

**Agenda Policy and 5 Day Program
ALARM International Program - revised 4th edition**

Introduction

The ALARM International Program (AIP) 5 day course focuses on addressing the 5 top maternal killers. In addition to these topics, the course also reviews relevant obstetrical content all of which are found in the 23 chapters of the AIP manual. The revised 4th edition agenda for the AIP course further clarifies the concept of “core” or “optional” content within the AIP. Covering core content during the course is mandatory. In regards to the optional content, decision makers in each country of intervention need to make choices on which optional content they want to include in their country specific course. Optional content is given in plenary form only. There are no workshops, OSCEs or exam questions on optional content. Spaces have been provided in the agenda to “insert” the optional content provided there is time.

Core Chapters:

Chapter	CORE TOPICS
1	Improving Women’s Sexual and Reproductive Health: The Rights Approach
2	Accessing, Critiquing and Reading Research Literature
3	Monitoring and Evaluation of Safe Motherhood Programs and Maternal Death Case Reviews
4	Management of Labour and Obstructed Labour
5	Ante partum Haemorrhage
6	Postpartum Haemorrhage
7	Infections (prevention practices, postpartum infection, septic shock, malaria, HIV Aids, TB
8	Post-Abortal Care
9	Hypertension in Pregnancy
12	Vaginal Breech Delivery
13	Shoulder Dystocia
16	Pre-labour Rupture of Membranes (PROM)
17	Pain Relief in Labour
18	Operative Vaginal deliveries
21	Care of the Newborn and Resuscitation
22	Communications, Consultation and Documentation

Optional Chapters:

Chapter	OPTIONAL TOPICS
10	Coagulation and Haematological Disorders in Pregnancy
11	Fetal Health Surveillance in Labour (10 min)
14	Delivery of Twins (15 min)
15	Preterm Labour and Preterm Birth (15 min)
19	Vaginal Births after Caesarean Section (30 min)
20	Induction of Labour (30 min)
23	Risk Management

Please choose the optional content for your AIP course and insert them into the “optional topic spaces” that are marked in red in the agenda.

Spaces in the agenda

Day 1: from 16:35 to 17:00 (maximum 25 minutes)

Day 2: from 15:05 to 15:35 (maximum 30 minutes)

Day 3: from 10:45-11:30 (maximum 45 minutes)

**AIP 5 Day Course Agenda
DAY 1**

TIME	ACTIVITIES	MATERIALS	INSTRUCTOR
8:00-8:30	Participant Registration		
8:30-8:50	Opening / Welcome (20 min) <ul style="list-style-type: none"> Present Objectives of ALARM INTERNATIONAL Program (AIP) Introduce Instructors 	Large plenary room	
8:50-9:10	Written Pre-course Test (20 min)	Large plenary room Photocopies of test	
9:10-9:25	Plenary <ul style="list-style-type: none"> The Sexual and Reproductive Rights Framework of the AIP (includes a demonstration of a Mother-Friendly Delivery by instructors) – Ch 1 (15 min) 	Large plenary room CD set OB mannequin × 1 Rubber Baby × 1 Towels × 3	
9:25-9:40	Plenary <ul style="list-style-type: none"> Accessing, Critiquing and Reading Research Literature - Ch 2 (15 min) 	Large plenary room CD set Flip chart + Markers	
9:40-10:00	Plenary <ul style="list-style-type: none"> Vaginal Breech Delivery – Ch 12 (20 min) 	Large plenary room CD set Flip chart / Markers	
10:00-10:15	BREAK		
10:15-10:55	Plenary <ul style="list-style-type: none"> Management of Labor and Obstructed Labor (includes key concepts of the use of the partograph) - Ch 4 (40 min) 	Large plenary room CD set Large laminated WHO partograph Flip chart + Markers	
10:55-12:00	Practical workshops (in rotation) (5 min to switch rooms) <ul style="list-style-type: none"> Management of Labor: Part 1 (30 min) Vaginal Breech Delivery (30 min) <p>4 groups A,B,C,D</p>	6 rooms Participant’s workbook Metronome × 3 Large laminated WHO partograph WHO: Managing Complications in Pregnancy and Childbirth × 3 Flip chart + Markers for each room OB mannequin × 3 Rubber Babies × 3 Forceps × 3 Towels × 6	
12:00-13:00	***LUNCH***		
13:00-13:20	Plenary <ul style="list-style-type: none"> Shoulder Dystocia - Ch 13 (20 min) 	Large plenary room CD set Flip chart + Markers OB mannequin × 1, Baby x 1	

TIME	ACTIVITIES	MATERIALS	INSTRUCTOR
13:20-14:05	Plenary <ul style="list-style-type: none"> • AMSTL (15 min) • Postpartum Hemorrhage - CH 6 (30 min) 	Large plenary room CD set Flip chart + Markers	
14:05-15:35	Practical workshops (2of 3) (5 mins to rotate) <ul style="list-style-type: none"> • Shoulder Dystocia and Active Management of the Third stage of labor • Management of Labor: Part 2 ,3 and 4 • Postpartum Hemorrhage 	6 rooms Flip chart + Markers for each room Participant's workbook OB mannequin × 2 Rubber Babies × 2 Placenta × 2 Photocopy of mnemonic × 2 Metronome × 2 Large laminated WHO partogram × 2 WHO: Managing Complications in Pregnancy and Childbirth × 2 Non-permanent marker × 2 Cloth × 2 NIASG × 2 Balloon Tamponade × 3 (extra 60 ml syringes) Condom + rubber catheter × 3 Suture Material × 3 1000 ml Normal Saline × 4 Protocols for APH + PPH × 2	
15:35-15:50	BREAK		
15:50-16:35	Practical workshops (rotation 3: 45 minutes including time to change of rooms)	Same as above	
16:35-17:00	Plenary (maximum 25 minutes) <ul style="list-style-type: none"> • Optional Topic 		
17:00-17:10	End of day 1. Quesiton Period		

DAY 2

TIME	ACTIVITIES	MATERIALS	INSTRUCTOR
8:30-9:20	Opening / Welcome (Question period on previous day 5 min.) Plenary: <ul style="list-style-type: none"> Review written Pre-test (25 min.) Pre-labour Rupture of Membranes - Ch 16 (20 min.) 	Large plenary room CD set Flip chart + Markers	
9:20-9:35	Plenary Ante-Partum hemorrhage – CH. 5 (15 min.)	Large plenary room CD set Flip chart + Markers	
9:35-10:20	Plenary: Infections <ul style="list-style-type: none"> Prevention Practices (10 min.) During Pregnancy (10 min.) Post Partum - Ch 7 (25 min.) 	Large plenary room CD set Flip chart + Markers Large laminated infection protocol poster	
10:20-10:35	BREAK		
10:35-12:10	Plenary: Infections: These lectures include breakout sessions <ul style="list-style-type: none"> Post Abortal Care – Ch 8 (20 min.) Septic Shock Ch 7 & 8 (15 min.) Infections: Malaria, TB and HIV during Pregnancy - Ch 7 (25 min.) Operative Vaginal Delivery: Vacuum Extraction- Ch 18 (30 min.) 	Large plenary room CD set Flip chart + Markers	
12:10-13:10	***LUNCH***		
13:10-14:35	Practical workshops (rotation 1 and 2) 5 minutes to rotate <ul style="list-style-type: none"> Operative vaginal Delivery :Vacuum Extraction and management of PPH (35 min.) Post Abortal Care Ch. 8 and MVA Technique (35 min.) 	4 rooms OB mannequin × 4 Rubber Babies × 4 Forceps × 2 Vacuum × 2 Anatomical uterus + cervix × 2 Ipas syringe × 2 Dilators × 2 sets Ringed forceps × 2 Specula × 4 10 cc syringe with 22 gauge needle WHO teaching aid	
14:35-14:50	BREAK		
14:50-15:05	Plenary: <ul style="list-style-type: none"> Pain Relief During Labour Ch 17 (15 min.) 	Large plenary room CD set Flip chart + Markers	
15:05-15:35	Plenary (30 min) <ul style="list-style-type: none"> Optional topic 		
15:35-15:50	Question Period Review of workshop topics (15 min.)		
15:50-16:50	Elective Workshop (60 min) For Physicians: <ul style="list-style-type: none"> Surgical Procedures for Post partum Haemorrhage, symphysiotomy, pudendal block, and b lynch sutures etc...) For Midwives: <ul style="list-style-type: none"> Pain management with sterile water injection, labour support techniques etc.) 	Large plenary room 70mm round-bodied hand needle Needle driver Tissue forceps Foam	

DAY 3

TIME	ACTIVITIES	MATERIALS	INSTRUCTOR
8:30-9:30	Plenary: <ul style="list-style-type: none"> Hypertension in Pregnancy - Ch 9 (30 min.) Newborn Care and Resuscitation - Ch 21 (30 min.) 	Large plenary room CD set Flip chart + Markers Hypertension protocol poster Resuscitation baby, bulb syringe, towels, stethoscope and resuscitation bag and mask	
9:30-10:30 4 groups A,B,C,D	Practical Workshop <ul style="list-style-type: none"> Newborn Care and Resuscitation (60 min.) 	4 rooms Resuscitation Babies × 4 Bulb suction × 4 Towels × 8 Stethoscope × 4 Resuscitation bag and mask × 6	
10:30-10:45	BREAK		
10:45-11:30	Plenary: (maximum 45 minutes) <ul style="list-style-type: none"> Optional Topic 	Large plenary room CD set Flip chart + Markers	
11:30-12:00	Review for Written Test Question and Answer Session of clinical topics (30 min.)	Large plenary room CD set Flip chart + Markers	
12:00-13:00	***LUNCH***		
13:00-13:05	Workshop: Sexual and Reproductive Rights Lecture 2 of Chapter 1: Introduction (5 min.)	Large plenary room CD set Flip chart + Markers	
13:05-13:30	Activity 1: Plenary Lecture 3 of Chapter 1: Improving Women's Sexual and Reproductive Health: The Rights Approach. (25 min.)	Large plenary room CD set Flip chart + Markers	
13:30-14:50	Activity 2: Break out Session Putting SRH and Rights into Context (90 min. total) <ul style="list-style-type: none"> Small group exercise (40 min.) Presentation of small group findings to the large group for discussion (40 min.) 	Large plenary room Exercise book Flip chart + Markers	
14:50-15:25	Activity 3: Plenary Group discussion SRH within an International Framework (35 min.) <ul style="list-style-type: none"> Large group exercise and plenary discussion 	Large plenary room Exercise book Flip chart + Markers	
15:25-15:40	BREAK		
15:40-16:40 6 groups 1,2,3,4,5,6	Activity 4: Break out session Apply the Three Delays Framework to sexual and Reproductive health case study (60min.) <ul style="list-style-type: none"> Small group exercise (30 min.) Large group discussion (30 min.) 	Large plenary room Exercise book Flip chart + Markers	
16:40-17:00	Plenary: Wrap Up (20 min.)		

DAY 4

TIME	ACTIVITIES	MATERIALS	INSTRUCTORS
8:15-08:30	Plenary: <ul style="list-style-type: none"> Introduction: Provide overview of the day 	Large plenary room	
8:30-12:30	Evaluation of the AIP clinical component <ul style="list-style-type: none"> Written exam Practical Evaluation-OSCE 	Large plenary room 4 rooms Photocopies of test OB mannequin × 4 Babies × 4 (towels)	
12:30-13:30	***LUNCH***		
13:30-13:40	Activity 5: Continuation of Sexual and Reproductive Health and Rights Session (Part 2) Plenary <ul style="list-style-type: none"> Feedback from previous day Introduction to part 2 of Sexual and Reproductive Health and Rights Session 	Large plenary room	
13:40-14:25	Activity 6: Role play Barriers that Women Face when Accessing Health Care (45 min) <ul style="list-style-type: none"> Role play (15 min.) Large group discussion (30 min.) 	Large plenary room Props may be required by volunteer actors, may find on site	
14:25-14:55	Activity 7: Large group discussion Sexual and Reproductive Health and the Rights Approach within a National Framework (30 min.) <ul style="list-style-type: none"> Have participants read each point out loud and encourage them to illustrate with their own experiences. 	Large plenary room Exercise book Flip chart + Markers	
14:55-15:25	Activity 8: Plenary <ul style="list-style-type: none"> Lecture 4 of Chapter 1: Choice of birthing position as a sexual and reproductive right (30 min.) Simultaneous demonstration with mannequin or live model (instructors) 	Large plenary room CD set Flip chart + Markers	
15:25-15:40	BREAK		
15:40-16:50	Activity 10: Group work Development of Sexual and Reproductive Health and Rights Action Plans (70 min.) Grouped by region or institution <ul style="list-style-type: none"> Independent work (10 min.) Small group discussion (30 min.) Large group discussion (30 min.) 	Large plenary room Exercise book Flip chart + Markers	
16:50-17:00	Activity 11: Plenary <ul style="list-style-type: none"> Feedback of the Sexual and Reproductive Health and Rights Approach Session (10 min.) 		

DAY 5

TIME	ACTIVITIES	MATERIALS	INSTRUCTORS
8:15-9:00	Review written post test (45min.)	Large plenary room CD set Flip chart + Markers	
9:00-9:55	Activity 12: Plenary (Chap. 3) <ul style="list-style-type: none"> Lecture 1: Introduction to Monitoring and Evaluation (15 min.) Lecture 2: “Beyond the Numbers” (20 min.) Lecture 3: Step-by-Step: The Facility-based Maternal Deaths Review Process (20min.) 	Large plenary room Exercise book Flip chart + Markers	
09:55-10:30	Activity 14 and 16 together: Plenary (Chap. 3) <ul style="list-style-type: none"> Lecture 4 Maternal Death Analysis Framework (10 min.) Presentation: The Data Collection Form for a Maternal Death and The Maternal Death Analysis Framework & Maternal Death Case Review Report Form (25 min.) 	Large plenary room Participants’ workbook CD set Flip chart + Markers	
10:30-10:50	BREAK		
10:50-11:30	Activity 15: Role Play 1 How to collect data following a maternal death <ul style="list-style-type: none"> Role play (2×10 min.) Large group discussion (2×10 min.) 	Large plenary room	
11:30-12:10	Activity 17: Role Play 2 How NOT to conduct a maternal death case review with maternity staff <ul style="list-style-type: none"> Role play (2×10 min.) Large group discussion (2×10 min.) 	Large plenary room Handouts for volunteer actors	
12:10-13:10	***LUNCH***		
13:10-14:15	Activity 18: Breakout Session How to conduct a maternal death case review with maternity staff <ul style="list-style-type: none"> Small group exercise (45 min.) Large group discussion (20 min.) 	Large plenary room Exercise book Flip chart + Markers	
	5 groups Blue Green Orange Red Yellow		
14:15-15:05	Activity 20: Plenary <ul style="list-style-type: none"> Participant evaluation of AIP (20 min.) Wrap Up (15 min.) Distribution of certificates (15 min.) 	Large plenary room Form in the participant’s workbook	