

## - Conference of the Norwegian and European Economic Area Financial Mechanism Funds

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### PL CONFERENCE OF THE NORWEGIAN AND EUROPEAN ECONOMIC AREA FINANCIAL MECHANISM FUNDS

On 8 April 2016 a conference took place organised within the project entitled: "A healthy baby – education, preventive medicine and refurbishment of wards in the Healthcare Centre in Chełmno in order to improve the quality of perinatal care in the region" which has been co-financed from the funds of the Norwegian Financial Mechanism 2009-2014 and the European Economic Area Financial Mechanism 2009-2014.

The conference featured presentations summarising up-to-date results of preventive medicine programmes, an educational programme and the implemented project which are being conducted.

From the beginning of the project implementation an educational programme is being implemented concerning baby care in hospital and at home. The programme is being implemented in the Ward, in the K Outpatient Clinic and Antenatal Classes being directed to pregnant women, newly delivered women and their families. Teaching methods applied in conveying knowledge included in the programme involve mostly guide books, presentations and lectures. A specially designed handbook and educational leaflets have also been published which include all indispensable information for future families. Shantala Massage has met with great interest. Since 2015 106 parents with their babies have participated in massage workshops. And 264 people have been educated. Parents are educated both during their stay in the Ward and in Antenatal Classes as well. After workshops on Shantala Massage under the guidance of instructors, parents perform massage of their babies by themselves at home. Most parents have noticed beneficial effect of massage on wellbeing and development of their kids. Education has covered over 1 550 people in the Ward, Antenatal Classes, the K Outpatient Clinic and Shantala Massage workshops.

The implemented project has contributed to the improving of level and quality of medical services provided to our patients. This improvement has been influenced by equipment purchased so far both for the Ward and Antenatal Classes:

- 2 electric and 1 manual breast pumps,
- 1 bilirubinometer,
- 4 cardiocographs (including one for monitoring twin pregnancy) with central monitoring system,
- 1 ultrasound system,
- 6 electronic scales for newborns,
- 7 infusion pumps,
- balls,
- mattresses,
- infant manikins,
- baby bath,
- multimedia equipment,
- teaching aids.

The Preterm labour prediction programme by means of USG TV ultrasound scan allows diagnosing pregnancy at risk of preterm labour and giving a woman a specialist medical care. Some preterm labours can be prevented effectively or delayed, thus reducing a potential number of complications. However, one has to diagnose adequately the symptoms of the pathology's risk. The programme covers performing an additional ultrasound scan with a transvaginal probe at best (although not necessarily) during each routine ultrasound scan in 11-14 week of pregnancy, 19-24 week of pregnancy and 29-33 week of pregnancy. Within the programme the project aims at 2 800 cervix examinations to be performed. The examination is expected to cover about 1000 women (precisely pregnancies) from the Chełmiński District and partly from neighbouring districts.

From the beginning of the programme implementation to 31 March 2016:

- 694 patients have been covered by the programme,
- 1 363 examinations have been performed within screening,
- 110 patients have been diagnosed with a short or shortening cervix,
- 56 of them have been hospitalised,
- 3 patients have had a cerclage placed in their cervices, one has had a pessary inserted to support the cervix,
- 4 patients gave birth before 34 week of pregnancy (labour in a centre of a higher reference number),
- the remaining patients have carried the pregnancy to full term or a pregnancy is being continued or they gave birth before completion of 37 week of pregnancy but with no prematurity complications.

In the Preventive medicine programme of newborns' hip joints ultrasound scan the aim of the examination is to diagnose hip joints dysplasia, a malformation originating from disorders of development in foetal, perinatal, neonatal and infancy periods that enables fast treatment and prevents problems in the adult life. It also includes education of parents concerning i.a. how to carry and lay the baby in an appropriate position. Such type of preventive medicine allows reducing the number of surgical corrections performed for children with advanced hip joints dysplasia.

The project aims at 1 800 ultrasound scans, so far one has performed over 1 427 of them. 16 cases of dysplasia have been diagnosed and these children were advised to use the Pavlik Harness. In order to perform ultrasound scans of hip joints a specialist ultrasound system has been purchased.