





## Tibetan Natural Birth and Health Training Center

obstetric complications; postnatal care including care of the newborn and breastfeeding support; community midwife and health educator training; family health education; essential Tibetan and Western medicines; delivery kits for safe home births. Training sessions and health education on women's health, family nutrition, sanitation, hygiene and disease prevention including sexually transmitted infections, TB, and HIV/AIDS.

The Birth Center will integrate Tibetan medical system and Tibetan culture and traditions with western interventions. This integrative and comprehensive approach utilizes biomedicine, ethno medicine and folk health systems to formulate interventions to improve the safe delivery and health of rural Tibetans. Some of the cultural services include celebration of births, child naming, and earring celebrations according to Tibetan medicine and local traditions.

The Birth Center's management team is collaborating with the Rebkong County and Prefecture Health Bureau on this project; the Health Bureau and County Planning Department monitor the quality of the Birth Center's construction. Standards of care and operations will be governed by a set of protocols designed to ensure high standards of health services and training. The long term vision for the Birth Center is to foster self reliance and a full transition within 10 years to oversight by local staff and community advisory committee and stakeholders in order to build a stronger sustainable health facility for the region. The center will serve as a model facility and one that can be replicated in other areas of need.

### **Long-term Impact:**

The Tibetan Natural Birth and Health Training Center has the potential to be the cornerstone of a healthy Tibetan community. The Birth Center will provide pre-natal, delivery and post delivery care, access to Tibetan and western essential medicines as well as valuable education about women's health, family nutrition, sanitation, hygiene and disease prevention including sexually transmitted infections, TB, and HIV/AIDS.

For the long-term, Tibetan Healing Fund's local and international experts will be working with the Rebkong Tibetan Natural Birth and Health Training Center to establish a surveillance system; yearly collection of health information data and performance appraisals of the Birth Center and Community Midwives will be conducted in order to improve the health care services and to provide further development of appropriate facilities. Tibetan Healing Fund's Tibetan Natural Birth and Health Training Center can save lives of rural Tibetan women and babies and decrease the risk of disability caused by unsafe and unassisted delivery.

### **Timeline:**

The Tibetan Natural Birth and Health Training Center opened for full services in July 2009.