



THE UNITED REPUBLIC  
OF TANZANIA



National Institute for Medical Research  
3 Barack Obama Drive  
P.O. Box 9653  
11101 Dar es Salaam  
Tel: 255 22 2121400  
Fax: 255 22 2121360  
E-mail: [headquarters@nimr.or.tz](mailto:headquarters@nimr.or.tz)

Ministry of Health, Community  
Development, Gender, Elderly & Children  
6 Samora Machel Avenue  
P.O. Box 9083  
11478 Dar es Salaam  
Tel: 255 22 2120262-7  
Fax: 255 22 2110986

NIMR/HQ/R.8c/Vol. II /807

06<sup>th</sup> July 2017

Dr. Yoko Shimpuku  
St. Luke's College of Nursing  
10-1 Akashi-cho Chuo-ku Tokyo, 104-0041 JAPAN  
C/o Dr. Sebalda Leshabari, School of Nursing, MUHAS  
P.O. Box 65004  
Dar es Salaam

APPROVAL FOR EXTENSION OF ETHICAL CLEARANCE

This letter is to confirm that your application for extension on the already approved proposal: Development and evaluation of the simple and easy antenatal program using a picture drama in Korogwe district in Tanga (Shimpuku Y. *et al*) has been approved.

The extension approval is based on the progress report dated 10<sup>th</sup> June 2017 on the project, Ref. NIMR/HQ/R.8a/Vol. IX/1604 dated 14<sup>th</sup> August 2013. Extension approval is valid until 13<sup>th</sup> August 2018.

The Principal Investigator must ensure that other conditions of approval remain as per ethical clearance letter. The PI should ensure that progress and final reports are submitted in a timely manner.

Name: Prof. Yunus Daud Mgaya

Name: Prof. Muhammad Bakari Kambi

Signature  
CHAIRPERSON  
MEDICAL RESEARCH  
COORDINATING COMMITTEE

Signature  
CHIEF MEDICAL OFFICER  
MINISTRY OF HEALTH, COMMUNITY  
DEVELOPMENT, GENDER, ELDERLY  
& CHILDREN

**TANZANIA COMMISSION FOR SCIENCE AND TECHNOLOGY  
(COSTECH)**



Telephones: (255 - 022) 2775155 - 6, 2700745/6

Director General: (255 - 022) 2700750&2775315

Fax: (255 - 022) 2775313

Email: [rclearance@costech.or.tz](mailto:rclearance@costech.or.tz)

Ali Hassan Mwinyi Road  
P.O. Box 4302

Dar es Salaam  
Tanzania

**RESEARCH PERMIT**

No. 2017-265-ER-2013-101

22<sup>nd</sup> June 2017



1. Name : Miyuki Oka
2. Nationality : Japanese
3. Title : Development and Evaluation of the Simple and Easy antenatal Education Program Using a Picture Drama in Korogwe District in Tanga Region.
4. Research shall be confined to the following region(s): Tanga
5. Permit validity from: 22<sup>nd</sup> June 2017 to 20<sup>th</sup> June 2018
6. Contact/Collaborator: Dr. Sebalda Leshabari, MUHAS, P.O. Box 65004, Dar es Salaam
7. Researcher is required to submit progress report on quarterly basis and submit all Publications made after research. Last but not least

M. Mushi

for: DIRECTOR GENERAL

PART IV - PARTICULARS AS TO INSTITUTION /INDIVIDUAL (As written on TFI)

25 INSTITUTION : COSTECH

26 LOCATION : DARA

27 POSTAL ADDRESS : 4302

28 PLACE OF WORK : TANZA

29 PLACE OF RESIDENCE (in Tanzania) : NA

30 INDUSTRY/SECTOR : NA

32 INVESTMENT SCALE: LARGE ☐ MIDDLE: ☐ SMALL ☐ OTHERS (Specify) NA e.g. Mining

33 TELEPHONE NUMBER : +255222700750

34 MOBILE PHONE NUMBER :

35 E-MAIL ADDRESS : rclearnce@costech.or.tz

PART V - DECLARATION BY INSTITUTION/INDIVIDUAL

36 I, Mashukuni M. Khomphomisi

Do HEREBY SOLEMNLY and sincerely declare that to the best of my knowledge and belief the particulars stated in Part I, II, III & IV of this Data sheet are true, and in event of my application being granted, I undertake to abide by Immigration laws and the Laws of United Republic of Tanzania.

Signature of Institution/Individual with Official stamp

Declared at COSTECH this 22 day of 6 2017

PART VI - FOR OFFICIAL USE ONLY

37 DOSSIER NUMBER (DN) :

38 NAME AND RANK OF OFFICER ATTENDED :

HEADQUARTER/REGION :

SIGNATURE :

**TANZANIA COMMISSION FOR SCIENCE AND TECHNOLOGY  
(COSTECH)**



**Telephones:** (255 - 022) 2775155 - 6, 2700745/6  
**Director General:** (255 - 022) 2700750&2775315  
**Fax:** (255 - 022) 2775313

Ali Hassan Mwinyi Road  
P.O. Box 4302  
Dar es Salaam  
Tanzania

**Email:** rclearance@costech.or.tz  
*In reply please quote:* CST/RCA 2013/101

22<sup>nd</sup> June 2017

Commissioner General of Immigration  
Ministry of Home Affairs  
P.O. Box 512  
**DAR ES SALAAM**

Dear Sir/Madam,

**RESEARCH PERMIT**

We wish to introduce **Miyuki Oka** from **Japan** who has been granted Research Permit No. 2017-265-ER-2013-101 dated 22<sup>nd</sup> June 2017

The permit allows him/her to do research in the country titled “**Development and Evaluation of the Simple and Easy antenatal Education Program Using a Picture Drama in Korogwe District in Tanga Region.**”

We would like to support the application of the researcher(s) for the appropriate immigration status to enable the scholar(s) begin research as soon as possible.

By copy of this letter, we are requesting regional authorities and other relevant institutions to accord the researcher(s) all the necessary assistance. Similarly the designated local contact is requested to assist the researcher(s).

Yours faithfully

  
M. Mushi

**Fo: DIRECTOR GENERAL**

**CC:**

1. Regional Administrative Secretary: **Tanga**
2. Local Contact: **Dr. Sebalda Leshabari, MUHAS, P.O. Box 65004, Dar es Salaam**
3. Co-Researcher: **None**

THE UNITED REPUBLIC OF TANZANIA  
PRESIDENT'S OFFICE  
REGIONAL ADMINSTRATIVE AND LOCAL GOVERNMENT

Phone: 027 2642421  
Fax: 027 2647752  
E-mail: [ras.tanga@tamisemi.go.tz](mailto:ras.tanga@tamisemi.go.tz)



Regional Commissioner's Office,  
P.O. Box 5095,  
**TANGA.**

In reply, quote

Ref. No: DA.228/258/03/61

16/02/2018

District Administrative Secretary,  
P.O. Box 70,  
**MUHEZA**

**RESEARCH PERMIT FOR MISS. MIYUKI OKA**

Reference is made to the heading above.

The purpose of writing this letter is to introduce to you Miss. Miyuki Oka from Japan. Intending to conduct a research on *"Development and Evaluation of the Simple and Easy Antenatal Education Program Using a Picture Drama in Korogwe and Muheza District in Tanga Region"*.

Kindly be informed that Miss. Miyuki Oka has been granted a permission to conduct their research as from 01<sup>st</sup> Januari, 2017 to December, 2018 in Muheza District, Tanga being the case study of their research.

We hereby request you to provide them with all necessary support and information so as to make this project a success.

A handwritten signature in black ink, appearing to read 'Robert M. Mtatiro'.

Robert M. Mtatiro

For: **REGIONAL ADMINISTRATIVE SECRETARY  
TANGA**

Copy: Regional Administrative Secretary  
**TANGA** - To see in file

" Director,  
P.O. Box 20,  
**MUHEZA.**

" Miss. Miyuki Oka ✓

**JAMHURI YA MUUNGANO WA TANZANIA**  
**OFISI YA RAIS**  
**TAWALA ZA MIKOA NA SERIKALI ZA MITAA**

**"MKOA WA TANGA"**

Simu Na 2641114-2641227  
Email: dasmuheza70@yahoo.co.uk  
Unapojibu tafadhali taja



Ofisi ya Mkuu wa Wilaya,  
Wilaya ya Muheza,  
S. L. P. 70  
**MUHEZA**

Kumb.Na.DC/MUH/S.20/38 VOL II/04

16/03/2018

Mganga Mfawidhi,  
Hospitali Teule,  
S.L.P  
**MUHEZA.**

**YAH:- KUMTAMBULISHA MTAFIGI MISS, MIYUKA OKA.**

Tafadhali rejea kichwa cha habari hapo juu.

Namtambulisha kwako mtajwa hapo juu ambae ameruhusiwa kufanya utafiti kwenye Wilaya yetu hususani katika Hospitali Teule Muheza.

Utafiti wake unahusu **"Development and Evaluation of the Simple and Easy Antenatal Education program using a Picture Drama"**. Atakuwepo katika kituo hicho tangu tarehe 01 Januari 2018 hadi Desemba 2018.

Ni imani yangu utampokea na kumpa ushirikiano rafiki ili afanikishe utafiti wake kwa manufaa ya jamii yetu na Taifa kwa ujumla.

Hatibu O. Sempindu  
**Kny: KATIBU TAWALA WILAYA**  
**MUHEZA**

**Nakala kwa:**

Mkuu wa Wilaya  
**Muheza – aione kwenye Jalada**

Mkurugenzi  
Halmashaauri ya Wilaya  
**Muheza**

Miss  
**Miyuki Oka**



The Anglican Church Diocese of Tanga.  
Muheza Designated District Hospital  
Private Bag  
Muheza  
Tanga Region  
Tanzania  
E-mail: [office@teule.or.tz](mailto:office@teule.or.tz)  
Fax 2644121

25, January, 2018

MS. MIYUKI OKA,  
DOCTORAL STUDENT,  
ST. LUKE'S INTERNATIONAL UNIVERSITY,  
TOKYO  
JAPAN.

RE: REQUEST OF PERMISSION FOR THE RESEARCH AT MUHEZA DISTRICT HOSPITAL.

Reference is made to your letter dated 29<sup>th</sup> January, 2018 on the matter mentioned above.

We are pleased to inform you that permission has been granted to conduct the said research at Muheza District Hospital – Tanga.

  
AUBREY R. MWANGI MD, MPH,  
DAKTARI MFAWIDHI

MWANGI MFAWIDHI  
HOSPITAL TEULE MUHEZA  
PRIVATE BAG, MUHEZA

THE UNITED REPUBLIC OF TANZANIA  
PRESIDENT'S OFFICE  
REGIONAL ADMINISTRATIVE AND LOCAL GOVERNMENT

Phone: 027 2642421  
Fax: 027 2647752  
E-mail: [ras.tanga@tamisemi.go.tz](mailto:ras.tanga@tamisemi.go.tz)



Regional Commissioner's Office,  
P.O. Box 5095,  
**TANGA.**

In reply, quote

Ref. No: DA.228/258/03/10

17/07/2017

District Administrative Secretary,  
P.O. Box 532,  
**KOROGWE.**

**RESEARCH PERMIT FOR MISS. MIYUKI OKA**

Reference is made to the heading above.

The purpose of writing this letter is to introduce to you Miss. Miyuki Oka from Japan. Intending to conduct a research on *"Development and Evaluation of the Simple and Easy Antenatal Education Program Using a Picture Drama in Korogwe District in Tanga Region"*.

Kindly be informed that Miss. Miyuki Oka has been granted a permission to conduct their research as from 22<sup>nd</sup> June, 2017 in Korogwe District, Tanga being the case study of their research.

We hereby request you to provide them with all necessary support and information so as to make this project a success.

  
Robert M. Mtatiro

For: **REGIONAL ADMINISTRATIVE SECRETARY  
TANGA**

**Copy:** Regional Administrative Secretary  
**TANGA** - To see in file

" Municipal Director,  
P.O. Box 615,  
**KOROGWE.**

"  Miss. Miyuki Oka

[Appendix B]



ST. LUKE'S INTERNATIONAL UNIVERSITY  
10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0041, JAPAN  
Phone +81-3-3543-6391

---

January 25, 2018

To Muheza District Medical Officer  
P. O. Box 51, Muheza, Tanga

**RE: REQUEST OF PERMISSION FOR THE RESEARCH AT MUHEZA  
DISTRICT HOSPITAL**

I am thankful and honored to be introduced to you. My name is Miyuki Oka, a midwife and a master's student from Japan. I would like to conduct a research titled: "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women" through the collaboration with Ms. Frida Madeni Mndolwa, who is a midwife and a Master's degree holder from St. Luke's College of Nursing, Japan. I would like to have your permission for conducting the research at Muheza district hospital with her. Thank you very much.

I have attached my proposal.

Yours faithfully,

Miyuki Oka, RN,CNM,MN



ST. LUKE'S INTERNATIONAL UNIVERSITY  
10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0041, JAPAN  
Phone +81-3-3543-6391

---

January 25, 2018

To ○○○○

Director of St. Augustine Muheza Council Designated Hospital,  
Private Bag Muheza, Tanga

**RE: REQUEST OF PERMISSION FOR THE RESEARCH AT MUHEZA DISTRICT  
HOSPITAL**

I am thankful and honored to be introduced to you. My name is Miyuki Oka, a midwife and a master's student from Japan. I would like to conduct a research titled: "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women" through the collaboration with Ms. Frida Madeni Mndolwa, who is a midwife and a Master's degree holder from St. Luke's College of Nursing, Japan. I would like to have your permission for conducting the research at Muheza district hospital with her. Thank you very much.

Yours faithfully,

Miyuki Oka, RN,CNM, MN



ST. LUKE'S INTERNATIONAL UNIVERSITY  
10-1, Akashi-cho, Chuo-ku, Tokyo, 104-0041, JAPAN  
Phone +81-3-3543-6391

---

January 26, 2018

To Korogwe District Medical Officer  
P. O. Box 571, Korogwe, Tanga

**RE: REQUEST OF PERMISSION FOR THE RESEARCH AT MUHEZA DISTRICT HOSPITAL**

I am thankful and honored to be introduced to you. My name is Miyuki Oka, a midwife and a master's student from Japan. I would like to conduct a research titled: "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women" through the collaboration with Ms. Frida Madeni Mndolwa, who is a midwife and a Master's degree holder from St. Luke's College of Nursing, Japan. I would like to have your permission for conducting the research at Muheza district hospital with her. Thank you very much.

Yours faithfully,

Miyuki Oka, RN,CNM, MN

[Appendix C]

**Request for Participation in the Program and Informed Consent**

Dear participants,

I am Miyuki OKA, a doctoral program student majoring in Midwifery at St. Luke's International University, Japan. I am inviting you to participate in a research study that I am conducting titled: "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women". Next I explain about participation in the study.

**Purpose**

The purpose of the study is to compare the effects for pregnant women who attended 55-minute prenatal group program and 30-minute individual prenatal program. This study will examine the effects of a prenatal group program conducted before attending ANC on the enhancement of (1) knowledge of physiological symptoms and self-care behaviors, (2) pregnancy-related empowerment, (3) intention to self-care behavior, and (4) satisfaction of ANC visiting in rural Tanzania.

**Goals of the prenatal group program**

To increase knowledge of pregnancy process, physiological symptoms, and self-care behaviors of pregnancy.

To share their feeling and experience among pregnant women and between pregnant women and nurse.

To promote intention to self-care behavior during pregnancy.

To satisfy today's ANC visiting.

**Participation and cooperation in this study**

If you consent to participate the study, you will take part in 55-minute prenatal group program. And I would like to ask your cooperation with filling out questionnaire before program and immediate after attending ANC. It will take about 90 minutes in total. In answering the questionnaires, you do not share your answer with any participants.

We promise you have the right to withdraw your consent or stop participating at any time. Also, you have the right to refuse to answer any questionnaires or participate in any procedure for any reason. You may stop or quit the participation anytime during or after the program for any reason. It will not affect providing ANC service or future childbirth service you will perceive.

**Ethical consideration**

**Confidentiality**

The information you provide us will be used for this study only. All the information we obtain will remain strictly confidential and your answers will never be identified. We are firmly committed to protecting your privacy. The data will be conveyed to Japan and kept at least five years from termination of the study in a safe place. After publication the data will be destroyed.

### Risks

There is a very low risk that participants would suffer hurt or injury (physically, psychologically, socially or economically) as a result of participation of this research. Only thing we receive is anonymous information about your thinking toward the program. However, in case of any serious problems encountered during the study, please immediately contact my research assistant who is a local midwife at the relevant facility.

### Time constraint

Participants are given a 90-minute group program including 35 minutes to respond to the questionnaires before the program and after antenatal care.

### Benefits

The participation of pregnant women in the study is anticipated to improve communicate to nurse and peers during prenatal period. The findings may also be used for the development of prenatal education for pregnant women not only in Tanzania but also in other countries. Moreover, the results of this study may be used to improve and maintain the quality of prenatal care services in healthcare facilities in Tanzania. The participants will receive indirect benefits from the results in the form of improvements in continuing education and the quality of prenatal care services.

### Rewards

Recompense are available to those who participates the program.

### Post-study Provisions

The result of the study will be published after finishing the research. Researcher will submit the published paper to a representative at the hospital.

### Ethical approval

Ethical approval of the original study was obtained from Tanzania National Institute for Medical Research (NIMR). Amendment of the research approval will be obtained for this study. Additionally, ethical permission was obtained from the Ethics Committee of St. Luke's International University, Japan. (Approval number: )

### Research grant

This study is funded by Japan society for the promotion of science (JSPS) Core-to-Core program.  
The researcher have no any conflicts of interest.

### For further information

If you have any questions or request about the study, please feel free to contact us any time.

**Our contact details are as follows:**

Tanzania

Miyuki Oka: mobile number \_\_\_\_\_

St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

[Appendix D]

**Request for Participation in the Program and Informed Consent**

Dear participants,

I am Miyuki OKA, a doctoral program student majoring in Midwifery at St. Luke's International University, Japan. I am inviting you to participate in a research study that I am conducting titled: "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women". Next I explain about participation in the study.

**Purpose**

The purpose of the study is to compare the effects for pregnant women who attended 55-minute prenatal group program and 30-minute individual prenatal program. This study will examine the effects of a prenatal group program conducted before attending ANC on the enhancement of (1) knowledge of physiological symptoms and self-care behaviors, (2) pregnancy-related empowerment, (3) intention to self-care behavior, and (4) satisfaction of ANC visiting in rural Tanzania.

**Goals of the prenatal group program**

To increase knowledge of pregnancy process, physiological symptoms, and self-care behaviors of pregnancy.

To share their feeling and experience among pregnant women and between pregnant women and nurse.

To promote intention to self-care behavior during pregnancy.

To satisfy today's ANC visiting.

**Participation and cooperation in this study**

If you consent to participate the study, you will take part in 30-minute individual prenatal program. And I would like to ask your cooperation with filling out questionnaire before program and immediate after attending ANC. It will take about 65 minutes in total. In answering the questionnaires, you do not share your answer with any participants. We promise you have the right to withdraw your consent or stop participating at any time. Also, you have the right to refuse to answer any questionnaires or participate in any procedure for any reason. You may stop or quit the participation anytime during or after the program for any reason. It will not affect providing ANC service or future childbirth service you will perceive.

**Ethical consideration**

**Confidentiality**

The information you provide us will be used for this study only. All the information we obtain will remain strictly confidential and your answers will never be identified. We are firmly committed to protecting your privacy. The data will be conveyed to Japan and kept at least five years from termination of the study in a safe place. After publication the data will be destroyed.

### Risks

There is a very low risk that participants would suffer hurt or injury (physically, psychologically, socially or economically) as a result of participation of this research. Only thing we receive is anonymous information about your thinking toward the program. However, in case of any serious problems encountered during the study, please immediately contact my research assistant who is a local midwife at the relevant facility.

### Time constraint

Participants are given a 65-minute program including 35 minutes to respond to the questionnaires before the program and after antenatal care.

### Benefits

The participation of pregnant women in the study is anticipated to improve communicate to nurse and peers during prenatal period. The findings may also be used for the development of prenatal education for pregnant women not only in Tanzania but also in other countries. Moreover, the results of this study may be used to improve and maintain the quality of prenatal care services in healthcare facilities in Tanzania. The participants will receive indirect benefits from the results in the form of improvements in continuing education and the quality of prenatal care services.

### Rewards

Recompense are available to those who participates the program.

### Post-study Provisions

The result of the study will be published after finishing the research. Researcher will submit the published paper to a representative at the hospital.

### Ethical approval

Ethical approval of the original study was obtained from Tanzania National Institute for Medical Research (NIMR). Amendment of the research approval will be obtained for this study. Additionally, ethical permission was obtained from the Ethics Committee of St. Luke's International University, Japan. (Approval number:17-A088)

### Research grant

This study is funded by Japan society for the promotion of science (JSPS) Core-to-Core program.  
The researcher have no any conflicts of interest.

### For further information

If you have any questions or request about the study, please feel free to contact us any time.

**Our contact details are as follows:**

**Miyuki Oka**

Mobile number\_\_\_\_\_

St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

### **Ridhaa ya kushiriki kwenye utafiti na programu ya mafunzo**

Mpendwa mshiriki,

Jina langu ni Miyuki OKA, ni mkunga na mwanafunzi wa shahada ya uzamivu kutoka chou kikuu cha St. Luke's, Japan.

Nakukaribisha kushiriki katika utafiti huu wenye kichwa cha habari "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women" Kifuatacho, nitaeleza kuhusiana na ushiriki katika tafiti hii.

#### **Dhumuni**

Dhumuni la tafiti hii ni kulinganisha matokeo ya wanawake waliouthuria dakika 55 programu ya mafunzo ya ujauzito kwenye kikundi na dakika 30 walioudhuria program ya mafunzo ya ujauzito binafsi. Utafiti huu utachunguza matokeo ya program ya mafunzo ya ujauzito kwenye kikundi yaliyofanyika kabla mwanamke ajaenda kiliniki ya ujauzito ambayo itapelekea (1) Kufahamu uelewa wa dalili za ujauzito na jinsi ya kukabiliana na tabia za ujauzito (2) uwezeshwaji wa maswala yanayohusiana na mimba, (3) nia na jinsi ya kujihudumia wakati wa ujauzito, na (4) Uridhishwaji wa mahudhurio ya kliniki Tanzania vijijini.

#### **Malengo katika program ya mafunzo ya ujauzito kwenye kikundi**

Kuongeza uelewa wa mchakato wa ujauzito, mabadiliko ya mwili na jinsi ya kukabiliana na tabia za ujauzito. Kushirikishana uzoefu wa ujauzito kati ya wajawazito wenyewe na kati ya wajawazito na wauguzi. Kuongeza hamasa ya kukabiliana na tabia za ujauzito. Kuongeza uridhishwaji wa wajawazito wanapohudhuria kliniki.

#### **Ushirikiano katika utafiti huu**

Kama umekubali kushiriki katika tafiti hii utatumia dakika 55 kwenye program ya mafunzo ya ujauzito kwenye kikundi. Pia nitakuomba ujaze madodoso mawili kabla ya programu na baada ya kutoka kliniki ya ujauzito. Madodoso yote mawili kujaza itachukua kama dakika 90 kwa ujumla. Jibu peke yako usishirikiane majibu na mwenzako.

Unaruhusiwa kutokushiriki ukipenda au kuacha kujaza swali lolote muda wowote pindi utakapo jiskia. Pia unaruhusiwa kutokujaza swali lolote au kukataa kufanyiwa chochote kwa sababu yeyote ile. Unaweza ukaacha kushiriki utafiti huu wakati wowote kabla na baada ya program. Aitadhuru huduma yako ya mahudhurio ya kliniki au kujifungua mtoto.

#### **Zingatia la maadili**

##### **Usiri**

Taarifa utakazotupa zitatumika kwa utafiti huu peke yake .Taarifa zote zitakuwa ni siri kati yetu na wewe na majibu utakayotoa hayatakutambulisha kwa mtu mwingine yeyote. Tunakuhakikishia kulinda siri hii. Taarifa hizi tutazipeleka japani na kuzitunza kwa muda wa miaka mitano sehemu salama lakini baada ya kuchapisha utafiti huu taarifa hizi zitaharibiwa zisifae kutumika tena.

### **Madhara**

Hakuna madhara yeyote utakayopata kwa kushiriki utafiti huu , isipokuwa ukipata tatizo lolote usisite kumweleza mtafiti msaidizi wangu ambae pia ni mkunga katika kituo hicho.

### **Muda**

Washiriki watapewa dakika 90 za kujaza madodoso kabla ya kuudhuria mafunzo kenye kikundi na baada ya kutoka kwenye kliniki ya ujauzito.

### **Faida**

Ushiriki wa mwanawake mjawazito katika utafiti huu unatarajiwa kuboresha mawasiliana na muuguzi na wanawake wenzake wakati wa ujauzito. Matokeo hayo yanaweza pia kutumika kwa ajili ya maendeleo ya elimu ya ujauzito kwa wanawake wajawazito si tu Tanzania lakini pia katika nchi nyingine. Aidha, matokeo ya utafiti huu yanaweza kutumiwa kuboresha na kudumisha ubora wa huduma za wajawazito kabla ya kujifungua katika vituo vya huduma za afya nchini Tanzania. Washiriki watapata faida zisizo za moja kwa moja kutokana na matokeo katika hali ya maboresho katika kuendeleza elimu na ubora wa huduma za kuhudumia wajawazito kabla ya kujifungua.

### **Fidia**

Fidia itakuwepo kwa watakao shiriki katika utafiti.

### **Mipango ya baada ya kukusanya taarifa**

Matokeo ya utafiti yatachapishwa baada ya kumaliza utafiti. Mtafiti atawasilisha nakala iliyochapishwa kwa mwakilishi wa hospitali.

### **Idhini ya uhalali**

Idhini ya uhalali wa utafiti huu wa awali ilitolewa kutoka Taasisi ya Taifa ya Utafiti wa Matibabu (NIMR) Tanzania. Zaidi ya hayo, ruhusa ya kimaadili ilitolewa kutoka Kamati ya Maadili ya Chuo Kikuu cha Kimataifa cha St. Luke, Japan. (Nambari ya kibali: 17 - A088)

### **Msaada wa kufanya utafiti**

Utafiti huu unafadhiliwa na jamii ya Japani kwa ajili ya kukuza programu ya sayansi (JSPS). Mtafiti hana mgogoro wowote wa kimaslai.

### **Kwa maelezo zaidi**

Kama unaswali lolote tafadhali jiskie huru kuwasilina nasi wakati wowote.

**Our contact details are as follows:**

**Miyuki Oka**

Mobile number ○○○○

St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

### **Ridhaa ya kushiriki kwenye utafiti na programu**

Mpendwa mshiriki,

Jina langu ni Miyuki OKA, ni mkunga na mwanafunzi wa shahada ya uzamivu kutoka chou kikuu cha St. Luke's, Japan.

Nakukaribisha kushiriki katika utafiti huu wenye kichwa cha habari "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women" Kifuatacho nitaeleza kuhusiana na ushiriki katika tafiti hii.

#### **Dhumuni**

Dhumuni la tafiti hii ni kulinganisha matokeo ya wanawake waliouthuria dakika 55 programu ya mafunzo ya ujauzito kwenye kikundi na dakika 30 walioudhuria program ya mafunzo ya ujauzito binafsi. Utafiti huu utachunua matokeo ya program ya mafunzo ya ujauzito kwenye kikundi yaliyofanyika kabla mwanamke ajaenda kiliniki ya ujauzito ambayo itapelekea (1) Kufahamu uelewa wa dalili za ujauzito na jinsi ya kukabiliana na tabia za ujauzito (2) uwezeshwaji wa maswala yanayohusiana na mimba, (3) nia na jinsi ya kujihudumia wakati wa ujauzito, na (4) Uridhishwaji wa mahudhurio ya kliniki Tanzania vijijini.

#### **Malengo katika program ya mafunzo ya ujauzito kwenye kikundi**

Kuongeza uelewa wa mchakato wa ujauzito, mabadiliko ya mwili na jinsi ya kukabiliana na tabia za ujauzito.

Kushirikishana uzoefu wa ujauzito kati ya wajawazito wenyewe na kati ya wajawazito na wauguzi.

Kuongeza hamasa ya kukabiliana na tabia za ujauzito. Kuongeza uridhishwaji wa wajawazito wanapohudhuria kliniki.

#### **Ushirikiano katika utafiti huu**

Kama umekubali kushiriki katika tafiti hii utatumia dakika 30 kwenye program ya mafunzo ya ujauzito binafsi. Pia nitakuomba ujaze madodoso mawili kabla ya programu na baada ya kutoka kliniki ya ujauzito. Madodoso yote mawili kujaza itachukua kama dakika 65 kwa ujumla. Jibu peke yako usishirikiane majibu na mwenzako.

Unaruhusiwa kutokushiriki ukipenda au kuacha kujaza swali lolote muda wowote pindi utakapo jiskia. Pia unaruhusiwa kutokujaza swali lolote au kukataa kufanyiwa chochote kwa sababu yeyote ile. Unaweza ukaacha kushiriki utafiti huu wakati wowote kabla na baada ya program. Aitadhuru huduma yako ya mahudhurio ya kliniki au kujifungua mtoto.

#### **Zingatia la maadili**

##### **Usiri**

Taarifa utakazotupa zitatumika kwa utafiti huu peke yake. Taarifa zote zitakuwa ni siri kati yetu na wewe na majibu utakayotoa hayatakutambulisha kwa mtu mwingine yeyote. Tunakuhakikishia kulinda siri hii. Taarifa hizi tutazipeleka japani na kuzitunza kwa muda wa miaka mitano sehemu salama lakini baada ya kuchapisha utafiti huu taarifa hizi zitaharibiwa zisifae kutumika tena.

### **Madhara**

Hakuna madhara yeyote utakayopata kwa kushiriki utafiti huu , isipokuwa ukipata tatizo lolote usisite kumweleza mtafiti msaidizi wangu ambae pia ni mkunga katika kituo hicho.

### **Muda**

Washiriki watapelewa dakika 65 za kujaza madodoso kabla ya kuudhuria mafunzo na baada ya kutoka kwenye kliniki ya ujauzito.

### **Faida**

Ushiriki wa wanawake mjawazito katika utafiti huu unatarajiwa kuboresha mawasiliana na muuguzi na wanawake wenzake wakati wa ujauzito. Matokeo hayo yanaweza pia kutumika kwa ajili ya maendeleo ya elimu ya ujauzito kwa wanawake wajawazito si tu Tanzania lakini pia katika nchi nyingine. Aidha, matokeo ya utafiti huu yanaweza kutumiwa kuboresha na kudumisha ubora wa huduma za wajawazito kabla ya kujifungua katika vituo vya huduma za afya nchini Tanzania. Washiriki watapata faida zisizo za moja kwa moja kutokana na matokeo katika hali ya maboresho katika kuendeleza elimu na ubora wa huduma za kuhudumia wajawazito kabla ya kujifungua.

### **Fidia**

Fidia itakuwepo kwa watakapo shiriki katika utafiti.

### **Mipango ya baada ya kukusanya taarifa**

Matokeo ya utafiti yatachapishwa baada ya kumaliza utafiti. Mtafiti atawasilisha nakala iliyochapishwa kwa mwakilishi wa hospitali.

### **Idhini ya uhalali**

Idhini ya uhalali wa utafiti huu wa awali ilitolewa kutoka Taasisi ya Taifa ya Utafiti wa Matibabu (NIMR) Tanzania. Zaidi ya hayo, ruhusa ya kimaadili ilitolewa kutoka Kamati ya Maadili ya Chuo Kikuu cha Kimataifa cha St. Luke, Japan. (Nambari ya kibali: 17 - A088)

### **Msaada wa kufanya utafiti**

Utafiti huu unafadhiliwa na jamii ya Japani kwa ajili ya kukuza programu ya sayansi (JSPS). Mtafiti hana mgogoro wowote wa kimasalai.

### **Kwa maelezo zaidi**

Kama unaswali lolote tafadhali jiskie huru kuwasilina nasi wakati wowote.

**Our contact details are as follows:**

**Miyuki Oka**

Mobile number ○○○○

St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

[Appendix E]

Dear Tsuguya Fukui,  
President of St. Luke's International University

## **CONSENT FORM FOR PARTICIPATION**

I have read and understand the purpose, confidentiality, risks, benefit, and procedures for the study. I voluntarily agree to participate in the study titled "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women".

Signature of the participant.....

Data of signed consent.....

Signature of the researcher.....

Research Ethic Committee, St. Luke's International University

Approval number:

Dear Tsuguya Fukui,  
President of St. Luke's International University

## **REFUSAL OF PARTICIPATION**

Although once I consented to participate in the study on "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women", I inform you the withdrawal from the study.

Signature of the participant.....

Date of signed.....

Dear Tsuguya Fukui,  
President of St. Luke's International University

## **FOMU YA RIDHAA YA KUSHIRIKI**

Nimesoma na kuelewa dhumuni, usiri wa taarifa, madhara, faida, najinsi utafiti utakavyo fanyika. Ninakubali kwa ridhaa yangu mwenyewe, kushiriki kwenye utafiti wenye kichwa cha habari "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women".

Sahihi ya mshiriki.....

Tarehe.....

Sahihi ya mtafiti.....

Research Ethic Committee, St. Luke's International University

Kibali namba: 17 - A088

Dear Tsuguya Fukui,  
President of St. Luke's International University

## **KUKATAA KUSHIRIKI**

Ingawa nilikubali kushiriki kwenye utafiti juu ya "Effects of Prenatal Group Program in Rural Tanzania: Connectedness with Nurse and Peer Women", ninaamua kusitisha ushiriki wangu.

Sahihi ya Mshiriki.....

Tarehe.....

[Appendix F]

# Request for Attending Group Program

**Dear all pregnant women,**

I am Miyuki OKA, I am a midwife and a doctoral program student at St. Luke's International University, Japan.

I would like to ask pregnant women to attend group program before attending antenatal care.

I also would like to ask you fill out two questionnaires before the program and immediate after attending ANC.

It will take about **90 minutes** in total.

You are able to learn physiological symptoms and self-care behaviors of pregnancy. Also you will share your feeling and experience among pregnant women.

I would like all pregnant women to participate in this study.

If you have further questions about this study, please feel free to contact us.

Thank you for your cooperation.

**Our contact details are as follows:**

Tanzania Miyuki Oka: mobile phone: \_\_\_\_\_

Japan St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

# Request for Attending Prenatal Program

**Dear all pregnant women,**

I am Miyuki OKA, I am a midwife and a doctoral program student at St. Luke's International University, Japan.

I would like to ask pregnant women to attend prenatal program before attending antenatal care.

I also would like to ask you fill out two questionnaires before the program and immediate after attending ANC.

It will take about **65 minutes** in total.

You are able to learn physiological symptoms and self-care behaviors of pregnancy.

I would like all pregnant women to participate in this study.

If you have further questions about this study, please feel free to contact us.

Thank you for your cooperation.

**Our contact details are as follows:**

**Tanzania** Miyuki Oka: mobile phone: \_\_\_\_\_

**Japan** St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

# Ombi kuhusu kuhudhuria Programu ya kikundi ya mafunzo ya ujauzito

## Wapendwa wamama wajawazito,

Jina langu ni Miyuki OKA, ni mkunga na mwanafunzi wa shahada ya uzamivu kutoka chou kikuu cha St. Luke's, Japan.

Nawaomba mshiriki katika programu ya vikundi ya mafunzo ya ujauzito kabla hamjaenda kwenye kliniki zenu.

Nawaomba pia mjaze madodoso mawili kabla ya kwenda kliniki na baada ya kutoka kliniki.

Madodoso haya yatachukua kama dakika 90 kwa ujumla.

Mtaweza kujifunza dalili ziambatanazo na ujauzito pamoja na jinsi ya kukabilina na dalili hizo. Pia mtashirikishana uzoefu wenu wa ujauzito pamoja na jinsi mnavyohisi.

Ningependa kama wote mutashiriki katika hili.

Kama una swali lolote kuhusu tafiti hii tafadhali jiskie huru kutuuliza.

Asanteni kwa ushirikiano wenu.

### Tunapatikana kwa mawasiliano yafuatayo:

Tanzania Miyuki Oka: simu namba: ○○○○

Japan St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

# Ombi kuhusu kuhudhuria Programu ya kikundi ya mafunzo ya ujauzito kabla ya kuhudhuria kliniki ya ujauzito

## Wapendwa wamama wajawazito,

Jina langu ni Miyuki OKA, ni mkunga na mwanafunzi wa shahada ya uzamivu kutoka chou kikuu cha St. Luke's, Japan.

Nawaomba mshiriki katika programu ya vikundi kabla hamjaenda kwenye kliniki ya ujauzito.

Nawaomba pia mjaze madodoso mawili kabla ya kwenda kliniki ya ujauzito na baada ya kutoka kliniki.

Madodoso haya yatachukua kama dakika 65 kwa ujumla.

Mtaweza kujifunza dalili ziambatanazo na ujauzito pamoja na jinsi ya kukabilina na dalili hizo.

Ningependa kama wote mutashiriki katika hili.

Kama una swali lolote kuhusu tafiti hii tafadhali jiskie huru kutuuliza.

Asanteni kwa ushirikiano wenu.

### Tunapatikana kwa mawasiliano yafuatayo:

Tanzania Miyuki Oka: simu namba: ○○○○

Japan St. Luke's International University

10-1 Akashi-cho, Chuo-ku, Tokyo, 104-0044, JAPAN

Miyuki OKA, Doctoral course student of St. Luke's International University

Email: 16DN005@slcn.ac.jp

Supervisor: Dr. Shigeko HORIUCHI, Professor of Maternal Infant Nursing and Midwifery

[Appendix G]

## RESEARCH ASSISTANT AGREEMENT

**Title: Effects of Prenatal Group Program in Rural Tanzania:**

### **Connectedness with Nurse and Prenatal Peers**

I agree to assist the primary researcher with this study by managing the program and collecting data. I agree to maintain full confidentiality when performing these tasks.

Specifically, I agree to:

1. comply with the Declaration of Helsinki - Ethical Principles for Medical Research Involving Human Subjects.
2. keep all research information shared with me confidential by not discussing or sharing the information in any form or format with anyone other than the primary researcher;
3. hold in strictest confidence the identification of any individual that may be revealed during the course of performing the research tasks;
4. not make copies of any raw data in any form or format, unless specifically requested to do so by the primary researcher;
5. give all raw data in any form or format to the primary researcher when I have completed the research tasks;
6. destroy all research information in any form or format that is not returnable to the primary researcher upon completion of the research tasks.

Provide the following contact information for research assistant:

Address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Signature of research assistant \_\_\_\_\_ Date \_\_\_\_\_

Signature of primary researcher \_\_\_\_\_ Date \_\_\_\_\_

# Questionnaire [Baseline - Test] (English)

Thank you for attending the program.

I would like to ask your cooperation with filling out questionnaire before the program.

You do not put your name on this paper.

The questionnaire is **10 pages** long and it takes about **20 minutes**.

In answering the questionnaire, do not share your answer with any participants.

After answering the questions, researchers will collect your questionnaire.

Thank you in advance.



## Baseline-test

--	--	--

### [Demographic]

I. Please read the following questions and write the number in the box or encircle the appropriate number to indicate your choice.

	Questions	Answers						
<b>1</b>	How old are you?	<input type="text"/> years old						
<b>2</b>	How many weeks have you been pregnant?	<input type="text"/> weeks						
<b>3</b>	How many times have you attended the antenatal clinic?	<input type="text"/> Time(s)						
<b>4</b>	What is your present marital status? (Please encircle only one appropriate number)	<table border="1"> <tr> <td>1</td> <td>Married</td> </tr> <tr> <td>2</td> <td>Single</td> </tr> </table>	1	Married	2	Single		
1	Married							
2	Single							
<b>5</b>	Religion	<table border="1"> <tr> <td>1</td> <td>Christian</td> </tr> <tr> <td>2</td> <td>Muslim</td> </tr> <tr> <td>3</td> <td>Other</td> </tr> </table>	1	Christian	2	Muslim	3	Other
1	Christian							
2	Muslim							
3	Other							
<b>6</b>	What is your educational background?	<table border="1"> <tr> <td>1</td> <td>Less than primary</td> </tr> <tr> <td>2</td> <td>Primary school</td> </tr> </table>	1	Less than primary	2	Primary school		
1	Less than primary							
2	Primary school							

		3	More than primary
7	What is your occupation?	1	Housewife
		2	Farmer
		3	Small business
		4	Other ( )
8	In the past 4 weeks (30 days) did you or any household member go a whole day and night without eating anything at all because there was not enough food?	1	Yes
		2	No
9	If yes, how often did this happen in the past 4 weeks (30 days)?	1	Rarely (1-2 times)
		2	Sometimes (3-10 times)
		3	Often (more than 10 times)

**[Literacy screening]**

II. Please read the following questions and indicate your answer by checking (✓) the box for Agree or Disagree.

		<b>Meaning</b>	<b>Agree</b>	<b>Disagree</b>
<b>1</b>	<b>Fat</b>	Weighting too much	✓	
<b>2</b>	<b>Flu</b>	A common illness that makes you tired, a sore throat, or cough.	✓	
<b>3</b>	<b>Behavior</b>	The way that someone or something acts in different situations	✓	
<b>4</b>	<b>Exercise</b>	The lowest part of your bowels		✓
<b>5</b>	<b>Menopause</b>	The time when a woman stops menstruating.	✓	
<b>6</b>	<b>Rectal</b>	Physical activities that you do to stay healthy and become stronger		✓
<b>7</b>	<b>Antibiotic</b>	A drug that is used to kill bacteria and cure infections	✓	
<b>8</b>	<b>Anemia</b>	A medical condition in which there are very few red blood cells.	✓	
<b>9</b>	<b>Jaundice</b>	A medical condition in which the skin and the white part of the eyes become yellow.	✓	

### [Knowledge of danger signs of pregnancy]

III. Which signs are the danger signs of pregnancy? Please read the following questions and indicate your answer by checking (✓) the box for Danger or No danger.

	Knowledge	Danger sign	No danger sign
<b>1</b>	Fever	✓	
<b>2</b>	Nausea		✓
<b>3</b>	Fits / convulsion	✓	
<b>4</b>	Vaginal bleeding	✓	
<b>5</b>	Tiredness		✓
<b>6</b>	Constipation		✓
<b>7</b>	Swelling of legs		✓
<b>8</b>	Severe headache with blurred vision	✓	
<b>9</b>	Too weak to get out of bed	✓	
<b>10</b>	Water breaks	✓	
<b>11</b>	Stretch mark		✓
<b>12</b>	Severe abdominal pain	✓	
<b>13</b>	Difficulty in breathing	✓	

### [Knowledge of common symptoms of pregnancy]

IV. Which signs are the common symptoms of pregnancy? Please read the following questions and indicate your answer by checking (✓) the box for Common symptoms or Not normal symptoms.

		<b>Common symptoms</b>	<b>Not normal symptoms</b>
<b>1</b>	Leg cramps in mid pregnancy	✓	
<b>2</b>	Constipation after pregnancy	✓	
<b>3</b>	Bleeding from vagina		✓
<b>4</b>	Heartburn in early pregnancy	✓	
<b>5</b>	Temporary low back pain	✓	
<b>6</b>	Water breaks		✓
<b>7</b>	Nausea in early pregnancy	✓	
<b>8</b>	Swelling of legs	✓	

**[Knowledge of self-care behaviors of pregnancy]**

V. Please read the following questions and indicate your answer by checking (✓) the box for Yes or No.

		<b>Yes</b>	<b>No</b>
<b>1</b>	When pregnant woman feels leg cramps, to flex her foot forward might help her.	✓	
<b>2</b>	When pregnant woman has a constipation, to avoid fiber-rich foods might help her.		✓
<b>3</b>	When pregnant woman feels low back pain, lie-down might help her.	✓	
<b>4</b>	When pregnant woman has swelling of feet, to elevate her feet might help her.	✓	
<b>5</b>	When pregnant woman feels nausea, to eat a lot might help her.		✓
<b>6</b>	When pregnant woman feels heart burn, to avoid greasy and fried foods might help her.	✓	

### [Pregnancy-Related Empowerment Scale (PRES)]

VI. The following questions are in reference to your antenatal care and interactions with midwives at antenatal care. Please listen to each statement carefully and then choose the response that best describes how strongly you agree or disagree with the statement.

	<b>PRES</b> (16-item)	Strongly disagree	disagree	Agree	Strongly agree
<b>1</b>	I can ask my midwife about my pregnancy.	1	2	3	4
<b>2</b>	I have enough time with my midwife to discuss my pregnancy.	1	2	3	4
<b>3</b>	My midwife listens to me.	1	2	3	4
<b>4</b>	My midwife respects me.	1	2	3	4
<b>5</b>	I expect my midwife to respect my decisions about my pregnancy.	1	2	3	4
<b>6</b>	My midwife respects my decision, even if it is different than her/his recommendation.	1	2	3	4
<b>7</b>	I take responsibility for the decisions I make about my pregnancy like eating healthy food.	1	2	3	4
<b>8</b>	I can tell when I have made a good health choice.	1	2	3	4
<b>9</b>	Since I began prenatal care, I have been making more decisions about my health.	1	2	3	4

<b>10</b>	Women need to share experiences with other women when they are pregnant.	1	2	3	4
<b>11</b>	I share my feelings and experiences with other women.	1	2	3	4
<b>12</b>	I know if I am gaining the right amount of weight during my pregnancy.	1	2	3	4
<b>13</b>	I have a right to ask questions when I don't understand something about my pregnancy.	1	2	3	4
<b>14</b>	I am able to change things in my life that are not healthy for me.	1	2	3	4
<b>15</b>	I am doing what I can to have a healthy baby.	1	2	3	4
<b>16</b>	If something is going wrong in my pregnancy, I know who to talk to.	1	2	3	4


**[Intention to self-care behaviors]**

VII. Please read the following questions and indicate your answer by checking (✓) the box for YES or NO.

		<b>YES</b>	<b>NO</b>
<b>1</b>	I will attend antenatal check-up at recommended times.	✓	
<b>2</b>	I intend to take the recommended medicines from nurse or doctor.	✓	
<b>3</b>	I will eat lots of fatty food.		✓
<b>4</b>	I intend to avoid to carry heavy stuff.	✓	
<b>5</b>	I intend to exercise safely for pregnant women.	✓	
<b>6</b>	I intend to continue working, if I feel abdominal pain.		✓

VIII. How satisfied are you with the previous ANC visiting?


Please encircle only one appropriate number that most closely matches your response.



Extremely Satisfied

Extremely Dissatisfied

**5** **4** **3** **2** **1**



The scale consists of five circular smiley faces. Face 5 has a wide, upward-curving mouth. Face 4 has a slight upward curve. Face 3 has a straight horizontal line for a mouth. Face 2 has a slight downward curve. Face 1 has a wide, downward-curving mouth.

Thank you for your cooperation!

Dodoso  
[Jaribio kabla ya  
mafunzo]  
(Kishwahili)

Nashukuru kwa kukubali kuhudhuria programu.

Ningependa unipe ushirikiano wako wakati wa kujaza dodoso kabla ya kuingia kwenye programu.

Huitaji kuaandika jina lako katika karatasi hii.

Dodoso lina urefu wa **karatasi 9** na itachukua kama **dakika 20** kujaza.

Wakati unajibu maswali yako usishiriane majibu na mwenzako tafadhali jibu kwa uelewa wako.

Baada ya kujibu maswali yako mtafiti atachukua karatasi uliyojibia maswali.

Natanguliza shukrani zangu kwako .



## Jaribio kabla ya mafunzo

--	--	--

### [Taarifa binafsi]

I. Tafadhali soma maswali yafuatayo kisha andika kwenye boksi jibu sahihi

	Questions	Answers	
1	Una miaka mingapi?	<input type="text"/>	Miaka
2	Umri wa mimba kwa miezi	<input type="text"/>	miezi
3	Umeudhuria kliniki mara ngapi?	<input type="text"/>	mara
4	Hali yako ya ndoa? (Tafadhali zungushia jibu sahini)	1	Nimeolewa
		2	Sijaolewa
5	Dini	1	Mkristo
		2	Muislamu
		3	Nyingine ( )
6	Kiwango cha juu cha elimu?	1	Sijamaliza shule ya msingi
		2	Nimemaliza shule ya msingi
		3	Nimesoma Zaidi ya shule ya msingi

<b>7</b>	Unafanya kazi gani?	<b>1</b>	Mama wa nyumbani
		<b>2</b>	Mkulima
		<b>3</b>	Nafanaya biashara ndogo ndogo
		<b>4</b>	Zingine(                      )
<b>8</b>	Ndani ya wiki nne zilizopita wewe au mwanafamilia yeyote aliwai kushinda siku nzima bila kula kwa sababu chakula hakikuwepo?	<b>1</b>	Ndio
		<b>2</b>	Hapana
<b>9</b>	<u>Kama ndio</u> imetokea mara ngapi ndani ya wiki nne zilizopita?	<b>1</b>	Mara chache (mara 1-2)
		<b>2</b>	Wakati Mwingine (mara 3-10)
		<b>3</b>	Mara kwa mara (Zaidi ya mara 10)

**[Uchunguzi wa uelewa]**

II. Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye kukubali au kukataa.

		<b>Maana</b>	<b>Nakubali</b>	<b>Sikubali</b>
<b>1</b>	<b>Unene</b>	Uzito Zaidi ya kawaida		
<b>2</b>	<b>Mafua</b>	Ugonjwa unaosababisha kuchoka, inaleta vidonda vya koo au kukohoa.		
<b>3</b>	<b>Tabia</b>	Ni jinsi mtu anavyoonekana katika mazingira tofauti.		
<b>4</b>	<b>Zoezi</b>	Sehemu ya chini ya tumbo lako		
<b>5</b>	<b>Kukoma kwa hedhi</b>	Kipindi mwanamke anakoma kuona siku zake.		
<b>6</b>	<b>Puru</b>	Mazoezi ya viungo ambayo unafanya ili kubaki na afya njema		
<b>7</b>	<b>Antibiotic</b>	Dawa ambayo inatibu magonjwa yanayosababishwa na bacteria.		
<b>8</b>	<b>Upungufu wa damu</b>	Ni ugonjwa ambao chembe nyekundu za damu zinakuwa chache kuliko ilivyo kawaida.		
<b>9</b>	<b>Homa ya manjano</b>	Ni ugonjwa ambao Ngozi ya mwili pamoja na sehemu nyeupe ya jicho zinakuwa za njano.		

**[Uelewa kuhusiana na hali ya hatari kwa mjamzito]**

III. Ni hali ipi ni ya hatari kwa mjamzito? Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye hali ya hatari au hali isiyo ya hatari.

	<b>Uelewa</b>	<b>Hali ya hatari</b>	<b>Hali isiyo ya hatari</b>
<b>1</b>	Homa		
<b>2</b>	Kichefuchefu		
<b>3</b>	Kukakamaa		
<b>4</b>	Kutokwa damu ukeni		
<b>5</b>	Kuchoka		
<b>6</b>	Kupata choo kigumu		
<b>7</b>	Kuvimba miguu		
<b>8</b>	Kuumwa kichwa sana na uono hafifu		
<b>9</b>	Dhaifu Zaidi na kushindwa kutoka kitandani		
<b>10</b>	Kutokwa maji ukeni		
<b>11</b>	Kupata michirizi		
<b>12</b>	Maumivu makali ya tumbo		
<b>13</b>	Kushindwa kupumua		

**[Uelewa kuhusiana na dalili za kawaida za ujauzito]**

IV. Dalili zipi niza kawaida kwa mjamzito? Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye Dalili za kawaida au Dalili zisizo za kawaida.

		<b>Dalili za kawaida</b>	<b>Dalili zisizo za kawaida</b>
<b>1</b>	Kushikwa na msuli wa mguu wakati wa ujauzito		
<b>2</b>	Kupata choo kigumu wakati wa ujauzito		
<b>3</b>	Kutokwa na damu ukeni		
<b>4</b>	Kupata kiungulia mwanzoni mwa ujauzito		
<b>5</b>	Maumivu ya mgongo kwa muda		
<b>6</b>	Kutokwa maji ukeni		
<b>7</b>	Kichefuchefu mwanzoni mwa ujauzito		
<b>8</b>	Kuvimba miguu		

**[Uelewa jinsi ya kuzikabili tabia za ujauzito]**

V. Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye boksi la Ndio au Hapana.

		<b>Ndiyo</b>	<b>Hapana</b>
<b>1</b>	Mwanamke mjamzito anapobanywa na msuli wa mguu, kunyoosha mguu wake inaweza kuwa msaada.		
<b>2</b>	Mwanamke mjamzito anapopata choo kigumu, kuepuka vyakula vyenye kambakamba inaweza kuwa msaada.		
<b>3</b>	Mwanamke mjamzito anapohisi maumivu ya mgongo kulala chini inaweza kuwa msaada.		
<b>4</b>	Mwanamke mjamzito anapohisi uvimbe mguuni kwake kunyoosha mguu inaweza kuwa msaada.		
<b>5</b>	Mwanamke mjamzito anapohisi kichefuchefu kula sana kunaweza kuwa msaada.		
<b>6</b>	Mwanamke mjamzito anapohisi Kiungulia, kuepeuka kula vyakula vyenye mafuta mengi inaweza kuwa msaada.		

## [Mizania wezeshaji ihusuyo mimba]

VI. Maswali yafuatayo yanakukumbusha huduma ya kliniki ya wajawazito na ulivyohudumiwa na wakunga. Tafadhali sikiliza kila usemi kwa uangalifu halafu uchague jibu sahihi kabisa inayoelezea kama una kubaliana au usivyokubaliana nayo kabisa maelezo hayo.

	PRES (16-item)	Nakubali kabisa	Nakubali	Sikubali	Sikubali kabisa
1	Ninaweza kumuliza mhudumu wa afya kuhusu ujauzito wangu.	1	2	3	4
2	Ninapata muda wa kutosha wa kujadili na mhudumu wa afya	1	2	3	4
3	Mhudumu wangu wa afya ananisikiliza vizuri	1	2	3	4
4	Mhudumu wangu wa afya ananiheshimu	1	2	3	4
5	Ninategemea mhudumu wangu wa afya anyheshimu maamuzi yangu kuhusu ugauzito wangu.	1	2	3	4
6	Mtoa huduma wangu anaheshimu maamuzi yangu, hata kama ni tofauti na ushauri wake	1	2	3	4
7	Ninawajibika kwa maaumuzi yangu kuhusu huu ujauzito wangu kwa mfumo bila chakula bora.	1	2	3	4
8	Ninaweza kutambua kama nimefanya uamuzi wa busara kuhusu afya yangu.	1	2	3	4
9	Tangu nilianza kuwenda kliniki ya wajawazito, nimekuwa nikifanya maamuzi mengi kuhusu afya yangu.	1	2	3	4
10	Akina mama wanatakiwa kushirikishana uzoefu na akina mama wengine wawapo wajawazito.	1	2	3	4

		Nakubali kabisa	Nakubali	Sikubali	Sikubali kabisa
11	Ninashirikisha hisia na uzoefu wangu na akina mama wengine.	1	2	3	4
12	Ninajua kama uzito wangu unaongezeka vizuri kunavyostahili wakati wa ujauzito.	1	2	3	4
13	Ninahaki ya kuuliza swali wakati sielewi kitu fulani kuhusu mimba yangu.	1	2	3	4
14	Katika maisha yangu ninaweza kubadili vile vitu visivyoleta afya kwangu.	1	2	3	4
15	Ninafanya kila niwezalo ili niwe na mtoto mwenye afya njema.	1	2	3	4
16	Kama mambo hayaendi sawa katika ujauzito wangu, ninamjua ni nani wakuzungumza naye.	1	2	3	4

**[Nia ya kuzikabili tabia za mimba]**

VII. Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye boksi la Ndio au Hapana

		<b>Ndiyo</b>	<b>Hapana</b>
<b>1</b>	Nitahudhuria kliniki ya ujauzito katika muda unaopendekezwa.		
<b>2</b>	Nitameza dawa zinazoshauriwa na dactari au nesi		
<b>3</b>	Nitakula chakula chenye mafuta mengi		
<b>4</b>	Nitaepuka kubeba vitu vizito.		
<b>5</b>	Nitafanya mazoezi salama wakati wa ujauzito.		
<b>6</b>	Nitaendelea kufanya kazi hata kama tumbo linauma.		

VIII. Uliridhishwa kiasi gani na mahudhuria ya kliniki zilizopita?

Tafadhali zungushia duara number husika inayokaribiana na jibu lako.



**5**

**4**

**3**

**2**

**1**



Asante kwa ushirikiano wako!

# Questionnaire [Endline - Test] (English)

Thank you for taking the time to attend the program.

I would like to ask your cooperation with filling out questionnaire after the program.

You do not put your name on this paper.

The questionnaire is **7 pages** long and it takes about **15 minutes**.

In answering the questionnaire, do not share your answer with any participants.

After answering the questions, researchers will collect your questionnaire.

Thank you.



## Endline-test

--	--	--

### [Knowledge of danger signs of pregnancy]

I. Which signs are the danger signs of pregnancy? Please read the following questions and indicate your answer by checking (✓) the box for Danger or No danger.

	Knowledge	Danger sign	No danger sign
<b>1</b>	Fever	✓	
<b>2</b>	Nausea		✓
<b>3</b>	Fits / convulsion	✓	
<b>4</b>	Vaginal bleeding	✓	
<b>5</b>	Tiredness		✓
<b>6</b>	Constipation		✓
<b>7</b>	Swelling of legs		✓
<b>8</b>	Severe headache with blurred vision	✓	
<b>9</b>	Too weak to get out of bed	✓	
<b>10</b>	Water breaks	✓	
<b>11</b>	Stretch mark		✓
<b>12</b>	Severe abdominal pain	✓	

<b>13</b>	Difficulty in breathing	✓	
-----------	-------------------------	---	--

**[Knowledge of common symptoms of pregnancy]**

II. Which signs are the common symptoms of pregnancy? Please read the following questions and indicate your answer by checking (✓) the box for Common symptoms or Not normal symptoms.

		<b>Common symptoms</b>	<b>Not normal symptoms</b>
<b>1</b>	Leg cramps in mid pregnancy	✓	
<b>2</b>	Constipation after pregnancy	✓	
<b>3</b>	Bleeding from vagina		✓
<b>4</b>	Heartburn in early pregnancy	✓	
<b>5</b>	Temporary low back pain	✓	
<b>6</b>	Water breaks		✓
<b>7</b>	Nausea in early pregnancy	✓	
<b>8</b>	Swelling of legs	✓	

**[Knowledge of self-care behaviors of pregnancy]**

III. Please read the following questions and indicate your answer by checking (✓) the box for Yes or No.

		<b>Yes</b>	<b>No</b>
<b>1</b>	When pregnant woman feels leg cramps, to flex her foot forward might help her.	✓	
<b>2</b>	When pregnant woman has a constipation, to avoid fiber-rich foods might help her.		✓
<b>3</b>	When pregnant woman feels low back pain, lie-down might help her.	✓	
<b>4</b>	When pregnant woman has swelling of feet, to elevate her feet might help her.	✓	
<b>5</b>	When pregnant woman feels nausea, to eat a lot might help her.		✓
<b>6</b>	When pregnant woman feels heart burn, to avoid greasy and fried foods might help her.	✓	

### [Pregnancy-Related Empowerment Scale (PRES)]

IV. The following questions are in reference to your antenatal care and interactions with midwives at antenatal care. Please listen to each statement carefully and then choose the response that best describes how strongly you agree or disagree with the statement.

	<b>PRES</b> (16-item)	Strongly disagree	disagree	Agree	Strongly agree
<b>1</b>	I can ask my midwife about my pregnancy.	1	2	3	4
<b>2</b>	I have enough time with my midwife to discuss my pregnancy.	1	2	3	4
<b>3</b>	My health care provider listens to me.	1	2	3	4
<b>4</b>	My midwife respects me.	1	2	3	4
<b>5</b>	I expect my midwife to respect my decisions about my pregnancy.	1	2	3	4
<b>6</b>	My midwife respects my decision, even if it is different than her/his recommendation.	1	2	3	4
<b>7</b>	I take responsibility for the decisions I make about my pregnancy like eating healthy food.	1	2	3	4
<b>8</b>	I can tell when I have made a good health choice.	1	2	3	4
<b>9</b>	Since I began prenatal care, I have been making more decisions about my health.	1	2	3	4

<b>10</b>	Women need to share experiences with other women when they are pregnant.	1	2	3	4
<b>11</b>	I share my feelings and experiences with other women.	1	2	3	4
<b>12</b>	I know if I am gaining the right amount of weight during my pregnancy.	1	2	3	4
<b>13</b>	I have a right to ask questions when I don't understand something about my pregnancy.	1	2	3	4
<b>14</b>	I am able to change things in my life that are not healthy for me.	1	2	3	4
<b>15</b>	I am doing what I can to have a healthy baby.	1	2	3	4
<b>16</b>	If something is going wrong in my pregnancy, I know who to talk to.	1	2	3	4

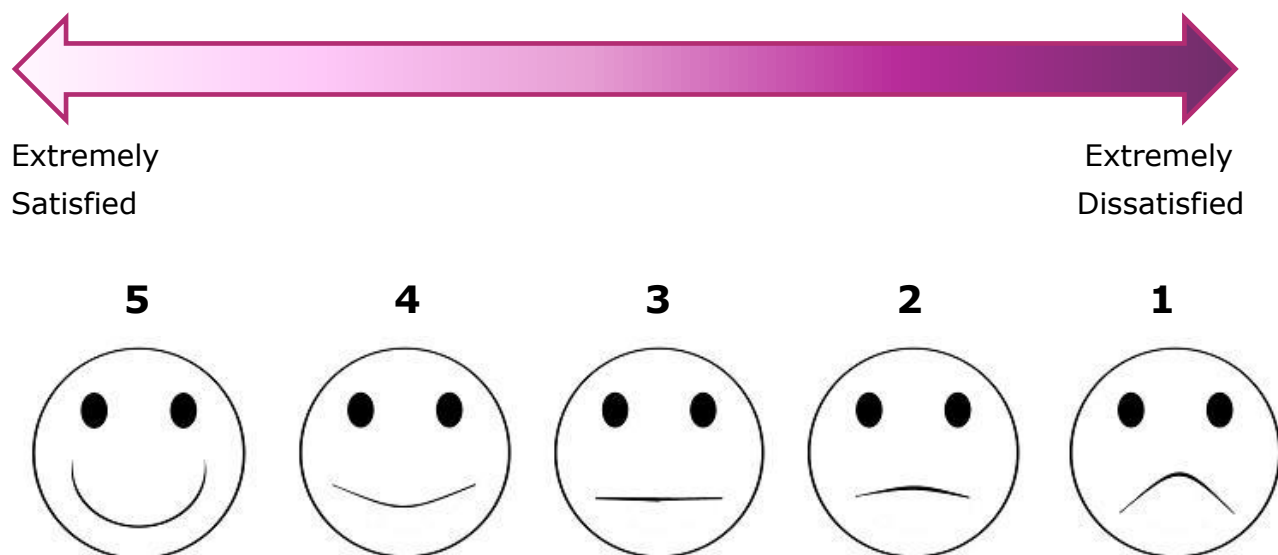
**[Intention to self-care behaviors]**

V. Please read the following questions and indicate your answer by checking (✓) the box for YES or NO.

		<b>YES</b>	<b>NO</b>
<b>1</b>	I will attend antenatal check-up at recommended times.	✓	
<b>2</b>	I intend to take the recommended medicines from nurse or doctor.	✓	
<b>3</b>	I will eat lots of fatty food.		✓
<b>4</b>	I intend to avoid to carry heavy stuff.	✓	
<b>5</b>	I intend to exercise safely for pregnant women.	✓	
<b>6</b>	I intend to continue working, if I feel abdominal pain.		✓

VI. How satisfied are you with today's ANC visiting?

Please encircle only one appropriate number that most closely matches your response.



VII. Please feel free to write your comments in the box below.

Thank you for your cooperation!

# Dodoso [Jaribio la pili] (Kiswahili)

Ninakushukuru kwa kuhudhuria programu hii.

Ningependa kupata ushirikiano wako kwenye kujaza dodoso baada ya programu.

Usiandike jina lako katika karatasi hii ya maswali.

Dodoso hii ni **7 kurasa** mrefu na itachukua muda wa **dakika 15**.

Katika kujibu dodoso, usigawe majibu yako kwa washiriki wenzako.

Baada ya kujibu maswali ya dodosa mara moja, hataweza kuondoa majibu yako.

Asante kwa ushirikiano wako.



## Jaribio la pili

--	--	--

### [Uelewa kuhusiana na hali ya hatari kwa mjamzito]

I. Ni hali ipi ni ya hatari kwa mjamzito? Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye hali ya hatari au hali isiyo ya hatari.

	Uelewa	Hali ya hatari	Hali isiyo ya hatari
<b>1</b>	Homa		
<b>2</b>	Kichefuchefu		
<b>3</b>	Kukakamaa		
<b>4</b>	Kutokwa damu ukeni		
<b>5</b>	Kuchoka		
<b>6</b>	Kupata choo kigumu		
<b>7</b>	Kuvimba miguu		
<b>8</b>	Kuumwa kichwa sana na uono hafifu		
<b>9</b>	Dhaifu Zaidi na kushindwa kutoka kitandani		
<b>10</b>	Kutokwa maji ukeni		
<b>11</b>	Kupata michirizi		
<b>12</b>	Maumivu makali ya tumbo		
<b>13</b>	Kushindwa kupumua		

**[Uelewa kuhusiana na dalili za kawaida za ujauzito]**

II. Dalili zipi niza kawaida kwa mjamzito? Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye Dalili za kawaida au Dalili zisizo za kawaida.

		<b>Dalili za kawaida</b>	<b>Dalili zisizo za kawaida</b>
<b>1</b>	Kushikwa na msuli wa mguu wakati wa ujauzito		
<b>2</b>	Kupata choo kigumu wakati wa ujauzito		
<b>3</b>	Kutokwa na damu ukeni		
<b>4</b>	Kupata kiungulia mwanzoni mwa ujauzito		
<b>5</b>	Maumivu ya mgongo kwa muda		
<b>6</b>	Kutokwa maji ukeni		
<b>7</b>	Kichefuchefu mwanzoni mwa ujauzito		
<b>8</b>	Kuvimba miguu		

**[Uelewa jinsi ya kuzikabili tabia za ujauzito]**

III. Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye boksi la Ndio au Hapana.

		<b>Ndiyo</b>	<b>Hapana</b>
<b>1</b>	Mwanamke mjamzito anapobanywa na msuli wa mguu, kunyoosha mguu wake inaweza kuwa msaada.		
<b>2</b>	Mwanamke mjamzito anapopata choo kigumu, kuepuka vyakula vyenye kambakamba inaweza kuwa msaada.		
<b>3</b>	Mwanamke mjamzito anapohisi maumivu ya mgongo kulala chini inaweza kuwa msaada.		
<b>4</b>	Mwanamke mjamzito anapohisi uvimbe mguuni kwake kunyoosha mguu inaweza kuwa msaada.		
<b>5</b>	Mwanamke mjamzito anapohisi kichefuchefu kula sana kunaweza kuwa msaada.		
<b>6</b>	Mwanamke mjamzito anapohisi Kiungulia, kuepeuka kula vyakula vyenye mafuta mengi inaweza kuwa msaada.		

**[Mizania wezeshaji ihusuyo mimba]**

IV. Maswali yafuatayo yanakukumbusha huduma ya kliniki ya wajawazito na ulivyohudumiwa na wakunga. Tafadhali sikiliza kila usemi kwa uangalifu halafu uchague jibu sahihi kabisa inayoelezea kama una kubaliana au usivyokubaliana nayo kabisa maelezo hayo.

	<b>PRES (16-item)</b>	Nakubali kabisa	Nakubali	Sikubali	Sikubali kabisa
<b>1</b>	Ninaweza kumuliza mhudumu wa afya kuhusu ujauzito wangu.	1	2	3	4
<b>2</b>	Ninapata muda wa kutosha wa kujadili na mhudumu wa afya	1	2	3	4
<b>3</b>	Mhudumu wangu wa afya ananisikiliza vizuri	1	2	3	4
<b>4</b>	Mhudumu wangu wa afya ananiheshimu	1	2	3	4
<b>5</b>	Ninategemea mhudumu wangu wa afya anyheshimu maamuzi yangu kuhusu ugauzito wangu.	1	2	3	4
<b>6</b>	Mtoa huduma wangu anaheshimu maamuzi yangu, hata kama ni tofauti na ushauri wake	1	2	3	4
<b>7</b>	Ninawajibika kwa maaumuzi yangu kuhusu huu ujauzito wangu kwa mfumo bila chakula bora.	1	2	3	4
<b>8</b>	Ninaweza kutambua kama nimefanya uamuzi wa busara kuhusu afya yangu.	1	2	3	4
<b>9</b>	Tangu nilianza kuwenda kliniki ya wajawazito, nimekuwa nikifanya maamuzi mengi kuhusu afya yangu.	1	2	3	4
<b>10</b>	Akina mama wanatakiwa kushirikishana uzoefu na akina mama wengine wawapo wajawazito.	1	2	3	4

		Nakubali kabisa	Nakubali	Sikubali	Sikubali kabisa
<b>11</b>	Ninashirikisha hisia na uzoefu wangu na akina mama wengine.	1	2	3	4
<b>12</b>	Ninajua kama uzito wangu unaongezeka vizuri kunavyostahili wakati wa ujauzito.	1	2	3	4
<b>13</b>	Ninahaki ya kuuliza swali wakati sielewi kitu fulani kuhusu mimba yangu.	1	2	3	4
<b>14</b>	Katika maisha yangu ninaweza kubadili vile vitu visivyoleta afya kwangu.	1	2	3	4
<b>15</b>	Ninafanya kila niwezalo ili niwe na mtoto mwenye afya njema.	1	2	3	4
<b>16</b>	Kama mambo hayaendi sawa katika ujauzito wangu, ninamjua ni nani wakuzungumza naye.	1	2	3	4

**[Nia ya kuzikabili tabia za mimba]**

V. Tafadhali soma maswali yafuatayo kwa makini kisha weka alama ya tiki kwenye boksi la Ndio au Hapana

		<b>Ndiyo</b>	<b>Hapana</b>
<b>1</b>	Nitahudhuria kliniki ya ujauzito katika muda unaopendekezwa.		
<b>2</b>	Nitameza dawa zinazoshauriwa na dactari au nesi		
<b>3</b>	Nitakula chakula chenye mafuta mengi		
<b>4</b>	Nitaepuka kubeba vitu vizito.		
<b>5</b>	Nitafanya mazoezi salama wakati wa ujauzito.		
<b>6</b>	Nitaendelea kufanya kazi hata kama tumbo linauma.		

VI. Uliridhishwa kiasi gani na mahudhuria ya kliniki leo?

Tafadhali zungushia duara number husika inayokaribiana na jibu lako.



**5**



**4**



**3**



**2**



**1**



VII. tafadhali jiskie huru kuandika maoni yako kwenye boksi hapo chini.

Asante kwa ushirikiano wako!

[Appendix J]

## Prenatal Group Program

“Let’s chat!” program (5 pregnant women + 1 nurse/midwife)

One-hour Program during waiting time before attending ANC

Min.	Contents	Activity	Method
		Registration (less than 5 participants)	
3		Welcome and introductions exercise (name, ice breaking) Review of program objectives	
10		Pre - Questionnaire	
25	[Unit 1]	Understanding pregnancy process, pregnancy physiological symptoms of pregnancy, and self-care behaviors ( Movie about pregnancy process, Pictorial cards)  Understanding preparation for childbirth (To share a audio short story: “ <i>Nne na Tano</i> ”)	Lecture  Sharing pregnancy model story
5	[Unit 2]	Looking back at their daily life after pregnancy using a check list card	work
	[Unit 2]	Sharing with peer and nurse about your feeling or experiences using a check list card	Discussion
7	[Unit 3]	Review and confirm knowledge (Board game)	Discussion Feedback
		- Attend ANC -	
10		Post-Questionnaire	

Program contents for each goal

***Program contents for each goal***

[Unit 1]

Goal	1. Pregnant women increase knowledge of pregnancy process, physiological symptoms, and self-care behaviors of pregnancy.
Contents	<ul style="list-style-type: none"> <li>- Lecture on the pregnancy process and physiological symptoms self-care behaviors of pregnancy using animation movie and pictorial cards</li> <li>- An audio short story about birth preparedness and complication readiness using the booklet “<i>Nne na Tano</i>” (women who have experienced delivery talk about their pregnancy experience.)</li> </ul>
Methods	<ul style="list-style-type: none"> <li>- Lecture</li> <li>- Sharing a story of pregnant women</li> </ul>
Evaluation	- Pre-test – Post-test (Knowledge)

[Unit 2]

Goal	2. Pregnant women enable to share their feeling and experience among pregnant women and between pregnant women and nurse.
Contents	<ul style="list-style-type: none"> <li>- Reflecting on their daily life after pregnancy</li> <li>- Talking to other pregnant women about the short story</li> <li>- Sharing with other pregnant women about their own preparations for childbirth or concerns using a checklist card (checklist card)</li> <li>- Developing their own ANC visit agenda using a checklist card (checklist card)</li> </ul>
Methods	- Discuss feelings and concerns with other pregnant women
Evaluation	- Post-test (Empowerment- communication and connectedness between nurses and peer)

[Unit 3]

Goal	1. Pregnant women promote intention to self-care behavior during pregnancy.
Contents	<ul style="list-style-type: none"> <li>- Review knowledge of physiological symptoms using board game</li> <li>- Confirm knowledge of self-care behaviors using board game</li> </ul>
Methods	- Discuss possible solutions with other pregnant women
Evaluation	- Pre-test – Post-test (Intention, decision-making, gaining voice)

The following was checked before the program:

Enough space for all participants to sit (Meeting Room / waiting area at setting hospital)

Researcher and research assistant (2)

Number of participants (5)

Materials prepared before the program

Teacher's guide (2)

Informed consent (5)

Questionnaires - pregnant women (before and after program) and ballpoint pens (5)

Box for collecting questionnaires

"*Nne na Tano*" movie content (tablet) (1)

Teaching material - Pregnancy process movie content (tablet) (1)

Tablet (2)

Teaching material - Common symptoms cards (9)

Teaching material - Exercise cards (2)

Teaching material –Board game + cards (13) + dice (1) + piece (5)

[Each participants]

- Leaflet-Pregnancy stages (5)
- Checklist card (5)
- "*Nne na Tano*" booklet for each participants (5)
- Reward: Soap (5)

Procedure

Contents (time)	Activities		Materials
	Facilitator: Research assistant (1) Researcher (1)	(Time keeper / prepare materials / record)	
Registration	Check participants name Give informed consent (correct form) Questionnaires (2 times questionnaires) [Research assistant reads out the question statements.] Ball point pen		Participants list Informed consent Register (signature) Name tape Marker pen Ball pen Questionnaires
Opening 9:00 (1 min.)	<u>Introducing researcher and facilitator</u>		
Review of program	The title of this program is “ <i>Zumgumza Vizuri</i> ” at the prenatal group. This program will last approximately 60 minutes. The purpose of today’s program is to learn pregnancy process and self-care behaviors of pregnancy, while sharing your feeling or experiences with the group. And the goals of the program have 4 focal points. (1) Pregnant women increase knowledge of pregnancy process, physiological symptoms, and self-care behaviors of pregnancy. (2) Pregnant women enable to share their feeling and experience among pregnant women and between		

	<p>pregnant women and nurse.</p> <p>(3) Pregnant women promote intention to self-care behavior during pregnancy.</p> <p>(4) Pregnant women satisfy today's ANC visiting.</p> <p>Let's look at today's agenda.</p> <p>Here is what I'm going to do in this program. I have divided into three parts.</p> <p>①First, I will teach you pregnancy process and physiological symptoms self-care behaviors of pregnancy using movie and pictorial cards. Next, an audio short story about birth preparedness and complication readiness using the booklet "<i>Nne na Tano</i>" (women who have experienced delivery talk about their pregnancy experience.)</p> <p>②Second, you will share your feeling and experience among pregnant women and between pregnant women and nurse using checklist card.</p> <p>③Finally, you will review knowledge and self-care behaviors of pregnancy using board game.</p> <p>If you have any questions, please feel free to ask anything.</p>		
<p>Pre-test</p> <p>9:03</p> <p>(10 min.)</p>	<p>Before begging the program, I would like to ask you to fill in a questionnaire. I will distribute a questionnaire each of you, and research assistant will help you to fill out the questionnire.</p> <p>I would like to ask you to fill in a questionnaires two times, before and after the program. You do not put your name on it because of anonymity.</p> <p>Let's start to fill in the first questionnaire. It will take about 10 minutes to finish it. After finishing the questionnaire, I will collect your questionnaire. Thank you for your cooperation.</p>	<p>After filling the questionnaire, collect questionnaires into a box.</p>	<p>Questionnaire (before program)</p>
<p>9:13</p> <p>(25 min.)</p>	<p><u>Normal pregnancy process and common pregnancy discomfort</u></p> <p>Let's start to today's program.</p> <p>①At the beginning, please introduce yourself about name, first pregnancy or more than one, gestational</p>		<p>Pregnancy process movie</p> <p><i>Nne na Tano</i></p>

	<p>age etc.</p> <p>Let me start by introducing normal pregnancy process and common pregnancy discomfort.</p> <p>Do you know how big your baby now? Do you know whether your baby can hear your voice?</p> <p>[animation movie – pregnancy process (2:34)]</p> <p>Web content (<a href="https://youtu.be/jc3xhgoG5aY">https://youtu.be/jc3xhgoG5aY</a>) (Subtitle: Swahili- read out)</p> <p>Script</p> <table><tr><th>weeks</th><th></th></tr><tr><td>3-</td><td>Your baby's still tiny but already your body's changing.</td></tr><tr><td>8-</td><td>Your breasts are not swell and may feel tender, <u>tiredness</u>, <u>nausea</u> and <u>frequent trips to the loo</u> are common pregnancy symptoms.</td></tr><tr><td>14-</td><td>In your second trimester you'll rapidly growing uterus gradually rises up out of your pelvis. You'll start to feel the first flutter of your baby's movements and an obvious bump will be showing by mid-pregnancy.</td></tr><tr><td>27-</td><td>In the third trimester you're growing baby pushes your intestines and stomach up that's why you might be feeling breathless <u>heartburn</u> is a common problem too.</td></tr><tr><td>36-</td><td>Your bladder is also under pressure you'll be making more <u>trips to the bathroom</u> even more so when your baby's head engages, ready for the birth.</td></tr><tr><td>38-</td><td>These symptoms will go after your baby is born but your uterus can take up to two months to shrink back to its normal size and position.</td></tr></table> <p>I will distribute card of pregnancy process. Which is your suitable period now?</p> <p>Pregnancy lasts about 40 weeks, counting from the first day of your last normal period. The weeks are grouped into three trimesters. Find out what's happening with you and your baby in these three stages.</p> <p>1. First trimester: (mother, baby) common symptoms of this period</p>	weeks		3-	Your baby's still tiny but already your body's changing.	8-	Your breasts are not swell and may feel tender, <u>tiredness</u> , <u>nausea</u> and <u>frequent trips to the loo</u> are common pregnancy symptoms.	14-	In your second trimester you'll rapidly growing uterus gradually rises up out of your pelvis. You'll start to feel the first flutter of your baby's movements and an obvious bump will be showing by mid-pregnancy.	27-	In the third trimester you're growing baby pushes your intestines and stomach up that's why you might be feeling breathless <u>heartburn</u> is a common problem too.	36-	Your bladder is also under pressure you'll be making more <u>trips to the bathroom</u> even more so when your baby's head engages, ready for the birth.	38-	These symptoms will go after your baby is born but your uterus can take up to two months to shrink back to its normal size and position.	<p>movie</p> <p><i>Nne na Tano</i> booklet</p> <p>Symptoms cards. (17)</p> <p>[Common symptoms] (9)</p> <p>1.Nausea and vomiting 2.Heartburn 3.Leg cramps 4.Low back and pelvic pain 5.Constipation 6.Varicose veins and oedema 7.Tiredness 8.Increased</p> <p>Leaflet- Pregnancy stages</p>
weeks																
3-	Your baby's still tiny but already your body's changing.															
8-	Your breasts are not swell and may feel tender, <u>tiredness</u> , <u>nausea</u> and <u>frequent trips to the loo</u> are common pregnancy symptoms.															
14-	In your second trimester you'll rapidly growing uterus gradually rises up out of your pelvis. You'll start to feel the first flutter of your baby's movements and an obvious bump will be showing by mid-pregnancy.															
27-	In the third trimester you're growing baby pushes your intestines and stomach up that's why you might be feeling breathless <u>heartburn</u> is a common problem too.															
36-	Your bladder is also under pressure you'll be making more <u>trips to the bathroom</u> even more so when your baby's head engages, ready for the birth.															
38-	These symptoms will go after your baby is born but your uterus can take up to two months to shrink back to its normal size and position.															

	<ul style="list-style-type: none"> <li>- Nausea and vomiting Nausea and vomiting usually resolve in the second half of pregnancy. <u>What might help:</u> Ginger and vitamin B6 (banana) are recommended for the relief of nausea in early pregnancy.</li> <li>- Increased urination Temporary bladder control problems are common in pregnancy. Your unborn baby pushes down on the bladder and pelvic floor muscles. Call your midwife if you experience burning along with frequency of urination — it may be an infection.</li> <li>- Tiredness Fatigue is also effective of hormone. This is your body's way of telling you that you need more rest. <u>What might help:</u> Lie on your left side. Go to bed a little earlier. Use pillows for support, such as behind your back.</li> <li>- Heartburn Hormones and the pressure of the growing uterus cause indigestion and heartburn. <u>What might help:</u> Eat several small meals instead of three large meals — eat slowly. Drink fluids between meals — not with meals. Don't eat greasy and fried foods.</li> </ul>	<p>Pictorial cards (9)</p> <p>Exercise cards</p>	<p>urination</p> <p>9.Stretch marks, Itchy</p> <p>[Danger signs] (8)</p> <p>1.Vaginal bleeding</p> <p>2.Severe headache with blurred vision</p> <p>3.Fits/Convulsion</p> <p>4.Difficult breathing</p> <p>5.Fever</p> <p>6.Too weak to get out of bed</p> <p>7.Water break</p> <p>8.Abdominal pain</p>
--	--	--	---

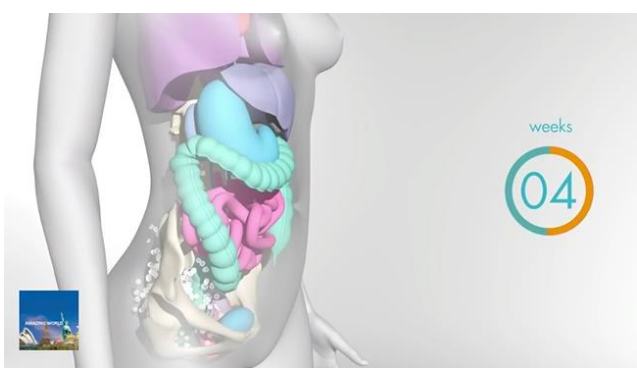
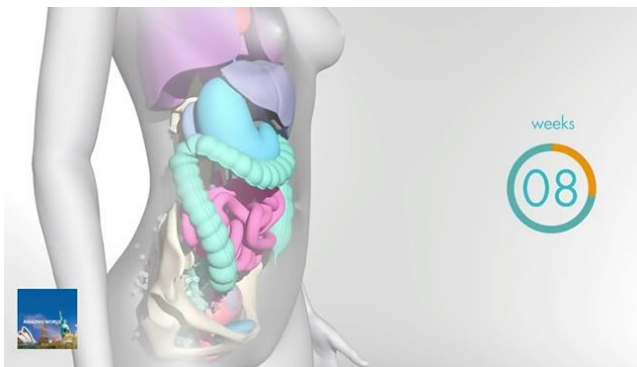
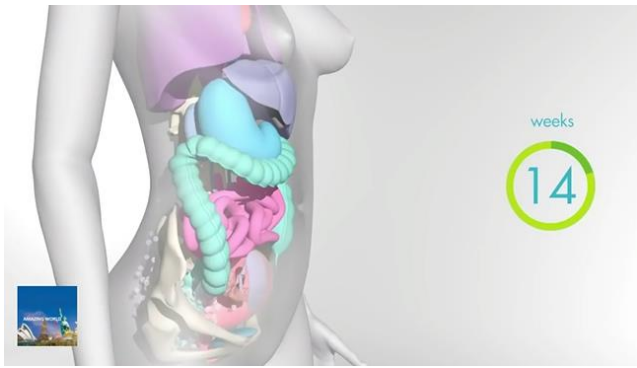
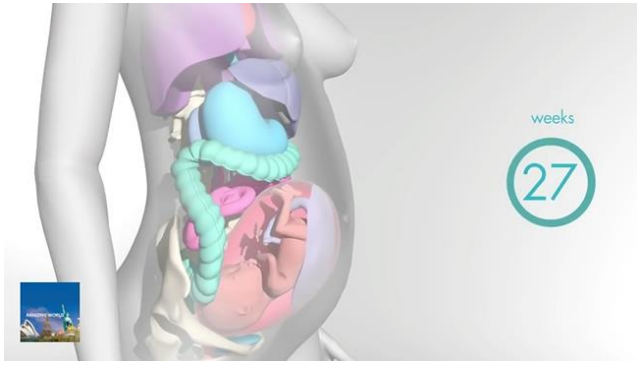
	<p>Avoid citrus fruits or juices and spicy foods. Call your midwife if symptoms don't improve after trying these suggestions.</p> <ul style="list-style-type: none"> <li>- Constipation Higher levels of hormones due to pregnancy slow down digestion and relax muscles in the bowels leaving many women constipated. <u>What might help:</u> Eat fiber-rich foods, such as fresh or dried fruit, raw vegetables, and whole-grain cereals and breads (whole-grain ugali-Tanzanian local food). Try mild physical activity. Drink eight to 10 glasses of water daily.</li> </ul> <p>2. Second trimester: (mother, baby) common symptoms of this period</p> <ul style="list-style-type: none"> <li>- Low back and pelvic pain As your uterus expands, you may feel aches and pains in the back, abdomen, groin area, and thighs. <u>What might help:</u> Exercise Lie down Rest</li> <li>- Stretch marks, Itchy Stretch marks are red, pink, or brown streaks on the skin. Most often they appear on the thighs, buttocks, abdomen, and breasts. These scars are caused by the stretching of the skin, and usually appear in the second half of pregnancy.</li> </ul>		
--	--	--	--

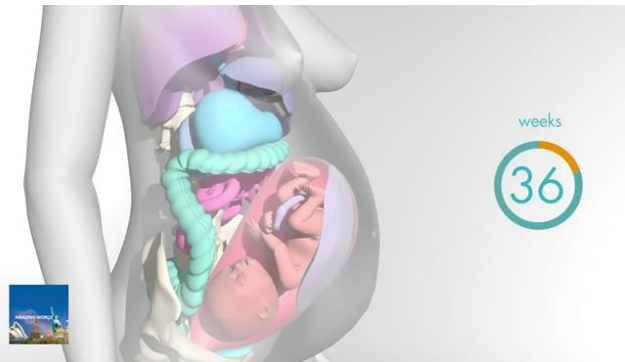
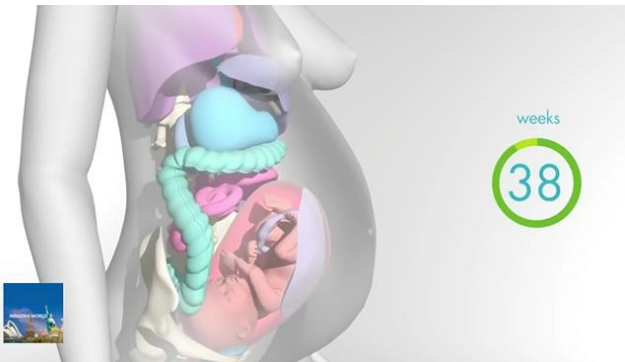
	<p><u>What might help:</u></p> <p>Be patient — stretch marks and other changes usually fade after delivery.</p> <p>- Leg cramps</p> <p>At different times during your pregnancy, you might have sudden muscle spasms in your legs or feet. They usually occur at night. This is due to a change in the way your body processes calcium.</p> <p><u>What might help:</u></p> <p>For sudden cramps, flex your foot forward.</p> <p>Gently stretch muscles.</p> <p>Eat calcium-rich foods. (milk, small fish, green vegetables)</p> <p>- Varicose vein and oedema</p> <p>During pregnancy, blood volume increases greatly. This can cause veins to enlarge. Plus, pressure on the large veins behind the uterus causes the blood to slow in its return to the heart.</p> <p><u>What might help:</u></p> <p>Rest.</p> <p>Elevate your feet.</p> <p>3. Third trimester: (mother, baby) common symptoms of this period</p> <p>Danger signs and preparation for childbirth</p> <p>Next, we will learn about danger signs and preparation for childbirth.</p> <p>I will show you a story about preparation of childbirth.</p> <p>[movie (read out) – <i>Nne na Tano</i> (15:00)]</p>	<p>Audio story booklet <i>[Nne and Tano]</i> Distribute <i>Nne na Tano</i></p>	
--	---	--	--

	<p>The story is about birth preparedness and complication readiness. There are two main characters named Nne and Tano, and both of them are pregnant women.</p> <p>Who prepare for childbirth well? Why? How?</p> <p>(Share participants' comments.)</p> <p>(Nne prepares well whereas Tano doesn't prepare well.)</p> <p>I will give all of you a very useful reading material with the same story.</p> <p>② Next, let's look back your daily life after getting pregnancy with checklist card. After that, you will share your feeling and experience among pregnant women and between pregnant women and nurse using checklist card.</p> <p>If any participants have some suggestions or comments for another participants, please share your comments. You can ask your questions to nurse/midwife (research assistant) as well.</p> <p>③</p> <p>Review (board game)</p> <p>Next, we will play a board game in order to review pregnancy symptoms and self-care behaviors. Each player starts the game with a dice rolling. The number on top shows how many spaces to move. Player reads a written number which stops the space. Player reads a question on the card which is written the same number and answers the question.</p>	<p>booklet</p> <p>Board Game</p> <p>Distribute checklist card</p> <p>Board game</p>	
9:38 (5 min.)	Feedback for your concerns from a nurse/midwife (research assistant).		
9:43 (7 min.)	Closing: Small activity (sing and dance)		
	-Attend ANC-		
Post-test 9:50 (10 min.)	Post-test (After finishing ANC)		Post-test

Animation movie – pregnancy process (2:34)

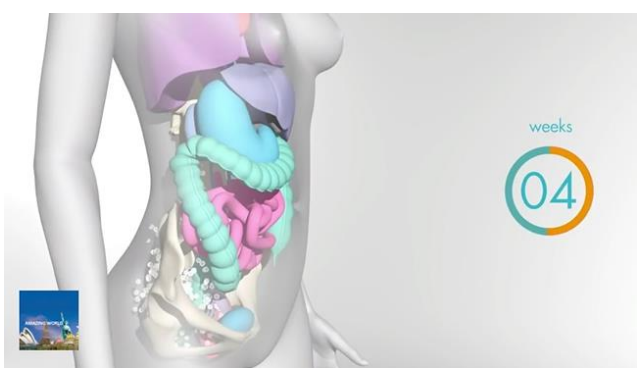
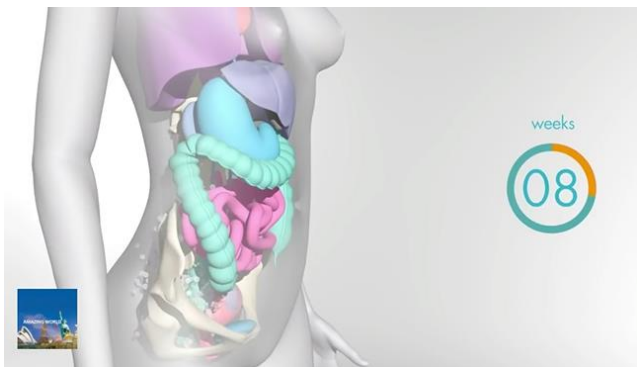
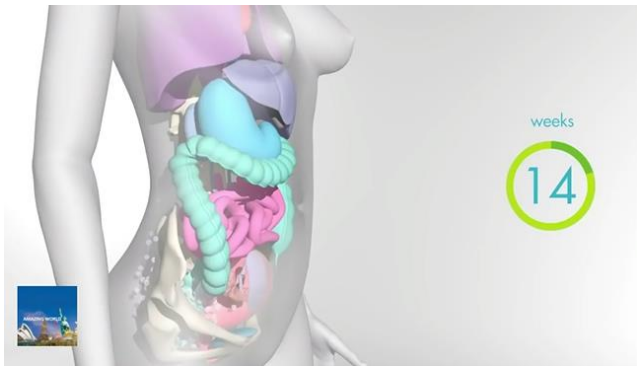
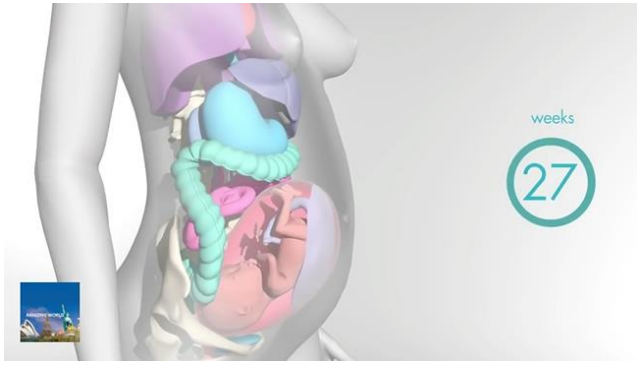
Script [Web content (<https://youtu.be/jc3xhgoG5aY>) (Subtitle: Swahili- read out)]

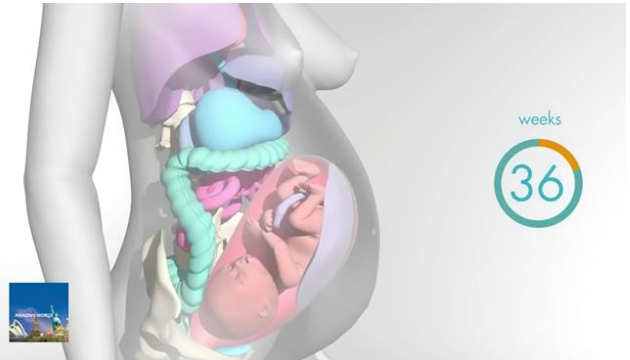
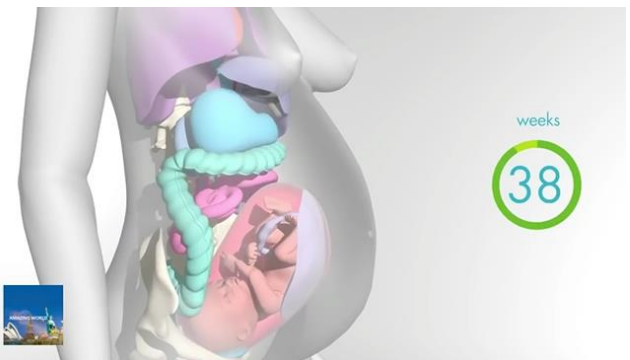
weeks		
3		Your baby's still tiny but already your body's changing.
8		Your breasts are not swell and may feel tender, <u>tiredness</u> , <u>nausea</u> and <u>frequent trips to the loo</u> are common pregnancy symptoms.
14		In your second trimester you'll rapidly growing uterus gradually rises up out of your pelvis. You'll start to feel the first flutter of your baby's movements and an obvious bump will be showing by mid-pregnancy.
27		In the third trimester you're growing baby pushes your intestines and stomach up that's why you might be feeling breathless <u>heartburn</u> is a common problem too.

36		Your bladder is also under pressure you'll be making more <u>trips to the bathroom</u> even more so when your baby's head engages, ready for the birth.
38		These symptoms will go after your baby is born but your uterus can take up to two months to shrink back to its normal size and position.

Animation movie – pregnancy process (2:34)

Script [Web content (<https://youtu.be/jc3xhgoG5aY>) (Subtitle: Swahili- read out)]

weeks		Explanation (Kiswahili)
3		Mtoto wako bado ni mdogo sana tumboni, :/akini tayari mwili wako unamabadiriko
8		Maziwa yako hayaja vimba lakini yanaweza kuwa magumu, pia unaweza kujisikia kuchoka, kichefuchefu na kujisaidia mara kwa mara, hizi ni dalili za kawaida kwa mjamzito
14		the 2 <sup>nd</sup> trimester Nyumba ya uzazi inakuwa kwa haraka mpaka inapita nyonga (Pelvis), pia utasikia mtoto wako ataanza kucheza tumboni wakati fulani.
27		the 3 <sup>rd</sup> trimester mtoto wako atasukuma utumbo na tumbo lako litaendelea kuwa kubwa, hii ni sababu inayo weza kukufanya usipumue vizuri au kusikia kiungulia hii ni hali ya kawaida pia

36		<p>Kibofu chako kitakandamizwa , utakuwa na safari za mara kwa mara kwenda chooni kujisaidia kwa hiyo kichwa cha mtoto kitakuwa kime kandamiza chini tayari kwa kuzaliwa</p>
38		<p>dalili hizi zitaondoka baada ya kujifungua lakini nyumba ya uzazi (uterus) inaweza ikachukua mpaka miezi miwili kunywea na kurudi kwenye umbo lake na sehemu yake ya kawaida</p>

## Pregnancy Stages

### 1ST TRIMESTER

0 a 13 weeks



### 2ND TRIMESTER

14 a 27 weeks



### 3RD TRIMESTER

28 a 42 weeks



Common  
symptoms

Nausea and vomiting  
Increased urination  
Tiredness  
Heartburn  
Constipation

Low back and pelvic pain  
Stretch marks and itchy  
Leg cramps  
Varicose vein and oedema

Danger  
signs

Vaginal bleeding, Severe headache with blurred vision, Fits/Convulsion, Difficult breathing  
Fever, Too weak to get out of bed, Water break, Abdominal pain

## Hatua za ukuaji wa mimba

### 1ST TRIMESTER

0 a 13 weeks



### 2ND TRIMESTER

14 a 27 weeks



### 3RD TRIMESTER

28 a 42 weeks



Dalili za kawaida



Kichefuchefu na kutapika  
Kukojoa mara kwa mara  
kuchoka  
kiungulia  
kupata choo kigumu.



Maumivu ya mgongo na nyonga  
Michirizi  
Misuli ya mguu kukaza  
Kuvimba miguu



Dalili za hatari



Damu kutoka ukeni, Kichwa kuuma sana na kushindwa kuona vizuri, Kukakamaa, Kushindwa kupumua  
Homa, Udhaifu wa kushindwa hata kutoka kitandani, Kutokwa maji ukeni, Tumbo kuuma


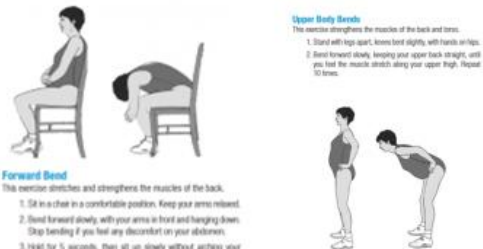
Common symptoms cards

	Symptoms Cards	Explanation
1	<p>Nausea and vomiting</p>  <p>morning sickness</p>	<p>Nausea and vomiting usually resolve in the second half of pregnancy.</p> <p><u>What might help:</u></p> <p>Ginger and vitamin B6 (banana) are recommended for the relief of nausea in early pregnancy.</p>
2	<p>Heartburn</p>  <p>burns</p>	<p><u>Hormones</u> and the pressure of the growing <u>uterus</u> cause indigestion and heartburn.</p> <p><u>What might help:</u></p> <p>Eat several small meals instead of three large meals — eat slowly.</p> <p>Drink fluids between meals — not with meals.</p> <p>Don't eat greasy and fried foods.</p> <p>Avoid citrus fruits or juices and spicy foods.</p> <p>Call your midwife if symptoms don't improve after trying these suggestions.</p>

3	<p>Leg cramps</p> 	<p>At different times during your pregnancy, you might have sudden muscle spasms in your legs or feet. They usually occur at night. This is due to a change in the way your body processes calcium.</p> <p><u>What might help:</u></p> <p>For sudden cramps, flex your foot forward. Gently stretch muscles. Eat calcium-rich foods. (milk, small fish, green vegetables)</p>
4	<p>Low back and pelvic pain</p> 	<p>As your <u>uterus</u> expands, you may feel aches and pains in the back, abdomen, groin area, and thighs.</p> <p><u>What might help:</u></p> <p>Exercise Lie down Rest</p>

5	<p>Constipation</p>  <p>constipation</p>	<p>Higher levels of <u>hormones</u> due to pregnancy slow down digestion and relax muscles in the bowels leaving many women constipated.</p> <p><u>What might help:</u></p> <p>Eat fiber-rich foods, such as fresh or dried fruit, raw vegetables, and whole-grain cereals and breads (whole-grain ugali-Tanzanian local food). Try mild physical activity.</p> <p>Drink eight to 10 glasses of water daily.</p>
6	<p>Varicose veins and oedema</p>  <p>varicose veins</p>	<p>During pregnancy, blood volume increases greatly. This can cause veins to enlarge. Plus, pressure on the large veins behind the <u>uterus</u> causes the blood to slow in its return to the heart.</p> <p><u>What might help:</u></p> <p>Rest.</p> <p>Elevate your feet.</p>

7	<p>Tiredness</p> 	<p>Fatigue is also effective of hormone.</p> <p>This is your body's way of telling you that you need more rest.</p> <p><u>What might help:</u></p> <p>Lie on your left side.</p> <p>Go to bed a little earlier.</p> <p>Use pillows for support, such as behind your back.</p>
8	<p>Increased urination</p> 	<p>Temporary bladder control problems are common in pregnancy. Your unborn baby pushes down on the <u>bladder</u> and pelvic floor muscles.</p> <p>Call your midwife if you experience burning along with frequency of urination — it may be an infection.</p>

<p>9</p>	<p>Stretch marks, Itchy</p>  <p>skin stretch</p>	<p>Stretch marks are red, pink, or brown streaks on the skin. Most often they appear on the thighs, buttocks, abdomen, and breasts. These scars are caused by the stretching of the skin, and usually appear in the second half of pregnancy.</p> <p><u>What might help:</u></p> <p>Be patient — stretch marks and other changes usually fade after delivery.</p>
<p>10</p>	<p>Exercises for back pain</p>  <p><b>Forward Bend</b> This exercise stretches and strengthens the muscles of the back.</p> <ol style="list-style-type: none"> <li>1. Sit in a chair in a comfortable position. Keep your arms relaxed.</li> <li>2. Bend forward slowly, with your arms in front and hanging down. Stop bending if you feel any discomfort on your abdomen.</li> <li>3. Hold for 5 seconds, then sit up slowly without arching your back. Repeat 5 times.</li> </ol> <p><b>Upper Body Stretch</b> This exercise strengthens the muscles of the back and torso.</p> <ol style="list-style-type: none"> <li>1. Stand with legs apart, knees bent slightly, with hands on hips.</li> <li>2. Bend forward slowly, keeping your upper back straight, until you feel the muscle stretch along your upper thigh. Repeat 10 times.</li> </ol>	

Exercises for back pain

Exercises for a Healthy Back (continued)



**Rocking Back Arch**  
This exercise stretches and strengthens the muscles of the back, hips, and abdomen.



1. Rest on hands and knees, with your weight distributed evenly and your back straight.
2. Rock back and forth for a count of 5.
3. Return to the original position and cut your back up as far as you can. Repeat 5–10 times.



**Trunk Twist**  
This exercise stretches the muscles of the back, spine, and upper torso.



1. Sit on the floor with your legs crossed.
2. Hold your left foot with your left hand using your right hand for support.
3. Slowly twist your upper torso to the right.
4. Switch hands and repeat on the left. Repeat on both sides 5–10 times.


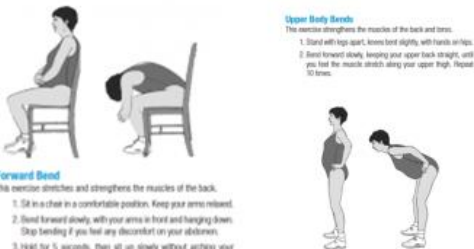
Common symptoms cards

	Symptoms Cards	Explanation
1	<p>Kichefucheu na kutapika</p>  <p>morning sickness</p>	<p>Kutapika na kichefuchefu huwa kunaisha ujauzito unapokuwa hatua ya pili</p> <p><u>Nini kinaweza kusaidia :</u></p> <p>Tamgawizi na vitamin B6 (ndizi) vinashauriwa kutumiwa ili kupunguza kichefuchefu wakati wa ujauzito.</p>
2	<p>Kiungulia</p>  <p>burns</p>	<p>Homoni na shinikizo la damu vitokavyo kwenye mfuko wa uzazi vinasababisha chakula kutomeng'enywa vizuri pamoja na kiungulia.</p> <p><u>Nini kinaweza kusaidia:</u></p> <p>Kula mara kwa mara chakula kidogo kidogo badala ya kula milo mitatu mikubwa kwa siku. Kunywa maji kati ya mlo na mlo- Sio wakati wa kula. Usile vyakula vyenye mafuta mengi na vyakukaanga. Epuka matunda ya jamii ya ndimu au juisi zake. Muone mkunga wako kama hali haibadiliki baada ya kujaribu njia zote hizo.</p>

3	<p>Kushikwa na msuli wa mguu</p> 	<p>Nyakati tofauti wakati wa ujauzito, misuli ya mguu inaweza ikakaza. mara nyingi utokea wakati wa usiku. Hii ni kutokana na mabadiliko ya mwili hasa kwenye uchakataji wa madini ya calcium.</p> <p><u>Nini kinaweza kusaidia:</u></p> <p>Msuli ukibana ghafla, nyoosha mguu wako mbele.</p> <p>Nyoosha misuli taratibu.</p> <p>Kula vyakula vyenye madini ya calcium kwa wingi. (maziwa, dagaa, mboga za majani)</p>
4	<p>Maumivu ya mgongo na nyonga</p> 	<p>Wakati mfuko wa uzazi unaongezeka unaweza kupata maumivu ya mgongo, tumbo na nyonga na hata mapaja</p> <p><u>Nini kinaweza kusaidia:</u></p> <p>Fanya mazoezi, Lala, Pumzika.</p>

<p>5</p>	<p>Kupata choo kigumu</p>  <p>constipation</p>	<p>Kiwango kikubwa cha homoni za ujauzito hupunguza mmeng'enywa wa chakula na kusababisha misuli ya kuta za utumbo kusafirisha chakula taratibu, hivyo huwasababishia wakina mama wengi kupata choo mara chache na kigumu.</p> <p><u>Nini kinaweza kusaidia:</u></p> <p>Kula vyakula vyenye kambakamba, kama vile matunda, mbogamboga mbichi na nafaka isiyokobolewa (Kula ugali wa dona).</p> <p>Jarinu kufanya zoezi jepesi.</p> <p>Kunywa kati ya glasi 8 hadi 10 za maji kwa siku.</p>
<p>6</p>	<p>Kuvimba kwa mishipa ya damu ya miguu na kuvimba mwili</p>  <p>varicose veins</p>	<p>Wakati wa ujauzito, ujazo wa damu huongezeka. Hii hupelekea mishipa ya damu kuongezeka ukubwa pamoja na kuongeza shinikizo la damu kwenye mishipa ya damu iliyo karibu na mfuko wa uzazi, ambayo hupelekea damu kurudi taratibu kwenye moyo isivyo kawaida.</p> <p><u>Nini kinaweza kusaidia:</u></p> <p>Pumzika. Nyoosha mguu wako</p>

<p>7</p>	<p>Uchovu</p> 	<p>Uchovu ni matokeao ya Homoni za ujauzito pia.</p> <p>Hii ni njia pekee ambayo mwanao anatumia kukuambia unaitaji muda wa kupumzika.</p> <p><u>Nini kinaweza kusaidia:</u></p> <p>Lalia ubavu wa kushoto.</p> <p>Nenda kalale mapema zaidi.</p> <p>Tumia mto kuusaidia mwili kama vile kuweka mgongoni.</p>
<p>8</p>	<p>Kukojoa mara kwa mara</p> 	<p>Tatizo la kushindwa kuzuia mkojo kwenye kibofu kwa wajawazito ni la kawaida. Mtoto hukandamiza kibofu kwenye misuli ya nyonga.</p> <p>Tafuta ushauri wa mkunga kama unasikia maumivu wakati unakojoa. — inaweza kuwa maambukizi.</p>

<p>9</p>	<p>Michirizi ya ngozi</p>  <p>skin stretch</p>	<p>Michirizi ya Ngozi hutokea mara nyingi kwenye makalio, tumboni, mapajani na kwenye maziwa. Michirizi hiyo husababishwa na kujivuta kwa ngozi wakati ujauzito unakua.</p> <p><u>Nini kinaweza kusaidia:</u></p> <p>Vumilia — Michirizi hiyo itaisha punde baada ya kujifungua.</p>
<p>10</p>	<p>Exercises for back pain</p>  <p><b>Forward Bend</b> This exercise stretches and strengthens the muscles of the back.</p> <ol style="list-style-type: none"> <li>1. Sit in a chair in a comfortable position. Keep your arms relaxed.</li> <li>2. Bend forward slowly, with your arms in front and hanging down. Stop bending if you feel any discomfort on your abdomen.</li> <li>3. Hold for 5 seconds, then sit up slowly without arching your back. Repeat 5 times.</li> </ol> <p><b>Upper Body Bends</b> This exercise strengthens the muscles of the back and torso.</p> <ol style="list-style-type: none"> <li>1. Stand with legs apart, knees bent slightly, with hands on hips.</li> <li>2. Bend forward slowly, keeping your upper back straight, until you feel the muscle stretch along your upper thigh. Repeat 10 times.</li> </ol>	

Exercises for back pain

Exercises for a Healthy Back (continued)



**Rocking Back Arch**

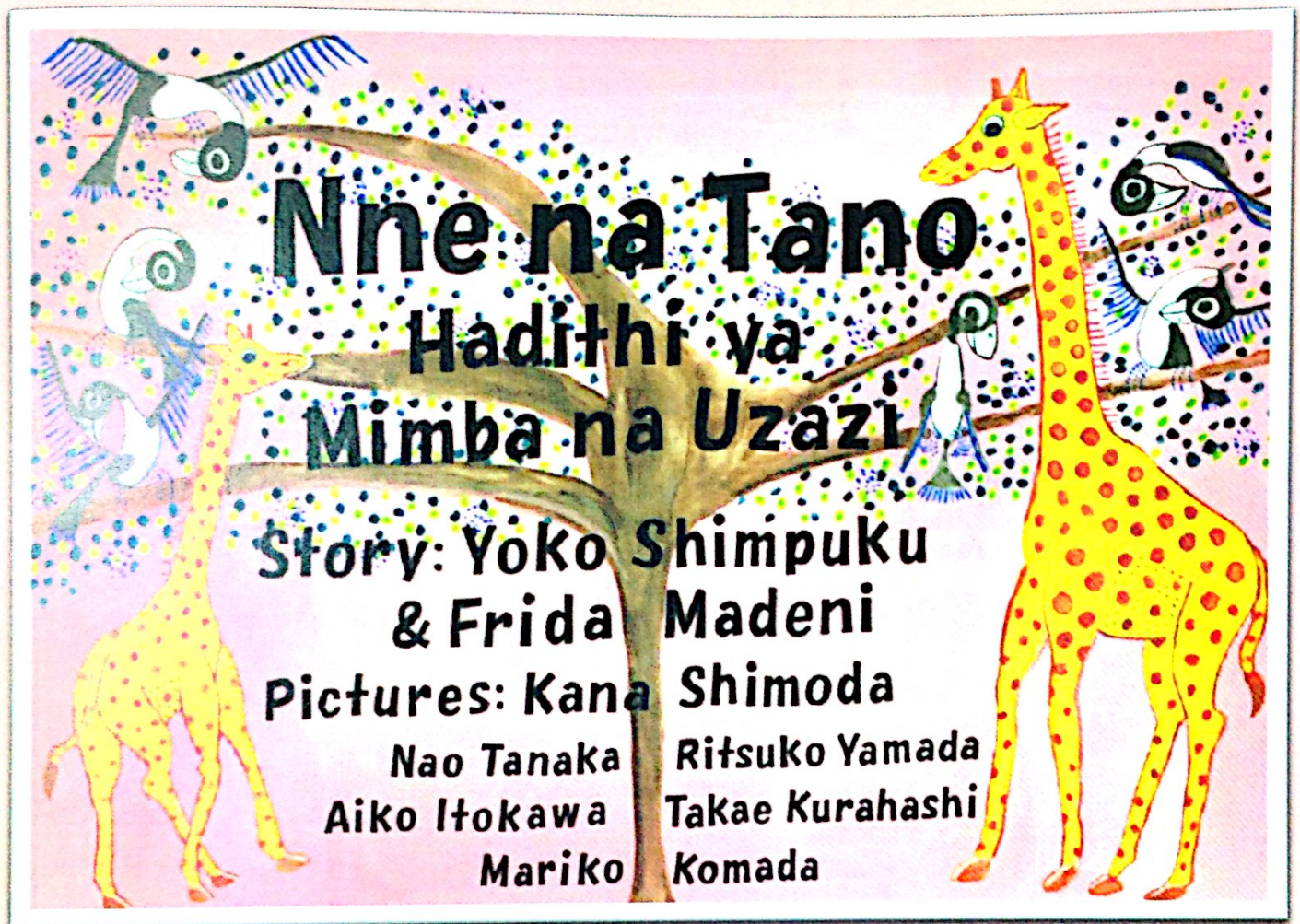
This exercise stretches and strengthens the muscles of the back, hips, and abdomen.

1. Kneel on hands and knees, with your weight distributed evenly and your back straight.
2. Rock back and forth for a count of 5.
3. Return to the original position and curl your back up as far as you can. Repeat 5–10 times.

**Trunk Twist**

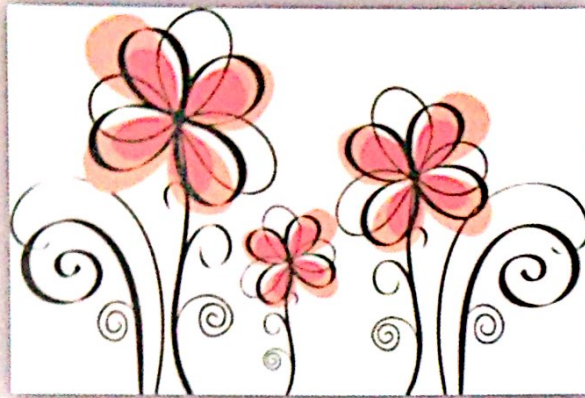
This exercise stretches the muscles of the back, spine, and upper torso.

1. Sit on the floor with your legs crossed.
2. Hold your left foot with your left hand using your right hand for support.
3. Slowly twist your upper torso to the right.
4. Switch hands and repeat on the left. Repeat on both sides 5–10 times.



## **Nne na Tano: The Story of Pregnancy and Childbirth**

This is the story of Nne and Tano:  
two pregnant women with different pregnancy and childbirth.



### How to use this book

This is a book to learn and remember the importance of preparation of childbirth and how to prepare for it with family members.

This book was created not only for women but also their family to understand how they can support women for childbirth.

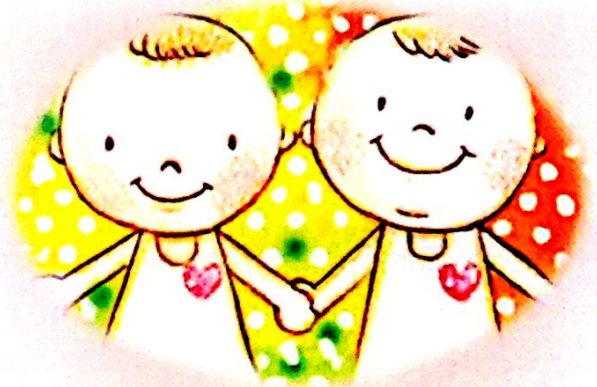
If you want to review a specific content, refer to the table of contents and go to the page directly.

We hope this book helps to create opportunities for family to discuss the place of birth and preparation so that women will feel supported and cared when they are giving birth to a precious baby.

Yoko Shimpuku, PhD, CNM, RN

## Table of Contents

- 1: Women number 1 named NNE**
- 2: Nne and midwife with healthy food**
- 3: Nne and midwife with medicines**
- 4: Nne and midwife with danger signs**
- 5: Nne and her family**
- 6: Birth preparations with family**
- 7: Women number 2 named TANO**
- 8: Conversation between Nne and Tano**
- 9: Tano and her husband**
- 10: Nne and Tano**
- 11: Tano and her husband's mother**
- 12: Nne and Tano again**
- 13: Nne's labor**
- 14: Nne's delivery**
- 15: Tano's labor**
- 16: Tano's delivery**
- 17: At the hospital**
- 18: Birth preparedness**
- 19: Review of Danger Signs**





There was a woman called Nne. She was pregnant with her second child. She had given birth to her first baby at a hospital, and she went to the same hospital for antenatal check-up for this pregnancy.

She said, "My doctor told me to come to the clinic at least 4 times during pregnancy because there may be changes in the condition of me and my baby. We need to check if I don't have any complications and if my baby grows well. Also, if we have any concerns about our own and our baby's health, we need to go to a health center."



When she went to the clinic, the midwife told her about the importance of balanced diet during pregnancy.

The midwife told her, "You need to eat fruits and vegetables, beans, meat, fish, eggs, cheese, and milk because this diet helps to improve your own and baby's health."

Nne thought, "It is good because I like all of the food she suggests!"



The midwife told her about being cautious about medicines. "It is important to take iron tablets when a health care provider at clinic gives them. You should not take traditional medicines unless medical doctors approve them."

Nne was surprised in the beginning because she sometimes had taken traditional medicines, but she decided to consult with doctors when she wants to take any medicines.



The midwife also told her about danger signs, "If you have vaginal bleeding, fits, fast or difficult breathing, or severe headache with blurred vision, you should come to a health center right away. These signs must be a sign of complications.

You also need to come to a health center if you have any severe abdominal pain even when you don't have any bleeding. It might be a sign of complications.

It is also necessary for you to come to a health center if your water breaks because there is a possibility of infection. Also, you need to be careful about swollen fingers, face and legs.

When you have these signs, you need to come to a health center to check your blood pressure to see the possibility of complications. If you have any complications, you need to be treated at a health center or sometimes in a referral hospital."

Nne remembered these danger signs because they are important for her and her baby.



Nne's family always accompanied with her to the clinic. Her sister, her mother, and even her husband went to the clinic together. In the clinic, they also learned from the midwife.

Because her husband understood that it is important to plan how to come to the hospital for delivery, he saved some money and asked his relative for a car beforehand.



The midwife continued, "In case of emergency, it is important for you and your family to be prepared for your childbirth. When you need to go to a health center, you might need some expenses for transportation."

Nne's husband said, "Yes, I saved some money already."

The midwife said, "That is good. Have you ever thought about blood donors? Because sometimes a hospital has no stock, you need to find someone who donates his or her blood."

Nne's mother asked, "Can anybody be a blood donor?"

The midwife answered, "No. A blood donor must have the same blood type with the mother. You might want to identify several people so that at least one has the same blood type. In addition to the time of delivery, you might need to come to a hospital even after you delivered if you have fever or increased bleeding. In any of these cases, family must support you. It is better if your family accompany with you to a clinic or a health center. Your family also needs to understand that you need some rest and should not work too hard during pregnancy and after delivery."

Nne felt strong and supported because her family knows what to do when something happens.



There was another woman called Tano. She was pregnant with her first child. She didn't want to go to the hospital because her family always had a baby with traditional midwives. As the health centre was far from her house, she didn't feel necessary to go to hospital.

One day, Nne and Tano met each other on the road.

Tano greeted, "Good morning."

Nne answered, "Good morning. How are you?"

Tano answered, "I am good."

Nne asked, "Where are you going this morning?"

Tano said, "I'm going to fetch water. How about you?"

Nne said, "I'm going to a clinic for antenatal checkup."



Tano was surprised and said, "Why? Did you get any problem?"

Nne answered, "No, I'm going to checkup to see if there is any problem. Have you never been to a clinic for checkup?"

Tano said, "No. I should work here, so I'm not going."

Nne said, "Why don't you go to hospital for checkup? You need to check blood pressure, blood sample and urine. A nurse will measure your belly to see if there is any problem for you or your baby."

Tano said, "My husband's family always gives birth without any problem. And the health centre is too far. How can I get money to go there?"

Nne said, "You don't need a lot of money to go to the clinic. Your family needs to know that sometimes pregnancy causes problems to anybody. If it happens and there is no help from skilled birth attendants, you or your baby may die."

Tano asked, "Who are skilled birth attendants?"

Nne answered, "Nurses, midwives, or doctors are working at a health center or hospital. They studied a lot in school. They are experts."

Tano said, "Really? I didn't know... I need to talk with my husband."



Tano talked to her husband, "My husband, my friend told me that it is better for me to go to the antenatal checkup, and during labor I should go to give birth at the hospital."

Tano's Husband answered, "No! I don't want to hear your foolishness opinion; you should go to a traditional birth attendant, you should have a baby at home."



Another day, Nne and Tano met again on the road.

Nne greeted, "Hello my dear. How are you?"

Tano answered, "Good. How are you my sister?"

Nne said, "Good. Where are you going?"

Tano said, "I'm going to buy some vegetables."

Nne said, "Ok. Did you talk with your husband about antenatal checkup?"

Tano sadly answered, "Yes, but my husband did not agree. He told me to give birth at home."

Nne said, "Really... How about talking with your husband's mother?"

Tano said, "Maybe a good idea. Thank you so much."



Tano went to see her mother-in-law. In her house, she was cooking for dinner.

Tano greeted, "Good evening my dear mother."

Mother-in-law (Mama) said, "Good evening, how are you?"

Tano said, "Good. And you?"

Mama said, "Good. What do you want to say?"

Tano said, "My dear mother. My friend told me it is better for me to go to the antenatal checkup and give birth at hospital."

Mama said indifferently, "Why?"

Tano said, "She told me the certified midwife will tell me if I or my baby is fine or not. She will also tell me some good information about pregnancy and childbirth. If something happens, the hospital staff can help us."

Mama said, "What did your husband say?"

Tano said, "He didn't listen to me. That is why I am consulting with you."



Mama said, "You should obey your husband. And our family always gives birth at home without any problems. I gave birth 8 times and survived. All of my children survived. You know what? The baby belongs to the family. Why do you listen to this friend more than your family?"

Tano felt weak and unsupported by her family and gave up on going to checkup.

Tano was disappointedly walking back to her house.

Nne saw her and talked to her, "My dear Tano. How was your conversation with your husband's mother."

Tano said, "It didn't work. Maybe I just listen to my family and pray for God."

Nne didn't know what to say, "Oh, my dear... I am sorry."

Tano said, "It will be fine."



One night, Nne started having contractions. She woke her husband up right away. He called the relative to give them a ride.

They arrived at the hospital and a nurse said that Nne and the baby were fine, and they had a few more hours until delivery.



During labor, Nne's legs started trembling, so she asked her husband to hold her legs. Later, when she started feeling to push, a nurse came and delivered her baby.

She had a good and healthy baby, and her family was also very happy.



Another night, Tano started having contractions. During labor, a traditional birth attendant came to assist Tano, but she got problems. It took very long to give birth.



After long hours, the baby was born but did not cry well. Tano could not stop bleeding. It looked like her placenta did not come out.

The traditional birth attendant tried to help her but the situation was too complicated.

Her husband called for neighbors to find a car. After a few hours, a neighbor got a car to take her to the hospital.



It took two hours to arrive at the hospital. A doctor checked the baby but the baby did not survive.

The doctor also checked Tano and said, "It is too late. We had to remove her uterus to save her. In addition, it is necessary to give her blood, so it is necessary to find a person who has the same blood type."

Her husband and the neighbor did not know their blood types, so they needed to take blood tests. Fortunately, the neighbor was able to donate the blood and Tano survived.

However, it cost a lot for the emergency tests and the operation. Now they don't know how to pay and regret that they didn't listen to Nne's advice.



When a woman gets pregnant, she and her family need to discuss:

1. Plan for where to give birth
2. Plan for a birth attendant
3. Plan for transportation
4. Plan for saving money
5. Plan for blood donor in case of emergency



And, pregnant women and their family need to know **danger signs**:  
Go to hospital or health center immediately, day or night, DO NOT wait,  
if any of the following signs:

- Vaginal bleeding has increased
- Fits
- Fast or difficult breathing
- Fever and too weak to get out of bed
- Severe headaches with blurred vision

You must go to hospital or health center if these signs occur even after delivery.



Go to the health center as soon as possible if any of the following signs during pregnancy:

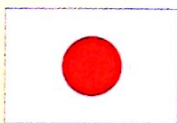
- Fever
- Abdominal pain
- Water breaks and not in labor after 6 hours
- Feel ill
- Swollen fingers, face and legs

Go to health center as soon as possible if any of the following signs after delivery:

- Swollen, red or tender breasts or nipples
- Problems urinating, or leaking
- Increased pain or infection in the perineum
- Infection in the area of the wound
- Smelly vaginal discharge

Nne na Tano:  
The story of pregnancy and childbirth

09/2014



Yoko Shimpuku & Frida E. Madeni

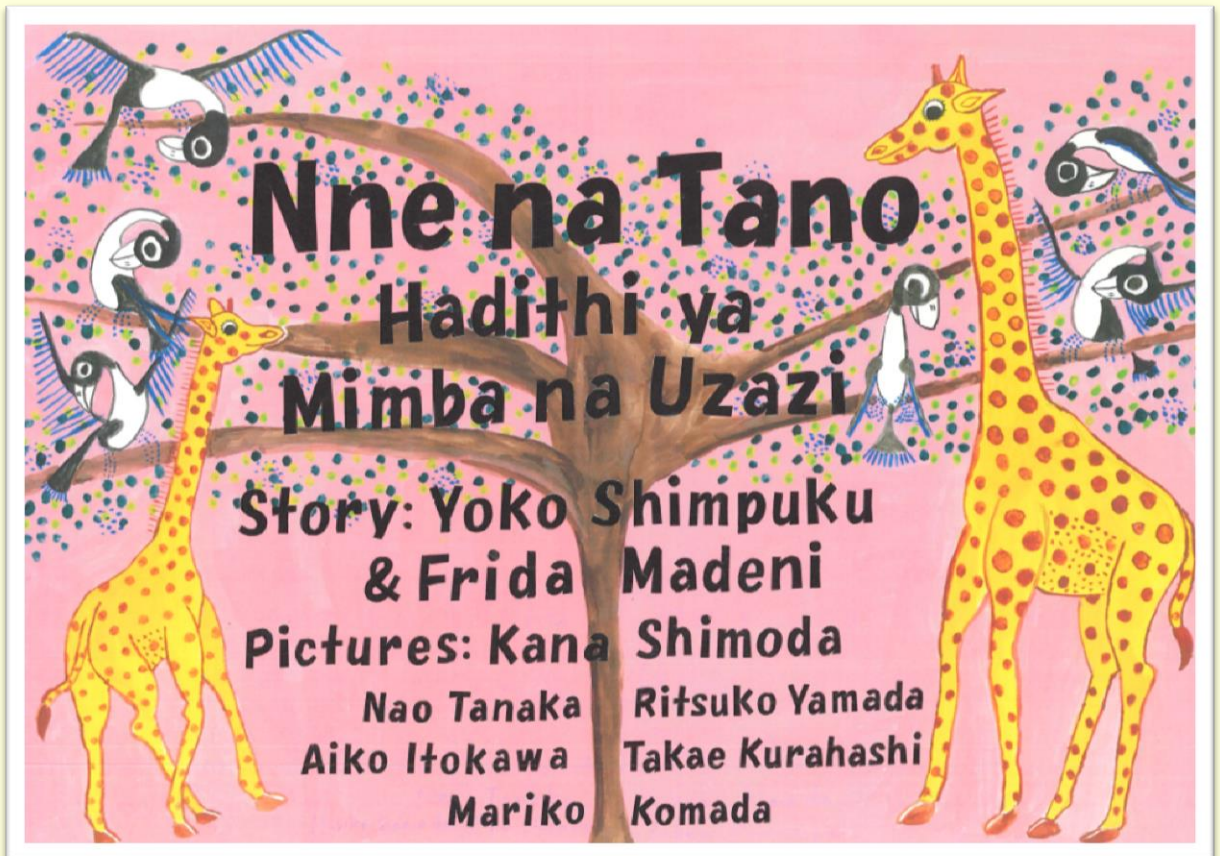


Asia Africa Midwifery Research Center  
St. Luke's International University  
Akashicho Chuoku Tokyo, 104-0044, JAPAN



Collaborate with Muhimbili University of Health and Allied  
Sciences, Tanzania

Supported by Pfizer Health Research Foundation Research Fund  
Shigeko Horiuchi



## **Nne na Tano: Hadithi ya Mimba na Uzazi**

Hii ni hadithi ya Nne na Tano:  
Mama wawili wenye ujauzito tofauti.



### Jinsi ya kutumia kitabu hiki

Kitabu hiki ni kwaajili ya kujifunza na kukumbuka maandalizi yanayotakiwa kabla ya mama kujifungua na jinsi ya kufanya maandalizi, hii ni pamoja na wanafamilia wote.

Kitabu hiki hakikutengenezwa kwa ajili ya wanawake tu bali hata wanafamilia wote ili wajue ni namna gani wanaweza kuwasaidia akinamama wanapojiandaa na uzazi.

Ukitaka kufungua sehemu unayotaka kusoma katika kitabu hiki, nenda kwenye yaliyomo na fungua moja kwa moja namba ya ukurasa unaoutaka.

Tunaimani kitabu hiki kitasaidia kutoa fursa kwa wanafamilia kujadili kwa pamoja mahali mama atakapokwenda kujifungua, hivyo mama atajisikia kwamba anaomsaada na atapata huduma nzuri na atajua ni wapi atakwenda kujifungua mwanae.

Yoko Shimpuku, PhD, CNM, RN

## YALIYOMO

- 1: Mwanamke wa kwanza jina lake NNE
- 2: Nne na mkunga pamoja na chakula bora
- 3: Nne na Mkunga wakiwa na dawa
- 4: Nne na Mkunga katika dalili za hatari
- 5: Nne na familia yake
- 6: Maandalizi ya kujifungua pamoja na familia
- 7: Mwanamke namba 2 jinalake TANO
- 8: Majadiliano kati ya Nne na Tano
- 9: Tano na mume wake
- 10: Nne na Tano
- 11: Tano na Mama mkwe wake
- 12: Nne na Tano tena
- 13: Nne akiwa kwenye uchungu wa kujifungua
- 14: Nne anajifungua
- 15: Tano naye anapata uchungu wa kujifungua
- 16: Tano anajifungua
- 17: Hospitalini
- 18: Maaandalizi ya kujifungua
- 19: Dalili za hatari





Kulikuwa na mwanamke anayeitwa Nne. Alikuwa na ujauzito wa pili. Mtoto wake kwa kwanza alijifungua Hospitalini, na alikuwa anahudhuria kliniki ya wajawazito kwenye Hospitali hiyohiyo kwa ujauzito wake huu wa pili.

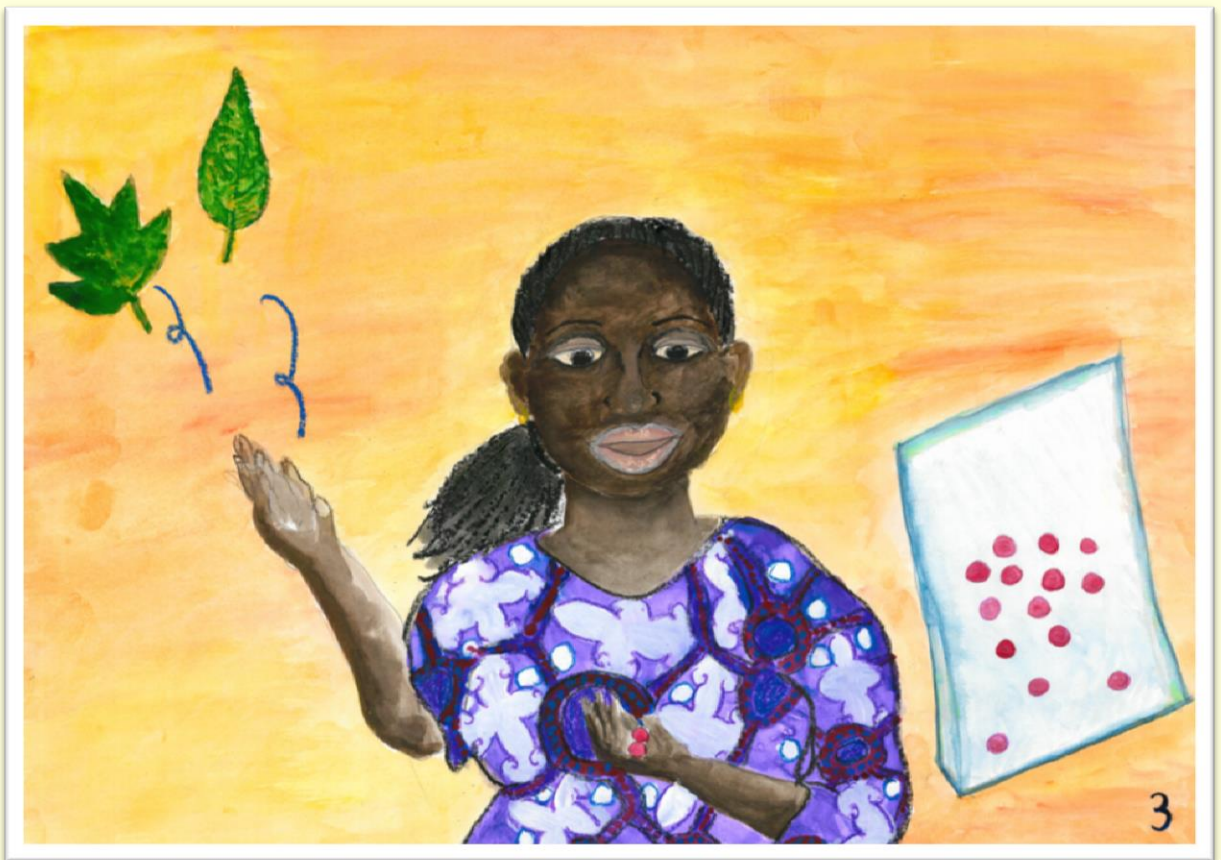
Akasema, “Dactari wangu aliniambia nihudhurie kliniki ya wajawazito angalau mara nne kwasababu kunaweza kutokea mabadiliko kati yangu mimi na mtoto aliyepo tumboni. Tunatakiwa kuchunguzwa endapo kunatatizo lolote la hatari na kama mtoto anakua vizuri, pia tunachekiwa wenyewe lakini na afya njema ya mtoto. Tunahitaji kwenda kwenye kituo cha afya.”



Alipokwenda kliniki ya wajawazito mkunga alimwambia umuhimu wa kula chakula bora wakati wa ujauzito.

Mkunga akamwambia, “Unahitaji kula matunda pamoja na mboga za majani, maharage nyama, samaki, mayai, jibini na maziwa kwasababu chakula hiki kinakusaidia wewe pamoja na mtoto muwe na afya njema.”

Nne akasema, “Ni vizuri kwasababu vyakula vyote hivyo ulivyopendekeza navipenda.”



Mkunga anamwambia awe makini na dawa. “Ni muhimu kutumia dawa ya madini ya chuma ikiwa mkunga atakupa. Usitumie mitishamba labda kama daktari amekuruhusu kufanya hivyo.”

Nne alishangaa mwanzo kwasababu wakati mwingine alikuwa akitumia mitishamba. Lakini aliamua kumuona daktari pale anapohitaji kupata dawa ya aina yeyote.



Mkunga alimweleza habari ya dalili za hatari,

“Kama utaona damu inatoka ukeni, kifafa au kupumua kwa shida, au maumivu makali ya kichwa na kuona nyotanyota machoni, lazima uende kituo cha Afya haraka. Dalili hizi zinaashiria hali ya hatari sana.

Pia unapaswa kwenda kituo cha Afya endapo utasikia maumivu makali ya tumbo hata kama hakuna damu inayotoka ukeni inaweza kuwa ni dalili za hatari.

Ni muhimu pia kufika kwenye kituo cha Afya endapo utaona maji yakimwagika ukeni, kwasababu kuna uwezekano ukapata maambukizo ya ugonjwa, Pamoja na hayo ni vizuri ukiwa makini kama vidole vitavimba, uso, pamoja na miguu.

Ukiona dalili hizi, nenda kituo cha Afya ili ukachunguzwe mapigo yako ya moyo ili kuangalia kama ni dalili za hatari. Ukiona dalili hizi unahitaji kutibiwa kwenye kituo cha Afya au utapewa Rufaa.”

Nne amekumbuka dalili hizi za hatari kwasababu ni muhimu kwa Afya yake na mtoto wake aliye tumboni.



Ndugu zake Nne wanamsindikiza Nne kliniki. Dada yake, mama yake, pamoja na mumewe, wote wamemsindikiza. Walipofika kliniki walijifunza mengi kutoka kwa wakunga.

Kwasababu mumewake anatambua kuwa ni muhimu kupanga namna gani mkewe atafika kwenye kituo cha Afya atakapofikia muda wa kujifungua, aliweka pesa, na aliwaomba nduguzake kuandaa usafiri mapema.

Mkunga akaendelea, “Endapo itatokea dharura ni vema wewe na familia yako kufanya maandalizi ya kujifungua. Utakapohitaji kwenda kituo cha Afya unaweza kuhitaji pesa kwaajili ya usafiri.”



Mume wake Nne akasema, “Ndiyo, nimeshaweka pesa tayari.”

Mkunga akasema, “Vizuri sana. Je umeandaa watu wa kutoa damu? Kwasababu wakatimwingine Hospitalini hakuna hakiba ya damu, Unahitaji kuandaa watu watakaotoa damu.”

Mama Yake Nne akauliza, je mtu yeyote anaweza kuwa mtoaji wa damu?

Mkunga akajibu, “Hapana mtu anayetoa damu ni lazima kundi lake la damu lifanane na la Mama. Unaweza kuchagua watu wengi wa kutoa damu ili angalau mmojawapo apatikane na kundi linalofanana na Mama. Hata hivyo wakati wa kujifungua utahitaji kuja Kituo cha Afya endapo utapata homa, au damu itaendelea kutoka kwa wingi. Lolote kati ya kesi hizi familia lazima ikusaidie. Ni vizuri kama wanandugu watakusindikiza kwenda kliniki au kwenye kituo cha Afya. Familia yako inahitaji kujua kuwa unahitaji kupumzika na huruhusiwi kufanya kazi ngumu wakati wa ujauzito na ukijifungua pia.”

Nne amejisikia vizuri na anajua kuna msaada kwasababu nduguzake wanajua ni nini cha kufanya endapo litatokea lolote.



Kuna Mama mwingine jina lake Tano. Alikuwa ni mjamzito wa mtoto wake wa kwanza. Hapendi kwenda Hospitalini kwasababu familia yao siku zote wanajifungulia kwa wakunga wa jadi. Hata hivyo kituo cha Afya kilikuwa mbali na nyumbani kwao. Hakuona umuhimu wa kwenda Hospitalini.

Siku moja, Nne na Tano walikutana barabarani.

Tano akasalimia, “Habari za asubuhi.”

Nne akajibu, “Ni nzuri, mmeamkaje nyumbani?”

Tano akajibu, “tumeamka salama.”

Nne akauliza, “Unakwenda wapi?”

Tano akajibu, “Nakwenda kuchota maji. Na wewe je?”

Nne akasema, “Ninakwenda kwenye kliniki ya wajawazito.”

Tano alishangaa na akasema, “Kwanini? Kwani unamatatizo?”

Nne akajibu, “Hapana, Ninakwenda kuangaliwa Afya yangu ili nijue kama kuna tatizo lolote. Kwani wewehujawahi kwenda kliniki?”

Tano akasema, “Hapana. Nina kazi hapa, kwahiyo siwezi kwenda.”



Nne akasema, “Kwanini? Unahitaji kuangaliwa mapigo yako ya moyo, uchunguzwe damu yako pamoja na mkojo. Muuguzi atakuangalia na tumbo lako kuhakikisha kama wewe na mtoto mtakuwa na tatizo.

Tano akasema, “Familia ya mumewangu wanajifungua bila tatizo lolote. Na kituo cha Afya kipo mbali sana, nitapata wapi pesa za kunipeleka huko?”

Nne akasema, “huhitaji pesa nyingi kwenda kliniki, Hata hivyo huduma kwa wajawazito ni bure, familia yako inahitaji kujua kwamba wakati mwingine ujauzito unaweza kusababisha matatizo kwa mtu yoyote. Endapo itatokea na kama hakuna muuguzi aliyesomea wewe na mtoto wako mnaweza kupoteza maisha.”

Tano akauliza, “Hao wauguzi waliosomea wakoje?”

Nne akajibu, “Wauguzi, wakunga, au matabibu wanafanya kazi katika vituo vya Afya au Hospitali. Wamesomea kazi hiyo shuleni na wanauzoefu wa kutosha.”

Tano akasema, “Kweli? sikufahamu... Ninahitaji kuongea na mumewangu.”



Tano anaongea na mume wake, “Mume wangu, rafiki yangu ameniambia kwamba ni vizuri na mimi niende kuhudhuria kliniki ya wajawazito, Na wakati wa kujifungua utakapofika ni lazima niende kujifungulia Hospitalini.”

Mumewe Tano akajibu, “Hapana! Sitaki kusikia ujinga wako; lazima uende kwa wakunga wa jadi, na utajifungulia nyumbani.”



Siku nyingine, Nne na Tano walikutana tena barabarani.

Nne alikubali, "Hello rafiki yangu. Hujambo?"

Tano akajibu, "Sijambo. Habari yako na wewe?"

Nne akasema, "Nzuri. Unakwenda wapi?"

Tano akasema, "Nakwenda kununua mboga."

Nne akasema, "Sawa. Je umeongea na Mume wako kuhusu kliniki ya wajawazito?"

Tano akajibu kwa huzuni, "Ndio, lakini mumewangu amekataa. Ameniambia nitajifungulia nyumbani."

Nne akasema, "Kweli?... Vipi kuhusu kuongea na Mama wa mume wako?"

Tano akasema, "Labda, ni wazo zuri. Asante sana."



Tano amekwenda kumuona Mama mkwe wake nyumbani kwake, alikuwa anapika chakula cha mchana.

Tano akasalimia, “Shikamoo.”

Mama mkwe akaitikia, “Marahaba, habari yako?”

Tano akasema, “Nzuri. Habari yako na wewe?”

Mama mkwe akasema, “Nzuri. Unataka kusema nini?”

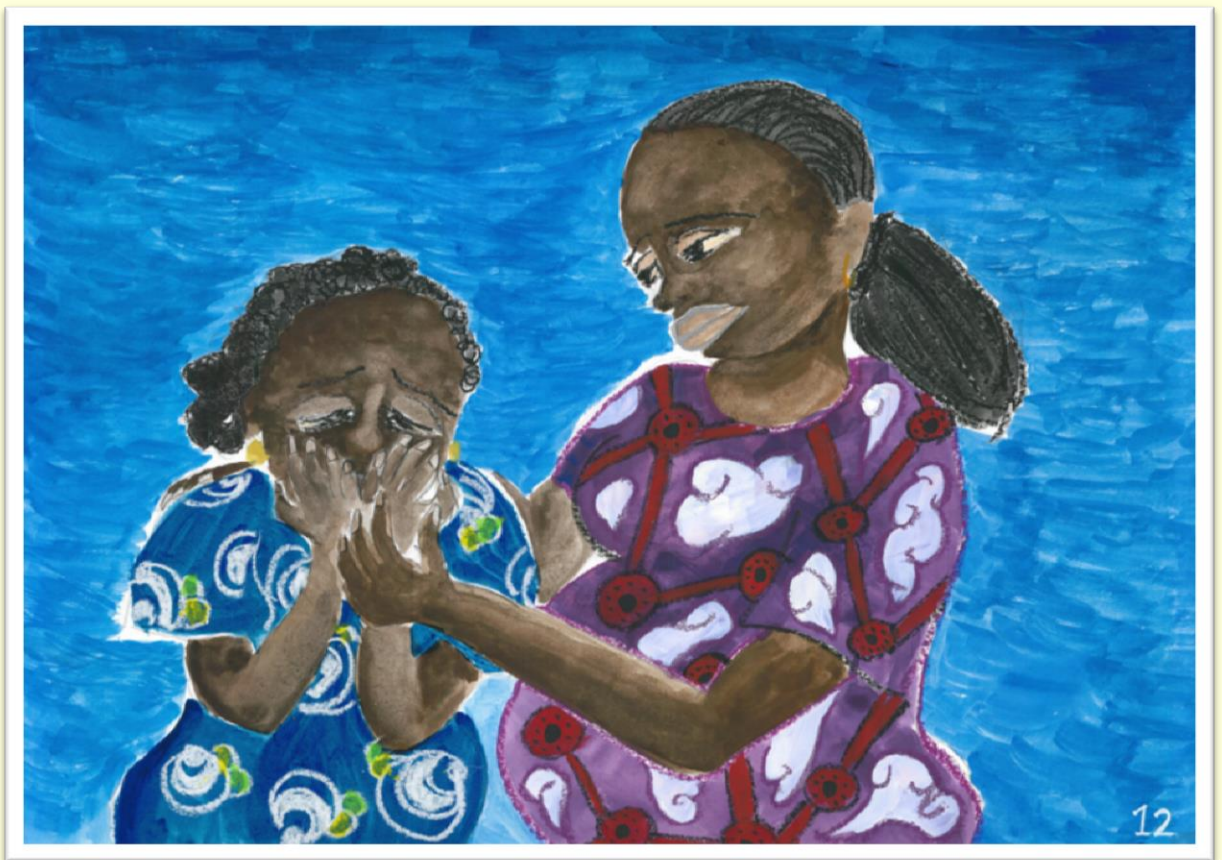
Tano akasema, “Mpendwa Mama yangu. Rafiki yangu ameniambia kwamba ni vizuri mimi kwenda kwenye kliniki ya wajawazito na nijifungulie Hospitalini.”

Mama mkwe akauliza kwa mshangao “Kwanini?”

Tano akasema, “Aliniambia wakunga waliosomea kazi hiyo wataniambia kama afya yangu na mtoto ni nzuri au la. Ataniambia mambo mazuri yanayohusu ujauzito na uzazi. Endapo lolote litatokea, wafanyakazi wa Hospitalini watatusaidia.”

Mama mkwe akasema, “Kwani mume wako alisemaje?”

Tano akasema, “Hakunisikiliza kabisa. Ndio maana nakuambia wewe.”



Mama mkwe akasema, “kubaliana na anayosema mumeo. Na familia yetu siku zote tunajifungulia nyumbani bila shida yoyote. Nilijifungua watoto 8 na bado ninaishi na watoto wangu walikuwa na afya njema. Unajua kwanini? Mtoto ni mali ya familia. Kwanini unamsikiliza rafiki yako zaidi kuliko wanafamilia?”

Tano alijisikia mnyonge na mwenye kukosa msaada kutoka kwa familia kwa hiyo akaacha kwenda kufanyiwa uchunguzi Hospitalini. Tano alijisikia vibaya na akawa anarudi nyumbani kwake.

Nne alimuona na akaanza kumsemesha, “Rafiki yangu Tano. Maongezi yenu yalikuwaje kati yako na Mama mkwe wako.”

Tano akasema, “Hayakufanya kazi. Labda niwasikilize ndugu wa familia na nimuombe Mungu tu.”

Nne hakujua aseme nini, “Oh, rafiki yangu... Pole sana.”

Tano akasema, “Nitapoa tu.”



Usiku Nne alianza kusikia uchungu. Alimwamsha mumewe haraka na kuomba jirani amsaidie usafiri kwenda Hospitali haraka.

Walikwenda Hospitalini na muuguzi akasema Nne na mtoto wake wako vizuri. Watasubiri masaa kadhaa hadi atakapojifungua.



Wakati wa kujifungua miguu ya Nne akaanza kutetemeka, kwa hiyo alimuomba mumewe aishike. Baadae uchungu ulipo ongezekwa mkunga alikuja kumsaidia na, akajifungua mwanae.

Alipata mtoto mzuri mwenye Afya. Na familia yake yote walijawa na furaha.



Usiku uliofuata, Tano alianzwa na uchungu, wakati wa kujifungua, mkunga wa jadi alifika kumsaidia, lakini alipata matatizo, alichukua muda mrefu sana hadi kujifungua.



Baada ya masaa mengi kupita, mtoto alizaliwa akiwa amechoka sana na hakulia vizuri. Damu nazo zinamtoka sana Tano, inaonekana kondo la nyuma limegoma kutoka.

Mkunga wa jadi alijaribu kumsaidia lakini hali ilikuwa mbaya sana.

Mume wake akawaita majirani ili wamsaidie kutafuta gari. Baada ya masaa machache majirani walipata gari la kumchukua kumpeleka Hospitalini.



Ilichukua masaa 2 kufika Hospitalini. Dakitari alimchunguza mtoto na kugundua kuwa hakuwa hai tena.

Dakitari pia alimhudumia Tano, na kusema, “Mmemchelewesha sana. Itabidi tutoe kizazi ili tuweze kumuokoa. Hata hivyo anahitaji kuongezewa damu, kwa hiyo tafuteni watu wakutoa damu ili tupate atakaefanana naye kundi la damu.”

Mume wake na majirani hawajui makundi yao ya damu, kwahiyo inabidi damu zao zipimwe, kwa bahati jirani alijitolea damu na Tano alipona.

Hata hivyo iliwagarimu sana kwa vipimo vya dharura na upasuaji. Sasa hawajui watalipaje hizo garama. Wakashindwa kulipa na kujutia kosa lao la kukubaliana na Ushauri wa Nne.



Mama anapokuwa mjamzito, familia yake inapaswa kujadili kuwa:

1. Ni wapi utajifungua.
2. Nani atakuwa msaidizi wako.
3. Kuandaa usafiri.
4. Kuandaa pesa.
5. Kuandaa watu wa kutoa damu.



Mama mjamzito na ndugu zake wanapaswa kujua **dalili za hatari**:-  
Nenda Hospitalini au kituo cha Afya haraka, mchana au usiku,  
**USISUBIRI** endapo utaona dalili zifuatazo:-

- Kutokwa na damu ukeni kwa wingi
- Kifafa
- Kupumua kwa shida
- Homa na kushindwa kutoka kitandani
- Maumivu makali ya kichwa na kuona nyota machoni

Unahitaji kwenda Hospitalini kama dalili hizi utaziona baada ya kujifungua.



Nenda Hospitali au kituo cha Afya haraka endapo utaona dalili zifuatazo wakati wa ujauzito:

- Homa
- Maumivu ya Tumbo
- Chupa kupasuka kabla ya uchungu kuanza baada ya masaa 6
- Kujisikia Kuumwa
- Kuvimba vidole, uso na miguu.

Nenda Kituo cha Afya haraka endapo utaona dalili zifuatazo baada ya kujifungua;

- Kuvimba, wekundu au kujaa kwa matiti au chuchu
- Kukojoa kwa shida au mkojo kutoka wenyewe
- Kuwa na maumivu makali au uambukizo kwenye kinena
- Maambukizo katika eneo la kidonda

Kutoka uchafu unaotoa harufu mbaya ukeni

Nne na Tano:  
Hadithi ya Mimba na Uzazi

09/2014



Yoko Shimpuku & Frida E. Madeni



Asia Africa Midwifery Research Center  
St. Luke's International University  
Akashicho Chuoku Tokyo, 104-0044, JAPAN



Collaborate with Muhimbili University of Health and Allied  
Sciences, Tanzania

Supported by Pfizer Health Research Foundation Research Fund  
Shigeko Horiuchi

# CHECKLSIT CARD



**Date:**       /       / **2018**



**Name:** \_\_\_\_\_

**[Checklist of Your Health Condition]**

Let's look back your feeling in these days.

Do you have any symptoms? If you have any symptoms, how much have you been bothered by any of the following symptoms?

Please make a tick in the boxes.

	Symptom	Nor at all 	Somewhat	Very much 
1	Headache			
2	Nausea			
3	Sleepy			
4	Itchy abdomen			
5	Change dietary preference			
6	Stretch mark			
7	Back pain			
8	Constipation			
9	Leg cramp			
10	Vaginal bleeding			
11	Severe headache with blurred vision			
12	Fits / convulsion			
13	Difficult breathing			
14	Fever			
15	Too weak to get out of bed			
16	Water break			
17	Abdominal pain			

- Please write down anything your thoughts about pregnancy.

1

2

3

4

# CHECKLSIT CARD



**Tarehe:**       /       / 2018

**Jina:** \_\_\_\_\_

**[Hali yako ya kiafya]**

Hembu tuambie jinsi unavyojiskia siku hizi.

Kuna dalili zozote unazozipata? Kama unadalili zozote dalili hizo zinakusumbua kwa kiasi gani?

Tafadhali weka alama ya tick kwenye viboksi vifuatavyo.

	Dalili	Hakuna kabisa 	Kiasi flani	Napata Sana 
1	Kuumwa kichwa			
2	Kichefu chefu			
3	Kusinzia			
4	Muwasho wa tumbo			
5	Kubadili vyakula			
6	Michirizi			
7	Maumivu ya mgongo			
8	Choo kigumu			
9	Misuli ya mguu kukaza			
10	Kutokwa damu ukeni			
11	Kichwa kuuma sana na kuona ukungu			
12	Mwili kukakamaa			
13	Tatizo la kupumua			
14	Homa			
15	Uthaifu hadi unashindwa kuamka			
16	Chupa kuvunjika			
17	Mumivu ya tumba			

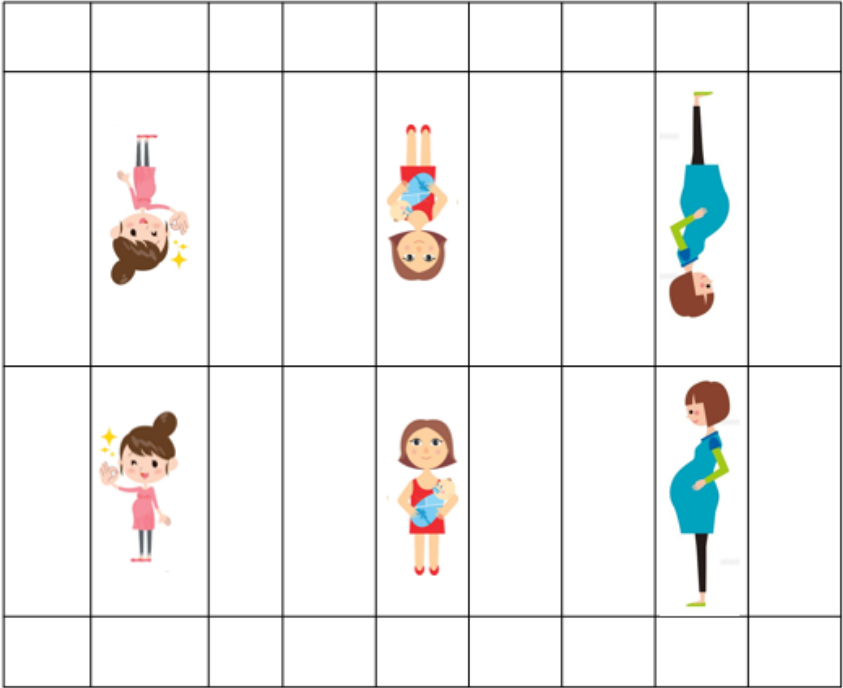
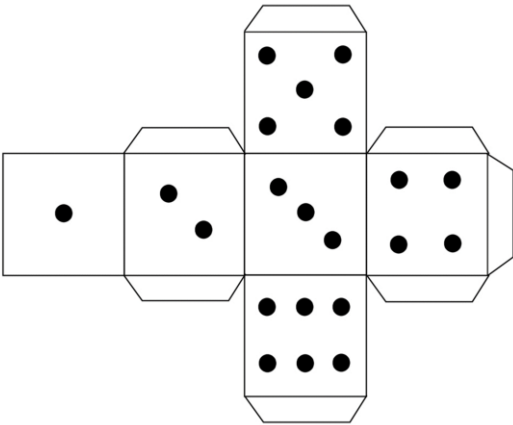
- Tafadhali andika maswali yako hapa chini. Unaweza ukaandika neno moja tu.

1

2

3

4



Card No.	Symptoms	Questions	Answers
1	Nausea and vomiting	Neema (name of pregnant women) feels nausea. What should she do? 1. Go to hospital immediately 2. Ginger might help her.	2
2	Increased urination	The symptom causes your baby pushes down on the bladder. 1. Yes 2. No	1
3	Tiredness	Neema feels tired nowadays. What should she do? 1. Go to hospital immediately 2. Lie on your left side.	2
4	Heartburn	Neema feels heartburn sometimes. What should she do? 1. Eat greasy and fried foods. 2. Go to hospital as soon as possible 3. Eat several small meals instead of three large meals — eat slowly.	3
5	Constipation	Neema feels constipation sometimes. What should she do? 1. Go to hospital immediately 2. Drink eight to 10 glasses of water daily.	2
6	Low back and pelvic pain	Neema feels low back pain sometimes. What should she do? 1. Exercise. 2. Eat fiber-rich foods.	1
7	Stretch marks, Itchy	Neema has stretch marks sometimes. 1. Go to hospital immediately 2. Stretch marks and other changes usually fade after delivery.	2
8	Leg cramps	Neema feels leg cramps sometimes. What should she do? 1. For sudden cramps, flex your foot forward. 2. Go to hospital as soon as possible	1
9	Varicose vein and Oedema	Neema feels oedema with her legs nowadays. What should she do? 1. Rest and elevate her feet. 2. Go to hospital as soon as possible.	1
10	Increased urination	The symptom causes your baby pushes down on the bladder. 1. Yes 2. No	1
11	Low back and pelvic pain	Neema feels low back pain sometimes. What should she do? 1. Exercise. 2. Eat fiber-rich foods.	1
12	Stretch marks, Itchy	Neema has stretch marks sometimes. 1. Go to hospital immediately 2. Stretch marks and other changes usually fade after delivery.	2
13	Tiredness	Neema feels tired nowadays. What should she do? 1. Go to hospital immediately 2. Lie on your left side.	2

Numba ya kadi.	Dalili	Maswali	Majibu
<b>1</b>	Kichefu chefu na kutapika	Neema (jina la mjamzito) anahisi kichefuchefu. Je afanyaje? 1. Aende hospitalini mara moja 2. Tangawizi yaweza kumsaidia.	<b>2</b>
<b>2</b>	Kukojoa mara kwa mara	Dalili hii inasababishwa na mtoto wako kukandamiza kibofu kwenye ukuta wa nyonga. 1. Ndio 2. Hapana	<b>1</b>
<b>3</b>	Uchovu	Neema anahisi uchovu siku hizi. Je afanyaje? 1. Aende hospitalini mara moja 2. Alalie ubavu wa kushoto.	<b>2</b>
<b>4</b>	Kiungulia	Neema anahisi kiungulia mara kwa mara. Je afanyaje? 1. Ale chakula kisicho na mafuta mengi na kisichokaangwa. 2. Aende hospitalini haraka iwezekanavyo 3. Ale chakula kidogo kidogo mara nyingi badala ya kula milo mitatu mikubwa.	<b>3</b>
<b>5</b>	Akupata choo kigumu	Neema anapata haja ngumu mara nyingine. Je afanyaje? 1. Aende hospitalini mara moja 2. Anywe glasi 8 hadi 10 za maji kwa siku.	<b>2</b>
<b>6</b>	Maumivu ya mgongo na nyonga	Neema anahisi maumivu ya mgongo wakati mwingine. Je afanyaje? 1. Afanye zoezi. 2. Ale vyakula vya kambakamba.	<b>1</b>
<b>7</b>	Michirizi ya ngozi	Neema amepata michirizi ya ngozi. 1. Aende hospitalini mara moja 2. Michirizi ya Ngozi itapotea punde baada ya kujifungua.	<b>2</b>
<b>8</b>	Misuli ya miguu kubana	Neema anabanywa na misuli ya miguu wakati mwingine. Je afanyaje? 1. Misuli ukibana ghafla, nyoosha mguu wako mbele. 2. Aende hospitalini haraka iwezekanavyo	<b>1</b>
<b>9</b>	Kuvimba kwa mishipa ya damu ya miguu na kuvimba mwili	Neema anahisi miguu yake imevimba siku hizi. Je afanyaje? 1. Apumzike na anyooshe mguu wake. 2. Aende hospitalini haraka iwezekanavyo.	<b>1</b>
<b>10</b>	Kukojoa mara kwa mara	Dalili hii inasababishwa na mtoto wako kukandamiza kibofu kwenye ukuta wa nyonga. 1. Ndio 2. Hapana	<b>1</b>
<b>11</b>	Maumivu ya mgongo na nyonga	Neema anahisi maumivu ya mgongo wakati mwingine. Je afanyaje? 1. Afanye zoezi. 2. Ale vyakula vya kambakamba.	<b>1</b>
<b>12</b>	Michirizi ya ngozi	Neema amepata michirizi ya ngozi. 1. Aende hospitalini mara moja 2. Michirizi ya Ngozi itapotea punde baada ya kujifungua.	<b>2</b>
<b>13</b>	Uchovu	Neema anahisi uchovu siku hizi. Je afanyaje? 1. Aende hospitalini mara moja 2. Alalie ubavu wa kushoto.	<b>2</b>