Malaria and anaemia in pregnancy: importance, detection and prevention
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Caroline Shulman was born in 1959. She completed her secondary education in London in 1975. Following a year spent working on a Kibbutz in Israel she went to Medical School at Kings College Hospital Medical School, London obtaining her MBBS in 1984. During her time as a medical student, she had her first experience in Kenya – where she spent an exciting and rewarding 5 months working on a project to train village health workers. Following qualification as a doctor, she was keen to eventually return to work in Africa, and decided that a general training would be of most use. She undertook 4 years training in community child health and general practice, working in hospital and community paediatrics, obstetrics and gynaecology, psychiatry, health care of the elderly and general practice. She obtained diplomas in child health, obstetrics and gynaecology and achieved membership of the Royal College of General Practitioners. She then spent 3 months in Liverpool, UK, studying for and obtaining a diploma in Tropical Medicine and Hygiene. Following this in 1990 she went with her husband to work in Pemba Island, Zanzibar, Tanzania where she was employed by Action Health 2000 and the Zanzibar Ministry of Health. In this work she and her husband were responsible for clinical care at a busy health centre, training medical assistants and outreach work training and supervising staff in the local dispensaries, including the development of protocols and guidelines. It was during this time that she became acutely aware of the huge problem of severe anaemia as a contributor to maternal mortality. She believed that malaria may be an important contributor to this anaemia, though it was not being recognised as such, and there was no effective preventative strategy in place. After returning from Pemba she enrolled on a Masters in Public health in developing countries at the London School of Hygiene and Tropical Medicine, and received a Masters with distinction in 1992. As part of this she undertook a dissertation entitled “Maternal anaemia, iron supplementation and malaria: What is the relevance of the relationship to the health of pregnant women?” Following this she worked part time with the Wellcome Trust on the development of tropical video-discs on malaria and anaemia. She also joined the maternal health programme in the maternal and child epidemiology unit at the London School of Hygiene and Tropical Medicine part time. During this time she developed the work on malaria and anaemia in pregnancy that is described in this thesis. The work was funded by the UK Department for International Development and she spent most of her time between 1993 and 1998 living in Kilifi, Kenya with her family (which expanded by one little boy, Jamie in January 1995). She continues to be based at the London School of Hygiene and Tropical Medicine being a member of the maternal health programme until January 2001, when she took up an appointment as senior lecturer on the new Gates malaria programme.
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