Comfort Positions for Labour and Birth

Kabedo ma ber in kare me nywal

US AID
FROM THE AMERICAN PEOPLE
SCHOOL OF PUBLIC HEALTH
COLLEGE OF HEALTH SCIENCES

- Administration
- Department of Health Policy, Planning & Management
- Department of Epidemiology & Disease Control
- Department of Population, Family & Reproductive Health
- Department of Community Health
- Department of Biological, Environmental & Occupational Health
- Department of Social & Behavioural Sciences
- Department of Biostatistics

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SCHOOL OF PUBLIC HEALTH
COLLEGE OF HEALTH SCIENCES
UNIVERSITY OF GHANA
DAILY LIFE ON CAMPUS

Daily life on university of Ghana campus is about learning, doing group discussions and having deadline to meet to submit assignments especially if you are a level 400, student.

Class begins at 8:30am in the morning and ends at 4:00pm in the afternoon from Monday to Friday.

After 4:00pm we meet friends in the various hall of residents to eat together and fun, and in the evening go for individual studies.

On Saturday, we wash our clothes and tidy up our rooms to prepare for the upcoming week. Saturday is also a day for fun making and visiting various places on campus.

For us the guys we normal buy local food from the open market that you can get all kinds of foodstuffs.

On Sundays, we go the church.

School of public health premises

From the right is Mawuli who is a Christian and Wubah a Muslim
**Introductions**

Hi! My name is [name], and I am 20 years old. I am from Chicago, Illinois. I am a public health administration major. After graduating, I hope to continue my education and pursue a masters.

[Image of [name]]

My Name is [name]. I am 22 years old and I from Chicago, Illinois. I am a Health Science major at DePaul so become a Doctor.

[Image of [name]]

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**Getting to School**

A common way to get to school is by the El Train (pictured to the right). The trains arrive about every 10 minutes during the day.

Public transportation, known as the CTA (Chicago Transit Authority), also allows students to travel around the city by taking busses.

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**Typical Biology Lecture Class**

We hope you enjoyed a Typical Day at DePaul!

[Image of group of students]

When attending a Science course, it is always important to print out lecture slides because...

- It allows you to easily follow along without having to waste time trying to copy everything you see on the screen.
- Its also important to listen to what your professor is saying and take notes on major key points along the sides of your lecture slides.
All hands on deck to fight against EBOLA.

Please use hand sanitizers and wash hands regularly.
It’s a social tragedy when a teen becomes a mother

Njekia Kaipal

Our world has not been kind to young girls. Many have experienced trauma and violence. We are facing a growing problem, such as for

Who can help?

We are writing a letter to the community leaders to encourage them to help young girls.

Dear community leaders,

We are writing this letter to draw your attention to the plight of young girls in our community. Many young girls are facing various challenges, including violence, sexual abuse, and exploitation.

We want to highlight some of the issues that young girls are facing and seek your help in finding solutions.

1. Violence and Abuse:
   - Young girls are often targeted for violence and abuse. This can be physical, emotional, or sexual.
   - Many young girls are subjected to domestic violence and forced into early marriage.

2. Education:
   - Unfortunately, many young girls are not able to continue their education due to various reasons, such as poverty, family pressure, or lack of support.

3. Employment:
   - Many young girls are forced into low-paying jobs or child labor.

4. Mental Health:
   - Young girls often face mental health issues due to the stress and trauma they experience.

As community leaders, we believe that it is our responsibility to come together and find solutions to these challenges.

We would like to request your help in the following ways:

1. Awareness Campaign:
   - Organize awareness campaigns to inform young girls about their rights and the available resources.

2. Support Groups:
   - Set up support groups for young girls to provide them with a safe space to share their experiences and seek help.

3. Advocacy:
   - Advocate for policy changes that protect young girls from violence and exploitation.

4. Financial Assistance:
   - Provide financial assistance to young girls who need help with education or other essentials.

We believe that together we can make a difference in the lives of young girls. Your support and guidance will be greatly appreciated.

Thank you for your attention to this important issue.

Sincerely,

[Your Name]
DAILY WARD ROUTINE AT NUMEM

1. Physical handing over from night Nurse to day Nurse.
2. Dump dusting.
5. Drug administration (R/o drug).

OUTPATIENT REGISTER (NHS FORM 32)

<table>
<thead>
<tr>
<th>Date of visit</th>
<th>Name of patient</th>
<th>Age</th>
<th>Sex</th>
<th>Address</th>
<th>Diagnosis</th>
<th>Nature of treatment</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 2013</td>
<td>John Doe</td>
<td>35</td>
<td>M</td>
<td>123 Main St</td>
<td>Hypertension</td>
<td>Medical treatment</td>
<td>cured</td>
</tr>
<tr>
<td></td>
<td>Mary Smith</td>
<td>56</td>
<td>F</td>
<td>456 Oak Ave</td>
<td>Diabetes</td>
<td>Medical treatment</td>
<td>stable</td>
</tr>
<tr>
<td></td>
<td>Robert Johnson</td>
<td>23</td>
<td>M</td>
<td>789 Pine Rd</td>
<td>Asthma</td>
<td>Medical treatment</td>
<td>healed</td>
</tr>
<tr>
<td></td>
<td>Jane Brown</td>
<td>40</td>
<td>F</td>
<td>098 Cedar Ln</td>
<td>Arthritis</td>
<td>Medical treatment</td>
<td>cured</td>
</tr>
</tbody>
</table>

Date: [Date]
<table>
<thead>
<tr>
<th>Service</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternity Ward Service</td>
<td>$4</td>
</tr>
<tr>
<td>Admission for Medical Condition</td>
<td>$3</td>
</tr>
<tr>
<td>Delivery (any)</td>
<td>$8</td>
</tr>
<tr>
<td>Caesarean Section-Rupture Of Uterus-Ectopic</td>
<td>$1</td>
</tr>
<tr>
<td>Laboratory Examination (any and all)</td>
<td>$1+</td>
</tr>
<tr>
<td>X-Ray (any)</td>
<td>$2</td>
</tr>
<tr>
<td>Treatment</td>
<td>$1</td>
</tr>
<tr>
<td>Bed Occupancy Daily Fee</td>
<td>FREE</td>
</tr>
<tr>
<td>Individuals</td>
<td>FREE</td>
</tr>
</tbody>
</table>

For any other special service see the price list in the ward.