tbody>
</table>

**D**: Discussion  **L**: Lecture  **O**: Observation  **P**: Practice
## ANNEX IV-1: for your reference

The format of DP (Dissemination Plan)

<table>
<thead>
<tr>
<th>Date:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Name:</th>
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<table>
<thead>
<tr>
<th>Name of facility:</th>
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<table>
<thead>
<tr>
<th>Country:</th>
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</table>

<table>
<thead>
<tr>
<th>The things that you disseminate:</th>
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</table>

<table>
<thead>
<tr>
<th>2. General Objective:</th>
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</table>

<table>
<thead>
<tr>
<th>3. Specific Objectives:</th>
</tr>
</thead>
</table>

<table>
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<tr>
<th>4. Situation/Background Regarding on this plan</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>5. Impacts / The things what you learned most for making this plan</th>
</tr>
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</table>
### OBJECTIVE 1:

<table>
<thead>
<tr>
<th>DATE and TIME</th>
<th>METHOD and CONTENTS</th>
<th>TARGET PEOPLE</th>
<th>PLACE</th>
<th>RESPONSIBLE PERSON</th>
<th>RESOURCES (Equipment, Materials)</th>
<th>BUDGET and FUNDING RESOURCES</th>
<th>EVALUATION METHOD</th>
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<tr>
<td>~until one month</td>
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<td>~until 6 months</td>
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<tr>
<td>After six months</td>
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</tr>
</tbody>
</table>

### OBJECTIVE 2:

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<th>METHOD and CONTENTS</th>
<th>TARGET PEOPLE</th>
<th>PLACE</th>
<th>RESPONSIBLE PERSON</th>
<th>RESOURCES (Equipment, Materials)</th>
<th>BUDGET and FUNDING RESOURCES</th>
<th>EVALUATION METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>~until one month</td>
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<td>~until 3 months</td>
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<td>~until 6 months</td>
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<tr>
<td>After six months</td>
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</tbody>
</table>
ANNEX IV-2. For your reference

The pre-participant’s theme of the “Dissemination Plan”
JICA Midwifery Course for Safe Motherhood, JFY2011

1. **Theme**: “Group discussion and role play for PPH management in Nursing Institute.”
   **Purpose of the plan**: “Increase knowledge and skills on PPH, of midwife students”
   (Bangladesh)

2. **Theme**: “To increase the number of ANC visit”
   **Purpose of the plan**: “Mother will receive to 4 antenatal visits.”
   (Bangladesh)

3. **Theme**: “Upgrading Health Education on Post-Partum Care.”
   **Purpose of the plan**: “To increase awareness of mothers on breast feeding and Danger
   signs.”
   (Bhutan)

4. **Theme**: “Nutrition guidance using Flipchart”
   **Purpose of the plan**: “Nutrition during pregnancy will be improved”
   (Cambodia)

5. **Theme**: “Screening high risk and Health Education by Midwife”
   **Purpose of the plan**: “Mother / Clients have knowledge to prepare safe delivery”
   (Indonesia)

6. **Theme**: “Counting weight of gauze for accurate measurement of blood lost after
   vaginal delivery.”
   **Purpose of the plan**: “Early management in preventing Post Partum Hemorrhage.”
   (Indonesia)

7. **Theme**: “The skill of health education”
   **Purpose of the plan**: “Midwife students will be able to understand about health
   education.”
   (Laos)

8. **Theme**: “Promoting breastfeeding”
   **Purpose of the plan**: “To increase accomplishment of exclusive breastfeeding from 0-6
   months”
   (Laos)

9. **Theme**: “Increase Institutional Delivery (Awareness to the mother, Emphasize AMTCL
to the Midwife, Initiation Provision of Misoprostol to the FCHVs).”
   **Purpose of the plan**: “Prevention of PPH”
   (Nepal)

10. **Theme**: “Knowledge and skills about Free Style Delivery”
    **Purpose of the plan**: “Midwives can provide a safe delivery through collaboration with
        medical care.”
    (Philippine)
ANNEX V: antibody check sheet

Name: _____________________  Country: _____________________

Date of documentation (Day/Month/Year):

Department(s): _____________________

1. Questions regarding Perinatal medical equipment

1) Do you have CTG (Cardio Toco Gram) and Ultrasound in your Hospital/Organization?  YES / NO

2)-1 Are you usually using the medical equipments as Midwife / Nurse?  YES / NO

2)-2 Who have a responsibility to use CTG and Ultrasound?  

3) Are you interested in learning how to learn how to use CTG and Ultrasound?  YES / NO

2. Questions about your health (Infectious diseases)

This questionnaire is intended to check your health on infectious diseases in order to protect and promote health of babies and mothers in the training hospital, as well as you. Participants who have never been infected by the following infectious diseases and never received immunization will be required to receive the vaccination before the training starts. The information below will be safely kept and will not be used for any other purpose.

<table>
<thead>
<tr>
<th>Infectious Diseases</th>
<th>History (please circle where appropriate)</th>
<th>Vaccinations (Immunization)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Vaccinated Date (D/M/Y)</td>
</tr>
<tr>
<td>1 Measles</td>
<td>Never infected / Infected (years old) / Unknown</td>
<td>Yes / No</td>
</tr>
<tr>
<td>2 Rubella</td>
<td>Never infected / Infected (years old) / Unknown</td>
<td>Yes / No</td>
</tr>
<tr>
<td>3 Chicken Pox</td>
<td>Never infected / Infected (years old) / Unknown</td>
<td>Yes / No</td>
</tr>
<tr>
<td>4 Mumps</td>
<td>Never infected / Infected (years old) / Unknown</td>
<td>Yes / No</td>
</tr>
<tr>
<td>5 Hepatitis B</td>
<td>Never infected / Infected (years old) / Unknown</td>
<td>Yes / No</td>
</tr>
<tr>
<td>6 Herpes simplex virus</td>
<td>Never infected / Infected (years old) / Unknown</td>
<td></td>
</tr>
</tbody>
</table>

Any other comments or information that we should know about your health:

24
For Your Reference

JICA and Capacity Development

The key concept underpinning JICA operations since its establishment in 1974 has been the conviction that “capacity development” is central to the socioeconomic development of any country, regardless of the specific operational scheme one may be undertaking, i.e. expert assignments, development projects, development study projects, training programs, JOCY programs, etc.

Within this wide range of programs, Training Programs have long occupied an important place in JICA operations. Conducted in Japan, they provide partner countries with opportunities to acquire practical knowledge accumulated in Japanese society. Participants dispatched by partner countries might find useful knowledge and re-create their own knowledge for enhancement of their own capacity or that of the organization and society to which they belong.

About 460 pre-organized programs cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs are being customized to address the specific needs of different target organizations, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

Japanese Development Experience

Japan was the first non-Western country to successfully modernize its society and industrialize its economy. At the core of this process, which started more than 140 years ago, was the “adopt and adapt” concept by which a wide range of appropriate skills and knowledge have been imported from developed countries; these skills and knowledge have been adapted and/or improved using local skills, knowledge and initiatives. They finally became internalized in Japanese society to suit its local needs and conditions.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated from this “adoption and adaptation” process, which, of course, has been accompanied by countless failures and errors behind the success stories. We presume that such experiences, both successful and unsuccessful, will be useful to our partners who are trying to address the challenges currently faced by developing countries.

However, it is rather challenging to share with our partners this whole body of Japan’s developmental experience. This difficulty has to do, in part, with the challenge of explaining a body of “tacit knowledge,” a type of knowledge that cannot fully be expressed in words or numbers. Adding to this difficulty are the social and cultural systems of Japan that vastly differ from those of other Western industrialized countries, and hence still remain unfamiliar to many partner countries. Simply stated, coming to Japan might be one way of overcoming such a cultural gap.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.
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