



Helping Mothers Survive



## A twinned approach: Combining Helping Mothers Survive and Helping Babies Survive

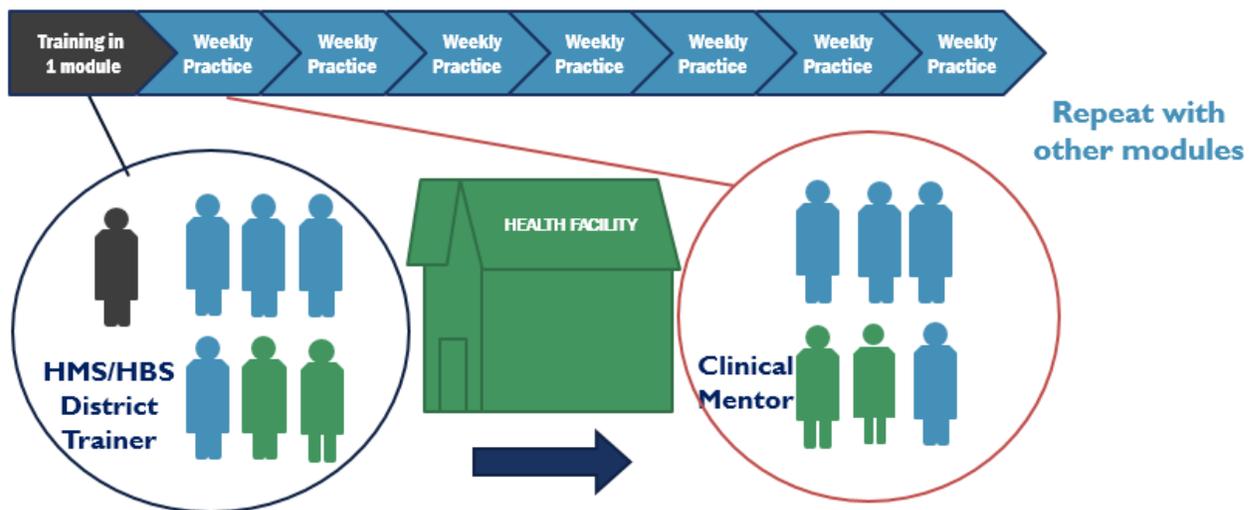
**Helping Mothers Survive (HMS) and Helping Babies Survive (HBS) learning modules** aim to increase essential obstetric and newborn care skills among midwives, nurses, doctors, and others who provide care during labor and birth. HMS and HBS modules consist of a concise, single to-several day facility-based trainings, followed by short, frequent practice sessions to reinforce skills. Often in rural settings, the same provider cares for a woman and her newborn. Therefore, by combining the two programs, health care providers are best able to provide high-quality, life-saving care to both women and newborns at this most critical time. We will use HMS Bleeding after Birth (BAB) and HBS Helping Babies Breathe (HBB) as an example of the twinned approach in this brief.

### Best Practices:

**Master Trainer Workshop-** When planning for a combined HMS/HBS program, for efficiency you can train Master Trainers in BAB and HBB during the same workshop. Begin with the basic courses (for HBS this is called the Provider’s Course, for HMS it is called the Champions Course), followed by training on facilitation support, and then mentor your newly trained Master Trainers during their first delivery of the courses. Mentored trainings can occur during the workshop but it is ideal to have these occur at the health facility level.

**Champion or Provider Course-** When training providers, the literature on effective in-service teaching suggests learning should be consolidated before moving on to new topics to increase learning and retention of knowledge. Therefore, when implementing a combined HMS/HBS program, train providers in one course and have them conduct regular practice sessions and drills for 4 – 8 weeks. Once that phase is complete, train providers in the second module and include regular practice sessions and drills for another 4 – 8 weeks. Depending on the modules chosen, an additional set of practice sessions where clinical areas are combined – such as BAB and HBB – can be implemented.

## Training Schedule for HBS and HMS modules



**For more detailed information on facility-level training, please see the HMS Implementation Guide available at [helpingmotherssurvive.org](http://helpingmotherssurvive.org) and the Helping Babies Breathe Implementation Guide available at [hbs.aap.org](http://hbs.aap.org)!**