

## **NEWS BULLETIN FROM JUNE TO AUGUST 2013**

### **SUMMARY:**

Truly a dream come true for the founders and supporters of Spreading Health. The latest report from SHUMAS is an up-to-date account on the activities of Spreading Health's nurses in communities, and students in training in Cameroon.

The nurses in training completed the academic year and are now taking a well deserved holiday. Their first and second semester results have been published and they have all done well. Nurses already back in their communities continue to work hard to meet the health needs there and the reports of their successes is heart warming.

New applicants were interviewed during this period and the results of the interviews are included.

### **RAISING AWARENESS OF SPREADING HEALTH IN COMMUNITIES:**

Raising awareness of the Spreading Health programme and discussing the possible benefits to communities took place between August and December last year. Several communities applied and those eligible were interviewed. During this "sensitisation" process SHUMAS came to understand that several communities are actually in need of qualified nurses, but getting the right people to apply from their community is sometimes challenging for them.

Amongst the applicants that were put forward, SHUMAS selected 20 eligible candidates for interview. 12 of the candidates have now been short listed, 6 on a main list, and 6 on a waiting list for the academic year 2013/2014.

### **SIX NEW CANDIDATES:**

Yuven Mabel Mbuminy Uy

21 years old, and the first child in a family of 4. Her mother is a retired typist and her father is a farmer. She has GCE "A" Level Certificates in Biology, Chemistry, Mathematics and Physics. There is a recommendation letter from the St Pius Medicalized Health Centre Tatum.

Jovita Ndzelen

33 years old. His father is dead and his mother is a farmer. He is the oldest of 12 children. He has GCE "A" Level Certificates in Biology and Philosophy. He has a recommendation from the Buh Intergrated Health Centre.

Chengw A Evitte Ndohsie

23 years old. Her father is dead and her mother is a farmer. She is the youngest of her mother's children. She has a GCE "A" Level Certificate and is a Nurse assistant at Bipock Community Health Centre.

Wiykiyny Uy Bennis Bongkiy Oy

21 years old, and is the 3<sup>rd</sup> eldest child from a family of 6 children. Her father is dead, and her mother is a farmer. She has GCE "A" Level Certificates in Biology and Chemistry. She has a recommendation letter from the Kitiwum Intergrated Health Centre.

Ntsidzen Yuy Clovis

19 years old, and his mother and father are farmers. He is the eldest in a family of 4 children. He has GCE "A" Level Certificates in Biology, Chemistry, Pure Mathematics with Mechanics and Physics. He is recommended by the Kigomen Health Centre.

Nfor Diedonnie

28 years old. Both his parents are dead and he is from a family of 7 children. He sponsored himself in the first year by working for a year after obtaining three "A" level certificates in Biology, Chemistry and Pure Mathematics. He is currently in his first year at the Polytechnic at Bambui and might have to leave school if he is not sponsored. He has a recommendation letter from Sop in Ndu Sub Division Ndu Health Centre which currently has only 2 Nurse Assistants.

LAST YEAR'S INTAKE: 6 STUDENTS ENTERING THEIR SECOND YEAR:

All studying at St Louis Higher University of Health and Biomedical Science.

Tiko Unoreal

Passed in 13 out of 16 courses in the second semester, re-sat 4 courses and is awaiting his results. Unoreal is however already accepted to Year 2. On holiday now, he will soon start an internship.

Taah Christina

Passed in 14 of 16 courses this semester. She re-sat 3 courses and is still waiting the results. Christina is on holiday and will soon start her internship in Bamenda General Hospital.

Ndze Micheline

Passed in all her 16 courses and re-sat 4 courses from the first semester. Micheline is accepted to Year 2 and is on holiday, but will start internship on the 3<sup>rd</sup> of September at PMI Nkwen Bamenda.

Ngam Leslie

Ngam Leslie also succeeded in all his courses this semester and re-sat one course from the first semester. Leslie is currently doing a holiday job in the South West Region to enable him to meet his school needs this academic year. He will carry out his internship in Kumba Baptist Hospital.

Mboumbo um Nsangou

Mboumboum passed 15 out of 16 courses this semester. He re-sat 4 courses and is sure of acceptance to Year 2. Mboumbou is doing well and is helping in his Health Centre.

Nsangou Younuhao n

Passed 12 out of 16 courses and re-sat 6 courses which he hopes to pass to be accepted to the next level. Nsangou is on holiday with his parents and will soon start his internship.

### 3 STUDENTS ARE ENTERING THEIR THIRD AND FINAL YEAR:

Chem Lawan

At the Capitol Health Institute, Lawan passed all his courses and is moving to the third year. During this last year Lawan and his fellow students will concentrate on practice and research. No more theory lessons.

Sister Nicoline

At Shisong Nursing School, Sister Nicoline is awaiting her final results in order to be accepted to Year 3. She repeated the second year and was very determined to do better this year. She is currently on holiday in Ako community, assisting at the Health Centre.

Abakar Sidick

At a Private Nursing Institute in Garoua, Abakar is awaiting his exam results to move to Year 3. Abakar is on internship in Maroua Regional Hospital.

### 2 STUDENTS HAVE FINISHED THEIR FINAL (THIRD YEAR):

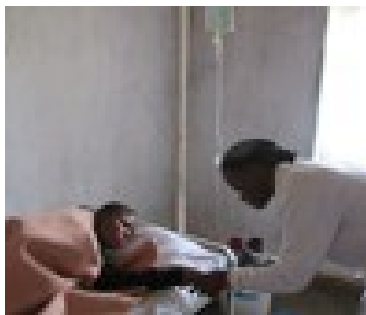
Donald Kewir

At the Polytechnic at Bambui, Bamenda, Department of Nursing and Biomedical Science, awaiting his Higher National Diploma (HND) results. Donald is on holiday waiting for the official graduation. He will start work in the community immediately after this.

Sister Delphine

At Shisong Nursing School, and awaiting HND results. Sister Delphine is back in her community Ntarshen, where she has started practicing already. She is willing to work in Ntarsen as long as the program will permit it.

## REPORTS OF NURSES IN COMMUNITIES



Havilah

Every month Havilah conducts a high number of consultations with patients. Deliveries, seeing children at an Infant Welfare Clinic, and women at an Ante Natal Clinic. Havilah carries out wound suturing, episiotomy, and vaccinations, none of which were offered before she started. Ferdinand Konsume, the Chief of Centre testifies that Havilah has been very helpful, and can now conduct many different tests which she learned

in her training. The Chief told SHUMAS that before Havilah came he had to work throughout the week with no rest because his only assistant was a Traditional Birth Attendant (TBA), who had no training and could not consult. The entire Lui population are very pleased with Havilah's services. One patient declared "*I rarely went to Lui Health Centre before Havilah's return because of some bad experiences, but now I feel safe consulting with and receiving treatment from a great nurse like Havilah!*".

Havilah got married on the 10<sup>th</sup> of August in Oku, and is very happy, and pleased to have someone who is so supportive.

#### Elvis

Elvis is consulted by patients every day. He admits patients to the Clinic, provides outreach programs, carries out deliveries, and conducts both Maternal and Infant Welfare Clinics. The money raised at the Clinic pays for drugs, basic equipment, and Elvis' wages. The Village Development Chairman has reported a remarkable change in the community: "Now the Centre that was almost a grave yard is back to life thanks to Elvis"

#### Innocent

Innocent works on rotation with the in-service trained nurse doing consultations, deliveries, drug administration, and outreach programs. Vaccination campaigns are now done in Amasi and 4 neighbouring communities. Innocent buys some basic medications from Bamenda and sells them to patients after consultation, which provides him with an income. The government has selected him for a 2 months short course on basic pharmacology to enable him gain more experience in drug prescription.

#### Aoudou



Aoudou assists the State Registered Nurse in pre consultations, ward services, Antenatal Clinics and Infant Welfare Clinics. Aoudou also carries outreach programs and vaccination campaigns. He is doing well and is quite passionate about his work.

#### Omer

Omer says that at the beginning of his work he realised that 80% of Mbororo people (a neighbouring community) who came for consultation suffered from gastritis. After some research he discovered that they have very poor feeding habits and therefore Omer embarked on a lot of instruction on food habits and nutrition. This has produced a reduction by 50% of the number of people with gastritis amongst the Mbororo community. Patients consult with Omer daily at the Centre. The trainers, trainees, and neighbouring communities have a lot of confidence in him.

#### Jolene

Jolene is doing well. One of the major successes is the approval of her Centre as a Government Integrated Health Centre. For a Centre to be approved it must

have a structure and be run by a trained State Registered Nurse. The Centre now benefits from drugs and health facilities from the Government and Jolene is able to generate enough funds to enable the community to employ an Assistant Nurse to work with her. She is doing an online course to make up for the course that she did not succeed in.

### Zuilaika

There are now 3 trained nurses in Zuilaika's community: the Chief of Centre (who was previously the only State Registered Nurse), Zuilaika, and a Nurse Assistant. The Chief of Centre continues to be at the Clinic twice a week, while Zuilaika is permanently there. In the absence of the Chief of Centre, Zuilaika is the main nurse who does consultations, deliveries, Infant Welfare Clinics etc. Since Zuilaika started working in the Health Clinic there has been an increase in:

- Consultations
- Outreach programs
- Pregnant women attending ante-natal clinics
- Patients admitted
- Deliveries

The Centre's income has nearly tripled.

### Oscar



Since he returned to his community there has been great improvement in the Clinic and the health conditions generally of Noi Community. Oscar conducts deliveries which were not done there before he returned to the community. He has many patients who come for consultations who did not before. Oscar now conducts new Antenatal Clinics and

Infant Welfare Clinics, and this is talked about as a dream come true in Noi. Oscar carries out weekly outreach programs in neighbouring communities.

Oscar's official start in his community in June this year was a crowd-pulling event with more than 300 people present. Dance groups from Noi and neighbouring communities graced the occasion which was presided over by the District Medical Officer.

**SHUMAS PLAN OF ACTION FROM AUGUST – DECEMBER 2013:**

<b>Activity</b>	<b>Month</b>
Signing of protocol agreement	1 <sup>st</sup> week of September
Registration of Candidates	September
General meeting with all nurses in training and communities	October
Start of School year	1 <sup>st</sup> week of October
Orientation meeting with new students	1 <sup>st</sup> week of October
Monthly follow-up meetings	Every first Sunday of the month
Monitoring of nurses in communities	September and November
Graduation of Donald	November (tentative)

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