IMPACT REPORT
2017-2018

Concepción Chiquirichapa
Guatemala
Dear Supporters of Maya Midwifery and ACAM:

These past two years have been marked by tremendous growth and outreach of our program. The midwives have incorporated many new skills and are bringing them to places like Las Barrancas, a two hour ride over muddy roads that twist and pitch over impossibly steep mountainsides. They are delivering prenatal, postpartum, and well woman care to marginalized women who would otherwise be left in the care of a poorly staffed health post, with erratic supplies of medications and virtually no equipment or OB-GYN expertise.

We support our ACAM midwife sisters because they are already trusted members of their communities—we work with them to further their development as skilled providers of health care to ensure sustainable long term, community-based care that is culturally grounded and accessible to all.

This expansion of services into remote villages has been made possible by the support of donors such as our board president James Carbone, whose vital support brought us our Toyota Land Cruiser and its new garage. In addition, important grants from the Swinmurn Family Foundation and the Atkinson Foundation support our work on many fronts. Our primary program development and support comes from a foundation, Every Mother Counts, who has played an essential role in the initiation of the mobile clinics program, which began in January 2017.

In addition to all of this support, we would be remiss if we did not acknowledge the many, many gifts large and small that come from our larger circle of friends around the world. Through your purchases of Guatemalan crafts, and your donations to Maya Midwifery International, we have been able to fund the operations of the ACAM Center. We keep our operating costs low. Administrative and fundraising overhead represents less than one percent of our overall budget due to pro bono staff and in-kind donations. Your funds go directly to support the midwives and the program work in Guatemala.

To all of you, we say that “thanks” is too small a word to contain our deepest gratitude. It is truly a privilege to have been able to ‘midwife’ this program since 2001, and to have witnessed the grace and growth of this group of Maya Midwives (ACAM) over these past 17 years. Despite the many obstacles in their path, they are exceeding expectations on every level.

This report contains an overview in photos and statistics of what we have been able to accomplish. Feel proud of what we have been able to do together. And be as excited as we are about what the future holds for ACAM and for midwifery in Guatemala. Just as you have been a key partner in our successes, we count on your accompaniment into an even stronger future.

NICOLE MAY
Executive Director | CNM, MSN, FNP
WHO WE ARE

VISION
A Guatemala where all Maya women and their families can live out their full potential as strong, healthy human beings in a just society.

MISSION
To partner with the ACAM midwives to ensure they have the resources needed to provide high quality, culturally grounded health and wellness care to their communities.

To promote the growth of the ACAM midwives in clinical, leadership and administrative skills so they become a more self-sustaining, autonomous group of women capable of bringing lasting change to their communities and beyond.
What makes us unique?

1. CULTURAL HUMILITY
   We act in accordance with Maya values, seek consensus, and respect cultural norms as the organization seeks to grow and expand its reach.

2. ETHICAL STEWARDSHIP
   We continue our careful ethical stewardship of the human and financial resources entrusted to us.

3. ACAM CENTER
   We are committed to supporting our ACAM colleagues as they set program direction and priorities and make all decisions that affect their future and those of the organization. ACAM is the sole birth center in Guatemala owned and operated by Maya midwives.

Another thing that gives us a lot of power is to speak in Mam, our own language, with our patients because it helps that women have confidence in us. It’s a difference between us and the doctors and nurses in the hospital and health posts.

NANCY, ACAM MIDWIFE
PROGRAM GOALS

- Supporting Maya midwives in clinical skill enhancement.

- Promoting midwifery leadership development, ensuring the ACAM midwives’ ability to assume central advocacy roles locally, regionally and nationally.

- Advocating on behalf of midwifery on a national level. Developing linkages with the professional midwifery school in Guatemala City to ensure a role for all midwives within the Guatemalan Ministry of Health.

- Ensuring competent culturally grounded care. Respecting the best of the traditional practices and combining them with updated understandings of evidenced based care.

- Providing care to women in the Mam-speaking western highlands region, which are areas of economic and social marginalization where there is a lack of skilled providers.

- Delivering a holistic range of services that complement prenatal and birth care such as nutrition, family planning, and cervical cancer screening and treatment programs.

- Facilitating care within the greater health care system to bridge the gap between these marginalized areas and higher levels of care. Advocating for humane treatment of Maya women within the Ladino dominated health care system.
The maternal mortality rate is 95 out of 100,000 in the highly indigenous western highlands region of Guatemala.

According to a 2011 report by the Guatemalan Ministry of Health, the maternal mortality is estimated at 95/100,000 births in the highly indigenous western highlands region. True rates are likely much higher because statistics are very difficult to collect and documentation is poor. To compare, the maternal mortality rate in the United States is 26.4/100,000; in Canada it is just 7.3/100,000.

Mothers in the ACAM catchment area are a high risk during their pregnancies. Pictured above is Ana with her surviving 3 pound twin, who was born preterm at 35 weeks. The pregnancy had been diagnosed by the ACAM midwives using ultrasound at 24 weeks. Read Ana’s full story on Maya Midwifery International’s blog.

ACAM provides care where it is needed most. Women are treated by trusted, Mam-speaking members of their own communities, another distinguishing feature of Maya Midwifery International.

---

IMELDA, ACAM MIDWIFE

We have the opportunity to go out to the rural communities, where we are reaching out to provide services where there is no access to health centers. Only then does one see the reality in which our patients live.
The addition of ultrasound skills to the repertoire of the midwives’ clinical care has profoundly enhanced the lifesaving care they can provide. Building on the foundational course they had many years ago, a volunteer radiologist from the United States led two training courses for the ACAM midwives in 2017 and in 2018. The most recent course incorporated lessons on transvaginal techniques that allow for early diagnosis of potentially fatal ectopic pregnancies and early pregnancy bleeding.

The ACAM midwives have also received family planning training and supplies to support key reproductive services to help prevent close pregnancy spacing so that women and their families have more choices for a healthier future.

“As a midwife at ACAM, I feel important being a midwife who is being able to do ultrasound, attending to women much more adequately... I feel good about being able to learn so many things to serve the community.”

IMELDA, ACAM MIDWIFE

Family Planning Options such as IUDs, implants, natural methods, and birth control pills are provided at little or no cost to women who want them through our partnership with Health Poverty Action (HPA), an international NGO.
CERVICAL CANCER SCREENINGS

Women in Guatemala suffer other health risks outside of pregnancy and childbirth. ACAM midwives are the first Maya midwives in Guatemala to perform life-saving cervical cancer screening and treatment in well attended special screening clinic days at the ACAM center. They plan to reach the mobile clinic communities as well.

The midwives completed a rigorous four month plan of study and subsequent clinical training required to become certified in these procedures.

CERVICAL CANCER BY THE NUMBERS (Cada 100,000 Mujeres)

<table>
<thead>
<tr>
<th></th>
<th>INCIDENCIA</th>
<th>MORTALIDAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAITI</td>
<td>94</td>
<td>54</td>
</tr>
<tr>
<td>NICARAGUA</td>
<td>61</td>
<td>26</td>
</tr>
<tr>
<td>GUATEMALA, MEXICO</td>
<td>40</td>
<td>17</td>
</tr>
<tr>
<td>COSTA RICA, CUBA</td>
<td>24</td>
<td>11</td>
</tr>
<tr>
<td>PUERTO RICO</td>
<td>10</td>
<td>4</td>
</tr>
<tr>
<td>UNITED STATES</td>
<td>8</td>
<td>3</td>
</tr>
</tbody>
</table>

Cervical cancer rates in Guatemala are 5X those recorded in the United States.

This table was used during a presentation at the 2017 cervical cancer screening course by an NGO called Fe en Practica.

The 43 women who came to the first cervical cancer screening day at the ACAM Center in February 2018.
3,793 CONSULTATIONS at the ACAM Center. Midwives provide prenatal care, diagnose vaginal infections using microscopy, prepare herbs for traditional treatments, and use massage therapy to alleviate discomfort.

339 BIRTHS performed by the ACAM midwives. This is more than double the births from previous years due to increased outreach efforts. The local government health center doctor in Concepción now refers patients to give birth at the ACAM Center.

464 ULTRASOUNDS given by the midwives at the ACAM Center. This number of ultrasounds is not counting those provided during the over 1,500 consults done during the mobile clinics.

193 POSTPARTUM VISITS for ACAM patients so far in 2018. This is a new program for Maya Midwifery as of this year. Each woman who births at ACAM or attends the mobile clinics will now get a postpartum home visit in the days following birth.

94 MOBILE CLINICS held in six rural communities with 1,545 consults. Midwives teach about nutrition, coordinate with local officials, and provide prenatal care. Midwives depend on our Toyota Land Cruiser to travel to each location (donated in 2016).

140 SCREENINGS for cervical cancer held at the ACAM center since the midwives completed their training course in Fall 2017. Out of 140 women screened, six have been treated for positive lesions to date. This is a new program.
Thank you to our foundation supporters, including Every Mother Counts, Atkinson Foundation, NewLifeline Foundation, and Swinmurn Family Foundation.

And to all of our individual donors.