

The conversation on *“Birth Plan”* adapted for the Consultancy 2015 UNICEF in Mozambique was based on the research project of the core group on research and study of women’s health and gender of the Department of Maternal Health and Public Health of the Nursing school of Federal University of Minas Gerais (UFMG) in Belo Horizonte, Brazil. The consultant worked during one year for the long process of the workshop on *“Birth Plan”* - the plan, design, pilot and delivery of *“Birth Plan”* workshops for pregnant women at Health Centers in poor settings of Belo Horizonte city. Also the consultant conducted meetings for managers of the Health Centers and seminars on *“Birth Plan”* for Midwives at the university. During the research project it was delivered 33 *“Birth Plan”* workshops by the consultant in Brazil.

The *“Birth Plan”* research project developed by the consultant at the Department of Maternal Health and Public Health of the Nursing School in the Federal University of Minas Gerais, Belo Horizonte, Brazil



Figure 1 – The initial work conducted by the Consultant to building the *“Birth Plan”* conversation at the Nursing School of Federal University of Minas Gerais in Belo Horizonte city in Brazil.



Figure 2: The consultant presenting the research project and the workshop on *“Birth Plan”* for managers of Health Centers.



Figure 3: Seminar conducted by the consultant to train on *“Birth Plan”* Midwives from Health Centers and Maternities of Baby Friendly Hospitals.



Figure 4 – *“Birth Plan”* workshops pilot test were conducted by the Consultant at Health Center.



Figures 5,6 and 7 – The consultant delivered 33 workshops that were attended in total by 103 pregnant in Brazil.



Figure 8: The consultant delivering workshop on *“Birth Plan”* for pregnant women at a Baby Friendly Hospital in Brazil.

During the individual consultancy it was included the “*Birth Plan*” as part of the antenatal classes of high risk pregnancy at the Maternity setting.

Adaptation of the Brazilian “*Birth Plan*” workshop to “*Birth Plan*” conversation for Hospital and Health Centers in the Mozambique context conducted by the Consultant 2015



Figure 9 and 10 – First “*Birth Plan*” conversation delivered in Portuguese and English for pregnant women from Mozambique and Zimbabwe outside the Maternity ward of Hospital Provincial de Tete. The material (handcraft) and the subject was adapted to Mozambique context. The women who the “*Birth Plan*” conversation referred it as a good experience during antenatal class.



Figure 11 and 12 – Second “*Birth Plan*” conversation delivered for pregnant women at the Hospital Rural do Songo at Rural setting.



Figures 13 and 14 – First “*Birth Plan*” conversation delivered for pregnant women in the Health Center in Quelimane.



Figures 15 and 16 – Two “*Birth Plan*” conversations for pregnant women delivered by the Consultant at the external consultation at Hospital Central da Beira.

Successful experience from the practice for the integration of BFHI to MMI by the individual consultancy 2015 - "Birth Plan" conversation and guided visit by MCH staff nurse in the Maternity ward of Hospital Provincial de Tete:

The consultancy have experienced delivering the "Birth Plan" conversation with pregnant women using a handcraft "Pregnant Kit" at the Hospital Provincial de Tete. The conversation on "Birth Plan" was successfully followed by a guiding visit of the pregnant women by the lactation MCH staff nurse of the Maternity – well adapted to Mozambique context with especial attention to HIV/AIDS and infant feeding. Thus, the conversation on "Birth Plan" was nicely included in the routine of the Maternity, and every Monday and Thursday the staff nurse conduct both the "Birth Plan" conversation and the guided visit in the Maternity ward. During the visit at the Maternity, the group of pregnant women have the chance to know the delivery room, to understand about the pain relief during labor adopting the "Birth Ball", how companions are very welcome and how the companion can help during labor/childbirth, to know the rooming in and the *Kangaroo Unit Care*. Such experience was very successful in adopting a humanized experience in terms of assistance to pregnant women in the Maternity.



Figure 17 – Pregnant woman after registered by the staff nurse at the external consultation, is forwarded to the "Birth Plan" conversation (individual or group), guided visit and consultation with doctor at the Maternity ward as part of humanized assistance.



Figure 18 – Pregnant woman is received with welcome by the MCH staff nurse that will conduct the conversation on "Birth Plan" and the guided visit at the Maternity ward.



Figure 19 – Pregnant women at conversation on "Birth Plan" conducted by the MCH staff nurse with the presence of health workers "Mother Model" of the community.



Figure 20 – Pregnant woman after the "Birth Plan" conversation went for the guided visit, experiencing the "Birth Ball" in the delivery Room at the Maternity Ward in Mozambique.

Sucessfull experience from the practice for the integration of BFHI to MMI by the individual consultancy 2015 - "Birth Plan" conversation and guided visit by MCH staff nurse in the Maternity ward:

The "Birth Plan" conversation and the guided visit at the Maternity ward is also conducted in group by the MCH staff that adopt the local language.



Figure 21 - The "Birth Plan" conversation in group conducted by the MCH staff adopting local language .



Figure 22 – Pregnant women are very welcome by Maternity staff for the guided visit.



Figure 23 – Chief staff nurse of the Maternity have the chance to explain about labor and the standards for MMI during the guided visit of pregnant women at the delivery room of the Maternity.



Figure 24 – As part of humanized assistance, it is reinforced the alternative method to alleviate pain during labor, the "Birth Ball" during the guided visit of pregnant at the Maternity ward.



Figure 25 – During the pregnant's guided visit at the Maternity, women have the chance to visit the Neonatal Unit Care and listen about the "Kangaroo Care Method".



Figure 26 – During the pregnant's guided visit at the Maternity, women also have the chance to visit the rooming in, meet mother with newborn, exchange experience talking about newborn's care and breastfeeding.

The “*Birth Plan*” conversation for pregnant women is the activity that can be adopted and adapted to the country context in both hospital and Community settings. Through the “*Birth Plan*” women get more knowledge on labour/childbirth, maternal and infant health and several issues such as HIV/AIDS, Malaria, Tuberculosis, infant nutrition, family plan, etc.

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