

CURRICULUM VITAE

Name : **Helen Dzameshie**
Nationality : Ghanaian
Date of Birth : 10th May, 1987
Gender : Female
Marital Status : Married
Languages Spoken : English, Ewe, Twi, Krobo And Ga
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PERSONAL PROFILE

I am a passionate and dedicated midwife with Bachelor of Science in Midwifery with over seven years of experience in providing high quality and exceptional maternal and neonatal healthcare in underserved rural communities. Committed to provide exceptional care to women during pregnancy, labour delivery, the postnatal period and family planning. Expertise in prenatal care, childbirth support, and postpartum care, with strong focus on patient education, safety, and emotional well-being, highly skilled in conducting spontaneous vaginal delivery, and offering family-centred care including communities outreaches. Contributing my clinical skills and passion for maternal health in a dynamic healthcare team. Seeking recognition to highlight the importance of rural midwifery and motivate others in the field.

PROFESSIONAL SUMMARY

- Skilled in antenatal, intrapartum, postnatal care and family planning services.
- Strong advocate for maternal and new-born health.
- Experience in conducting home visit and community sensitisation.
- Skilled in emergency obstetric care referral system.
- Training of community health nurses and enrolled nurses in identifying obstetric emergencies and prompt referrals.
- Committed to save motherhood and respectful maternity care.

PROFESSIONAL EXPERIENCE

MIDWIFERY OFFICER

SEKESUA HEALTH CENTER

2020 – Date

- Provide comprehensive care to expectant mothers through all stages of pregnancy, labour, and postpartum period and rendering family planning services.
- Conduct routine prenatal visits, assess maternal health, and monitor fetal development to ensure a safe pregnancy.
- Conducts spontaneous vaginal deliveries, including providing emotional and physical support during labour, delivery and the post-natal period.
- Offering breastfeeding education and new-born care to new mothers, ensuring the transition to motherhood is smooth.
- Participate in multidiscipline team meetings, collaborating with other healthcare providers to provide holistic care.
- Conducting outreach services to communities in the catchment areas without midwife.

SISIAMANG YITI CHPS

MIDWIFE

2019 - 2020

- Provided prenatal care, identify and promptly refer any complications and monitored health indicators for decision making.
- Conducted spontaneous vaginal deliveries and provided immediate postpartum care to mothers and new-borns.
- Delivered educational sessions to expectant mothers and families on childbirth, new-born care, breastfeeding techniques and family planning.
- Managed and supported mothers through labour, helping them with pain relief, emotional support, and birth plans.
- Supported the implementation of birthing plans and ensured a safe and comforting environment during delivery.

ACHIEVEMENTS

1. I work in Sekesua Health Center in the Upper Manya District which is one of the deprived districts in Ghana and the only midwife rendering antenatal care, postnatal care, family planning services, monitoring Labour and conducting deliveries for the past five (5) years with zero preventable maternal death.

The main language spoken by the people is Dangme (Krobo). To prevent the language as a barrier between my service deliveries to the people in the Upper Manya Krobo District, I have learnt their language and can communicate with them without needing a third party, hence maintaining confidentiality.

2. As the only midwife at the health centre, I still render antenatal care, postnatal care, family planning services to the clients, monitor and conduct deliveries even when on annual leave due to the passion and dedication I have for my job.
3. The implementation of the Mama – Papa Class, which involves pregnant women and their husbands/partners unlike the pregnancy school which is only for pregnant women has helped in getting the husbands or partners who are the sole decision makers to get involved in discussing deliberate and receiving health information such as preconception care, prenatal care, labour delivery, postnatal care and family planning directly from the midwife and helps the husband/partner ask every questions on their minds and leave with right information which they share with their friends hence becoming agents of change.
4. My active involvement of the community health committee has made it easy for early and interventions for client with high risk pregnancies.
5. During labour and delivery, I allow women to come to the labour ward with a support person of their choice which mostly includes their husbands/partners and allow them assume their preferred choice of position during delivery which includes lying on a well prepared floor and not necessarily using the lithotomy bed (delivery bed) which some say they are scared of and not used to.
6. Tracing of defaulters through home visits and phone calls with personal airtime and data, and rendering free family planning services for both adults and adolescents.
7. Since relatives have a challenge of getting hot water for their mothers after delivery, I took it upon myself to prepare hot water for them from home when there is power outage, so client relatives don't have to bother themselves carrying hot water on their heads all the way from their various homes.
8. I accompany clients that I have referred in the middle of the night carrying babies that are below one year old.
9. I identify clients with high risk pregnancies and do prompt referrals to the hospital.
10. Organizing outreach services to communities with no midwife.
11. With my good interpersonal relationship with the district hospitals, I call staff of hospitals which includes heads of the various units and the medical superintendent to render holistic care to my clients.
12. with my passion and dedication towards my profession, on the 16th June, 2025 whiles on my annual leave, I was called on phone by a community member working on his farm to come and assist deliver a pregnant woman who he saw from afar walking through the farm route towards the health facility but could no longer make it. I hurriedly rushed to the facility to get necessary instruments and safely conducted the delivery in the farm and assisted the client and her new born baby to the Health facility for further care and hence was rewarded with a brand new VGL Motor Bike and One Thousand, Ghana Cedis (GH¢1,000.00) from the Krobo Support Group on the 3rd July, 2025.
13. To contribute my quota to reducing and preventing maternal deaths, I am quick to respond to labour cases at odd hours and at odd places.
 In 2019 at Sisiamang CHPS where I worked as a newly posted staff midwife, I was called at 1:00am at an outskirt of the community to help deliver a retained placenta which was successful and mother and baby brought to the health facility for further monitoring and discharged the following day.
 In 2021 at Sekesua health center, I was again called at 3:00 am to attend to a client who has delivered on the street of Sekesua whiles she and her mother were walking to the health center when she got into labour.
 Same year, I was again called to duty to attend to a client who according to her has had a precipitate

labour and baby came at home.

Then there was a case of delayed second twin which I delivered in a taxi on our way to the Hospital when I was called at 2:30am to assist conduct the delivery at home.

On the 20th May, 2022, a client came to deliver at the health facility and placenta had remained so I was asked to refer the client to the Eastern Regional Hospital – Koforidua, because there was no Anesthetics available at Asesewa Government Hospital (My District Hospital). Unfortunately for us our taxi broke down at Nkurakan in the middle of the night at about 10:30pm to 11:00 pm with no vehicle in sight and client was bleeding profusely.

Luckily for us we saw a taxi approaching and had to plead with the police Officer at the check point to help us get the taxi. The Police Officer pleaded with the passengers on board and we got access to the taxi and safely transported the client to the eastern regional hospital to be attended to and mother and child were saved.

STUDENT MIDWIFE (INTERNSHIP)

Koforidua Regional Hospital

2018

- Gained hands-on experience by assisting licensed midwives in providing prenatal, delivery, and postpartum care.
- Participated in prenatal assessments, performing routine exams, and offering emotional support to pregnant women.
- Observed, assisted and conducting deliveries during labour and birth, gaining experience in clinical procedures.
- Observed, assisted and rendered family planning services to clients.

EDUCATION

Bachelor of Science in Midwifery

Kwame Nkrumah University of Science and Technology – Kumasi

June, 2024

- ✓ Relevant Coursework: Obstetrics, neonatal care, maternal health, pharmacology, emergency obstetric care among others.

Diploma in Midwifery

University Cape Coast

September, 2019

- ✓ Relevant Coursework: Obstetrics, neonatal care, maternal health, pharmacology, emergency obstetric care among others.

Nursing and Midwifery Training College - Atibie

Certificate in Midwifery

December 2017

Community Health Nursing Training School – Ho
Certificate in Community Health Nursing
2009

Sogakope Senior High School
General Science
2006

PROFESSIONAL DEVELOPMENT

❖ Clinton Health Access Initiative(Chai) /DKT	Comprehensive Abortion Care	2024/205
❖ Director’s representative	Koforidua	2024
❖ GOG/UNFPA 8 th Country Programme	Life Saving Skills	2024
❖ UNFPA	Long Acting Reversible Contraceptive	2022

LANGUAGES

English, Ewe, Akan, Dangme, Ga,

REFERENCES 1

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REFERENCES 2

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Sub-District Head
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