Safe Motherhood Programs Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Safe Motherhood Programs are globally recognized public health interventions designed to reduce maternal mortality, improve reproductive health outcomes, and ensure safe pregnancy, childbirth, and postnatal care. Safe Motherhood Programs Training Course equips healthcare providers, community health workers, and public health practitioners with evidence-based strategies, clinical competencies, and community engagement approaches to strengthen maternal and newborn health systems. It integrates modern maternal health innovations, emergency obstetric care, and rights-based reproductive health frameworks aligned with global SDG 3 targets.

In an era of rising demand for quality maternal healthcare, skilled birth attendance, antenatal care optimization, and emergency obstetric response systems, Safe Motherhood Programs play a critical role in strengthening health systems resilience. This course focuses on reducing preventable maternal deaths through evidence-based midwifery practices, neonatal survival strategies, maternal nutrition, family planning integration, and respectful maternity care, ensuring safer pregnancies and healthier communities worldwide.

Programme Curriculum

Safe Motherhood Programs Training Course

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Course Objectives

1. Improve maternal mortality reduction strategies in low-resource settings
2. Strengthen emergency obstetric and newborn care (EmONC) competencies
3. Enhance antenatal care (ANC) quality improvement frameworks
4. Promote skilled birth attendance and midwifery best practices
5. Integrate reproductive, maternal, newborn, and child health (RMNCH) services
6. Build capacity in postnatal care and postpartum complication management
7. Strengthen family planning and reproductive health counseling skills
8. Apply evidence-based maternal nutrition interventions
9. Improve safe delivery and infection prevention protocols
10. Develop community-based maternal health outreach programs
11. Strengthen maternal health data monitoring and surveillance systems
12. Promote respectful maternity care and patient-centered approaches
13. Enhance health system strengthening for universal health coverage (UHC)

Target Audience

1. Midwives and registered nurses
2. Obstetricians and gynecologists
3. Community health workers (CHWs)
4. Public health officers and policymakers
5. NGO maternal health program managers
6. Medical and nursing students
7. Health system planners and administrators
8. Reproductive health advocates and trainers

Course Modules with Case Studies

Module 1: Foundations of Safe Motherhood

- Global maternal mortality trends and SDG 3 targets
- Determinants of maternal health outcomes
- Health system strengthening approaches
- Introduction to RMNCH framework
- Ethical and rights-based maternal care
- **Case Study:** Analysis of maternal mortality reduction in Rwanda through national safe motherhood reforms

Module 2: Antenatal Care (ANC) Optimization

- Early pregnancy detection and registration
- ANC visit scheduling and WHO guidelines
- Risk identification and referral systems
- Maternal nutrition and supplementation
- Birth preparedness planning
- **Case Study:** Improved ANC attendance rates in Bangladesh through community outreach models

Module 3: Skilled Birth Attendance & Safe Delivery

- Labour monitoring using partograph
- Infection prevention during delivery
- Managing normal vs complicated births
- Emergency referral systems
- Respectful maternity care practices
- **Case Study:** Reduction in birth complications in Ethiopia via skilled midwifery deployment

Module 4: Emergency Obstetric & Newborn Care (EmONC)

- Postpartum hemorrhage management
- Eclampsia and pre-eclampsia response
- Neonatal resuscitation techniques
- Surgical and referral interventions
- Emergency readiness protocols
- **Case Study:** Successful EmONC scale-up in Kenya reducing maternal deaths in rural facilities

Module 5: Postnatal Care & Newborn Survival

- Postpartum monitoring and recovery
- Breastfeeding support and lactation counseling
- Neonatal infection prevention
- Immunization integration
- Maternal mental health screening
- **Case Study:** Community postnatal follow-up program impact in India improving neonatal survival

Module 6: Family Planning & Reproductive Health

- Modern contraceptive methods
- Birth spacing benefits
- Counseling techniques
- Male involvement in reproductive health
- Adolescent reproductive health services
- **Case Study:** Increased contraceptive uptake in Uganda through youth-friendly services

Module 7: Community-Based Maternal Health Programs

- Role of community health volunteers
- Health education and awareness campaigns
- Home visit strategies for pregnant mothers
- Referral linkage systems
- Cultural barriers in maternal health
- **Case Study:** Maternal health improvement through CHW networks in Nepal

Module 8: Maternal Health Data, Monitoring & Evaluation

- Health information systems (HMIS)
- Maternal death audits and reviews
- Data-driven decision making
- Key performance indicators (KPIs)
- Digital health tools for maternal tracking
- **Case Study:** Digital maternal health registry improving outcomes in Tanzania

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com