

Praise Item: Dr. Ruby Cheves and Dr. Larissa Pearlman are OB/GYN doctors from Athens, Georgia. They volunteered at the ZMH maternity ward from May 30 to June 4. Ruby served before at ZMH from 1998 to 2000. It was the first time for Larissa. Thanks to Ruby and Larissa for their help.

Dan and Joan Jones Medical Missionaries in Zambia



July 2016

Praise Item: Bill Wright and Peter Shug are biomed repair techs. Bill is from Boone, NC. Peter is from Orlando, FL. They volunteered at ZMH from May 27-31. This was the fourth time for Bill to volunteer at ZMH. It was Peter's first time. Thanks to Bill and Peter for their help.

ZMH Neonatal Intensive Care Unit (NICU) Update: 6 Premature Babies Who Survived Despite Being Born Too Early



JULIET MAPANI
27 weeks
890 grams
(1 pound 15 ounces)

On January 14, she went into labor and delivered a premature baby girl at home with an estimated gestational age (EGA) of 27 weeks which was 3 months before her due date. The birth weight for the baby was 890 grams which is 1 pound and 15 ounces. She was referred from Kauwe Rural Health Center (RHC) which is 3 hours away from ZMH. On day of life (DOL) #19, the baby developed respiratory failure. An endotracheal tube was placed at 2:00 PM. Her family members took turns squeezing the ambu bag to ventilate the baby for the next 20 hours straight. At 10:00 AM, the breathing had miraculously improved and the ET was removed. On DOL #23, the power went out and there was no diesel in the generator. Without supplemental oxygen for the next 6 hours, the saturation levels for the baby went down to 57%. On DOL #37, the baby was weaned off oxygen. On DOL #56, the nasogastric tube was removed. On DOL #63, breastfeeding was started. On DOL #69, the baby was discharged home on March 23 at a weight of 1,950 grams which is 4 pounds and 4 ounces. This was only the second baby born at less than 1 kg to survive during our time at ZMH.



BEATRICE LIFASI
28 weeks
1,015 grams
(2 pounds 4 ounces)

On March 21, she delivered a premature baby girl at Nakowa RHC with an EGA of 28 weeks which was 3 months before her due date. It was her first pregnancy. The birth weight was 1,015 grams which is 2 pounds and 4 ounces. Her home village is Siamulunga which is 1 hour away from ZMH. Beatrice reported a mass under her left jaw which was growing bigger. She was diagnosed with tuberculosis (TB) of the lymph nodes. She was started on 3 tabs daily of the 4 fixed drug combination tablet for TB treatment. The baby was monitored closely for signs of TB. Due to slow weight gain, the baby was diagnosed with congenital TB. The baby was started on 1/2 tablet of the 3 fixed drug combination tablet for TB treatment. On DOL #54, the baby was discharged home on May 17. The baby weighed 1,952 grams on discharge which is 4 pounds and 5 ounces. The mother and baby will return to TB clinic every month for the next 6 months.



HILDAH SIMWAILE
32 weeks
1,510 grams
(3 pounds 6 ounces)

On March 17, she was admitted to antenatal ward at an EGA of 32 which is 2 months before her due date. She was diagnosed with chronic kidney disease due to the high level of protein on her urine analysis and an elevated creatinine level (kidney function test) of 2.86 mg/dl (normal is less than 1). The diagnosis of superimposed preeclampsia (high blood pressure in pregnancy) was made when her blood pressure reached 169/106. She was given IV steroid injections to accelerate the fetal lung maturity. Her labor was induced. On March 22, she delivered a premature baby girl with a weight of 1,510 grams which is 3 pounds and 6 ounces. On April 15, the baby was discharged on DOL #25 at a weight of 2,002 grams which is 4 pounds and 7 ounces. The blood pressure for Hildah remained high after delivery. She was treated with a medication called candesartan which helps to prevent the progression of kidney disease. The drug was donated by Dr. Robert Ting, a nephrologist in Toronto, Canada. He was at the Christian Medical and Dental Association CME conference in Greece. Robin Crowell, the new PA at ZMH, got the meds from him at the meeting and brought them to Zambia.



INESS CHIYABU
29 weeks
1,205 grams
(2 pounds 10 ounces)

On April 3, she presented with antepartum hemorrhage which means vaginal bleeding in pregnancy. She had been referred from Simwatachela RHC which is 3 hours from ZMH. An ultrasound revealed a placenta previa which means that the placenta had implanted too close to the cervix. The EGA was 29 weeks which was 2 and 1/2 months before her due date. An emergency cesarean section was performed that same day. It was her third cesarean section. It was a baby boy. The birth weight was 1,205 grams which is 2 pounds and 10 ounces. The baby had respiratory distress syndrome which was treated with the Pumani bubble CPAP machine for the first 3 days. On DOL #22, oxygen was discontinued. On DOL #38, the baby was discharged home on May 11 at a discharge weight of 1,980 grams which is 4 pounds and 6 ounces.



VERLYN HAMAUNDU
31 weeks
1,430 grams
(3 pounds 2 ounces)

On April 17, she delivered a premature baby boy at ZMH. The EGA was 31 weeks which was 2 months before her due date. It was her first pregnancy. The birth weight was 1,430 grams which is 3 pounds and 2 ounces. She lives in Zimba. She is a teacher at Nakowa Basic School. On DOL #25, the NG tube was removed and breastfeeding was started. On DOL #32, the baby was discharged home on May 20. The baby weighed 1,920 grams on discharge which is 4 pounds and 3 ounces.



CONCEPTOR SIMABOBOLA
30 weeks
1,370 grams
(3 pounds 0 ounces)

On April 13, she had a breech vaginal delivery of a premature baby girl at ZMH. The EGA was 30 weeks which was 2 and 1/2 months before her due date. The baby weighed 1,370 grams which is 3 pounds. She is from Kauwe village which is 3 hours from the hospital. It was her fifth pregnancy. She had 3 previous premature babies who all died. On DOL #18, the baby developed vomiting. Antibiotic injections were started for possible necrotizing enterocolitis (NEC). On DOL #33, the baby was discharged home on May 17. The baby weighed 1,930 grams on discharge which is 4 pounds and 4 ounces.