Empowering Midwifery in Egypt: Collaborative Training for Improved Maternal and Neonatal Care

Dr Ahmed Moustafa, Dr Amina El-Nemr

Introduction

Midwifery plays a vital role in ensuring safe maternal and neonatal outcomes.
In Egypt, however, the professional role of the midwife does not formally exist. Instead, maternity nurses—who are highly educated and well-trained in maternity care—assist with perinatal care, while doctors are expected to manage all aspects of delivery and perinatal care, including straightforward pregnancies and vaginal births. This system places an unnecessary burden on physicians, contributing to workforce shortages and inefficiencies. Despite the strong clinical potential of maternity nurses and a clear opportunity for healthcare leadership to develop this field, Egypt continues to face a critical gap in midwifery services.
This project aimed to address that gap by strengthening midwifery capacity through an evidence-based training program delivered via international collaboration. The ultimate goal was to lay the groundwork for an integrated midwifery system and to improve the quality and sustainability of maternity care across the country

Objectives

- To address the absence of a formal midwifery profession in Egypt by empowering highly educated maternity nurses through targeted, evidence-based training.
- To reduce the burden on doctors by enabling maternity nurses to safely manage low-risk pregnancies and deliveries and enhance the overall efficiency of maternity services.
- To introduce international best practices in midwifery care through collaboration with UK-based experts.
- To build the foundation for a sustainable and scalable midwifery model that can be integrated into Egypt's healthcare system.
- To explore the potential of this model in supporting both local maternity care and addressing midwifery shortages in the UK.

Design and Methodology

Design: Capacity-building initiative funded by a £1,500 British Medical Association (BMA) grant and Mansoura University offered the stay, and training facilities.
Phase 1: Presentation at the *International Nursing Conference, Mansoura University*, raising awareness of the midwifery gap in Egypt.
Phase 2: A **one-week training program** for **30 midwives and maternity nurses** across Egyptian hospitals.
Co-led by a UK-based midwife.
Focused on:
Labor and delivery management.
Neonatal care protocols.
Emergency obstetric response.
Sustainability Plan: Future integration into midwifery and nursing school curricula.

Results

We conducted pre- and post-training questionnaires, and the results were highly positive and encouraging

- 95% of participants reported a deeper understanding of the midwifery role and greater insight into the UK midwifery system, with many identifying elements that could be adapted to the Egyptian context.
- Participants expressed increased confidence in implementing evidence-based practices.
- Enhanced clinical skills were observed during labour management and neonatal care simulations.
- Both participants and hospital administrators strongly supported expanding the program nationwide, recognizing its potential to elevate maternity care standards.

Conclusion

This project demonstrates the power of collaborative, targeted training in transforming midwifery care in resource-limited settings. Combining international expertise with local needs led to measurable improvements in confidence and competence, which in turn contributed to better potential clinical outcomes.. Scaling this model across Egypt could substantially strengthen maternal and neonatal care systems.

Future Plans & Potential

- **Expansion of Training Programs**: Plans to conduct additional hands-on training sessions across Egypt to reach more maternity nurses and midwives.
- **Strengthening Collaborations**: Develop further partnerships with international experts, academic institutions, and healthcare organizations.
- **Pursuing Funding Opportunities**: Seek ongoing support through grants and sponsorships to sustain and scale the initiative.
- **Long-Term Support & Mentorship**: Establish continuous professional development and follow-up programs, potentially supported by the Royal College of Obstetricians and Gynaecologists (RCOG) and Royal College of Midwives (RCM).
- **Online Learning Integration**: Explore user-friendly online training platforms to increase accessibility and flexibility for participants across the country.

Unlocking Workforce Potential

Maternity nurses in Egypt receive **high-level education and advanced training** in maternity care. With their strong foundational knowledge, even brief, targeted training can prepare them to align with NHS standards. This represents a valuable opportunity—not only to strengthen maternity services in Egypt but also to support the UK in addressing its **ongoing midwifery workforce shortages** through international collaboration.

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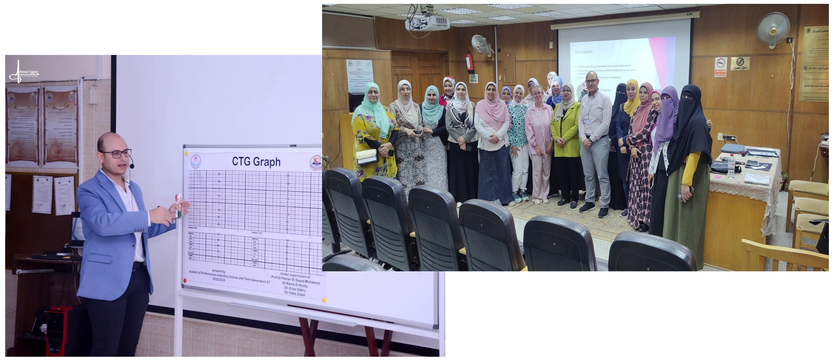

Dr. Ahmed Moustafa
Senior clinical fellow of obstetrics and gynaecology,
Contact email: ahmed.moustafa1@nhs.net
Prof. Dr. Amina El-Nemr
Prof. of women's health and midwifery, Faculty of nursing, Mansoura university

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