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When I was 9, the Islamic revolution happened and 2 years later a war started which replaced adolescence worries with the fear of death.

I had to adapt, learn, get stronger, and move forward. There was no place to freeze. Years passed by and I became a midwife and then as a mother of 2 teenage girls I decided to start sexual health education at schools and managed to send other midwives members to some high schools. Many admired the idea and some didn't. So there were some obstinance and resistance to the idea which we've frequently encountered in society about many topics such as vasectomy, mensuration, family planning, and sexual health.

Fighting became part of my daily routine. Fighting our society's misconception of sexual health, of women's rights and midwives' vital role in the society. I learnt to be creative in getting my message out and I thought I created a successful path.

But life through something else and COVID 19 arrived!

In addition to all the previous problems, COVID 19 damaged the country to a notable extent. Along with all the health concerns of women, children, we have extra challenge.

Iran was the second country hit by COVID19 and Lack of sufficient and accurate information about transmission, protection methods and its effect on pregnant women, newborns' health, made the situation worse!

Women lost access to proper contraception, antenatal visit, separating newborns from their moms, ...

What I've learned over these 50 years of my life is that I can't wait for problems to be resolved!

I created an "online health task force" on social media for Iranian women and families on 18 March and more than 150 midwifery associations members have volunteered. With the help of these fantastic midwives, we created 24/7 online consultancy.

We were able to do more than 15,000 consultations in various areas of midwifery from the prevention of COVID 19 to pregnancy, lactation, emergencies, sexual health.

Since 14th April we changed the social media group's status to an educational channel. We give free consultations over the weekends and share educational materials with families.

The fears are big. There are still a lot we don't know about COVID19. But we are fortunate that we can ask for help. We get our information and guidelines from ICM (International Confederation of Midwives), WHO, and our ministry of health.

These firsthand experiences showed me that how much teamwork and leadership are crucial for Midwifery associations and also all countries. It wasn't an easy task to deal with specific issues pregnant women face regarding Covid-19 – especially childbirth and the postpartum. Many midwives were redeployed to non-maternity areas to care for patients with Covid or to do public health screening which made them at risk. We lost 3 midwives in the country and many infected doing their job.

ICM's leadership and guidance also motivated us. They sent PPE and also provided updated information. They have been supporting Iran and other countries since then in an admiring way.

I believe we need more passionate, creative and independent midwives like the one on our task force, more than ever.

A revolution, a war, and a pandemic have proved to me that COVID19 is a problem like thousands of others, so it is our attitude, and more importantly, our hope, that can help us overcome them.

We have to build a future where the next generation not only can learn from our mistakes but also react wiser. As Zarathustra said: "My battle is against the darkness. But I do not wield the sword I stoke a light."