

A successful delivery within many challenges

Pema Kenzom is 16 years old girl from Kermi village, Humla. She used to study at Yalbang School and stayed at HCS hostel until grade 7. But she eloped and got married at the age of fifteen in December 2018. She became pregnant when she was just 15 years old. Her parents are also from Kermi Village. Her husband is 27 years old guy who is engaged in agriculture and animal husbandry in Kermi village.

She came to the Kermi Birthing Center on 26th November 2019 with the history of positive pregnancy test in urine test, which she did by herself in her home. Garmu re tested the urine and her pregnancy was positive. Then the midwife provided her calcium, iron and de worming medicines. She also provided her the health education and counseling on the importance of nutrition, rest and sleep, working hours, importance of hospital visits and medicines by using charts and posters. She also provided her Tetanus vaccines when was in 7th and 8th month of pregnancy. She was recommended and sent to Simikot hospital during 5 months of pregnancy for Ultrasound and blood tests by Garmu. Later she came with the reports from Simikot hospital, all the reports were normal but her blood pressure was slightly low.

She was given health education and counseling on importance of hospital delivery during her each visits and regularly.

She was given Expected date of delivery on May 28 2020. After three days missed of her EDD(Expected Date of Delivery) Garmu visited her home and

asked her about the sign and symptoms of labor pain, but there was no such symptoms so Garmu counseled her to come to the Birthing center and induced her labor but her parents and in laws defended it and told that they have experienced of post dated delivery and they said that, may be she is too young to remember her last menstruation date.

Later after two weeks, the labor pain didn't started so our Midwife again visited their home and advised her to visit the district hospital for delivery because it's a

very risk case to handle (because of post dated, young age and low blood pressure). Later, the family visited the Lama and he advised that her delivery would be good in Kermi Birthing center not in Simikot. But due to her high risks, Garmu suggested to go to Simikot but the family insisted to do delivery at kermi.

Then the labor was induced with medicines. After 3 hours of induction of medicines, the labor pain started, the cervix was fully opened at around 7pm but the delivery couldn't be done until 6 am next day. The mother was very exhausted and weak. She was frequently provided soups, warm water and I/V injections. She was so exhausted that she couldn't able to give efforts while contraction of uterus. There was a huge caput formation of her baby and the bay stocked at her vagina, then later, her family was also worried and they



Figure 1 Garmu taking foetal heart rate



Figure 1 Feeding mother as she was very weak because of prolonged labor

were calling for helicopter services. Finally with lots of patience and efforts, the baby delivered. The baby was too big. The baby didn't cry for a minute, finally with suction and rubbings, the baby cried and it was a huge accomplishment for the birthing center. There was a large tear on mother's vagina; it was repaired with lots of care and attention.

This case is successful because of lots of patience of Garmu, frequent consultation with the district doctors and supports from the patient's family. The mother was very weak, so she was kept for observations for 24 hours in our clinic. She was continuously given I/V injections, dextrose and Normal Saline. When she felt little better, she was discharged.



Figure 3 Mid wife teaching how to feed newborn baby

After two days, Garmu visited her home and observed both mother and baby. She did her dressings, did examination of both mother and the baby. And taught them about the hygiene, nutritious diet, rest and sleep etc.

The cute little baby and mother are happy now.



Finally saved these cute Mother and Baby