



OBSTETRICS AND GYNECOLOGY IN KENYA

(From: The Indiana-Kenya Partnership, [Gazeti, Fall 2009 Issue](#))



Over the years, Indiana University has maintained a strong, full-time presence in Medicine and Pediatrics for AMPATH in Kenya. We are

excited to now complement that focus with a full-time presence in Obstetrics and Gynecology. **Dr. Sierra Washington** has joined our team in Eldoret to lead our efforts on the part of the IU Department of OB/GYN.

Sierra received her bachelor's degree from Stanford University and obtained her MD from Harvard and her Master of Science from the London School of Hygiene and Tropical Medicine. She finished her residency training in OB/GYN and Reproductive

Services at the University of California at San Francisco last year and she has extensive experience working in infectious disease in Africa, both in Zambia and Cameroon.

Sierra was recruited to IU by Dr. Lee Learman, the current chair of the IU Department of Obstetrics and Gynecology, who is excited to be putting the support of the department behind AMPATH. Lee recognized her talents and interests as being assets to both IU and AMPATH. Sierra will be helping to develop the OB/GYN residency program in global health issues as well as creating a new elective in Kenya for IU students who have an interest in OB/GYN and Maternal/Child Health in developing countries.

While Sierra is on the ground in Kenya for the next two years, she will be working collaboratively with OB/GYN doctors from the University of

Toronto and from Kenya. Together, they will develop a continuum of care for obstetrics and gynecology. This care will start in the homes and rural villages and continue to the health centers, district hospitals and the new [Riley Mother and Baby Hospital in Eldoret](#).

Sierra and her U of Toronto and Kenyan counterparts will work with all levels of health providers, from traditional birthing attendants to community health workers, nurses, clinical officers and medical doctors, in order to reduce infant and maternal morbidity and mortality. They will lead research efforts to find answers to questions that are pertinent and relevant to the health of Kenyan woman and children and will work to train the next generation of leaders and health providers.

THE GIFT OF HOPE

Dr. Bob Einterz, General Internal Medicine, recently gave a presentation at this year's District V Annual Meeting about the incredible impact the Indiana-Kenya Partnership has had on the lives of Kenyans. One young woman's story was particularly moving. She came to the clinic deathly ill requesting only "to live so that I can take care of my children." Her husband had already died of AIDS and she did not want her children to become one of the thousands of AIDS-related orphans in Africa. It was a mother's plea for hope that regardless of nationality we all can understand. Through the Indiana-Kenya Partnership this woman's life was saved and so have over 75,000 other mothers, fathers, and children.

Of course we already knew this because not only have several of our own faculty traveled to Kenya but we now have a new member of our faculty, **Dr. Sierra Washington**, permanently stationed in Eldoret. However, despite

(continued on pg. 2)



INDIANA UNIVERSITY

DEPARTMENT OF OBSTETRICS AND GYNECOLOGY
School of Medicine

Hope

all their successes, there is still the ever present need for resources in order to provide basic patient care and train Kenyan medical students and residents. In order to assess this need, the Department of Ob/Gyn recently contacted Dr. Washington and asked her for a "wish list" for both her patients and learners. It was shocking how fundamental their needs really are and it makes one pause and reflect on all that we take for granted. Dr. Washington's clinic needs items such as: Monsel's solution, silver nitrate, (2) insulated speculums (approximately \$600 apiece), sutures, scissors, scrub brushes for hand washing and even money for women with DVTs who cannot afford anticoagulation therapy. For her learners

she would like them to have pocket edition "redbooks" (approximately \$20) and pregnancy wheels.

Therefore, in order to help Dr. Washington the Department of Ob/Gyn has asked the IU Foundation to set up a special Ob/Gyn subaccount fund that will only be used for Ob/Gyn program needs. Over the next two holiday months we are asking the Ob/Gyn faculty, staff, residents, and alumni to consider making a 100% tax deductible donation to one of two Ob/Gyn specific accounts.

1) "Kenya OB/GYN" (in memo portion of your check) to be used to purchase equipment/educational material, or 2) "Humanitarian Fund" (in memo portion of your check) to be used

by Dr. Washington to purchase such things as medication for patients or pay for transportation from remote villages to the clinic.

All checks should be made payable to "IU Foundation- Kenya Program" and sent to: IU Foundation- Kenya Program, PO Box 660245, Indianapolis, IN 46266-0245. At the end of the year the IU Foundation will send you a letter that can be used for tax purposes. If you have any question, concerns, ideas, or you would like your donation to be used for a specific piece of equipment or purpose please contact Dr. Mark Di Corcia at mdicorci@iupui.edu or 317-278-5967.

IN PRINT

Congratulations to **Drs. David Hass** and **Alan Golichowski**. Their paper on tocolytic therapy was published in *Obstetrics and Gynecology* and appears in the November-December 2009 issue of *ACOG Clinical Review*.

"Tocolytic Therapy: A Meta-Analysis and Decision Analysis"

Haas, David M, MD, MS; Imperiale, Thomas F. MD; Kirkpatrick, Page R. Klein, Robert W., Zollinger, Terrell W. DrPH; **Golichowski, Alan M. MD, PhD.**

OBJECTIVE: To determine the optimal first-line tocolytic agent for treatment of premature labor.

METHODS: We performed a quantitative analysis of randomized controlled trials of tocolysis, extracting data on maternal and neonatal outcomes, and pooling rates for each outcome across trials by treatment. Outcomes were delay of delivery for 48 hours, 7 days, and until 37 weeks; adverse effects

causing discontinuation of therapy; absence of respiratory distress syndrome; and neonatal survival. We used weighted proportions from a random-effects meta-analysis in a decision model to determine the optimal first-line tocolytic therapy. Sensitivity analysis was performed using the standard errors of the weighted proportions.

RESULTS: Fifty-eight studies satisfied the inclusion criteria. A random-effects meta-analysis showed that all tocolytic agents were superior to placebo or control groups at delaying delivery both for at least 48 hours (53% for placebo compared with 75–93% for tocolytics) and 7 days (39% for placebo compared with 61–78% for tocolytics). No statistically significant differences were found for the other outcomes, including the neonatal outcomes of respiratory distress and neonatal survival. The de-

cision model demonstrated that prostaglandin inhibitors provided the best combination of tolerance and delayed delivery. In a hypothetical cohort of 1,000 women receiving prostaglandin inhibitors, only 80 would deliver within 48 hours, compared with 182 for the next-best treatment.

CONCLUSION: Although all current tocolytic agents were superior to no treatment at delaying delivery for both 48 hours and 7 days, prostaglandin inhibitors were superior to the other agents and may be considered the optimal first-line agent before 32 weeks of gestation to delay delivery.

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RESIDENT INTERVIEW PROCESS

In an effort to standardize our interviewing process for new resident candidates, **Dr. Mary Abernathy** has assembled a team to create targeted and defined questions. This is a concept known as **behavioral interviewing** and aims to help us seek out those individuals with the traits that will make them successful house

officers. Questions are being crafted to elucidate concepts like stress management, respect and altruism, self-reflection, teachability, enthusiasm, durability and the pursuit of excellence. We anticipate interviewing almost 90 candidates and this new process will help standardize our evaluations as well as help us seek

out people who share our passion, mission and vision for training the best possible obstetrician/gynecologist that we can. Please feel free to contact Dr. Abernathy if you have any specific questions about this exciting new program.

THIS AND THAT

Kudos to **Dr. Mark Di Corcia**, Vice Chair for Education. He has been asked to review manuscripts for one of his disciplines top tiered journals, *Health Communication*.

Likewise, **Dr. Richard Hansell**, Professor of Clinical OB/GYN has been asked to review articles for the *European Journal of Obstetrics and Gynecology*.

The Coleman Center and IU Simon Cancer Center would like to recognize **Cara Nutter**, Senior Insurance Coordinator. Cara has been with IU Womens Healthcare for 8 years and she was promoted to Senior Insurance Coordinator in 2004. She does a wonderful job of juggling the pre-op testing and coordinating benefits to make sure everything goes as planned. We are very pleased that Cara is part of our team.



Coordinator. Cara has been with IU Womens Healthcare for 8 years and she was promoted to Senior Insurance Coordinator in 2004.

Congratulations to **Jennifer Smith**, Financial Counselor, Coleman

Center, and her husband Kevin on the arrival of their son, **Kyler David**. Kyler was born on October 11th. Jennifer and her husband also have a daughter, **Kierstyn**.

On October 12, the IU National Center of Excellence in Women's Health welcomed our new Project and Volunteer Coordinator, **Mechele Hodge**. Mechele has already demonstrated a high level of program management experience and has stepped up to the plate with confidence and competence. Needless to say, I am thrilled to have her as part of our growing team. Starting out, Mechele will rebuild our website to be more inclusive and to better meet the needs of our various constituencies. She will coordinate the Center's efforts with the 2010 Mini-Medical School, and will become more involved in the management of our advisory committees (among other things). Mechele has a degree in Marketing from the IU Kelley School of Business and joins us from her previous position at Indiana State University. Welcome Mechele.

Did you know that the American College of OB/GYN is now the American Congress of OB/GYN? Although still "ACOG," it is now a 501(c)(6) organization. This is a not-for-profit "business league" or "trade association" with its purpose to promote the business and socioeconomic interests of members' reimbursement, business practices and political activity, including sponsoring a PAC.

The staff of IU Women's Healthcare at Coleman Center is putting together a cookbook featuring favorite recipes from all faculty and staff. Since we are all busy professionals, we would like the recipes to be simple. If you would like your favorite recipe included, please submit it via e-mail to **Karen Wineman** at kwineman@iupui.edu by the end of the November.



Total Deliveries

| | Sept. 2009 | Oct. 2009 |
|-----------|------------|-----------|
| IU | 86 | 66 |
| Wishard | 243 | 220 |
| Methodist | 256 | 244 |

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