Community Maternal Health Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Community Maternal Health is a critical public health domain focused on improving maternal survival, safe pregnancy outcomes, neonatal well-being, and equitable access to reproductive healthcare services. Despite global progress, maternal mortality remains a major challenge in low-resource and underserved communities due to limited healthcare access, lack of skilled birth attendants, poor antenatal care utilization, and insufficient health education. Community Maternal Health Training Course is designed to bridge these gaps by equipping community health workers, caregivers, and frontline healthcare providers with evidence-based maternal health knowledge, emergency response skills, and community engagement strategies.

This program emphasizes antenatal care (ANC), postnatal care (PNC), safe delivery practices, nutrition during pregnancy, high-risk pregnancy identification, and maternal mental health awareness. It integrates modern public health approaches such as digital health tracking, community outreach models, and behavior change communication (BCC) to strengthen maternal and newborn outcomes. By building local capacity, this course contributes to reducing maternal mortality ratio (MMR), improving skilled birth attendance, and enhancing women-centered reproductive healthcare systems in rural and urban communities.

Programme Curriculum

Community Maternal Health Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Improve understanding of maternal and neonatal health fundamentals
2. Strengthen skills in antenatal and postnatal care management
3. Identify and manage high-risk pregnancies early
4. Promote safe childbirth practices and skilled birth attendance
5. Enhance knowledge of maternal nutrition and micronutrient supplementation
6. Build capacity in emergency obstetric referral systems
7. Support family planning and reproductive health education
8. Address maternal mental health and postpartum depression
9. Strengthen community-based maternal health outreach programs
10. Improve infection prevention during pregnancy and delivery
11. Promote use of digital maternal health monitoring tools
12. Develop communication skills for behavior change and counseling
13. Reduce maternal and infant mortality rates through evidence-based interventions

Target Audience

1. Community Health Workers (CHWs)
2. Midwives and Traditional Birth Attendants
3. Nurses and Primary Healthcare Providers
4. Public Health Students and Researchers
5. NGO and Humanitarian Health Staff
6. Maternal Health Program Coordinators
7. Rural Healthcare Volunteers
8. Reproductive Health Educators and Trainers

Course Modules

Module 1: Foundations of Maternal Health

- Overview of maternal mortality and morbidity trends
- Global and local maternal health indicators (MMR, IMR)
- Role of community health systems
- Safe motherhood initiatives
- Maternal health policy frameworks

- **Case Study:** A rural district reduced maternal deaths by 30% after implementing community-based antenatal tracking.

Module 2: Antenatal Care (ANC) Essentials

- Importance of early pregnancy registration
- Routine ANC checkups and screenings
- Danger signs in pregnancy
- Iron and folic acid supplementation
- Birth preparedness planning
- **Case Study:** A pregnant woman identified with pre-eclampsia during ANC visit received timely referral and survived complications.

Module 3: Safe Delivery & Skilled Birth Attendance

- Clean delivery practices
- Role of skilled birth attendants
- Labor monitoring using partograph
- Emergency obstetric interventions
- Infection prevention protocols
- **Case Study:** A trained midwife prevented neonatal asphyxia using timely delivery interventions in a remote village.

Module 4: Postnatal Care (PNC) & Newborn Health

- Maternal recovery after childbirth
- Breastfeeding initiation and support
- Neonatal danger signs
- Immunization schedules
- Postnatal depression screening
- **Case Study:** Early postnatal home visits reduced newborn infections in a community health project.

Module 5: Maternal Nutrition & Lifestyle

- Balanced diet during pregnancy
- Micronutrients and supplementation
- Hydration and energy requirements
- Cultural dietary practices
- Nutrition for lactating mothers
- **Case Study:** A nutrition intervention program reduced low birth weight incidence by 25%.

Module 6: High-Risk Pregnancy Management

- Identifying high-risk conditions
- Hypertension and gestational diabetes
- Anemia and complications
- Referral system activation
- Monitoring and follow-up
- **Case Study:** Early detection of gestational diabetes prevented complications in both mother and baby.

Module 7: Maternal Mental Health & Psychosocial Support

- Postpartum depression awareness
- Stress and anxiety management
- Family and community support systems
- Counseling techniques
- Stigma reduction strategies
- **Case Study:** Counseling sessions improved recovery in mothers experiencing postpartum depression.

Module 8: Community Outreach & Digital Health

- Community mobilization strategies
- Health education campaigns
- Use of mobile health (mHealth) apps
- Data collection and tracking systems
- Monitoring and evaluation tools
- **Case Study:** A mobile SMS alert system improved ANC attendance rates significantly in rural populations.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com