

# To learn more

## Organizations

These groups provide training, educational materials, or advocacy for midwives and health workers in many parts of the world.

### Averting Maternal Death and Disability (AMDD)

Works with developing countries and international agencies to improve access to and quality of emergency obstetric care. AMDD has some training materials available for free on their website.

60 Haven Avenue  
New York, NY 10032, USA  
fax: (1-212) 544-1933  
<http://cpmcnet.columbia.edu/dept/sph/popfam/amdd/>

### Childbirth Graphics

Sells educational tools including books, posters, and models for teaching about pregnancy, birth, and women's health.

WRS Group, Ltd.  
PO Box 21207  
Waco, TX 76702, USA  
tel: (1-800) 299-3366  
fax: (1-888) 977-7653  
[sales@wrsgroup.com](mailto:sales@wrsgroup.com)  
[www.childbirthgraphics.com](http://www.childbirthgraphics.com)

**or**

PO Box 1090  
Pulborough, West Sussex  
RH20 4YY, UK  
tel: (44-1903) 74-5444  
fax: (44-1903) 74-0716  
[edwardchurch@wrsgroup.com](mailto:edwardchurch@wrsgroup.com)

### International Confederation of Midwives

An organization of midwives and midwifery groups from around the world. Organizes international conferences for midwives and helps organize smaller, local conferences too.

Eisenhowerlaan 138  
2517 KN The Hague, The Netherlands  
tel: (31-70) 306-0520  
fax: (31-70) 355-5651  
[info@internationalmidwives.org](mailto:info@internationalmidwives.org)  
[www.internationalmidwives.org](http://www.internationalmidwives.org)

### International Planned Parenthood Federation (IPPF)

IPPF promotes and supports family planning activities worldwide. They also publish information on all aspects of family planning. IPPF has offices around the world. For more information or to find a local office, contact:

Regent's College, Inner Circle  
Regent's Park, London NW1 4NS, UK  
tel: (44-171) 487-7900  
fax: (44-171) 487-7950  
[info@ippf.org](mailto:info@ippf.org)  
[www.ippf.org](http://www.ippf.org)

### Ipas

Works to prevent death and injury from unsafe abortion. Creates and distributes training materials, MVA syringes and cannula, and other equipment. Ipas has offices in many countries around the world. For information or to find a local office, contact:

PO Box 5027  
Chapel Hill, NC 27516, USA  
tel: (1-919) 967-7052  
fax: (1-919) 929-0258  
[ipas@ipas.org](mailto:ipas@ipas.org)  
[www.ipas.org](http://www.ipas.org)

### Marie Stopes International

Provides information and services for sexual health to people around the world. To find a local office, contact:

153-157 Cleveland Street  
London W1T 6QW, UK  
tel : (44-0207) 574-7400  
fax: (44-0207) 574-7417  
[info@mariestopes.org.uk](mailto:info@mariestopes.org.uk)  
[www.mariestopes.org.uk](http://www.mariestopes.org.uk)

### **PAC Consortium**

A group of agencies that are working to inform health workers and the public about health problems caused by unsafe abortion, and to promote postabortion care. The PAC Consortium also releases a newsletter 2 times a year in Arabic, French, English, Portuguese, Russian, and Spanish.

The CATALYST Consortium  
1201 Connecticut Ave NW, Suite 50  
Washington, DC 20036, USA  
tel: (1-202) 775-1977  
info@pac-consortium.org  
www.pac-consortium.org

### **PATH**

Creates simple health care tools that are affordable and easy to use, and helps to improve local health systems around the world. Some of the tools they have created include simple test kits for HIV and other STIs and illnesses, easy-to-use scales, delivery kits, and syringes that can only be used one time.

1455 NW Leary Way  
Seattle, WA 98107, USA  
tel: (1-206) 285-3500  
fax: (1-206) 285-6619  
info@path.org  
www.path.org

### **Pathfinder International**

Works with local governments and organizations to make family planning and women's health services available by giving training and helping to create health care systems.

9 Galen Street, Suite 217  
Watertown, MA 02472, USA  
tel: (1-617) 924-7200  
fax: (1-617) 924-3833  
information@pathfind.org  
www.pathfind.org

### **Regional Prevention of Maternal Mortality Network (RPMM)**

A network of doctors, midwives, and others working to prevent maternal mortality in sub-Saharan Africa. This group focuses on making emergency obstetric care easier to access and use.

PO Box 1177  
Mamprobi  
Accra, Ghana  
tel: (233-21) 76-3284  
fax: (233-21) 76-3285  
rpmm4ak@africaonline.com.gh  
www.rpmm.org

### **Teaching-aids at Low Cost (TALC)**

Gives away books, videos, teaching materials, and simple health tools, for free or at low cost.

PO Box 49, St Albans,  
Herts, AL1 5TX, UK  
tel: (44-0172) 785-3869  
fax: (44-0172) 784-6852  
info@talcuk.org  
www.talcuk.org

### **White Ribbon Alliance for Safe Motherhood**

A network of organizations and people who are working to prevent death and injury of women during pregnancy and birth. There are local offices in many parts of the world.

1050 17th Street, N.W., Suite 1000  
Washington, DC 20036, USA  
tel: (1-202) 775-9680  
fax: (1-202) 775-9699  
wra2@whiteribbonalliance.org  
www.whiteribbonalliance.com

## Books and more

This is a short list of books and other materials that might be useful for learning:

### The Childbirth Picture Book

F. Hoskin, WIN News  
187 Grant Street  
Lexington, MA 02420, USA  
winnews@igc.org  
www.feminist.com/win.htm

*Available in English, Spanish, French, Arabic, and Somali.*

### Healing Passage, A Midwife's Guide to the Care and Repair of the Tissues Involved in Birth

A. Frye, Labrys Press  
7528 NE Oregon Street  
Portland, OR 97213, USA  
tel: (1-503) 255-3378  
fax: (1-503) 255-1474  
anne@midwiferybooks.com  
www.midwiferybooks.com

### Healthy Women, Healthy Mothers: An Information Guide

A. Arkutu, Family Care International, Inc.  
588 Broadway, Suite 503  
New York, NY 10012, USA  
tel: (1-212) 941-5300  
fax: (1-212) 941-5563  
info@familycareintl.org  
www.familycareintl.org

*Available in English and French.*

### Heart and Hands: A Midwives Guide to Pregnancy and Birth

E. Davis, Celestial Arts/ Crown Publishing Group  
Customer Service  
Random House Distribution Center  
400 Hahn Road  
Westminster, Maryland 21157, USA  
tel: (1-800) 726-0600  
fax: (1-800) 659-2436  
<http://www.elizabethdavis.com/books.html#order>

### Life-Saving Skills Manual for Midwives

M.A. Marshal, and S. Buffington,  
American College of Nurse Midwives

*Available in English, French, and Spanish.*

**and**

### Home Based Life Saving Skills Manual

S. Buffington, L. Sibley, D. Beck, D. Armbruster, American College of Nurse Midwives

8403 Colesville Rd, Suite 1550  
Silver Springs, MD 20910, USA  
tel: (1-240) 485-1800  
fax: (1-240) 485-1818  
www.shopacnm.com

### Managing Complications in Pregnancy and Childbirth

Department of Reproductive Health and Research, World Health Organization

Department of Reproductive Health and Research  
Documentation Centre  
1211 Geneva 27, Switzerland  
tel: (41-22) 791-4447  
fax: (41-22) 791-4189  
reproductivehealth@who.int  
www.who.int/reproductive-health/impac

*Available in English, French, and Spanish.*

### Midwifery Today Magazine

PO Box 2672  
Eugene, OR 97402, USA  
tel: (1-800) 743-0974 (US and Canada)  
tel: (1-541) 344-1422  
inquiries@midwiferytoday.com  
www.midwiferytoday.com

### **Mother To Be, A Guide to Pregnancy and Birth for Women with Disabilities**

J. Rogers and M. Matsumura, Demos Medical Publishing

386 Park Ave S. # 201  
New York, NY 10016, USA  
tel: (1-212) 683-0118

### **Obstetrics Illustrated**

K. Hanretty, T. Turner, J. McGregor, S. Hood, Churchill Livingstone

Elsevier Books Customer Services  
Linacre House, Jordan Hill  
Oxford OX2 8DP, UK  
eurobkinfo@elsevier.com  
www.elsevier.com

### **Safe Motherhood newsletter**

Department of Reproductive Health and Research, World Health Organization

Department of Reproductive Health and Research  
Documentation Centre  
1211 Geneva 27, Switzerland  
tel: (41-22) 791-4447  
fax: (41-22) 791-4189  
safemotherhood@who.ch  
www.who.int/reproductive-health

***Available in English and French.***

#### ***For the Arabic version, mail to:***

WHO Regional Office for the Eastern Mediterranean  
PO Box 1517  
Alexandria 21511, Egypt

#### ***For the Chinese version, mail to:***

Institute of Medical Information  
3 Yabao Road  
Chaoyang District, Beijing 100020 China

### **Spiritual Midwifery**

I. Gaskin, The Book Publishing Company

PO BOX 259  
Summertown, TN 38483, USA  
tel: (1-931) 964-3574  
farmcatalog@farmcatalog.com  
www.farmcatalog.com

### **Varney's Midwifery**

H. Varney, J. Kriebs, and C. Geger, Jones and Bartlett Publishers

40 Tall Pine Drive  
Sudbury, MA 01776, USA  
tel: (1-978) 443-5000  
fax: (1-978) 443-8000  
ISEcustserve@jbpub.com  
www.jbpub.com

### **The Anti-shock Garment**

The Anti-shock Garment is a rubber suit that closes tightly around a woman's lower body. It stops hemorrhage during pregnancy and birth, from ectopic pregnancy, from ruptured uterus, or from other causes, and treats shock by sending blood from the legs to the brain, heart, and lungs. Contact:

Suellen Miller  
Women's Global Health Imperative  
74 New Montgomery Street, Suite 400  
San Francisco, CA 94105, USA  
tel: (1-415) 597-9394  
fax: (1-415) 597-9300  
smiller@psg.ucsf.edu

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# Technical and medical words

In this book we use simple and clear words as often as we can. We hope this makes the book easy to use for most people. Sometimes we use a simple word where most medical workers would usually use a more technical one, but it can be very helpful to know the technical word too. This is a short list of some of the words you might hear in a midwifery training program or in a hospital or medical center. If you want to know the meaning of a word that you do not see on this list, it may be explained somewhere in the rest of the book. Check the index, starting on page 505.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

**amniotic fluid** The liquid that surrounds the baby inside the womb.

**anesthesia** Medicine used to keep a person from feeling pain from a medical procedure. General anesthesia is a medicine given to make someone sleep during surgery. Local anesthesia is injected into the body to numb a small area.

**bacteria** Germs that cause infections. Bacteria can usually be killed with antibiotic medicines.

**bilirubin** A chemical in the bile or blood. When too much bilirubin builds up, it causes jaundice (the skin turns yellow).

**biopsy** When a piece of tissue or fluid is taken from part of the body and is examined in a laboratory to see if it is healthy or diseased.

**bowel** The end of the large intestine, near the anus where stool comes out of the body.

**circulation** Blood flowing through the heart, arteries, and veins.

**complication** A problem or thing that goes wrong.

**contagious** When an illness can pass from one person to another. These illnesses are caused by bacteria or viruses.

**ectopic pregnancy (pregnancy in the tubes)** A pregnancy that grows in the fallopian tubes or anywhere outside the womb.

**embryo** The beginning stage of a baby early in pregnancy, from the second to the eighth week.

**engagement (engaged)** When a baby's head is deep in the pelvis soon before birth.

**engorgement (engorged)** When a part of the body is filled with fluid, often blood. Breasts engorged with milk are common after birth and can be very painful.

**fallopian tubes (tubes)** The tubes that connect the ovaries to the womb. A woman's eggs travel through the tubes.

**fertilization (conception)** When a woman's egg joins with a man's sperm — the beginning of pregnancy.

**forceps** Medical tools for pulling. A small forceps can be used to hold tissues or sewing needles. Obstetrical forceps are used to help bring a baby out.

**genitals** The inner and outer parts of the body that are used in sex and producing babies — including the labia and vagina, and the penis and testicles.

**hemorrhage** Severe bleeding.

**hemostat** A medical tool for clamping. Hemostats can be used to clamp the cord so that blood does not come out of it when it is cut.

**High Level Disinfection (HLD)** A way to remove most germs from an instrument or tool, very similar to sterilization. In this book, whenever we say a tool should be sterilized, we actually mean it can be sterile or HLD.

**intestine** A long, winding tube that carries food from the stomach and then waste to the anus.

**invasive procedure** A medical procedure deep inside the body or that cuts the skin.

**kidneys** Two large organs in the lower back that make urine by cleaning waste from the blood.

**ligaments** Strong fibers in a person's body that help hold muscles and bones in place.

**membranes** The bag that holds the baby and waters (amniotic fluid) during pregnancy.

**menstrual cycle** The time and changes in a woman's body from the beginning of one monthly bleeding to the beginning of the next. This includes bleeding, some days when a woman is not fertile, and the days when the lining of her womb grows to prepare for a possible pregnancy and an egg is released from her ovary.

**menstruation (monthly bleeding)** When bloody fluid comes out of a woman's womb and out of her vagina. It happens about once a month and lasts a few days.

**midwife** A person who cares for a woman's health needs, especially during pregnancy and birth.

**obstetrics** The branch of medicine that deals with the care of women during pregnancy and childbirth.

**premature** Before full development. A baby is premature if born before 37 weeks of pregnancy.

**prolapse** When part of the body drops or falls. When the cord comes out before the baby is born it is a prolapsed cord.

**Rh factor** A blood type that can cause problems in pregnancy. A person with a certain protein in her blood is said to have "Rh+" blood. People who do not have this protein have "Rh-" blood. If a woman with Rh- blood is pregnant, and her baby has Rh+ blood (this can only happen if the father has Rh+ blood), her body can produce antibodies that fight any future pregnancies she has. This can cause miscarriages or other problems in those future pregnancies. If a woman has a miscarriage or stillbirth, and does not know why, you could have a laboratory check her blood. If she is Rh-, she may be able to get a medicine called Rho(D) Immune Globulin during her next pregnancy to protect her baby from problems.

**scrub** Washing the hands, fingernails, and forearms carefully and thoroughly for several minutes to remove most germs.

**sterilize** To kill or remove all the germs on something. Tools must be sterile or HLD to be safely used for invasive medical procedures.

**tissue** The material that makes up the muscles, fat, and organs of the body.

**uterus (womb)** The organ in the body where monthly bleeding comes from and where a baby grows during pregnancy.

**virus** A germ that can cause infections and sicknesses. Viruses cannot be killed with antibiotics, but there are some new drugs that can help fight some viral infections.