



T.C. SAĞLIK BAKANLIĞI
KAYSERİ
İL SAĞLIK MÜDÜRLÜĞÜ



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First Touch



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**KAYSERİ PROVINCIAL DIRECTORATE OF HEALTH
2021**

General Information

It was prepared by our Provincial Directorate of Health and submitted to the National Agency of Turkey, the Main Action for 2 Cooperation for Innovation Development and Good Practice Exchange (KA2) Strategic Partnership Projects The EU Project for the Year 2018. Our project has been awarded with a grant support of 123.090 Euros.

The project has lasted for 36 months and is based on international cooperation based on the development of innovations, the development of training programs for the preparation for childbirth, aimed at training the midwifery profession.

The project partners are the German International Society for Pre and Perinatal Psychology and Medicine (ISPPM), the Greek Doula Association of Greece and the Istanbul Birth Academy.

Among the activities of our project,
1 opening meeting, 6 transnational meetings,
1 closing meeting, 3 transnational workshops, 7 articles dec planned.

The opening meeting, 3 transnational meetings and 2 workshop activities were held face to face. However, due to the cancellation of international flights due to Covid-19, which has increased since March 2020, 3 Transnational meetings could not be held, 1 workshop program was held online, and the closing meeting was organized online.

The activity details are included in the magazine.

Projects are quite valuable for correcting a problem or developing another perspective on the problem.

We would like to thank the National Agency of Turkey, our project partners Istanbul Academy of Obstetrics, International Society for Pre and Perinatal Psychology and Medicine and Greek Doula Association for their contributions and support to the project.

Maternal and child health is one of the most important health indicators in the whole world and also occupies an important place among sustainable development goals.

It is valuable for us that special efforts are being made to improve maternal and infant health all over the world, and that maternal and infant health studies are continuing in the process of an important public health problem affecting normal life, such as the pandemic.

We are very happy to contribute to the literature with the trainings and articles included in our activities.

We are continuing to work on participating in new projects.

Assoc. Dr. Ali Ramazan BENLİ
Kayseri Provincial Health Director

We are happy to complete your project in a healthy and successful way.

No project can be successful with the efforts of a single person. We are proud to have met and worked with a large number of academicians, experts, mothers and baby lovers on this project.

Thanks to;

To the National Agency of Turkey; Assoc. Prof. Ali Ramazan Benli, Dr. Ahmet Ceylan, Dr. Selma Durmus Sarikahya, Beyhan Soysal and Elcin Ozer, who are part of the project team of Kayseri Provincial Health Director; Dr. Hakan Coker and Neşe Karabekir from the Istanbul Birth Academy; Prof. Dr. Amara Renate Eckert, Dr. Alin Cotiga and Johanna Schacht from the International Society for Pre and Perinatal Psychology and Medicine; Maria Andreoulaki, Dr. Evangelia Philippaki and Maria Fertaki from the Greek Doula Association, in addition, for the support and cooperation they provide to all professionals involved in workshop trainings,

"To the Midwifery Education Research and Development (EBEARGE) Association and to the academic members of the association
Assoc. Prof. Hafize Öztürk Can,
Dr. Nursen Bolsoy, Dr. Selda İldan Çalım, Dr. Bihter Akın,
Dr. Hülya Türkmen, Dr. Yeliz Çakır Koçak
from the Ege University and Adnan Menderes University.

In addition, Saadet Gonca Mavi Aydoğdu from Amasya University, who supported the survey preparation process, to the academicians who are experts in the field who help with expert opinions,

Thanks to Olga Gouni for her project experience and recommendations,

We hope that the 'First Touch Project', completed with the cooperation and joint purpose of project teams from Turkey, Germany and Greece, will contribute to the scientific literature.

Emel GÜDEN
Project Coordinator



TRANSNATIONAL MEETINGS-1

Our first transnational meeting was organized on March 14-15, 2019 in Kayseri hosted by the Kayseri Provincial Health Directorate.

Uzm. Dr. Hakan Çoker,
Neşe Karabekir,
Dr. Alin Cotiga,
Dr. Evangelia Flippaki,
Maria Andreoulaki,
Maria Bobou
attended the meeting
on behalf of our project partner.

The opening and press conference of the project was held on 15.03.2019. University, hospital maternity teams and educators, local press and national press agencies operating in our province have been invited.



TRANSNATIONAL MEETINGS-2-



June 30-July 1, 2019,
our second transnational
meeting was held
in Istanbul,
hosted by the Istanbul Birth Academy.
Emel Güden,
Elçin Özer,
Prof. Dr. Amara Renate Eckert,
Dr. Alin Cotiga,
Johanna Schacht,
Mari Andreoulaki,
Maria Bobou
attended the meeting.



TRANSNATIONAL MEETINGS -3-

Our third transnational meeting
was held on October 25-26, 2019
in Frankfurt/Germany
hosted by the International
Society for Pre and
Perinatal Psychology and Medicine.
Doç. Dr. Ali Ramazan Benli,
Uzm. Dr. Ahmet Ceylan,
Emel Güden,
Elçin Özer,
Prof. Dr. Amara Renate Eckert,
Dr. Alin Cotiga,
Johanna Schacht,
Maria Andreoulaki,
Maria Bobou,
Uzm. Dr. Hakan Çoker,
Neşe Karabekir
attended the meeting.



TRANSNATIONAL MEETINGS-4

Our fourth transnational meeting was held on February 1-2, 2020 in Athens/Greece hosted by the Greek Doula Association.

Doç. Dr. Ali Ramazan Benli,
Emel Güden,
Elçin Özer,
Prof. Dr. Amara Renate Eckert,
Elvira Elliot,
Uzm. Dr. Hakan Çoker,
Neşe Karabekir attended the meeting.

WORKSHOP -1-İSTANBUL

November 25-29 Dec 2019, the first workshop program was held in Istanbul hosted by the Istanbul Birth Academy. 2 Obstetricians and Gynecologists and 9 midwives participated on behalf of our Provincial Health Directorate. 2 Midwives and 1 psychologist participated on behalf of the Greek Doula Association, 1 midwife and 1 psychologist participated on behalf of ISPPM.

Day 1 – Childbirth Education

Op. Dr. Hakan Çoker – Birth Psychologist Neşe Karabekir

- How muscles work? How fear effects birth physiology?
- Teaching the basics? Updated evidence based information
- Interventions in birth; how to teach the basics? Informed Consent
- Cesarean reasons in birth; What does the evidence say? How to reduce the rates?
- Hormones of birth and needs of babies immediately after birth
- Decision making strategies in interventions and birth
- Warm ups and Role plays in childbirth education

Day 2 – Personal development in childbirth – Birthing yourself

Birth Psychologist Neşe Karabekir

- How does your own births and past experiences effect your work?
- How to protect yourself from trauma? 7 steps to protect your inner soul
- Birth Psychology in action – How to prepare the pregnant women?
- What can happen in the birthing room? Needs of the women
- Working with birth team more effectively

WORKSHOP -1-İSTANBUL

Day 3 – Energy work and acupressure in childbirth

Stefan Rippel (Manual Therapist-Chinese Medicine)

- How to use energy work in childbirth?
- Touch and feel
- Acupressure points for pregnancy and birth

Day 4 – Advaced Doula Techniques

Midwife Serpil Varlık

- Anatomy of birth and relation to the birthing positions
- Positions of labor and birth- How to support women
 - Signs of cervical opening without exams
 - Aromatherapy and Homeopaty basic use
 - What's in a midwives bag?

Day 5 – Water Birth

Dr. Hakan Çoker – Midwife Serpil Varlık

- What is the evidence?
- Water labour- Water birth
- How to prepare the pool? Water specifications
 - How worm is the water?
- Estimation of bleeding in water birth
- Emergencies in water birth
- Contraendications for water birth
- Closing ceremony



WORKSHOP -2- ATHENS

On January 27-31, 2020, the second workshop program was held in Athens, hosted by the Greek Doula Association.

1 Obstetrician and Gynecologist and 2 midwives participated on behalf of our Provincial Health Directorate. 2 Midwives and 2 psychologists attended on behalf of ISPPM, 1 Obstetrician and Gynecologist, 1 Psychologist, 1 Midwife attended on behalf of Istanbul Birth Academy.

The content of the program is as follows, the language of instruction is English.

- Immigrant/refugee populations and perinatal care
- Breastfeeding advanced issues
- Gentle Bio-Energetics & Good Beginnings: Dr. Eva Reich's 7 Magical Tools
- Eva Reich's Butterfly Touch Massage, theory and practice
- Eva Reich's Butterfly Touch Massage
- Prenatal visits from a traditional midwifery perspective
- Supporting disability in motherhood, for perinatal period and caregivers
 - Birth spaces and the neocortex
 - Birth spaces and the neocortex
 - Reflexology in the perinatal period
- Newborn First Breaths - Infant resuscitation from a traditional midwifery perspective
- Evaluations, closing circle



Midwife Midwifery Midwife Competence

WORKSHOP -3- ONLINE

On June 2-9, 2021, the third workshop program was organized by an online organization hosted by ISPPM. 2 Obstetricians and Gynecologists and 7 midwives participated on behalf of our Provincial Health Directorate. There were 5 psychologists on behalf of ISPPM, 1 Obstetrician and Gynecologist, 1 midwife and 6 Psychologists on behalf of Istanbul Birth Academy, 9 participants on behalf of Greek Doula Association.

The program content is as follows and the language of instruction is English. English Turkish translation has been made simultaneously in the workshop.

- Introduction to prenatal psychology and psychotherapy
- Cultural psychology: Beeing in Touch with our Inner Nature
 - Bonding Analysis
- Prenatal body psychotherapy with adults, theory and practice
 - Prenatal body psychotherapy with children
 - Art Therapy in Pre- and Perinatal Psychotherapy

ARTICLE-1-

PROFESSIONAL SELF-ASSESSMENT OF MIDWIVES

Aim: This study aimed to determine the professional self-evaluations, professional competencies, opinions regarding the midwifery profession, and factors that affect the choice of profession of the midwives who live in different countries.

Materials and Methods: A survey, prepared Turkish, English, German and Greek formats. Survey content; including the demographic and work-related questions, choice of profession, opinions on the profession, and professional self-evaluation of the midwives.

Findings: According to the Turkish survey, the point average of the professional development activities was the lowest subheading, while the postnatal care and counseling activities had the highest point. The lowest point average according to the subheading averages of the surveys in other languages was calculated from public health activities and the highest point was calculated from pregnancy follow-up activities.

Result: It was determined that the midwives, participating in the study, generally did not see any deficiencies in their professional competencies. Areas, needing professional development; working and communication with women with traumatic pregnancy and birth histories, intervention skills in risky births, and intrauterine tool skills among family planning methods.

ARTICLE-2-

FIELD OF STUDY AND FUTURE PERSPECTIVES OF MIDWIFE ASSISTANT STUDENTS

Summary

Objective: Reasons such as developments in the field of healthcare and the public's expectational changes in healthcare services have created new fields in the healthcare sector.

One of these fields is the area of midwife assistance. This study aims to evaluate the perspectives towards the field, future expectations, job perceptions and competencies of midwife assistant students.

Tools and methods: A total of 105 senior year midwife assistant students at the Public Vocational and Technical Anatolian High Schools in Kayseri were included in the study. In the survey prepared by the researcher, a questionnaire was used in which the demographic data of the students, their perspectives on the field of work and their internship experiences, which practices were or were not within the scope of their competences, were examined.

Findings: A percentage of 79.8% of the midwife assistant students chose this study voluntarily, 46.8% was interested in the field of healthcare, 30.9% chose it for reasons such as the many job opportunities, 62.8% chose it because they wanted to work this profession in the future and 94.7% stated that they wanted to proceed with higher education.

It has been determined that the students lack knowledge on practices such as admitting the pregnant woman to the delivery room, preparing the delivery table, ensuring the privacy of the pregnant woman, putting the mother to bed, ensuring contact between the mother and baby and assisting the breastfeeding process, whereas it was also determined that they performed practices during their internships that were not within the scope of their competences.

Conclusion: It was determined that midwife assistant students mostly chose the study voluntarily and that they were confused about the scope of their profession.

ARTICLE-3-

TRADITIONAL MIDWIFERY IN TURKEY, GERMANY AND GREECE

Summary

Purpose: In this review study, traditional midwifery, educational development of midwifery and basic traditional midwifery practices in Turkey, Germany and Greece were examined.

Materials and Methods: Literature review was conducted. Traditional midwifery studies published on the basis of Turkey, Greece and Germany have been studied.

Findings: Traditional midwifery has been a transfer of knowledge and skills from mother to daughter. Along with rituals influenced by religion, mostly herbal incense, tea and oils have been used in all three countries as auxiliary methods of pregnancy and childbirth.

The maternity chair is an auxiliary product with traditional use in all three countries. There are very few studies in the literature on the scientific effects of traditional methods.

Result: As with traditional methods of treatment, there should be evidence-based methods to help childbirth, and there should be methods that will not endanger the health of the mother and baby. More work is needed on this issue.



ARTICLE-4-

EFFECT OF ONLINE CHILDBIRTH PREPARATION TRAINING ON CHILDBIRTH FEAR AND CHILDBIRTH

ABSTRACT:

Objective: This study investigated the effect of online childbirth preparation training provided to primiparous pregnant women on the degree of childbirth fear.

Design: This quasi-experimental study was carried out with women in their first pregnancy, who were under the supervision of family physicians in a family healthcare center.

Adjustment: Childbirth preparation training was provided through an online application. The groups that received and did not receive the training were compared.

Methods: A total of 38 pregnant women, who were able to participate in the training, had access to the Internet, computers, and mobile phones, and agreed to participate in the study constituted the experimental group; and 48 women, who did not meet these criteria, were included in the control group. Pregnant women with a pregnancy period of 20 weeks and longer were administered a 10-week training module. W-DEQ Version A was delivered to both the experimental and control groups as of week 29 via the online platform, and the results were evaluated in the statistics software.

Results: In the study group, the mean childbirth fear score was 66.33 (experimental group: 63.5 & control group: 69.8), and 8.1% had a clinical degree of childbirth fear. Of the women who had a clinical degree of childbirth fear, 71.4% were those who did not receive childbirth preparation training.

Conclusion: Online childbirth preparation classes were observed to have positive effects on childbirth fear. It is important and beneficial to continue the training online in cases where childbirth training programs cannot be administered face-to-face.

ARTICLE-5-

BASIC HEALTH INDICATORS AND MIDWIFERY IN TURKEY, GERMANY AND GREECE



Purpose: This study was conducted to compare the basic health indicators in Turkey, Germany and Greece and the status of midwives in the health workforce.

Materials and methods: The main health indicators for Midwifery, Women's and children's health in the three countries are taken from the World Health Organization (WHO), the European Commission database (EUROSTAT) and the country's official statistical institutions.

Findings: While the number of births in Turkey and Greece is declining, it remains stable in Germany. Among the three countries, the country with the highest female population of 15-49 years is Turkey. Turkey has a total fertility rate of 1.99, Germany 1.57, Greece 1.35. Cesarean section birth rates are the highest among OECD countries in Turkey at 54.9%. In Germany, it is 29.6%. According to local media in Greece, the cesarean section rate has increased from 50% to 70 %. For all 3 countries, migrant and refugee Health is an important mother and child health problem. The number of midwives per 1000 people is 45.12 in Turkey, 31.75 in Germany and 32.79 in Greece. In all three countries, the most important problem for midwives is the confusion of the task experienced by gynecologists on pregnancy and childbirth. In the second place, income was reported to be low.

Results: Although basic health indicators differ in Turkey, Germany and Greece, midwives' problems are similar. Midwives working in these three countries need an empowered midwifery system that addresses the changing world, health policies and health needs. Further studies on health indicators and health economics that will arise with the effective use of the midwifery system are needed.

ARTICLE-6-

COMPARISON WITH INTERNATIONAL MIDWIFERY CONFEDERATION (ICM) QUALIFICATIONS AND CURRENT MIDWIFERY EDUCATION IN TURKEY, GERMANY AND GREECE

Abstract:

Aim: This research is carried out to assess the number and qualifications of teaching staff, the competence of undergraduate programs, and ICM standards in the content of the curriculum of midwifery undergraduate programs in Turkey, Germany, and Greece.

Material and Method: In this descriptive study, the curricula of midwifery schools were evaluated based on the Basic Competencies for Midwifery Practice. ICM competencies that subject to this research are; competences specific to preconception and prenatal care, competences specific to care during birth and delivery, and competencies specific to continuing care of women and newborns. The course content representing the topics specified by the ICM has been tabulated as whether it is covered by the curriculum, partially or not.

Findings: At the time of this study, there were 53 midwifery undergraduate programs in Turkey, 14 in Germany, and 5 in Greece and the curriculum undergraduate programs of three countries are at a level to meet the competencies specified by the ICM. It has been observed that in subjects such as preparation for birth, supporting the mother's post-pregnancy mourning process that results in abortion, abortion and postpartum baby loss, delivery techniques for the fetus in different presentations, appropriate maneuvering and position change skills in emergency situations, newborn and adult advanced resuscitation skills, methods and techniques to reduce pain at birth, there is no standard or no content.

Result: There is a need to focus on missing areas in order to train students who can meet the competencies specified by ICM.

ARTICLE-7-

IN PERSON AND ONLINE TRAINING MODULE FOR THE PREPARATION OF PREGNANT WOMEN TO BIRTH

Every year, 140 million women globally experience pregnancies that are not considered to be high-risk. Close monitoring of risky pregnancies and the prevention of maternal and infant mortality are among the Sustainable Development Goals. It is very important to prevent pregnancies that are progressing normally from entering the risky pregnancy category, to recognize problematic situations early and to prepare the family for pregnancy, birth and motherhood in order to prevent complications. Parents, especially women, who have had a positive birth experience after a normal pregnancy and delivery will contribute to a decrease in the number of medical interventions and accordingly in medical costs.

In 2016, the World Health Organization (WHO) published a guide that includes recommendations for healthcare professionals in order to provide pregnant women with a positive birth experience. In these guidelines, the type of support to be given to pregnant women during birth and the importance thereof was emphasized. However, for a positive birth experience it is necessary that the expectant mother is ready for pregnancy and birth and then for the process of motherhood, which is as important as the support and attitude of the medical staff.

In cases where birth preparation training programs cannot be held in person or pregnant women cannot participate (such as situations of social isolation in the Covid-19 pandemic, those having problems with access to training programs if they are living in rural areas or abroad, those who cannot attend regular course programs due to work, those who have a second baby and do not have a babysitter), the online continuity of the training program is important and beneficial for the continuity of medical services.

This module is a teaching aid for in person prenatal education sessions and online education programs. The audience of these modules is pregnant women and their partners and/or supporters, whereas the target group of this module is medical workers who provide birth preparation training.

The module content has been shared from the blog page. <https://projectfirsttouch.blogspot.com/>

CLOSING MEETING

The Closing and Trauma Symposium of the First Touch Project was held on July 29, 2021 on an online platform with 285 National and International participants. Information about the project activities and outputs was shared in the program. At the same time, a symposium program was created in which the topic of trauma related to childbirth was covered. The subject content of the program was determined according to the areas of expertise of the project partners..

A certificate of participation has been issued to the participants.

Symposium Programme

Open ceremony: 10:00

Kayseri Provincial Health Director Assoc.Prof. Dr. Ali Ramazan BENLİ

Kayseri Provincial Health Directory R&D Unit/ Project Coordinator: Emel GÜDEN:
The Introduction of Erasmus Plus Project and the presentation of articles.

10:30 Head Of ISPPM. Prof. Dr. Amara Renate Eckert:
What is trauma?

11:00 İstanbul Birth Academy. Psy. Neşe KARABEKİR:
What is trauma in the labour from mother and father's /baby's/ birth team's point of view.

11:30 Prof. Dr. Amara Renate ECKERT- Psy. Neşe KARABEKİR:
The birth teams (midwives) their own traumas and trauma circle.

12:00 Olga Gouni:
Welcoming our children from before conception to birth and beyond.

12:30 Prof. Dr. Amara ECKERT, ISPPM members, Psy. Kola Birgit BRÖNNER:
Psy. Neşe KARABEKİR, Dr. Hakan ÇOKER Basic Trauma Awareness for Midwives

CLOSING MEETING



