



PROGRAM FACT SHEET

October 2014

Bumi Sehat Foundation, Bali

Gentle Safe Free Childbirth

Website: BumiSehatFoundation.org

“Women’s strongest feelings, in terms of their birthings, positive and negative, focus on the way they were treated by their caregivers.”

- Annie Kennedy and Penny Simkin, founders, DONA International

Bumi Sehat means Healthy Earth Mother. This month’s featured organization believes that access to quality healthcare, especially reproductive healthcare, is a human right. They believe that each individual is an essential societal component of peace, and that by supporting women with dignity and respect in the process of childbirth, a foundation for peace is built, one woman, one child at a time. Their service is built on three principals: Respect for Nature, Respect for Culture, and Wisdom in Medicine.

Dining for Women’s \$45,000 grant to Bumi Sehat will pay the salaries of eleven midwives and provide most of the medicines and supplies to support the approximately 480 women who will give birth at the clinic over the course of a year.

Life Challenges of the Women Served

While Bali is not regarded as a disadvantaged province, access to basic healthcare remains a problem, as shown by the island’s high maternal mortality rate. The province recorded that 84 mothers died per 100,000 deliveries in 2011, up more than 47 percent from 57 deaths in 2010.

Poor and rural women in Bali often do not seek adequate reproductive health services for a number of reasons - economic, cultural, limited access due to lack of transportation, and fear of abuse in medical settings. Reproductive health care requirements are many:

- Cervical cancer screening
- Sexually transmitted infection screening
- HIV testing
- Prenatal care
- Childbirth services
- Breastfeeding support



The poorest women are most affected. An example provided by Bumi Sehat is Ibu Komang (not her real name), whose husband died of AIDS when she was 38 weeks pregnant. The couple had been mutually exclusive sexually. Neither had ever been raped. However, her husband suffered a ruptured appendix 10 years earlier, requiring a blood transfusion.

Because they are very poor, they did not pay the extra \$60 to have the blood screened for blood-borne disease. This is how he contracted HIV. Komang and her baby are also HIV positive. Bumi Sehat supports them in many ways, including counseling and transportation to get her anti-retroviral medication prescription filled each month (a 2 to 3 hour trip by car).

They also help Ibu Komang financially as she has no income. Bumi Sehat makes it known that if a patient needs a transfusion, they willingly pay the extra \$60.00 per pint of blood, to have it screened for diseases.

The Program

Bumi Sehat seeks funds to pay the modest salaries of Indonesian staff midwives specially trained to be kind, hygienic, and possess essential life-saving skills.

The Bumi Sehat model of compassionate, culturally appropriate, gentle, kind, free, Woman-to- Woman, Midwife-to-Mother care, including free transport to and from the clinic any time of day or night if needed, 24/7 365 day each year; solves the problems women face when seeking reproductive healthcare. By demonstrating this woman-friendly model of care since 1995, Bumi Sehat has begun to effect positive changes on the entire medical community and methods of practice, softening other medical professionals to be more woman and child friendly. Many women suffer complications that could be life threatening. Bumi Sehat midwives handle these events calmly and skillfully, while maintaining respect for each woman - often the new mother and her family do not even know how close a call it was.

For a global look at Maternal Health issues, see this month's Food for Thought.

Why We Love This Program

Bumi Sehat incorporates homeopathic methods along with standard medicine to ensure the safe and humane treatment of women before, during and after childbirth.

“Natural childbirth allows the hormones that have been working for women for thousands of years to fulfill their functions. This is more important than just helping a woman through labor and delivery. Birth-related hormones also affect well-being much later in life.”

- Janet Schwegel, editor, Adventures in Natural Childbirth

The Program Budget and How DFW's Donations will be used

All actual expenses of life-saving medications and medical supplies used in childbirth are calculated by average use per month. For example some months more or less will be needed, depending upon numbers of births and birth related emergencies. Some supplies are used for each birth, others only needed sometimes.

Note: not all of the midwives employed by Bumi Sehat are included in this budget. They are open 24/7 so there are three shifts per 24 hour day to fill, with qualified medical staff, midwives, and nurses (Allopathic physicians are part time).

Cost per person: Total predicted # of birthing women for this project = 480/\$45,000 = \$93.75 per woman

2014 Budget for Project: Gentle Safe Free Childbirth at Bumi Sehat Bali		
Salaries		
Senior midwives	4 @ \$325/month	\$15,600.00
Junior midwives	7 @ \$210/month	\$17,640.00
Total Salaries		\$33,240.00
Monthly medicine & supply expenses (childbirth only, calculated by average use per month)		
Lidocaine	\$22 per 100 doses	\$22.00
IV Giving Sets	\$4.50 x 18	\$81.00
IV Fluids	\$6 x 2 x 20	\$240.00
Oxytocin (Pitocin)	\$55/box x 2	\$110.00
Misoprostol	\$5 per tablet x 4 per patient x 10	\$200.00
Non-sterile gloves	\$3 per box x 61 per month	\$183.00
Sterile gloves	\$1.25 per pair x 2 per birth x 40	\$100.00
3cc and 10cc syringes	\$.55 x 2 per birth x 40	\$44.00
Total average per month - Childbirth meds and supplies		\$980.00
x 12 months		\$11,760.00
Total Grant		\$45,000.00

We also offer Sustained Program Funding (except the summer months) for programs DFW has featured in the past to a former DFW Featured Program. If net donations in any month exceed the Featured and Sustained Program grants, they fund a reserve to ensure we are able to meet future grant obligations in the event of a shortfall. (Refer to the link on the website on how grants are disbursed).

About the Organization

In 1992 to 1993 Robin Lim, a childbirth author, teacher and aspiring midwife, was pregnant in Bali. She sought reproductive healthcare and found it difficult to get kind, quality, woman-friendly care on the island. She learned that at that time hemorrhage after childbirth was the leading cause of death in Bali. Lim believed these deaths of women having a baby, in the prime of their lives, were due to malnutrition, inaccessibility of quality reproductive healthcare, and were driven by the fact that women were not prioritized in Bali society.

Lim set up the first Bumi Sehat clinic in 2003 to deliver safe, quality, kind, hygienic, natural, culturally appropriate reproductive healthcare as a human right, to each patient that arrives. The midwives of Bumi Sehat have made the clinic a Mother-Baby Friendly Demonstration site. Midwives from Indonesia and all over the world come to learn effective,

woman-friendly protocols. In 2012 the Bumi Sehat Midwives Education Outreach program gave Gentle Safe Childbirth seminars to 7,600 Indonesian midwives.

Bumi Sehat is licensed by the Dinas Kesehatan (Dept. of Health). They have received many awards, including “Best non-for-profit organization in Indonesia in 2006. Robin Lim (Executive Director and midwife) received the [CNN Hero of the year Award in 2011](#).

“The way a woman gives birth can affect the whole of the rest of her life. How can that not matter? Unless the woman herself does not matter”

- Beverley Beech and Belinda Phipps, midwives and authors of Normal Childbirth: Evidence and Debate

Evidence of Success

The Bumi Sehat Midwives have demonstrated since 1995 (first 1,000 births door to door in traditional Balinese homes), and in the Bali clinic since 2003, that what women need and want is the safest way to have a baby. This has been proven by over 6,000 recorded births.

In 2012, 482 women gave birth without charge at Bumi Sehat. Prenatal check-ups totaled 4,594. Postpartum care, breastfeeding support and home visits equaled 893. Reproductive health transports were provided 52 times. Education seminars conducted: 1,612. Posyandu (pediatric classes for mothers): 427. Prenatal yoga: 1,213. Full scholarships for nurses and midwifery students: 6 (includes room, food, travel, tuition, books, uniforms, stipend, ALL expenses paid by Bumi Scholarship programs for Girls.) The above served women only.

The following patient statistics were more than half for women and girls: Neonatal Check-ups: 917. General patient care for illnesses or injuries: 6,363. Acupuncture patient care: 2,915. Alternative medicine: 1,088. Ambulance transports: 416. Pediatric care: 600. HIV testing: 40. Yoga for elders: 9,918 participants. Youth education center students: 2,996.



democracy, and the world's largest Muslim-majority nation. The island of Bali is home to most of Indonesia's Hindu minority. According to the 2010 Census, 84.5 percent of Bali's population adhered to Balinese Hinduism, 12 percent to Islam, and most of the remainder followed Christianity.

Bali's length from east to west is about 95 miles, while from north to

Total patients, student and human services provided by Bumi Sehat in Bali in 2012: 35,111

Where They Work

Indonesia is the world's largest country comprised solely of islands – there are 17,508 islands in the archipelago, some 6,000 of which are inhabited. Indonesia is now the world's third most populous



south it spans up to 69 miles. Most of the Balinese people are involved in agriculture, primarily rice cultivation, and double- or triple-cropping is common. Fruits, vegetables, and other cash crops are also grown, although in small amounts, and a significant number of Balinese are also fishermen.

Demographics of Indonesia:

- The life expectancy across Indonesia is 72.17 years - 70.67 years in Bali
- The country's Total Fertility Rate (number of children per woman) is 2.3 – 2.1 in Bali
- Literacy rates across Indonesia are high – 95.6 percent of males and 90.1 percent of females aged 15 and over can read and write. In Bali, 75.6 percent of males and 54.5 percent of females are literate.
- Maternal mortality rate in Indonesia – 220 deaths/100,000 live births – In Bali the rate is 84 deaths/100,000 live births
- Infant mortality rate, country-wide, is 25.16 deaths/1,000 live births – Bali has 14 deaths/1,000 live births
- In Indonesia – 83 percent of women deliver with a skilled birth attendant, and 63 percent deliver in health institutions.

“Birth is not only about making babies. Birth is about making mothers – strong, competent, capable mothers who trust themselves and know their inner strength.”

- Barbara Katz Rothman, Professor of Sociology, City University of New York

Questions for Discussion

1. Chapter members who want to do so could share their experiences with natural childbirth vs. more institutionalized experiences.
2. Beyond economic considerations, what are reasons some women may not seek reproductive health care?
3. How does the way a woman gives birth effect the rest of her life?

Additional Resources

On the DFW Program webpage for Bumi Sehat you will also find links to:

- Food for Thought – a global glimpse at maternal mortality
- Program Video – link and downloadable file
- Recipes, Customs, and Cuisine
- Recommendations for Fair Trade, Books, Films and Music

Source Materials

- Documentation and images provided by Bumi Sehat Foundation to Dining for Women
- World Fact Book (demographics), CNN Heroes, UNFPA