

# Activity Report

## **Helping Babies Breathe (HBB) & Advanced Life Support in Obstetrics (ALSO)** **October & December 2025**

### **Name of Training:**

#### **Helping Babies Breathe (HBB)**

Helping Babies Breathe teaches the initial steps of neonatal resuscitation to be accomplished within The Golden Minute to save lives and give a much better start to many babies who struggle to breathe at birth.

Helping Babies Breathe is a growing suite of evidence-based, hands-on programs developed to reduce neonatal mortality in resource-limited environments.

#### **Advanced Life Support in Obstetrics:**

Advanced Life Support in Obstetrics (ALSO) is an evidence-based, inter-professional, and multidisciplinary training program that equips the entire maternity care team with skills to effectively manage obstetric emergencies. This comprehensive course encourages a standardized team-based approach amongst physicians, residents, nurse midwives, registered nurses and other members of the maternity care team to improve patient safety and positively affect maternal outcomes.

This evidence-based program bridges knowledge gaps and boosts skill sets among maternity care providers via hands-on training, group learning, and memorization of standardized mnemonics. Through this inter-professional team-based approach to patient care, communication barriers are reduced among maternity care providers—decreasing errors and minimizing potential negative outcomes.

Since 2004, Juzoor, under license from the American Academy of Family Physicians (AAFP), has offered the Advanced Life Support in Obstetrics (ALSO) training program, which aims to improve the quality of maternity care to women and prevent mortalities and severe morbidity.

### **Date of Implementation:**

During October to December 2025, Juzoor implemented:

- 1- Two HBB courses
  - October 27, 2025
  - December 14, 2025
- 2- Two ALSO courses
  - October 28 & 29, 2025

- December 15 & 16, 2025

**Location:** Palestinian Red Crescent Society – Ramallah/Al Bireh

**Profile of Participants:**

A total of 24 healthcare providers attended and completed the HBB and ALSO courses. Among them, there were 19 females and 5 males, including 15 gynecologists and 9 midwives.

Second HBB & ALSO courses a total of 22 healthcare providers participated and completed the courses. This group included 20 females and 2 males, 11 gynecologists and 11 midwives

Name of Hospital	Participant per Hospital First Course	Participants per Hospital Second Course	Total
Palestinian Medical Complex	5	4	9
Tulkarem	3	4	7
Salfeet	2	3	5
Jenin	3	2	5
Beit Jala	1	2	3
Qalqilia	2	1	3
Rafidia	2	2	4
Alia	4	3	7
Al Mohtaseb		1	1
Toubas	2		2
<b>TOTAL PARTICIPANTS</b>	<b>24</b>	<b>22</b>	<b>46</b>

**Trainers:**

Four certified HBB & ALSO instructors participated in both course.

- 1- Ms. Dina Ismail – Midwife & certified HBB & ALSO instructor.
- 2- Ms. Wafa Al Amleh – Midwife & certified HBB & ALSO instructor.
- 3- Dr. Amani Rajabi – Obstetrician & certified HBB & ALSO instructor.
- 4- D. Ahmad Sarahneh - Obstetrician & certified ALSO & HBB instructor

**Number of training hours:**

First & Second Courses implemented over twenty-four hours of teaching each, case scenarios, practicing skills, and testing.

### **Specific objectives:**

At the end of the HBB course participants will be able to:

- 1- To care for newborns at birth - All babies need to be kept clean, warm, and helped to breastfeed and babies who do not breathe need extra help in the first minute after birth
- 2- Focuses on The Golden Minute when stimulation to breathe and ventilation with bag and mask can save a life. At least one person skilled in helping a baby breathe should be present at every birth.

At the end of the ALSO course participants will be introduced to:

- 1- Safety in maternity care.
- 2- First trimester complications.
- 3- Vaginal bleeding in late pregnancy.
- 4- Shoulder dystocia.
- 5- Assisted vaginal delivery – vacuum
- 6- Malpresentation.
- 7- Maternal resuscitation and postpartum hemorrhage.
- 8- Labor dystocia.
- 9- Pre term labor.
- 10- Medical complications.
- 11- Cases: Eclampsia and cord prolapse.

### **Major outcome:**

- 1- Forty-Six maternity care providers from 10 MoH Hospitals learned the importance of The Golden Minute – clear the airway and stimulate breathing, and updated their skills and knowledge in managing emergencies that can arise in obstetrical care according to the evidence – based, standardized ALSO program.
- 2- Forty-Six maternity care providers passed the written and practical exams, and received a completion card valid for 5 years.
- 3- Four HBB instructors maintained their knowledge and skills.
- 4- Four ALSO instructors maintained their knowledge and skills (in order to maintain the ALSO instructor status, an instructor must teach in a minimum of 3 courses over 5 years.)

### **Evaluation Process:**

The HBB evaluation process consisted of:

- 1- Pre & post knowledge tests.
- 2- Practicing the action plan
- 3- Practicing the skills of bag mask ventilation

The ALSO evaluation process consisted of individual evaluation for each participant of skills and a written test:

- Skills testing on Mega Delivery.
- Written exam. The passing grade is 80 out of 100 for doctors, midwives & nurses.

The AAFP methodology provides for remediation on the spot for participants who scored below 10 grades of the passing score, as the goal of the course is to ensure that the participants come out of the course with the proper skills and knowledge. Care is taken in the practical exam to ensure that each participant is able to display the proper techniques. Participants who scored lower had to study and come back to do the theory and those who failed both the written and the practice were advised to study and redo the whole course.

### **Overall Conclusion:**

HBB and ALSO courses resulted in enhanced clinical and professional capacities among healthcare providers, enabling them to deliver safe, timely, and rights-based health services related to maternal care, and neonatal care. Participants showed improved skills in neonatal resuscitation and obstetric emergency management. Overall, the intervention contributed to higher quality of care, increased readiness among providers to handle life-threatening situations, and better alignment with national health standards.

*HBB & ALSO Pictures – October 2025:*



*HBB & ALSO Pictures – December 2025:*

