

NEWS BULLETIN FROM JANUARY TO MARCH 2013 – Summer 2013

In summary

The eleven nurses in training are already into the second semester of the academic year, and the results of the first semester examinations have been published and all the nurses are generally doing very well. Nurse students in their final year are preparing for the final exams coming up in June. Nurses and Nursing Assistants back in their communities continue to work hard at their health clinics.

The three-year contract of the first batch of nurse assistants has ended, and suggestions for the way forward are contained in this report.

The Community Awareness Program on *Spreading Health* is continuing, and communities in need of *Spreading Health* nurses have started applying for the program for the 2013/2014 academic year.

Student nurses in training

The first semester results have been published. All the nurses in their first year have received their allowance which has enabled them to buy books and uniforms, which will help them make a good start in school.

Donald Kewir

At Polytechnic Bambui, Department of Nursing and Biomedical Science, Third Year. Donald passed all 10 courses, and presented his research in March and obtained an excellent grade. Donald has started the first part of the (Higher National Diploma) HND practical exams at Bamenda Regional Hospital. The theory part will be written in the first week of June.



Lawan

At Capitol Health Institute, Second Year. Lawan passed all nine courses and did a Clinical Internship at Bamenda General Hospital. After this Lawan did voluntary service at the Regional Hospital for two weeks to gain more skills, then did a month combined Community and Primary Health Care Internship in Akum, a rural community about 1km away from his school.

Sister Delphine

At Shisong Nursing School, Third Year. Sister Delphine's results have not yet been released. She is currently carrying out research on her topic "Delayed wound healing" at Shisong General Hospital, and preparing to write the end of course exams (HPD) in June.



Sister Nicoline

Also at Shisong Nursing School in her Second Year. Her first semester results are not yet released, and Sister Nicoline is on Clinical Internship at Njinikom Hospital.



Abakar Sidick

At a Private Nursing Institute at Garoua. Second Year. Abakar passed in 12 of the 14 courses and did a Practical Internship for one month. He learned about drug administration, wound dressing and maternity services. Currently back at school, Abakar's class have already started the second semester continuous assessments, which generally makes 30% of the end of semester exams.

Unoreal Tiko, Christina Taah, Micheline Ndze, Leslie Ngam, Nsangou Mboumboum, and Younuhaon Nsangou

All at St Louis Higher University of Health and Biomedical Science, and in their First Year, Unoreal passed in 12 out of 14 courses, Christina 13 out of 14, Micheline 11 out of 14, Leslie all 14 passes, Nsangou and Younuhanon just 9 subjects out of 14. Leslie is leading in his class and very strong academically. Although Nsangou and Younuhanon didn't do so well, they are very determined to do better this semester. Both are francophiles.

All six students carried out their first Group Clinical Internship at St Louis Hospital which they found exciting. Activities included administering IV treatment on patients and doing some wound dressings.

From left to right, Donald, Sangou, Micheline, Lawan, Mboumboua, Unoreal, Christina, Judith (SHUMAS staff) and Leslie after a monthly meeting



Nurses in their communities

Toh Elvis

Elvis is very determined to do well, and is devoted to his work in the community. The village Development Chairman has said that the community of Njeng is very satisfied with the services Elvis provided. The community is happy to now have a regular nurse who can attend to them at any time. The number of patients now consulting Elvis has doubled. The income of the Centre has also improved, enabling the community to pay Elvis more.

Wirnkar Oscar N.

Oscar is doing very well in Noi community. The number of patients consulting and participating in antenatal clinics is increasing day by day. Oscar being there has greatly enhanced the health situation of Noi community. Besides consultations and antenatal clinics, Oscar also carries out deliveries. Since he started work he has conducted more than 30. Oscar is also engaged as a part time lecturer in a Nursing School close to his community.

Rebecca Nadine

Rebecca is doing well in Folap. SHUMAS' January meeting with the village Development Chairman and others discussed how to create a better environment for Rebecca to work in led to community members agreeing to improvements, and support for Rebecca to receive some payment.

Tamba Innocent

Innocent continues to work hard in Amasi community. He works four days in the Health Centre and three days in Health posts in some interior villages around Amasi. Though he is not receiving any payment from the community, he has been able to make an income by buying and selling medicines to patients. The traditional Head Man of the community (the Fon) has declared that Innocent is a gift to his community, and says that every one in the community should support him.

Aoudou P.

Aoudou is also hard at work. He assists the Chief of Centre in consultations, ward service, deliveries, vaccinations, and family planning. His presence is a big relief to the nurses, and most patients prefer to consult Aoudou for their health problems. Aoudou's health clinic recently benefited from some health facilities (beds, a delivery bed, microscope, fridge, generator, and some other items) from SHUMAS through a project sponsored through Building Schools for Africa. This will enhance the health services of Njitapon Health Clinic in general and Aoudou's work in particular.

Mabelle

Mabelle started work in January after her maternity leave. She works shifts and is mostly involved in ward services. Mabelle's monthly pay varies with the income from consultations.

Havilah

Havilah still works with the Chief of Centre to meet the health needs of Lui people. Lui Health Clinic is becoming one of the best Health Centres around because of the regularity of the nurses in the Health Centre. The community of Lui pay Havilah for her services.

Jolene

Jolene is fully involved in consultation and ward services. Kikaikelaki Health Clinic recently benefited from some health facilities from the Government. The community gives Jolene a monthly salary. Although there is a private Health Clinic about 2km away from Kikaikelaki Health Clinic, patients prefer to come to Jolene because of her effective service, and also because being an Integrated Health Centre this poor rural community can easily afford the token consultation fee and low cost drugs.

Zuilaika

The Community of Ngehndzen is very satisfied with Zuilaika's work. She is very busy and works closely with the Chief of Centre who is quite experienced, but not very often at the Centre. So Zuilaika is the main nurse in the Centre. The community now give her a monthly salary.

Emmanuel

Emmanuel is still working in Mbah community Health Centre. He provides ward services, assists in the Antenatal Clinic, and attends to emergency patients in the evenings for first aid treatment. Emmanuel said that he would like to go back to school for further training as a Midwife.

Gladys

Gladys is in Nwa community at Lus Integrated Health Centre. She does general ward services, consultations, and assists in deliveries. Her presence is a great relief for the nurse working in the Health Centre. The Mayor of Nwa Council, who is also a medical doctor, said Gladys is very hard working, and the Council is paying her a monthly salary. Gladys says that she would also like to be trained as a Midwife for her Clinic.

Nfout Assana

Assana is very committed to working for her Community Health Centre. She provides ward services and assists in deliveries. Before Assana's arrival, there were times when there was no nurse in the Health Centre. Now there is always a nurse.

Omer

Omer continues with his Outreach programme to five neighbouring communities. The nearby Biofarm Centre has 70 students and 20 workers and they also benefit from Omer's services.

Networking clinics for nurse support

As a result of suggestions made during the *Spreading Health* Trustees meeting with Stephen last year, it has been agreed to group the Health Centres into zones.

	Sub Divisions	Health Centres	Co-ordinator
Zone 1	Kumbo central Nkum Ndu	Kikaikelaki Bamdzen Ngehzen Mbah Lus Nwa	Omer Tawong
Zone 2	Oku Jakiri	Lui Oku Faakui Limbo Noi Visombo	Havilah N.
Zone 3	Batibo Akwaya	Njeng Batibo Amasi	Elvis
Zone 4	Bangourain Foumbot	Fosette Njitapon Mambain Folap	Assana

Updates about Seraphine

Seraphine is undergoing training as a State Registered Nurse in a public institution in Bamenda. SHUMAS invited Seraphine, her father and the community Health Board Chairman to a meeting aimed at amicably resolving the problem of her breach of contract at the end of her *Spreading Health* training as a Nurse Assistant. It was agreed that Seraphine will return to a needy community at the end of her current training (one year from now) and work for at least eighteen months and submit progress reports of her activities.



Seraphine writing the commitment letter, and everyone present during the meeting at the SHUMAS office

Suggestions on Nurse Assistants who have served their communities for more than one year

The Nurse Assistants that *Spreading Health* trained in 2009, 2010 and 2011 (Ethel, Asiatu, Emmanuel, Assana and Gladys) have served their communities for the agreed period of one year. Ethel and Asiatu have already left their communities, while Emmanuel, Assana and Gladys are still working in theirs. SHUMAS suggest that they write a formal letter terminating their contracts, and those who are still willing to continue working could be further trained as State Registered Nurses during the academic year of 2013/2014 as a sign of appreciation of their commitment. All of them have expressed the wish to be further trained. This suggestion will be considered by the *Spreading Health* Trustees.

Books requested by nurses for reference

SHUMAS have asked the nurses and students to identify books they might need for reference.

Update on integration of Spreading Health nurses by the Government

Early this April SHUMAS had a meeting with the representative of the Regional Delegation of Public Health in charge of cooperation, about the idea of integrating nurses by the government and posting them in their communities to permit them to work for a longer time. The key issue that emerged from the meeting was the fact that the Government of Cameroon is now in a decentralisation process and it would be appropriate for SHUMAS to work with the councils who will eventually be in charge of recruitment in the council areas.

The Community Awareness of *Spreading Health* Program, and new students

A leaflet about *Spreading Health* has been produced and is being used during awareness raising sessions, and copies are also posted in some strategic places in communities.

So far SHUMAS has received ten new applications. If there are enough candidates by then, SHUMAS will close the receipt of applications for this year at the end of May. Feasibility studies will be carried out in communities that have applied before selecting new potential students for the interview process.

CHALLENGES FACED

The major challenge is obtaining photographic evidence of progress in communities. The project does not have a good camera to help with this.

The new nurses in their communities still lack basic health facilities to carry out their work effectively.
