

All expectant women should deliver in Hospitals: Eunice Ndathi

By NJOROGE KABURO

Kirinyaga First lady Eunice Ndathi has urged expectant women to always visit health centers and hospitals to seek both antenatal and postnatal care.

Mrs. Ndathi told the women to ensure they always deliver in hospitals and wondered why women would still prefer traditional birth attendants and home deliveries who only put their lives and those of their newborn at risk.

“Those who opt for traditional deliveries should note that those are outdated cultural practices and they increase child mortality,” said Mrs. Ndathi when she visited maternities in different hospitals in Kirinyaga.

She said it was worrying to see in this time and age some women would still prefer to deliver at home with the help of traditional midwives.

“In our hospitals across the county, there are trained birth attendants and so all pregnant women should visit these centers to seek advice which prevent both maternal and newborn deaths.” She added.

Mrs. Ndathi said Physical distance and financial limitations should not be blamed as a constraint to prevent women accessing and using trained attendants assistance and institutional deliveries.

She warned those who seek traditional medical help thinking it is less expensive to change attitude warning that it is dangerous and in most cases ends up costing more than expected.

She said failing to involve expert in delivery of babies in hospitals to would result in the possibility of obstetric fistula cases.

According a Kerugoya-based senior clinical officer who sought anonymity, most women who suffered fistula had failed to seek assistance during delivery causing them to suffer prolonged labor.

“This means that the woman in labor remains in agonizing ache for days before the baby is finally delivered,” said the expert.

“Labor produces contractions that push the baby’s head against the mother’s pelvic bone. The soft tissues between the baby’s head and the pelvic bone are compressed and do not receive adequate blood flow as a result.” Added the medic.

He explained that lack of blood flow causes delicate tissues to die, and where they die holes are created. The holes come between the laboring mother’s vagina and bladder.

They can also be created between the mother’s rectum and vagina.

A woman is therefore left incontinent of urine or feces which makes the women rejected by their husbands since the leakage causes production of a foul smell, which puts many away.

“Fistula patients are often shunned by their partners as it is perceived t is a punishment for women who are unfaithful to their husbands,” Added the medic.

The medic however dismissed that as fallacy and urged women suffering from fistula to visit Kenyatta National Hospital for treatment.

In July last year, the first lady mobilized a group of prominent women from the county, including Devolution Cabinet Secretary Anne Waiguru and Brand Kenya CEO Mary Kimonye, to support the Kirinyaga Health and Wholeness Foundation, which was her own brain-child.

She said the Foundation was on course and promised that the First Lady Margret Kenyatta was expected to deliver the mobile clinic in Kirinyaga County soon.

Mrs Ndathi spoke passionately to nurses and doctors in Kerugoya General Hospital, Kimbimbi Sub County Hospital, Kianyaga Sub county Hospital, Baricho Sub county Hospital, Mutithi Health centre, Kabare Health Centre and Thiba Health Centre.

During her tour, the first lady donated sanitary towels for the pregnant women and new clothes for the new born.

The first lady further appealed to the health workers to pay attention to hygiene in the maternities to ensure no babies lost life as a result of unhygienic grounds.

She commended Baricho Sub-County Hospital workers for maintaining 'a high level of hygiene.'



Kirinyaga First Lady Eunice Ndathi admires a newborn at Kimbimbi Sub County Hospital. She urged expectant women to deliver their babies in hospitals to avoid maternal complications.



Kirinyaga Governors wife Eunice Ndathi donates sanitary towels to women in Kimbimbi Sub County Hospital.



Thiba Health Centre health workers receive sanitary towels from Kirinyaga Governors wife Eunice Ndathi.