

## **Yayasan Bumi Sehat Midwifery Scholarships**

### **Background Information**

According to the World Health Organization, Indonesia has one of the highest maternal mortality rates in Southeast Asia. In addition, complications in pregnancy and childbirth are among the leading causes of death throughout Indonesia. Yayasan Bumi Sehat runs two by-donation health clinics that provide midwifery services, pediatric care, and general medical services to local communities in Bali and Aceh Provinces.

The Yayasan Bumi Sehat clinic in Bali has been running for almost 6 years to provide essential health services to a community that was economically devastated by the Bali bombings in 2002 and 2004. The Aceh clinic was established in early 2005 in direct response to the December 2004 Asian Tsunami to provide essential health services to tsunami survivors and their families. The number of people using these clinics has continued to increase and currently, each clinic provides health care to approximately 1,000 people each month.

In all Yayasan Bumi Sehat midwifery services, peaceful midwifery is at the core. We believe educating future midwives is promoting peaceful birth practices for a peaceful planet. The effect is twofold. First, supporting these women in their education empowers them as individuals, which in turn helps their families and their community. Their achievements mean that they will be seen as positive role models for future generations of women. Second, they are serving women in their community to have peaceful births. The birth experience and the energy around that special time between a mother and her child is something that they will both carry with them for a lifetime, which will affect the energy and peace in their own lives and in turn the energy and peace they bring to the planet.

Given that community demand for Yayasan Bumi Sehat health services is immense, having a continuing supply of well-trained midwives is essential. As such, Yayasan Bumi Sehat has been providing financial assistance to seven young women to ensure they receive a university midwifery degree, and in return she will work for 10 years with Yayasan Bumi Sehat to ensure that local women have access to affordable and peaceful birth services.

The overall increased need for midwives in Indonesia, along with the increasing patient-load of Yayasan Bumi Sehat clinics in Bali and Aceh, requires a significant increase of this program to ensure well-trained midwives are available to do the life-saving and peace-preserving work of Yayasan Bumi Sehat. As such, new young women have been chosen by Yayasan Bumi Sehat as future beneficiaries of this program. Their stories are outlined in Appendix 1.

### **Program Description**

With the ultimate goal of ensuring women in Indonesia have access to peaceful midwifery services and that maternal mortality is reduced, the following objectives have been established for this program:

1. Provide financial assistance to Indonesian women to complete a university midwifery program.
2. Ensure well-trained staff to continue peaceful midwifery at Yayasan Bumi Sehat clinics in Bali

and Aceh, Indonesia.

### **Monitoring and Evaluation**

To monitor the Peaceful Midwifery Scholarships program we will correspond with both representatives of the Universities and the students themselves. Through our correspondence with the school representatives we will monitor the students' grades, attendance and general educational progress, as well as ensure that all school expenses are taken care of. By staying in touch with the students we will be able to make sure that all of their own needs and expenses are being taken care of, and also track their progress through their own words through the blog on [peacefulmidwiferyscholarships.org](http://peacefulmidwiferyscholarships.org). It will be the responsibility of the student to monitor her own expenses and report to us monthly with an itemized list so that we may evaluate the expenses and determine whether the budget we have provided is reasonable.

### **Budget**

A three-year university midwifery program costs an average of USD 15,000 and includes the following cost breakdown:

<b>Item</b>	<b>Percentage of Total Cost</b>
School Fees, Supplies and Books	72 % (\$10,800)
Housing and Food	24 % (\$3,600)
Transportation	4 % (\$600)
<b>Total</b>	<b>US \$15,000</b>

Your contribution will not only support young women to receive a university midwifery education, but will also ensure that well-trained midwives are available to work at Yayasan Bumi Sehat clinics to save lives and to ensure safe and peaceful births for the women of Indonesia for many years to come.

### **Contact Information**

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Sakthi Foundation  
Attn: Peaceful Midwifery Scholarships  
1507 Lone Oak Circle  
Fairfield, Iowa 52556  
[www.sakthifoundation.org](http://www.sakthifoundation.org)

## **Appendix 1: Recipient Information**

Recipients for Peaceful Midwifery Scholarships are chosen by Robin Lim, one of the founders of Yayasan Bumi Sehat, based on the following screening factors:

- Interest in being 'with women' during pregnancy and birth as midwives;
- Demonstrated dedication to academics;
- History of demonstrated interest and commitment to Yayasan Bumi Sehat;
- Willingness to work for Yayasan Bumi Sehat for 10 years after completion of their midwifery degree program.

*The following four women are in their first year of midwifery school:*

### Ni Ary Ekantari

Ary is 18 years old, from Nyuh Kuning village. She lives in a small family compound with her mother, father and one brother. Ary has been fascinated with birth and pregnancy her whole life, and wants to learn as much as she can about midwifery. She spends much of her free time at Bumi Sehat, where she has witnessed many births and learned about potential complications with hypertension in pregnancy, how to take blood pressure and how to prepare and stock births rooms for a delivery. When she is not volunteering her time at Bumi Sehat, she enjoys walking around the village with her friends, reading and listening to music.

### Ni Komong Wirayuningsih

Komong is 18 years old, from Blahbatuh, which is very close to Nyuh Kuning village. She lives with her older sister, 29, and has a 16-year-old brother. Komong has been wanting to work at Bumi Sehat since she was very young. She attended every birth in her extended family and always admired the midwives involved, which made her very interested in becoming one herself. During her time at Bumi Sehat, she has witnessed many births and has enjoyed learning about the Chinese herbs used, specifically Yunnan Baiyao and its multiple uses. In her free time she likes to swim.

### Ni Wayan Ari Rasmini

Wayan is 18 years old, from Nyuh Kuning village. She lives with her mother, father, brother, aunt, uncle and cousin. She has been interested in becoming a midwife since witnessing her Aunt's difficult labor. She wished she had been able to do something for her Aunt that day, and recognized how well the midwife had helped her throughout the labor, which inspired Wayan to want to do the same one day. Wayan has been very involved at Bumi Sehat, especially being a part of the pre-natal clinics held three times a week, in which she participates in palpating babies' positions, checks their heartbeats and listens in when the midwives educate the pregnant women on how best to care for themselves and their babies. In her free time, Wayan likes reading and walking.

### Ni Wayan Sudarmini

Wayan is 18 years old, from Nyuh Kuning village, where she lives with her mother, father, two sisters ages 16 and 14, her grandparents and an aunt and uncle. She wants to become a midwife to help women in her village. She recognizes all the hard work and dedication that comes with being a midwife, and says she feels ready to take on the challenge. Wyu has been active at Bumi Sehat, witnessing births and helping at the pre-natal clinic, where she assists the midwives with equipment and practices checking the babies' positions and heartbeats and checking patients' blood pressure. In her free time she loves eating, swimming, walking and reading novels.

*The following two women are in their second year of midwifery school:*

Dahlia

Dahlia is 21 years old and lives just outside of Meulaboh in Aceh. She lives with her husband, mother, older brother and younger sister. She and her husband have one child. Dahlia wants to gain midwifery skills so that she can help to improve women's and children's health in her community. She also enjoys reading and baking and spending time with her family. Dahlia begins her second year at STIKES Aceh in September 2009.

Yeni

Yeni Maulia is 19 years old and lives in Meulaboh in Aceh. She lives with parents and 3 younger sisters (two age 4 years and one age 12). Yeni aspires to be a midwife because she wants to help people in need. In her spare time, Yeni enjoys reading books and drawing. Yeni begins her second year at STIKES Aceh in September 2009.

## **Appendix 2 - Project Inspiration**

Suastini's Story: How a free education transformed the life of one Indonesian women and contributes to a peaceful planet.

*Ni Made Suastini* is the initial Peaceful Midwifery Scholarship recipient, who will be finished with her midwifery degree in the summer of 2010.

Suastini was born July 20th, 1980 in Nyuh Kuning, a small village in Bali. She was welcomed in this world by her mother, Ketut Nyelem and father, Ketut Dawig, both wood carvers, and one older sister. Suastini lived a simple life with her family, and wouldn't even experience life with electricity until her 10th birthday, when each family had one 10-watt light bulb in their home, connected to a shared extension cord running into the village.

In Balinese Hindu culture, a boy is hoped and prayed for with each pregnancy. Boys will remain part of the family compound for life, providing for the family. Conversely, girls are not as celebrated. They will eventually marry and leave their family and live and raise their children with their husband's family. It is seen as unlucky not to have a boy, and the reality often means that without a boy there will be financial hardship in the future.

After Suastini, another sister was born. And so, with the next pregnancy, the hoped-for boy arrived. Suastini finished her 8th grade education, but then dropped out of school because her parents were unable to pay for high school. For 2 years she worked to help support her family. During this time, her younger brother was admitted to the hospital for an illness. He died in the hospital from a fatal allergic reaction to penicillin. The family was devastated to lose their only son.

Ibu Robin was the village midwife in Nyuh Kuning who lived in the same family compound as Suastini's family. She saw something special in Suastini and simply asked her if she wanted to go back to school. She did. Ibu Robin was able to find the money for her to go back to school from Bali Hati, a foundation in Denpasar.

There was a catch. Suastini had to travel outside the village everyday to go to high school. This meant she had to learn to ride a bicycle. Ibu Robin remembers seeing Suastini come home from school with bleeding knees and tears in her eyes from falling off her bike when she was learning to ride in those early days of starting school. And she would keep getting back up on that bike, everyday. It was so hard for her, but she was so incredibly motivated. She persevered with the support of her family, Ibu Robin, and the village behind her.

Suastini graduated from high school, and did exceptionally well. So well in fact, that Bali Hati sponsored her for university training. She went to nursing school and got a degree in nutrition over 3 years. During these years at university, her sisters both got married and moved in with their husband's families. With Suastini being the only child at home, and most highly educated of her family, she was depended on as the sole provider for her family.

The family wood carving business was not doing well. The first Bali bombing in 2002 caused a drastic decrease in their income. As Suastini said, "before the bombing it was not necessary to go to university, because you could make enough money from wood carving. Everything changed after the bomb." The tourism industry dropped drastically, and for families reliant on tourism for income, so did the money. This only worsened after the second Bali bomb in 2004 followed by the devastating tsunami in Aceh the same year. The family was grieving and worried about their future.

During her breaks from school, Suastini spent all her time volunteering at Bumi Sehat, and assisted birth after birth with Ibu Robin. After graduation from nursing school, she was planning on being a nutritionist at Bumi Sehat, but with all her time spent side by side with Ibu Robin, she felt her true calling to be a midwife. Ibu Robin had seen this special potential in her all along. Bumi Sehat sponsored her midwifery training at Tribuana Tunngadewi University in Malang, Indonesia.

This time, Suastini had to learn to ride a motor bike to get to her university. Thankfully, no scraped knees and tears this time. She enrolled in a 4-year program, and will have her master's in nursing when she is done. The first 3 years are midwifery training, which are already complete. The 4th year of training allows her to become a professor of midwifery and train future generations of midwives. When she is done with school, she will be the most educated woman in her village.

Her education at Bumi Sehat has been worldly experience, surrounded by her fellow Indonesian midwives and volunteer midwives from around the globe, each bringing their unique perspective on birth. She has learned the strengths of both East and West practices and delivers compassionate, competent care.

In her own words, Suastini says she has three main goals for her life, “first, to be a good midwife; second, to be a mother figure for the women in my village; and third to make money to support my family.” She wants to “change the opinion that you don't just become a midwife to make money, you do it because you have a heart.”

“I want every woman to wake up!” She wants them to realize “women can get educated and help their family.” A strong message of empowerment, from a courageous role model, Suastini. This shows what educating one woman has the power to do; how far reaching that ripple effect can go.

### **Appendix 3 - What is Peaceful Midwifery?**

Those of us with a relationship to the birth experience - whether personal or professional - recognize its power. How a woman experiences birth can have an extraordinary ripple effect through her family, her village, her nation and even the world. When women around the world are cared for by skilled and compassionate caregivers using peaceful practices, the power of birth can transform everyone touched by the birth experience. Every birth, every day, has the potential to create peace on Earth. A midwife holds the space for one woman and baby as they move through the journey of birth to life into the world. Birth may be a short journey, but the love and energy experienced through that process stays with a mother and her child for a lifetime. Peace on earth begins with birth.

The peaceful birthing approaches that lead ultimately to a peaceful planet are:

- Competent and compassionate care.
- Recognizing that each birth is unique. Focusing on human-to-human interactions and assessing individual and cultural needs.
- Focus on education and prevention, and the use of intervention only when necessary and appropriate.
- Always on a path of discovery, learning and educating as a peace practitioner.
- Acknowledging, accepting and appreciating other perspectives and interpretations of peaceful practices.
- Holding the space for each woman to make informed choices about her birth
- Combining the strengths of both Eastern and Western medicine to create a One Planet practice.

We firmly believe anyone who interacts with a mother and child—nurses, doulas, obstetricians, students, anesthesiologists, radiologists, acupuncturists, pharmacists, nutritionists, homeopaths, pediatricians—can be a peaceful practitioner. It follows that peaceful birth can happen anywhere: hospitals, birth centers or at home.

#### How does Yayasan Bumi Sehat promote peaceful practices?

Yayasan Bumi Sehat believes in the Power of Three: Culture, Nature and Science. Our midwives are skilled at reducing the incidence of cesarean birth. We use safe, sustainable natural protocols to turn breech babies, induce labor when necessary and we offer water births to reduce pain. We also delay the cutting of the umbilical cord to optimize infant health. In order to bring together Eastern and Western practices to ensure a One Planet approach, Bumi Sehat works with hospitals and surgeons, as well as with Eastern medicine practitioners and local birth attendants.

In addition to providing kind, hygienic, health services for whatever small donation patients offer, all of our programs are developed with the understanding that most of our patients live below the poverty line. We provide vitamins, teach nutrition during prenatal appointments to reduce childbirth risks, and ensure that breastfeeding is well established to lower the infant mortality rate. After the baby's birth, mom and baby are taken home in our vehicle, rather than risking the dangers of riding on their motorcycles or walking home. Families who have no resources with which to even buy basic clothing, blankets, or toothbrushes can depend upon Bumi Sehat for these items. Here at Yayasan Bumi Sehat we implement social programs today in order to work towards a brighter future for Indonesia's poor.