

Women's health...planes....and Africa

Dr Sophia Webster MRCOG
Obstetrician + Pilot
Newcastle Upon Tyne



To all the mothers and babies I've had the
privilege of looking after in the UK and
beyond, and to those still to cross my path

Flight For Every Mother





Patient
contact

Night +
weekend
work

University +
exams

Team work

Practical skills

Obstetrician

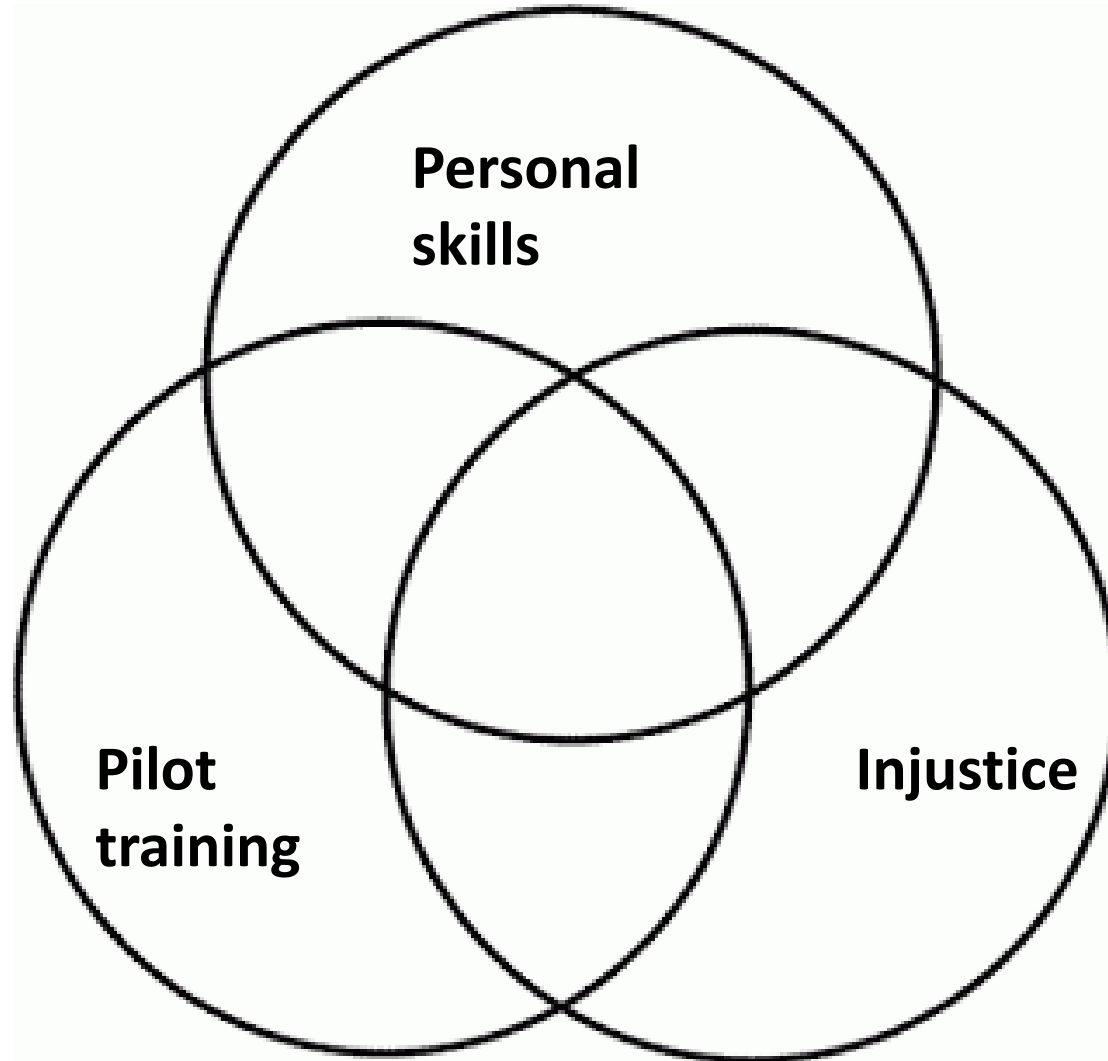
Science +
research

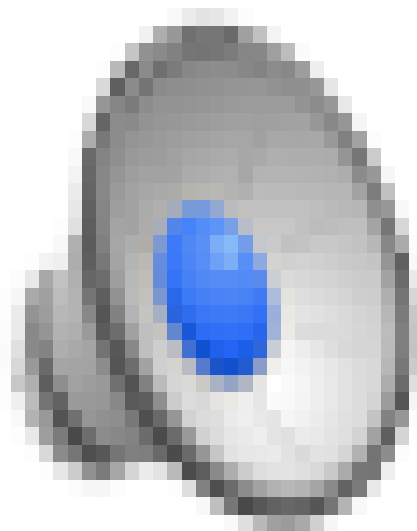
Rewarding

Writing +
editing

Keeping up
to date

Teaching





FIGO



FIGO



HOME

CONTACT US



[THE DAYS AS THEY UNFOLD – LATEST UPDATES!](#)

[MY LOCATION](#)

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[BIRTH ATTENDANT STORIES](#)

[MOTHERS' STORIES](#)



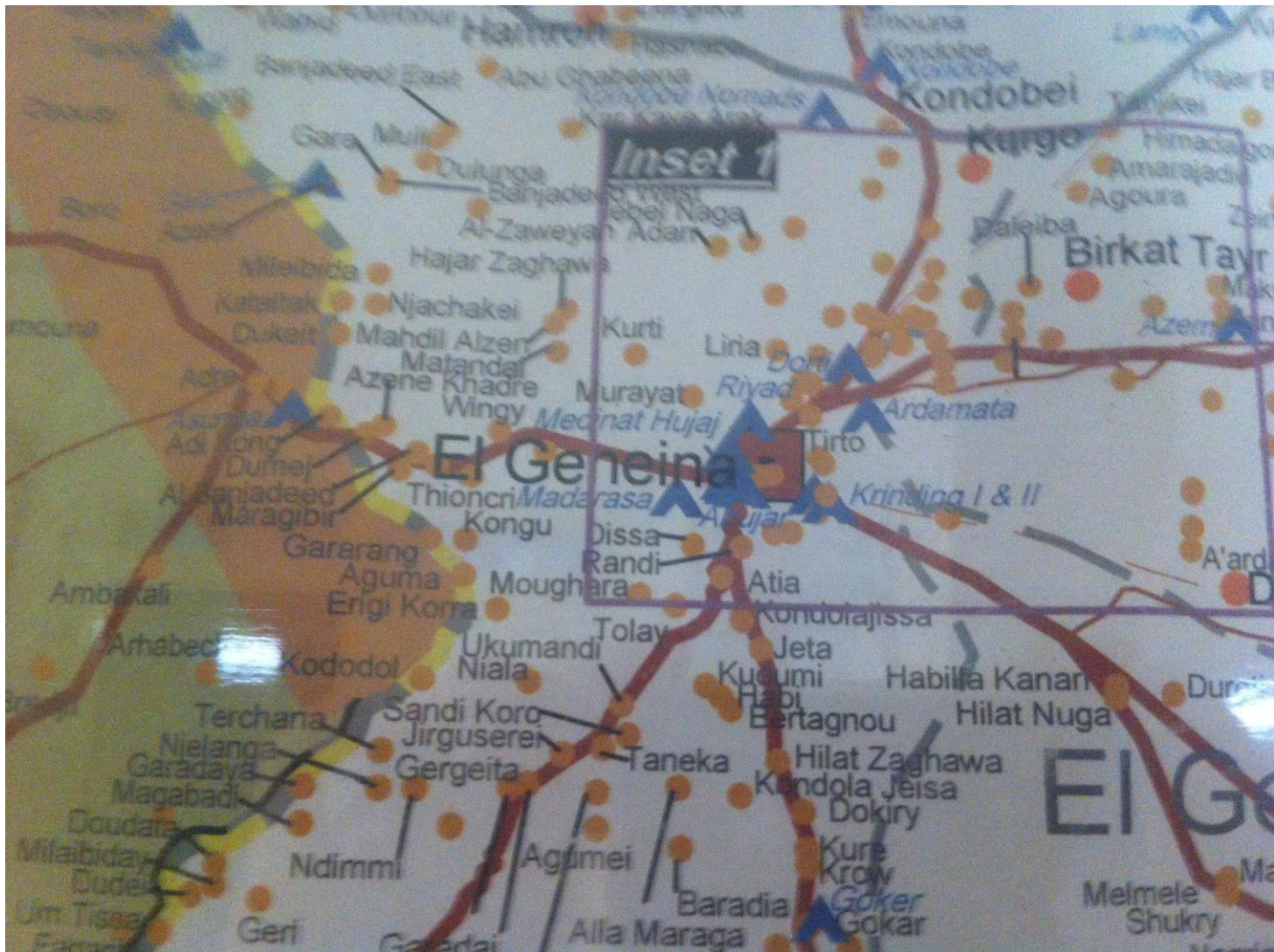
Fundraising



Aeroplane and co-pilot



Planning



Equipment



Logo



www.flightforeverymother.com





1st August









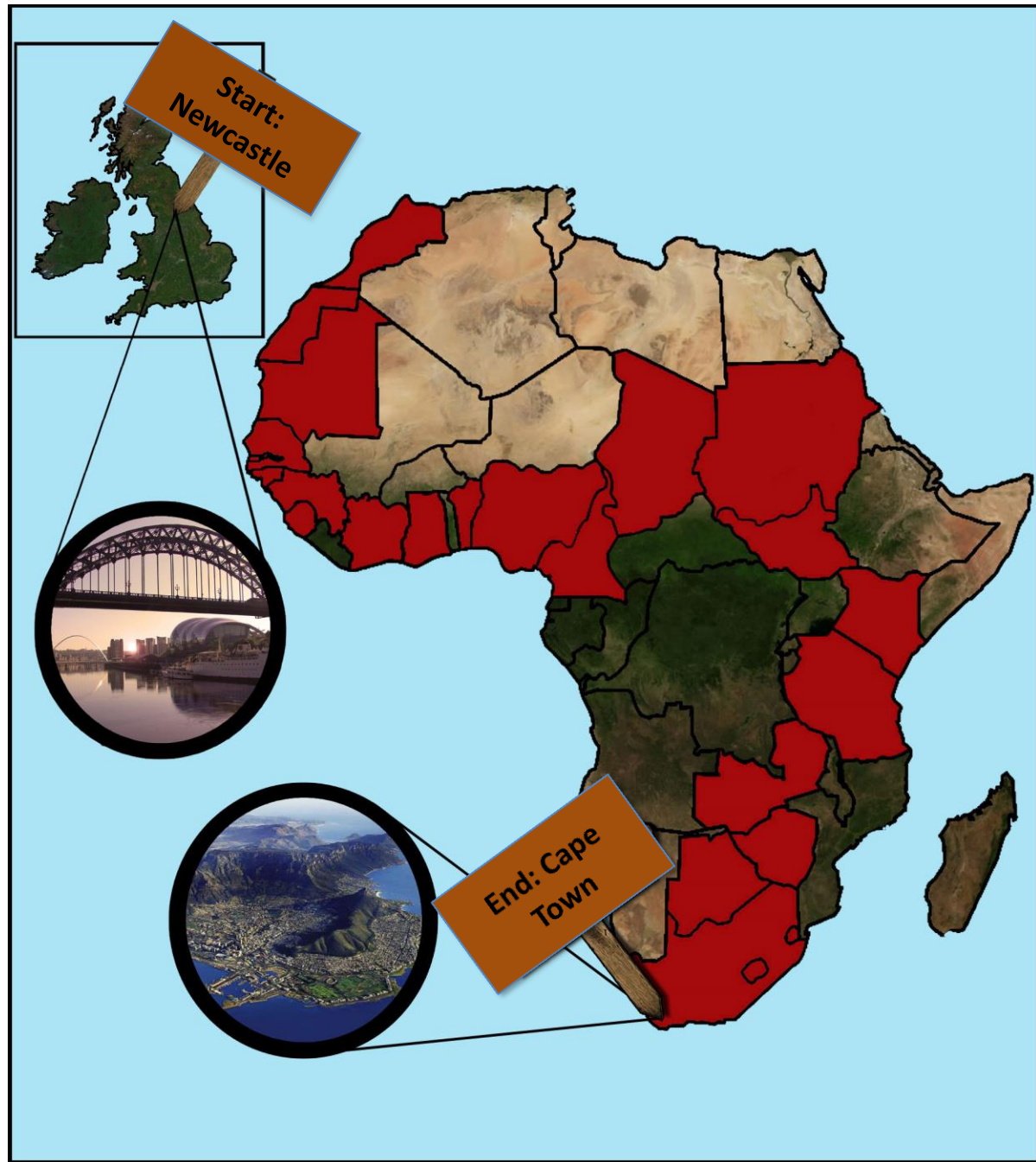














Millennium Development Goal 5

Reduce by $\frac{3}{4}$ the maternal mortality ratio
Achieve universal access to reproductive health



289,000 women / year

24,000 / month

800 / day

33 / lecture

Worldwide

Maternal Mortality Ratio

- Europe: 15
UK 12
- N. America: 20
- sub-Saharan Africa: 500
South Africa 300
Chad 1100

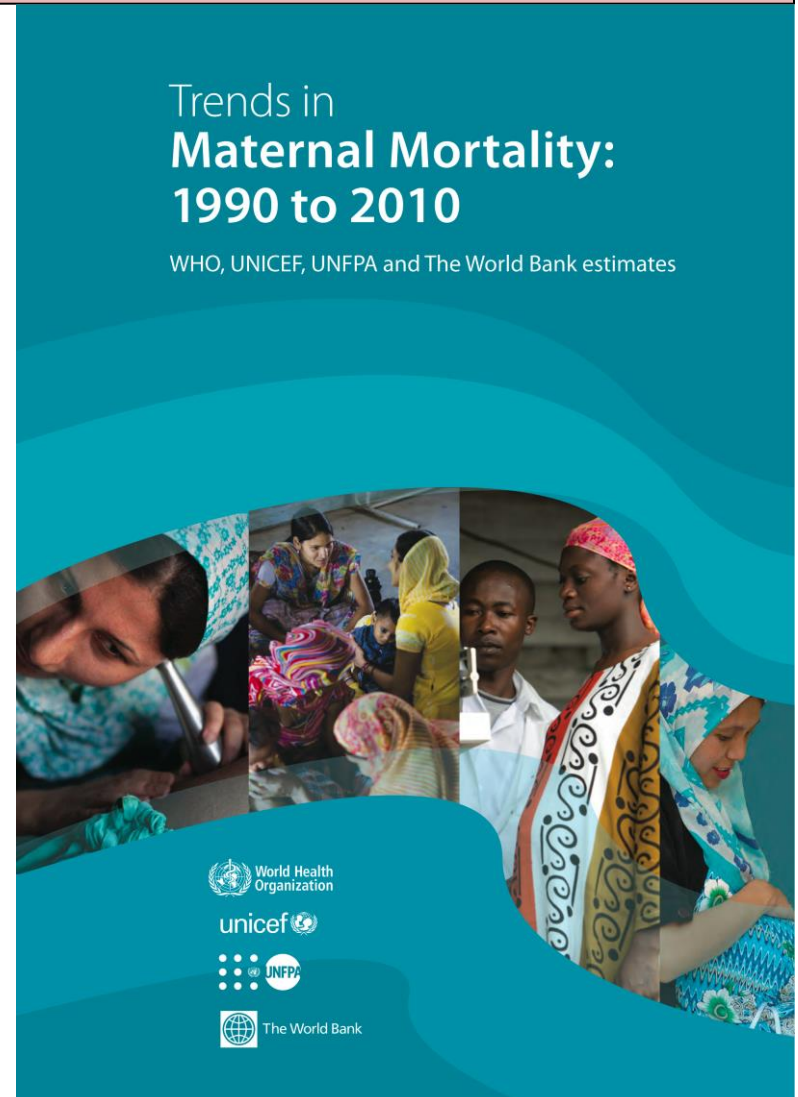
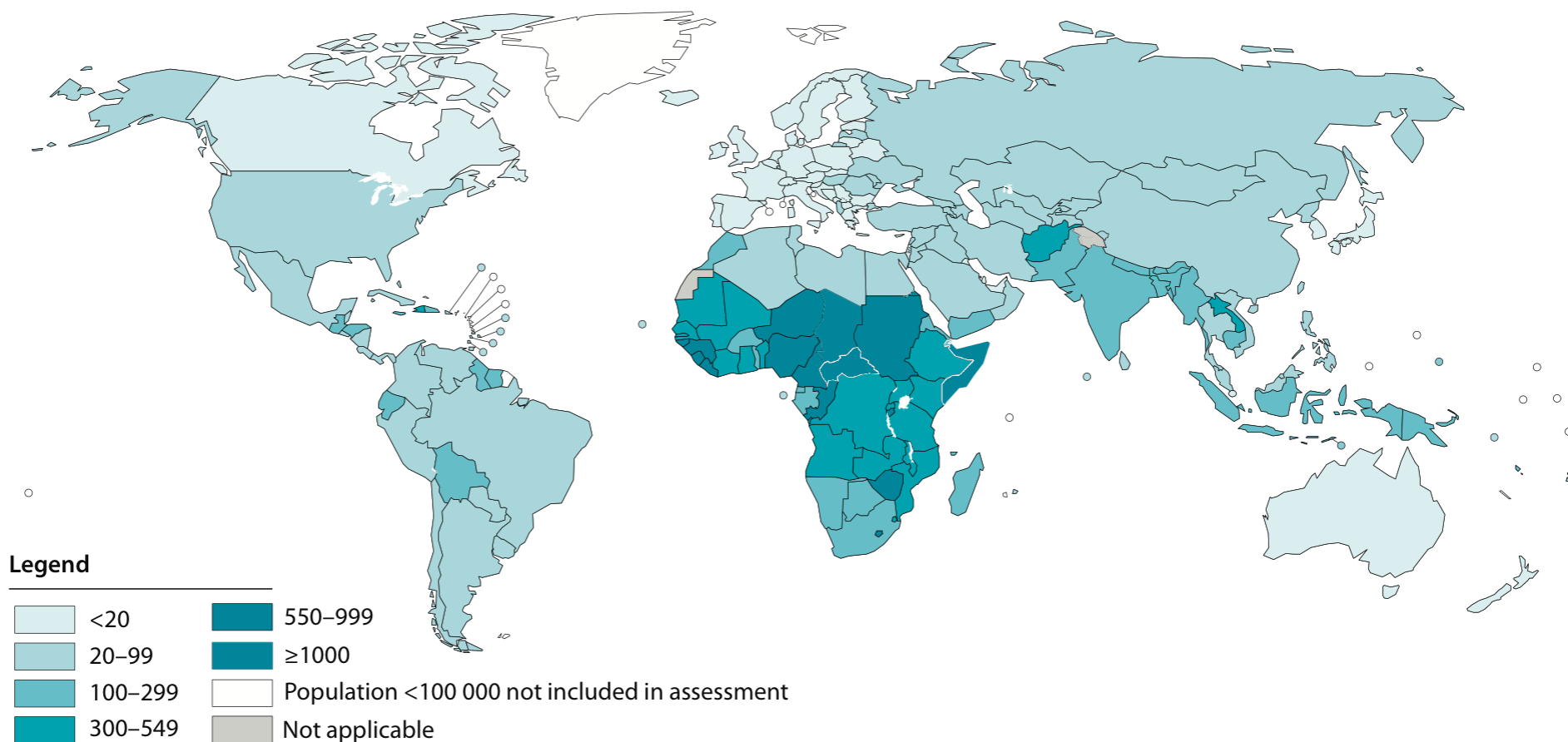


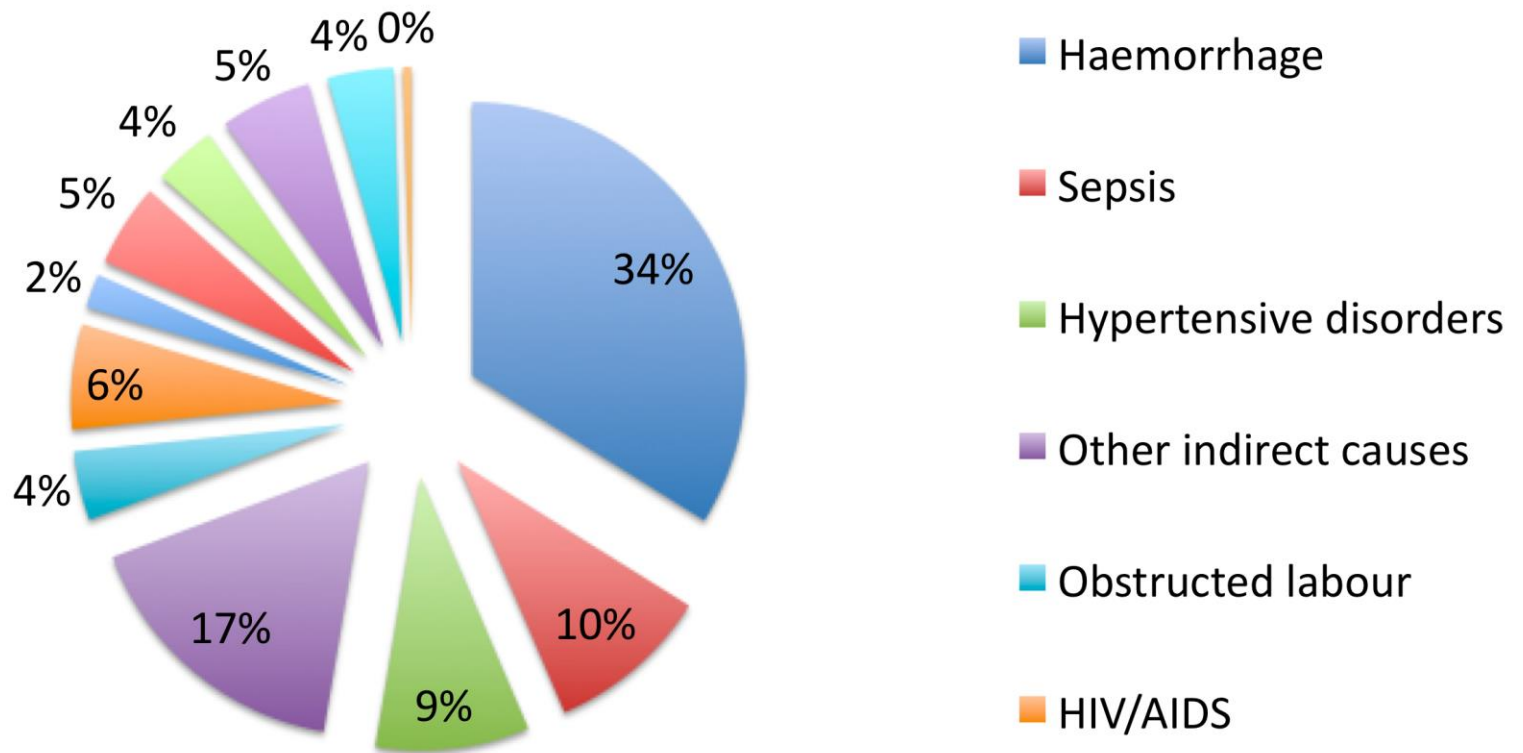
Figure 1. Map with countries by category according to their maternal mortality ratio (MMR, death per 100 000 live births), 2010



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries.

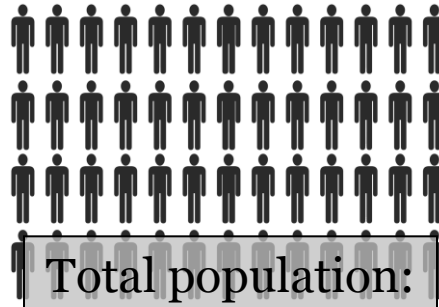
Dotted lines and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

Causes of Maternal Death in Africa

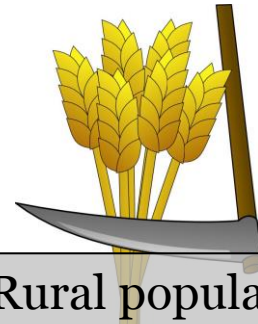




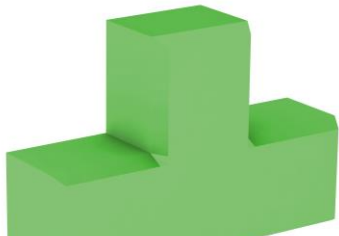
Literacy rate
females
age 15-24:
65%



Total population:
162.47 million



Rural population:
50%



Births attended
by skilled staff:
39%



Maternal deaths per
100,000 live births:
630
Total maternal deaths:
40,000



Births per 1000
women age 15-19:
114

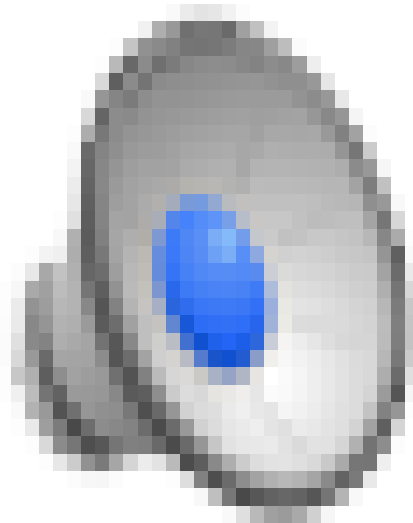


Total births
per woman:
5.5



Female
parliamentary
seats:
7%

F-GAQR























But Why?











2.5 fatalities per 100,000 flying hours



The Role of a Woman

Life-giver



Cares for
children

Entrepreneur

Peacemaker

What I believe in

- Women's health

when to have sex

when to have a baby

be able to confirm pregnancy early

be supported in pregnancy

have access to care to enable a healthy pregnancy

be able to get to hospital

remain alive and well

not be poor because of having a baby



Factors Influencing Maternal Health

Baseline health

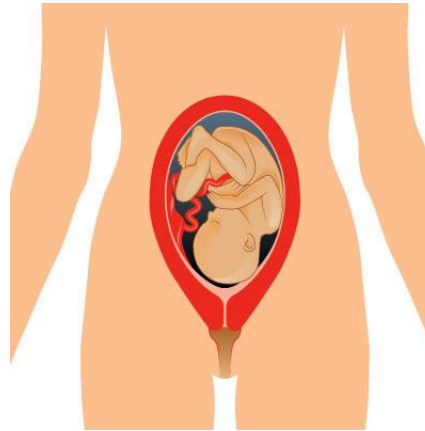
Nutrition
Infection
Medical problems

Female education

Early marriage

Transport

Vehicle
Roads
Distance
Money



Female empowerment

Control of fertility
Economic
Political

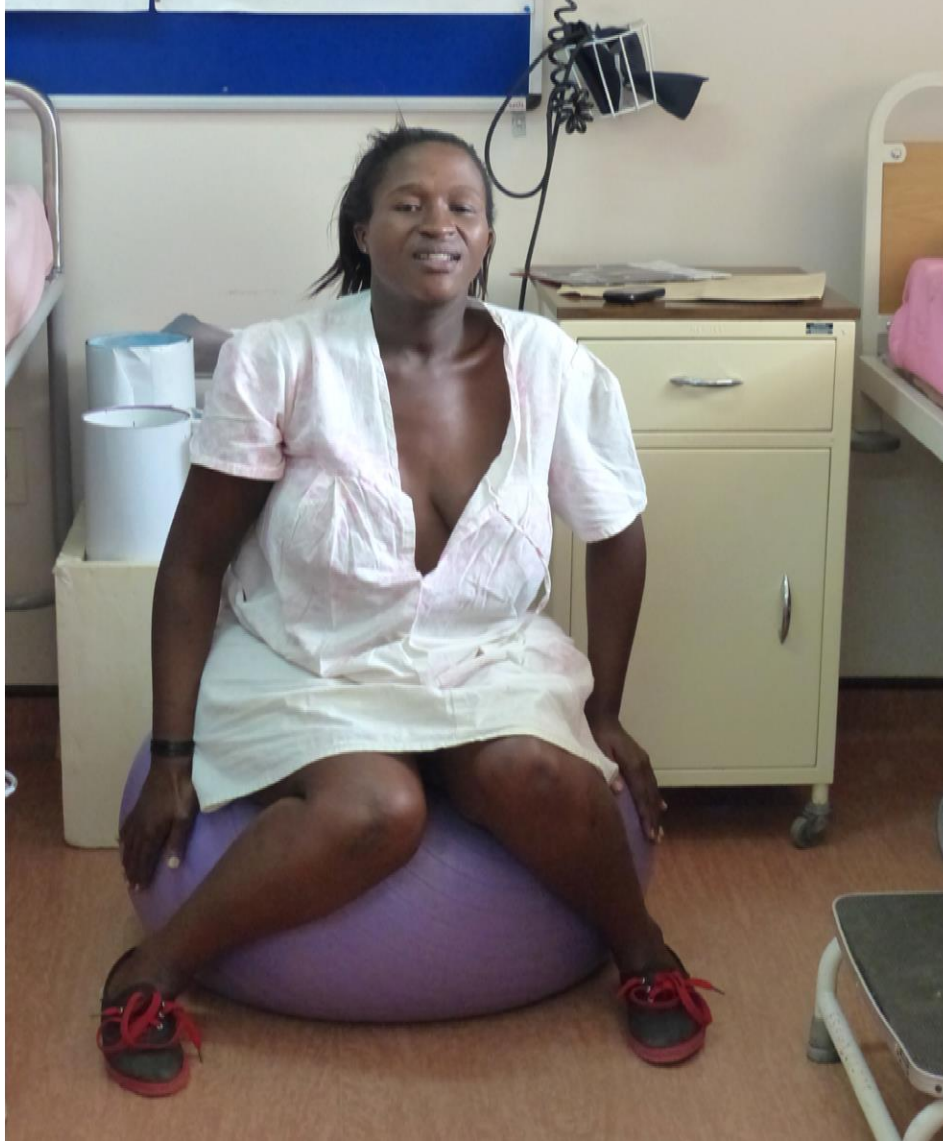
Skilled Care

Birth
attendants

Resource

Hospitals
Drugs
Blood
Equipment

Baseline Health



Transport



Skilled Care



Resource



Female Empowerment



Female Education







Advocacy

‘public support for or recommendation of a particular cause’



FLU
FOREVER
NOT
ER

FOR EVERY MOTHER
POUR CHAQUE MÈRE
everymother.com



Dr Sophia Webster (middle) with Dr Marinus Cloete (left) from George Hospital and co-pilot Ross Edmondson at George Airport on the premises of Aquila who provided parking facilities for the flying duo. Photo: Alida de Beer

Flying for women in Africa

ALIDA DE BEER

An obstetrician from the UK, Dr Sophia Webster, landed at George Airport after flying about 27 000km in a small airplane, visiting 24 African countries since the beginning of August.

Her mission: to promote safe pregnancy for women in Africa and to create awareness of the challenges faced by African mothers, who are much more likely to die when giving birth than European women.

On her epic trip, Webster, who only recently qualified as a pilot, was accompanied by US based British pilot and engineer Ross Edmondson, whom she had found on an online forum. He had done some flying in Africa and was up for the adventure, aptly dubbed 'Flight for Every Mother'.

"In Africa it is not strange for a woman to go to a hospital to give birth and

mal state of affairs. Everywhere I found doctors and midwives doing what they can, but then there are many women who do not have access to the facilities which are often under-resourced."

Extra security precautions for the two pilots were necessary in southeastern Nigeria where Shell provided protection, and in Darfur members of the UN accompanied them. "Yet, I want to say that the risk to me during this trip is less than the risk I would face if I were a pregnant woman in sub-Saharan Africa," stressed a passionate Webster.

The biggest challenges were finding red tape, physical and emotional exhaustion and budgeting. Some airports required unexpected airport taxes and aviation permits. They also encountered engine problems in Nairobi.

The experience was a daunting personal challenge for Webster.



SLBC

YOUR VOICE, MY VOICE



expreso

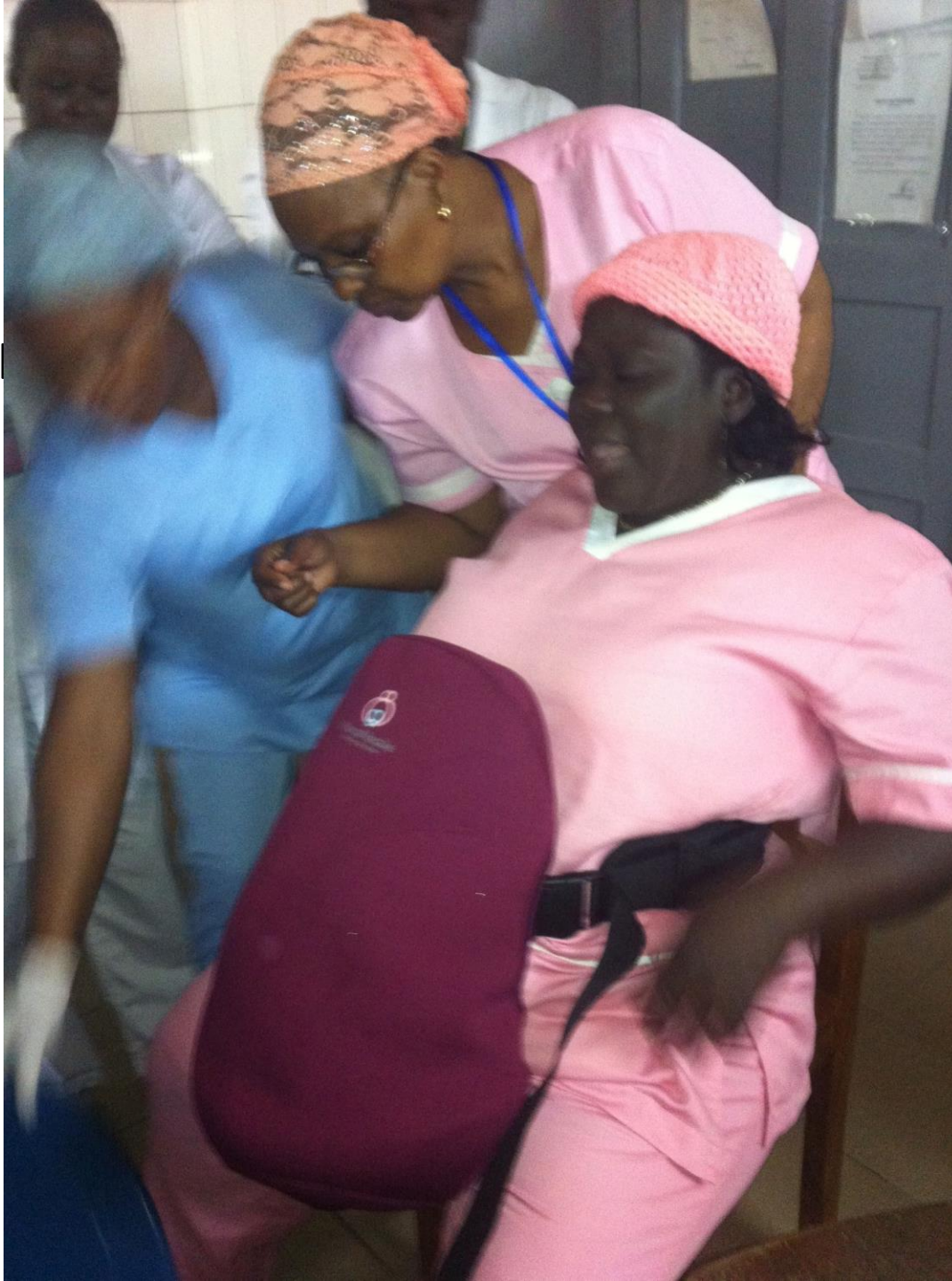


Teaching

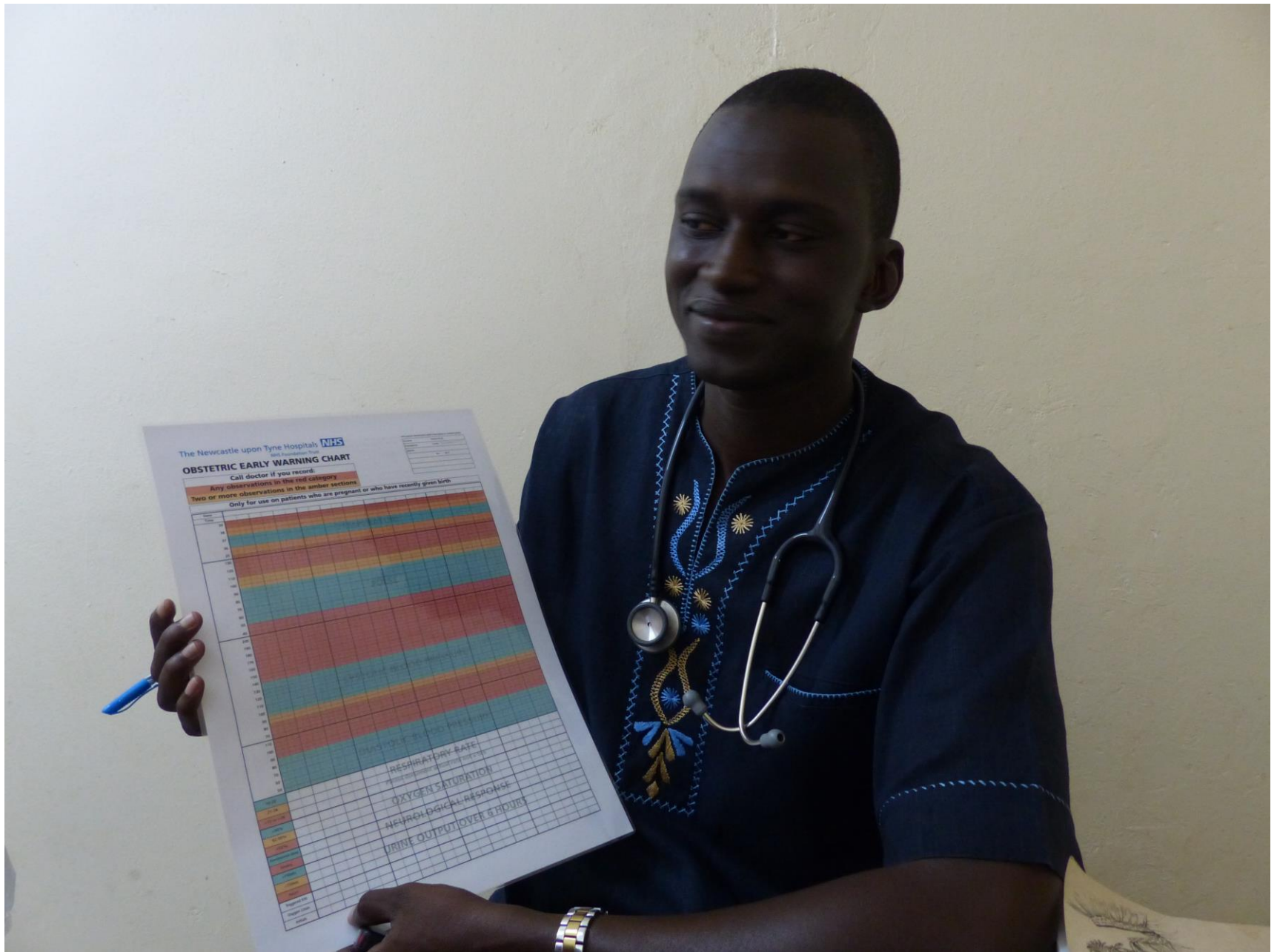




- Photo 1







Motivation



Information
gathering



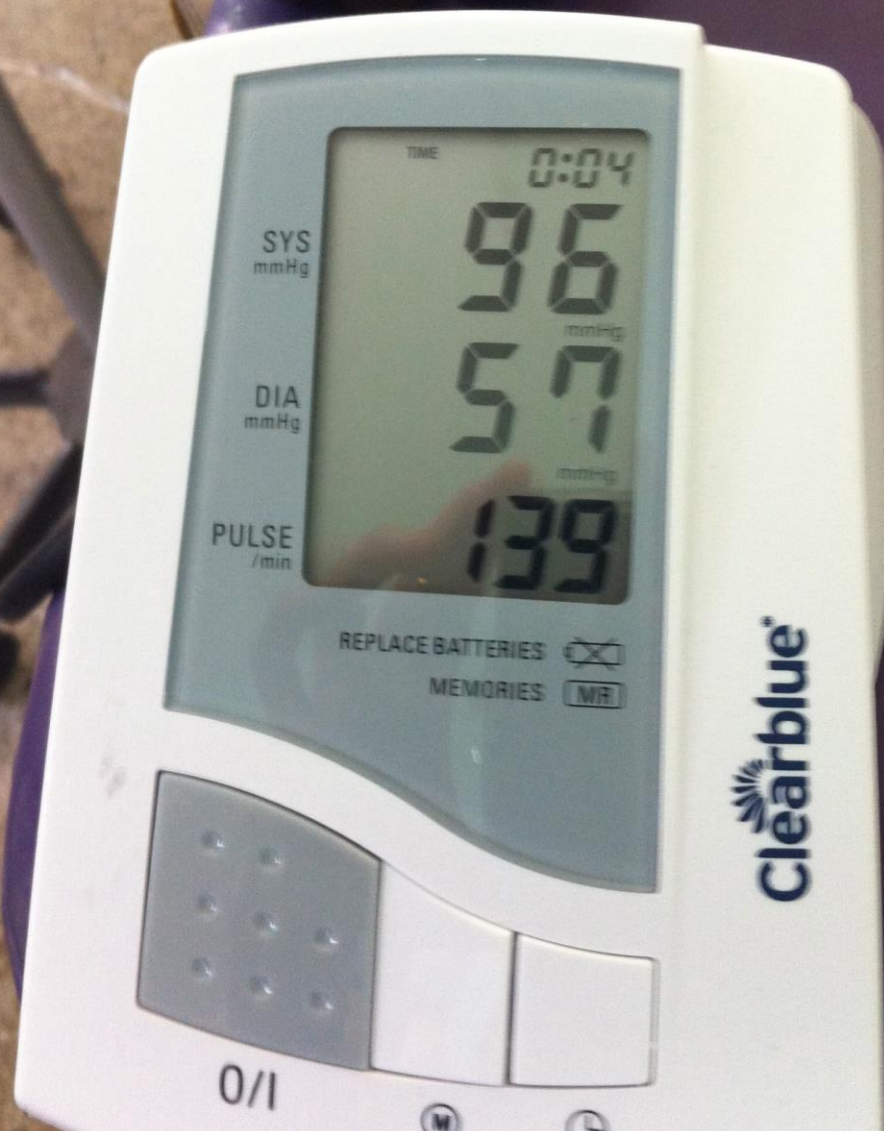




Equipment









TIME 0:04

SYS 96 mmHg

DIA 57 mmHg

PULSE 139 /min

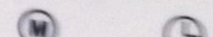
REPLACE BATTERIES 

MEMORIES 

Clearblue®



0/1



Ending note





















وزارة الصحة

بسم الله الرحمن الرحيم

البنين دارفور

Well Come Well Come

Dr. Sophia Webster

د. سوفيّا ويبستر







Thank you

- RCOG
- All my sponsors
- All my hosts and supporters
- You, for coming today to listen to the story